

REVISED 5/06/2010 NEW MEET LOCATION

QUIET FIRE INVITATIONAL TRACK MEET

Sanctioned: The Southern California Association / USATF



Sponsor: Los Osos High School Booster Club

Date: MAY 15 -16, 2010

Time: 8:00 a.m. both days

Meet Director: Shelton Hall 323 (804) 2126

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:*

605 north to 210 East exit Milliken avenue left, school on the right hand side.

From San Diego

15 North to 210 West exit Milliken ave turn right. School will be on the right hand side.

Meet Website: www.eteamz.com/quietfire.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 Quiet Fire Track Club. Entry Fees are non-refundable.

Entry Deadline: May 12, 2010 (PST) by 11:59pm

Late Registration: \$6.00 per event and \$24.00 per relay. Subject to lane availability. Late registration will be accepted from 6:30 am and 11:00 am on both days.

Packet Pickup: Team packets may be picked up beginning at 6:30am 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, mini javelin, shot put, 4x100m Relay, 4x400m Relay.

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 the event is called. Field event participants must report directly to the official on the field, in charge of the event.

Protests: USATF Rules will apply. Protest must be accompanied by \$50.00.

Concessions: A concession stand with a variety of vendors will be available both days.

Additional coaches information:

- Three attempts will be given in throws and horizontal jumps. Top 9 will receive three additional attempts.
- The infield and track are closed at all times to coaches and spectators, inquiries in regard to results are to be given to the meet director, inquiries are to be made by coaches not parents.
- Please do not bother the timing crew all questions will be answered by the meet director.
- Coaches are responsible for the conduct of all their team members and parents. Failure to maintain proper control and to displace good sportsmanship could result in the removal of the team from the meet.
- Smoking is not allowed at the track meet & school, consumption of alcohol is not permitted on the school property and will be immediately reported to the police.

Meet will be conducted RAIN OR SHINE



QUIET FIRE TRACK CLUB

ORDER OF EVENTS

SATURDAY – May 15, 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, SBG, SBB
Javelin Final YG, IG, YW, YB, IB, YM **(AFTER MINI JAVELIN)**
Long Jump Final YB, YG, SBG, SBB, IG, IB, YM, YW
Shot Put Final MG, MB, YG, YB, IG, YW, IB, YM, BG, BB, SBB, SBG

SUNDAY – May 16, 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 **(STARTS AFTER LONG JUMPS HAVE COMPLETED)**
Long Jump Final BG, BB, MG, MB
Pole Vault (All Start at 12:00 noon) Final YG, YB, IG, IB, YW, YM

HOTEL INFORMATION

<p>Holiday Inn Express Hotel & Suites Rancho Cucamonga <i>www.ontarioairporthotel.com - (909) 581-3846</i></p>
<p>Hilton Garden Inn Ontario/Rancho Cucamonga <i>www.hiltongardeninn.com - (909) 481-1800</i></p>
<p>Homewood Suites by Hilton Ontario-Rancho Cucamonga <i>www.homewoodsuites.com - (909) 481-6480</i></p>
<p>Best Western Heritage Inn <i>www.bestwesterncalifornia.com - (909) 466-1111</i></p>
<p>Courtyard Ontario Rancho Cucamonga <i>www.marriott.com - (909) 481-6476</i></p>
<p>Four Points by Sheraton Ontario-Rancho Cucamonga <i>www.starwoodhotels.com - (909) 204-6100</i></p>
<p>TownePlace Suites by Marriott Ontario Airport Hotel <i>www.tpsontariohotel.com - (909) 466-1100</i></p>