



Pasadena Running Roses

"Striding for Excellence"

ANNUAL DEVELOPMENTAL ALL-COMERS MEET (B1) – USATF Sanctioned meet

DATE: Saturday, April 15th, 2017

SITE: John Muir High School
1905 N Lincoln Ave.
Pasadena, CA 91103

STARTING TIMES:

7:00 am Registration
8:00 am Running Events
8:30 am Field Events

MEET DIRECTOR: Acquanette McMillan (626) 484-6481 or Reggie Young (626) 622-7749
Email: pasadenarunningroses@gmail.com

ELIGIBILITY:

Boys and Girls in the following age groups:

AGE GROUP BORN

8 and under2009 - Later
9 and 10 years old2007 - 2008
11 and 12 years old2005 - 2006
13 and 14 years old2003 - 2004
15 and 16 years old2001 - 2002
17 and 18 years old1999 - 2000

Open & Master note: Competitions generally take place in 5-year age divisions

Surface: All weather track and runway, restricted to ¼ spikes or less (pyramids ok)

Registration: Participant waiver/release forms for each athlete must be filled out and available prior to the meet. They are located on USATF.ORG website.

Entry Fee: \$2.00 per individual events and \$8.00 per relay (youth)
\$5.00 per individual events and \$20.00 per relay for (Open & Masters)

Entry fees are **non-refundable** and must be paid by cash, money order, or club check made payable to "Pasadena Running Roses". Unattached entries to be paid in cash or money order.

(NO PERSONAL CHECKS WILL BE ACCEPTED)

AWARDS: Ribbon for all flights

CONCESSION: Food and drinks will be available for purchase.

MEET RESULTS: Will be posted online under www.scausatf.org within two weeks after meet.

CHECK-IN: All Participants must check in at the Clerk of the Course when their events are called. Event check-in will close 10min after 3rd call (No Exceptions). Field event participants report directly to the official on the field in charge of the event when called.

STADIUM INSTRUCTIONS

Seating: Limited bleacher seating. Seating on grass area surrounding track is permitted. However, keep all walkways, fencing and entry gate areas clear. **NO SMOKING, BALLS, HOVER BOARDS, SKATE BOARDS, GUM, SHELLED NUTS OR SEEDS PERMITTED ON SCHOOL GROUNDS! Team will be disqualified.**

Parking: Parking will be \$5.00 per vehicle. The track & field is located at the rear of school on Canada Ave. & Montana St., Limited parking available on surrounding residential streets. City of Pasadena is strict with parking restriction and WILL ticket & tow. Please respect all posted parking restrictions. PRR will not be liable for illegal parking of its guest.

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ORDER OF EVENTS

RUNNING EVENTS START TIME: 8:00 AM

1500M RUN	ALL DIVISIONS (AGES 7 & OLDER)
100M RUN	ALL DIVISIONS
4X100M RELAY	ALL DIVISIONS
200M	AGES 5 & 6 ONLY
400M	ALL DIVISION (AGES 7 & OLDER)
400M HURDLES	17/18 (M), 15/16 (B), 17/18 (W), 15/16 (G)
200M HURDLES	13/14 (B) 13/14(G)
1500M RACEWALK	9/10 (G:B), 11/12 (G:B), 13/14(G:B), 15/16(G:B) 17/18(W:M)
4X800M RELAY	11/12 (G:B), 13/14(G:B), 15/16(G:B), 17/18(W:M)

FIELD EVENTS START TIME: 8:30 AM

Long Jump	13/14 (G:B), 15/16 (G:B), 17/18 (W:M), 11/12 (G:B), 9/10 (G:B), 8& under (G:B),
High Jump	11/12 (G:B), 9/10(G:B), 13/14(G:B), 15/16(G:B), 17/18(W:M)
Shot Put	15/16(G:B), 17/18 (W:M), 13/14(G:B), 8 & under (G:B) 11/12(G:B), 9/10(G:B),
Mini Javelin	9/10 (G:B), 8 & under (G:B)
Javelin Finn Flyer	11/12 (G:B) 450g
Javelin	13/14 (G:B), 15/16 (G) & 17/18 (W) 600g, 15-16 (B) 17-18 (M) 800g

MEET WILL TAKE PLACE RAIN OR SHINE