

A.L.EX. YOUTH T/F CLUB

Since 1976

Junior Olympic Preliminary



A.L.EX. ANNUAL INVITATIONAL SPRINT T/F MEET

DATE	APRIL 14 TH	8:30:AM
SANCTION	SD IMPERIAL T/F USATF	
ENTRY FEE	\$6.00 PER ATHLETE	
SITE	Poway High School	
AGE DIVISION	<u>SubB-99 & LATER/BANTAM-98/97-</u> <u>MIDGET 96/95-YOUTH 94/93-INT 92/ 91-</u> <u>YW-YM 90/89</u>	
EVENT LIMITATIONS	SB-MID 3 EVENTS/Y-IM 4 EVENTS	
ENTRY DEADLINES	ALL ENTRIES MUST BE REC'D BY April 11th 2007	
AWARDS	<u>Medals</u> for first-third place in all events <u>Ribbons</u> for 4 th thru 8 th place <u>Trophy</u> for the top male & female Team Over All	
FACILITY	All Weather Track-4 Long Jump Pitts Spikes 3/16 Needle	
ELIGIBILITY	All athletes must be registered with USATF membership to compete	
RULES	CURRENT USATF RULES APPLY Must be made in writing to the meet director not later than 30 minutes after the results of an event has been announced. Proper rules must be cited.	
PROTEST	All protest must be accompanied by a <u>\$50.00 cash</u> deposit. Deposit will be refunded if protest is up held, forfeited if protest is denied.	
PACKAGE PICK-UP MEET DIRECTOR	FROM 7:45am <i>Cedric Adams and Roderick Rickman</i>	

DIRECTIONS

Poway High School, 15500 Espola Rd., Poway CA 92064
15 North to Rancho Bernado Rd.
Exit RBR-go East (Right)
RBR turns into Espola Rd.
School will be on right hand side a few miles down.

NO SUN-FLOWER SEEDS ALLOWED IN STADIUM
NO FOOD ALLOWED ON IN THE FIELD

A.L.E.X ORDER OF EVENTS
ALL RUNNING/FIELD EVENTS START TIME: (8:30AM)
***(MBC) MAY BE COMBINED**
REVISED SCHEDULE

RUNNING

3000 START @ 8AM	F	MG,MB,YG,YB
100M	F	SBG THRU IB
400M	F	BG THRU IB
1500M	F	BG thru IB *(MBC)
4X100M	F	SBG THRU YB
80M HUR	F	MG,MB
100M HUR	F	YG,YB
200M	F	SBG THRU IB
1500M RW	F	BG, BB,MG,MB *(MBC)
4X100 COACHES/PARENTS RELAY (if time permits)		
4X400	F	BG THRU YB

FIELD EVENTS

LJ		YG,YB,MG,MB,BG, BB, SBG, SBB
MINI JAV		BG, BB, MG, MB
SP		BG THRU YB
DISCUS		MG THRU YB
High Jump		YB, YG, MB, MG, BB, BG

SUB-BANTAMS LIMITED TO THE FOLLOWING EVENTS

100M		
200M		
4X100		
LJ		

SPECIAL NOTES:

Coaches meeting 7:45AM
 First Call: 8:15AM

NO PEANUTS OR SUNFLOWER SEEDS ALLOWED IN STADIUM



A.L.EX. ANNUAL INVITATIONAL SPRINT T/F MEET

Please return this entry form or before:

Wednesday – April 11, 2007

Entry fee is \$6.00 for each Athlete.

Payable with cash or check made out to NCST&F Club

Athletes Name: _____

will/will not be attending the April 14th track meet.
(circle one)

Birth Year _____ Division SB / B / M / Y / I / Young (circle one)

EVENT #1: : _____ My Best Time/Distance in this event: _____

EVENT #2: : _____ My Best Time/Distance in this event: _____

EVENT #3: _____ My Best Time/Distance in this event: _____

EVENT #4: _____ My Best Time/Distance in this event: _____

(Fourth event for **Youth 1993/94 & Intermediates 1992/1991 Only**)

*As a midget, youth or intermediate Athlete if this is your first track meet,
you will be automatically entered in the 800 meter run.*

Coaches will determine relay Team Participants once we know who is attending this meet.

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