

PASADENA RUNNING ROSES 2010
21ST ANNUAL INVITATIONAL



- DATE:** May 22 & 23 2009
- PLACE:** John Muir High School
1905 Lincoln Ave
Pasadena, CA 91103
The track, long jump and high jump runways have tartan surfaces and are restricted to $\frac{1}{4}$ inch spikes or less (pyramids ok).
- STARTING TIME:** 8:00am for Running & Field Events
- REGISTRATION:** To register for the meet, go online to - www.coacho.com. Online entry deadline is midnight (PST), May 18, 2010
- PACKET PICK-UP:** Packet pick up will begin at 7am on day of meet.
- ENTRY FEES:** \$3.00 per event, \$12.00 per relay. Entry fee's are non-refundable and must be paid by cash, money order or club check - **NO PERSONAL CHECKS**. Make checks payable to the Pasadena Running Roses.
- LATE ENTRIES:** \$6.00 per event & \$24.00 per relay and subject to lane availability. LATE ENTRY TABLE WILL CLOSE AT 10:30 ON BOTH DAYS.
- ELIGIBILITY:** 2010 SCA rules require that all participants have a valid 2010 USATF membership. Registration may be done online at - www.usatf.org Entries opened to any boy or girl, according to their year of birth, in the following divisions: Sub-Bantams (2002+); Bantams (2000-2001); Midgets (1998-1999); Youths (1996-1997); Intermediate (1994-1995); Young Men/Women (1992-1993)
- AWARDS:** Custom medals will be given to the first three places (1st to 3rd) in each event. Ribbons will be awarded from 4th to 8th place.
- MEET INFO:** George Profit 323/684-8631 or Reggie Young
626/914-4887
- RESULTS:** All results will be posted at the meet and on www.scausatf.org.

**NO SMOKING, GUM, SHELLLED NUTS OR SEEDS PERMITTED ON SCHOOL
GROUNDS**

TEAM WILL BE DISQUALIFIED

PASADENA RUNNING ROSES

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

1,500M RACE WALK (FINAL)	BG, BB, MG, MB
3,000M RACE WALK (FINAL)	YG, YB, IG, IB, YW, YM
100M DASH (SIMI)	SBG THROUGH YM
400M DASH (FINAL)	BG THROUGH YM <u>*SUB-BANTAMS WILL NOT RUN*</u>
110M HURDLES (FINAL)	IB, YM
100M HURDLES (FINAL)	YG, YB, IG, YW
80M HURDLES (FINAL)	MG, MB
4X100M RELAY (FINAL)	SBG THROUGH YM
3,000M RUN (FINAL)	MG, MB, YG, YB, IG, IB, YW
5,000M RUN (FINAL)	YM
100M DASH (FINAL)	SBG THROUGH YM
4X800 RELAY (FINAL)	MG, MB, YG, YB, IG, IB, YW, YM

• *** SATURDAY FIELD EVENTS START AT 8:00AM***

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

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

1,500M RUN (FINAL)	BG THROUGH YM
400M HURDLES (FINAL)	IG, IB, YW, YM
200M HURDLES (FINAL)	YG, YB
800M RUN (FINAL)	BG THROUGH YM
PARENT 4X100M RELAY	
200M DASH (FINAL)	SBG THROUGH YM
4X400M RELAY (FINAL)	BG THROUGH YM

• *** SUNDAY FIELD EVENTS START AT 8:00AM ***

HIGH JUMP	BG, BB, IG, IB, YM, YW
DISCUS	MG, MB, YG, YB, IG, YW, YM
POLE VAULT	YG, YB, IG, IB, YW, YM @ 12:00 NOON
TRIPLE JUMP	YM, IB, IG, YG, YB, YM
LONG JUMP	BG, BB, MG, MB