



# Pasadena Running Roses

*"Striding for Excellence In Academics & Athletics"*

## 29<sup>th</sup> ANNUAL INVITATIONAL—USATF SANCTIONED MEET

**DATE:** May 20 & 21, 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 George Profit (213) 400-4156  
Email: [pasadenarunningroses@gmail.com](mailto:pasadenarunningroses@gmail.com)

### ELIGIBILITY:

Boys and Girls in the following age groups:

#### AGE GROUP BORN

8 and under .....	2009 - Later
9 and 10 years old .....	2007 - 2008
11 and 12 years old .....	2005 - 2006
13 and 14 years old .....	2003 - 2004
15 and 16 years old .....	2001 - 2002
17 and 18 years old .....	1999 - 2000

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

**Limitation:** 8 & under, 9-10, and 11-12 are limited to three events & 13-14 and above are limited to four events. 8 & under born 2011 or later (age 5 & 6 by December 31) are restricted to 100m, 200m, Mini Javelin, Shot Put, Long Jump, 4X100 and 4X400.

**Surface:** Track, Long Jump, and High Jump runways have tartan surface, restricted to ¼ inch spikes or less (pyramids ok).

**Registration:** To register individuals, unattached, and Teams, go online [www.athletic.net](http://www.athletic.net).  
Online  
entry deadline is midnight (PST), May 16th, 2017.

**Packet Pick-Up:** Begins at 7am on day of event at Registration booth, south east corner of field. Please note: The clerk **will not** accept entry tags that have been changed or altered.

**Entry Fee:** \$3.50 per events and \$14.00 per relay. Entry fees are non-refundable and must be paid by cash, money order, or club check made payable to "Pasadena Running Roses". Unattached entries are to be paid in cash or money order. **(NO PERSONAL CHECKS WILL BE ACCEPTED)**

**Late entries:** \$7.00 per event and \$28 per relay, subject to lane availability. *Late entries will be accepted up to 10:30am on both days.*

**Protests:** USATF Rules will apply. Protest must be in writing and accompanied by a \$50.00 cash deposit within 30 minutes of posted result. Protest forms are available at the registration booth.

**AWARDS:** Custom medals will be given to the first three places (1st, 2nd and 3rd) in each event. Ribbons will be awarded from 4th to 8th place.

**MEET RESULTS:** Will be posted at the meet and on-line at [www.scausatf.org](http://www.scausatf.org)

**CONCESSION:** Foods and drinks will be available for purchase.

**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**

**NO SMOKING, GUM, SHELLED NUTS OR SEEDS, PETS OR ANIMALS, HOVER BOARDS, SKATE BOARDS OR BALLS ARE NOT PERMITTED ON SCHOOL GROUNDS! TEAMS AND/OR ATHLETES WILL BE DISQUALIFIED.**

**Seating:** Limited bleacher seating. Keep all walkways, fence, and entry gate areas clear. John Muir HS track will be opened on Friday May 19th at 6pm to reserve your sitting area. Please respect restricted areas designated by Pasadena Running Roses.

**Parking:** John Muir's track & field and football program will be collecting a donation of **\$5** for parking. Student parking lot is located at the rear of school on Canada Ave. Limited parking available on surrounding residential streets. The City of Pasadena is strict with parking restriction and WILL ticket & Tow for illegal parking. Please respect all posted parking restrictions PRR will not be liable for illegal parking of its guest

**Uninvited guest:** Please advise all parents and athletes **DO NOT** patron uninvited vendors; ice cream trucks, ice cream carts, or other sales person who have not been authorized to sale at the track meet. Sales are prohibited to be performed in the parking lots or adjacent streets.  
*We are a non-profit track club who greatly appreciates your support for our Concession stands and invited vendors.*

**MEET WILL TAKE PLACE RAIN OR SHINE**

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## ORDER OF EVENTS

**May 20, 2017**

**\*\* SATURDAY RUNNING EVENTS START AT 8:00AM \*\***

1500M Race Walk	FINAL	9-10 (G), 9-10 (B), 11-12 (G), 11-12 (B)
3000M Race Walk	FINAL	13-14 (G), 13-14 (B), 15-16 (G), 15-16 (B), 17-18 (W), 17-18 (M)
3000M Run	FINAL	11-12 (G-B), 13-14 (G-B), 15-16 (G-B), 17-18 (W:M)
100M Dash	SEMI FINAL	8&U (G-B) through 17-18 (W:M)
400M Dash	FINAL	7&8 (G-B) through 17-18 (W:M)
4X100M Relay	FINAL	8&U (G-B) through 17-18 (W:M)
400M Hurdles	FINAL	15-16 (B), 17-18 (M) 15-16 (G), 17-18 (W)
200M Hurdles	FINAL	13-14 (G-B)
4x800M Relay	FINAL	11-12 (G-B) through 15-16 (G-B)

**\*\* SATURDAY FIELD EVENTS START AT 8:30AM \*\***

High Jump	11-12(G), 11-12(B), 13-14(G), 13-14(B)
Mini-Javelin	8 & UNDER(G), 8 & UNDER(B), 9-10(G), 9-10(B)
Finn Flyer Javelin	11-12(G), 11-12(B)
Javelin (follows MJ)	17-18(W), 15-16(G), 13-14(G), 13-14(B), 15-16(B), 17-18(M)
Long Jump	9-10(G), 9-10(B), 17-18(W), 17-18(M), 15-16(G), 15-16(B), 13-14(G), 13-14(B)
Shot Put	13-14(G), 13-14(B), 11-12(G), 11-12(B), 17-18(W), 17-18(M)

**May 21, 2017**

**\*\* SUNDAY RUNNING EVENTS START AT 8:00AM \*\***

1500M Run	FINAL	7&8 (G:B) through 17-18 (W:M)
200M Dash	FINAL	8&U (G:B) through 17-18 (W:M)
110M Hurdles	FINAL	15-16(B), 17-18 (M)
100M Hurdles	FINAL	13-14 (B), 15-16 (G), 17-18 (W), 13-14 (G)
80M Hurdles	FINAL	11-12 (G), 11-12 (B)
800M Run	FINAL	7&8 (G:B) through 17-18 (W:M)
100M Dash	FINAL	8&U (G:B) through 17-18 (W:M)
4X400M Relay	FINAL	7&8 (G:B) through 17-18 (W:M)

**\*\* SUNDAY FIELD EVENTS START AT 8:30AM \*\***

High Jump	17-18(W), 15-16(G), 17-18(M), 15-16(B), 9-10(G), 9-10(B)
Discus	11-12(G), 11-12(B), 13-14(G), 13-14(B), 15-16(G), 15-16(B), 17-18(W), 17-18(M)
Triple Jump	13-14(G), 13-14(B), 17-18(M), 15-16(B), 15-16(G), 17-18(W)
Long Jump	8 & UNDER(G), 8 & UNDER (B), 11-12(G), 11-12(B)
Shot Put	9-10(G), 9-10(B), 8 & UNDER(G), 8 & UNDER(B), 15-16(G), 15-16(B)

**MEET WILL TAKE PLACE RAIN OR SHINE**