

PASADENA RUNNING ROSES 2010  
21<sup>TH</sup> 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).  
**ANYONE FOUND PARKING ILLEGALLY WILL BE TOWED @ THEIR EXPENSE**
- STARTING TIME:** 8:00am for Running & Field Events - **POLE VALUT BEGINS @ 10:00AM**
- REGISTRATION:** To register for the meet, go online to - [www.coacho.com](http://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](http://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 (1<sup>st</sup> to 3<sup>rd</sup>) in each event. Ribbons will be awarded from 4<sup>th</sup> to 8<sup>th</sup> 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](http://www.scausatf.org) and [www.pasadenarunningroses.com](http://www.pasadenarunningroses.com)

**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 <b><u>*SUB-BANTAMS WILL NOT RUN*</u></b>
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 @ 10:00 am
TRIPLE JUMP	YM, IB, IG, YG, YB, YM
LONG JUMP	BG, BB, MG, MB

**PASADENA RUNNING ROSES  
ENTRY FORM**

**TEAM NAME:** \_\_\_\_\_

Sub-Bantam Girls	Individual events _____	X \$3.00=	_____
Sub-Bantam Girls	Relay events _____	X \$12.00=	_____
Sub-Bantam Boys	Individual events _____	X \$3.00=	_____
Sub-Bantam Boys	Relay events _____	X \$12.00=	_____
Bantam Girls	Individual event _____	X \$3.00=	_____
Bantam Girls	Relay event _____	X \$12.00=	_____
Bantam Boys	Individual event _____	X \$3.00=	_____
Bantam Boys	Relay event _____	X \$12.00=	_____
Midget Girls	Individual event _____	X \$3.00=	_____
Midget Girls	Relay event _____	X \$12.00=	_____
Midget Boys	Individual event _____	X \$3.00=	_____
Midget Boys	Relay event _____	X \$12.00=	_____
Youth Girls	Individual event _____	X \$3.00=	_____
Youth Girls	Relay event _____	X \$12.00=	_____
Youth Boys	Individual event _____	X \$3.00=	_____
Youth Boys	Relay event _____	X \$12.00=	_____
Intermediate Girls	Individual event _____	X \$3.00=	_____
Intermediate Girls	Relay event _____	X \$12.00=	_____
Intermediate Boys	Individual event _____	X \$3.00=	_____
Intermediate Boys	Relay event _____	X \$12.00=	_____
Young Women	Individual event _____	X \$3.00=	_____
Young Women	Relay event _____	X \$12.00=	_____
Young Men	Individual event _____	X \$3.00=	_____
Young Men	Relay event _____	X \$12.00=	_____

**TOTAL ENTRIES** \_\_\_\_\_

Please return this form with your entry  
Thank-you

Here are 10 locations in Pasadena. The website is [www.hotels.com](http://www.hotels.com) then type in Pasadena, Ca.

Let me know if you want more locations in the surrounding cities.

**The Westin Pasadena - Pasadena**

191 N Los Robles Ave, Pasadena, CA, 91101 United States

Hotel Info: 866-539-8430 - \$104

**Sheraton Pasadena Hotel - Pasadena**

303 Cordova St, Pasadena, CA, 91101 United States

Hotel Info: 866-539-8430 - \$129

**Courtyard by Marriott Old Pasadena - Pasadena**

180 N Fair Oaks Ave, Pasadena, CA, 91103 United States

Hotel Info: 866-539-8430 - \$149

**Hilton Pasadena - Pasadena**

168 S Los Robles Ave, Pasadena, CA, 91101 United States

Hotel Info: 866-539-8430 - \$109

**Ramada Inn Pasadena - Pasadena**

2156 E Colorado Blvd, Pasadena, CA, 91107 United States

Hotel Info: 866-539-8430 - \$71

**Quality Inn Pasadena - Pasadena**

3321 E Colorado Blvd, Pasadena, CA, 91107 United States

Hotel Info: 866-539-8430 - \$89

**Pasadena Inn - Pasadena**

400 S Arroyo Pkwy, Pasadena, CA, 91105 United States

Hotel Info: 866-539-8430 - \$87

**Travelodge Pasadena Central - Pasadena**

2131 E Colorado Blvd, Pasadena, CA, 91107 United States

Hotel Info: 866-539-8430 - \$59

**Days Inn Pasadena - Pasadena**

**3800 E Colorado Blvd, Pasadena, CA, 91107 United States**

**Hotel Info: 866-539-8430 - \$67**

**Best Western Pasadena Royale - Pasadena**

**3600 E Colorado Blvd, Pasadena, CA, 91107 United States**

**Hotel Info: 866-539-8430 - \$56**