

REVISED 3/18/2010: Added SB Shot Put



RISING STARS TRACK CLUB

4TH ANNUAL INVITATIONAL

- Sponsor:** The Rising Stars Track Club
- Sanctioned:** The Southern California Association / USATF
- Date:** April 24 - 25, 2010
- 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.
- Meet Director:** Ronald Brown (909) 873-5062 **Meet Website:** www.risingstarstc.com
- Registration:** To register for the meet go online to www.coacho.com.
- Entry Fees:** \$3.00 per individual event, and \$12.00 per relay. Entry fees are to be paid in cash or club check (No personal checks) made payable to Rising Stars Track Club. Entry Fees are non-refundable.
- Entry Deadline:** April 21, 2009 (PST) by Midnight.
- Late Registration:** \$6.00 per event and \$24.00 per relay. Subject to lane availability. Late registration will be accepted from 7:00 am and 9:30 am on both days.
- Packet Pickup:** Team packets may be picked up beginning at 7:00am at the meet site.
- Entry Tags:** The clerk **will not** accept entry tags that have been changed or altered.
- Eligibility:** Any boy or girl in the following divisions - Sub-Bantam - Born 2002 or later. Bantam 00-01, Midget 98-99, Youth 96-97, Intermediate 94-95, Young Men/Women 92-93.
- Limitation:** Sub-Bantam, Bantam and Midgets are limited to three events. Youth and above are limited to four events.
- Sub-Bantam Events:** 100m, 200m, Long Jump, 4x100m Relay, 4x400m Relay



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Awards: The top 8 overall will be awarded. Custom medals will be awarded to placing 1st through 3rd place; Ribbons will be awarded to 4th through 8th.

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 both days.

- ★ *Time Schedule May Vary Depending Upon Entrants In Each Event*
- ★ Three attempts will be given in throws and horizontal jumps. Top 9 will receive three additional attempts.
- ★ 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



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ORDER OF EVENTS

SATURDAY – APRIL 24, 2010 (Start Time 8:00 A.M.)

1500M Race Walk	Final	BG, BB, MG, MB
3000M Race Walk	Final	YG, YB, IG, IB, YW, YM
100M DASH	Semi-Final	All Divisions
400M DASH	Final	BG, BB, MG, MB, YG, YB, IG, IB, YW, YM
110M Hurdles	Final	IB, YM
100M Hurdles	Final	YB, YW, IG, YG
80M Hurdles	Final	MG, MB
4x100M RELAY	Final	All Divisions
3000M Run	Final	MG, MB, YG, YB, IG, IB, YW
5000M Run	Final	YM
100M Dash	Final	All Divisions
4x800M RELAY	Final	MG, MB, YG, YB, IG, IB, YW, YM

Field Events (Start at 8:00 a.m.)

High Jump	Final	MG, MB, YG, YB
Mini Javelin	Final	BG, BB, MG, MB
Javelin	Final	YG, IG, YW, YB, IB, YM
Long Jump	Final	YB, YG, SBG, SBB, IG, IB, YM, YW
Shot Put	Final	MG, MB, YG, YB, IG, YW, IB, YM, BG, BB, SBG, SBB

SUNDAY – APRIL 25, 2010 (Start Time 8:00 A.M.)

1500M Run	Final	BG, BB, MG, MB, YG, YB, IG, IB, YW, YM
400M Hurdles	Final	IG, YW, IB, YM
200M Hurdles	Final	YG, YB
800M Run	Final	BG, BB, MG, MB, YG, YB, IG, IB, YW, YM
200M Dash	Final	All Divisions
4x400M RELAY	Final	All Divisions

Field Events (Start at 8:00 a.m.)

High Jump	Final	BG, BB, IG, YW, IB, YM
Discus	Final	MG, MB, YG, YB, IG, YW, IB, YM
Triple Jump	Final	YM, IB, IG, YG, YB, YW
Long Jump	Final	BG, BB, MG, MB
Discus	Final	MB, MG, YW, YM, IG, IB
Pole Vault (All Start at 12:00 noon)	Final	YG, YB, IG, IB, YW, YM