



# RISING STARS TRACK CLUB

## 2<sup>ND</sup> ANNUAL ALL-COMERS MEET

- Sponsor:** The Rising Stars Track Club
- Sanctioned:** The Southern California Association / USATF
- Date:** Saturday, March 4, 2006
- Time:** 8:00 a.m.
- Site:** Los Osos High School, 6001 Milliken Avenue, Rancho Cucamonga, CA 91737  
All-Weather Track surface and runways. Restricted to 1/4" spikes, or less.
- Directions:** *From Los Angeles:*  
Santa Monica (10) Fwy. East to 57 North to 210 East Exit Milliken Avenue left. School will be on the right hand side.
- From San Diego:*  
15 North to 210 West. Exit Milliken Avenue turn right. School will be on the right hand side.
- Eligibility:** Any boy or girl in the following divisions - Sub-Bantam - Born 1998 or later. Bantam 96-97, Midget 94-95, Youth 92-93, Intermediate 90-91.
- Limitation:** Sub-Bantam, Bantam and Midgets are limited to three events. Youth and Intermediate are limited to four events.
- Sub-Bantam Events:** 200m, Long Jump, 4x100m Relay, 4x400m Relay
- Entry Fees:** \$1.50 per individual event, and \$6.00 per relay. Entry fees are to be paid in cash or club check (No personal checks).
- Registration:** Pre-registration is not a requirement. Day of meet registration will start at 7:00 a.m., and will remain open throughout the meet.
- Meet Director:** Ronald Brown (909) 873-5062 **Meet Website:** [www.risingstarstc.com](http://www.risingstarstc.com)
- Awards:** Ribbons will be given to all participants.
- Check In:** All participants in running events must check in with the clerk of the course when their event is called. Field event participants must report directly to the official on the field, in charge of their event when it is called.
- Protests:** USATF Rules will apply. Protest must be accompanied by \$25.00.
- Concessions:** A snack bar will be available.

- ★ *Time Schedule May Vary Depending Upon Entrants In Each Event*
- ★ Four attempts will be given in throws and horizontal jumps
- ★ All Field event awards will be given after each event; all others will be placed in team envelopes and given out at the end of the meet.
- ★ Meet will be conducted RAIN OR SHINE



# RISING STARS TRACK CLUB

## 2<sup>ND</sup> ANNUAL ALL-COMERS MEET

### ORDER OF EVENTS

**START TIME 8:00 A.M.**

#### **Running Events**

- |    |                  |  |
|----|------------------|--|
| 1. | 3000M RUN        | MG, MB, YG, YB, IG, IB, YW, YM         |
| 2. | 80M/100M HURDLES | MG, MB, YG, YB                         |
| 3. | 200M DASH        | All Divisions                          |
| 4. | 800M DASH        | BG, BB, MG, MB, YG, YB, IG, IB, YW, YM |
| 5. | 4x100M RELAY     | All Divisions                          |
| 7. | 3000M RACE WALK  | MG, MB, YG, YB, IG, IB, YW, YM         |
| 8. | 4 X 400M RELAY   | All Divisions                          |

#### **Field Events**

- |              |                                |
|--------------|--------------------------------|
| Long Jump    | All Divisions                  |
| High Jump    | BG, BB, IG, IB, MG, MB, YG, YB |
| Shot Put     | IG, IB, YG, YB, MG, MB, BG, BB |
| Mini Javelin | MB, MG, BB, BG                 |