



# LONG BEACH SPRINTERS

## LONG BEACH SPRINTERS YOUTH TRACK CLUB

### 4th ANNUAL ALL-COMERS MEET

Sponsor: Long Beach Sprinters Youth Track Club

Sanctioned: The Southern California Association/USATF

Date: Saturday, February 10, 2007

Time: 8:00 am

Site: Cal State Long Beach, 1250 Bellflower Blvd., Long Beach, 90840  
All weather track surface and runways. Restricted to 1/4" or less.

**Directions: From Los Angeles: Southbound (LAX, Santa Monica, West LA)**  
Exit at Bellflower Blvd. Turn left from the off-ramp and then make an immediate right on Bellflower Blvd. Continue to Beach Drive and turn left into campus

**From San Diego: From 405 Fwy Northbound / 22 Fwy West / 605 Fwy South (Orange County, Downtown or East LA)** Exit at 7th Street and continue to Bellflower Blvd. Turn right at Bellflower Blvd and make another right at Beach Drive.

Eligibility: Sub-Bantam -1999 or later, Bantam-1997+, Midget-1995-1996,  
Youth-1993-1994, Intermediate-1991-1992, Young-1989-1990

Limitation: Sub-Bantam, Bantam and Midgets are limited to three events.  
Youth, Intermediate, and Young are limited to four events.

Sub-Bantams Events: 200M, Long Jump, 4X100 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. Registration will start at 7:00 a.m. and remain open throughout the meet.

Meet Director Chucky Hampton 562-428-2466 Meet Website: [www.longbeachsprinters.org](http://www.longbeachsprinters.org)

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 prior to each event.  
Field event participants must report directly to the official in charge of that event.

Protests: USATF Rules will apply. Protest must be accompanied by \$25.00.

Concessions: A snack bar will be available

NOTE: Time schedule may vary depending upon number of entrants in each event. Four attempts will be given in throws and horizontal jumps. All Field events awards will be given @ each event; all others will be placed in team envelopes and given out at the end of the meet.



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## ORDER OF EVENTS

START TIME: 8:00 A.M.

### Running Events:

3000M RUN	MG, MB, YG, YB, IG, IB, YW, YM
80M/100M HURDLES 60M HURDLES	MG, MB, YG, YB High School
200M DASH	All Divisions
800M DASH	BG, BB, MG, MB, YG, YB, IG, IB, YW, YM
4X100M RELAY	All Divisions
3000M RACE WALK	MG, MB, YG, YB, IG, IB, YW, YM
4X400 M RELAY	All Divisions

### Field Events

LONG JUMP	All Divisions
HIGH JUMP	BG, BB, IG, IB, MG, MB, YG, YB, YW, YM
SHOT PUT	YW, YM, IG, IB, YG, YB, MG, MB, BG, BB
MINI JAVELIN	MB, MG, BB, BG

**MEET WILL BE CONDUCTED RAIN OR SHINE**