



Youth Invitationals

June 1, 2019

Luther Burbank High School

3500 Florin Rd. Sacramento, CA 95823

Meet Director: La Donna Aubert (916) 475-7259

Packet Pick Up: 7:00 am

Coaches Meeting: 7:45 am

Field Events: 8:00 am

Running Events: 8:00 am

ALL MEET ENTRIES MUST BE COMPLETED ONLINE AT www.coacho.com

REGISTRATION CLOSSES AT 12:00 AM ON MAY 29, 2018

~ NO same day registration !! ~

~ NO Additions After Close of Registration!! ~

~ NO REFUNDS!! ~

- ◆ **\$9 per athlete. No refunds.**
- ◆ **Athletes are not allowed to compete in older or younger age group**
- ◆ **Relays count as an event.**
- ◆ **Unattached athletes are not allowed to form a relay team.**
- ◆ **Ages 8-14 are allowed 1 false start. Ages 15-18 are allowed NO false starts**

*All Age Divisions Are Determined By Birth Year

AGE DIVISIONS	BIRTH YEAR	MAX EVENTS
8 & Under	2011 & after	3
9	2010	<u>3</u>
10	2008	3
11	2008	3
12	2007	3
13	2006	4
14	2005	4
15-18	2001* - 2004 (*19 after August 4)	4

PER CAMPUS AND INSURANCE RULES ABSOLUTELY NO ANIMALS ALLOWED IN STADIUM OR FIELDS DURING MEET

TENTS & LARGE UMBRELLAS: Tents & oversized umbrellas are allowed on the top rows only (as not to block other's view of competition) of bleachers on both sides of the stadium & some paved areas.

ABSOLUTELY NO TENTS ON OR IN ANY OF THE ORNAMENTAL GRASS AREAS ANYWHERE IN AND AROUND THE STADIUM.

CLEANLINESS: Please clean your area before leaving the stadium. Garbage bags will be provided at packet pick up. Thanks for the great job you all did last year. It is much appreciated!

FIELD EVENTS:

LONG JUMP will be contested at Pits A & B located on the in-field near the scoreboard.

SHOT PUT will be contested at rings A & B at the North end of the field on the visitor's side.

HIGH JUMP will be contested on the surfaced in-field at the North end of the track.

Mini Javelin will be contested on the infield of the track

WARM-UP AREA: is located behind the concessions stand near the baseball field and grassy area.

MEET GUIDELINES: All AAU & adopted USATF rules will apply.

LATE ARRIVALS to the field events must start at the **current round** without warm-up and without exception.

ALL WEATHER TRACK $\frac{1}{4}$ " or 3/16" spikes are required. There will 4 attempts in each field event; except High Jump. High Jump will get 3 jumps per height cleared. Places will be awarded for best completed attempt.

NO COACHES OR PARENTS are allowed on the track area (except to set up marks in the Long Jump for athletes in age group 8 & Under.) Once the event starts, parents/coaches **MUST** leave the field. Repeated violations of this rule may cause athlete(s) to be disqualified or removed from event(s).

NO COACHES OR PARENTS IN THE CLERKING/HIPPING AREA. Repeated violations of this rule may cause athlete(s) to be removed from event(s).

CONCESSIONS: A snack bar and heated food, cold drinks, cold treats will be available.

ABSOLUTELY NO GRILLS OR B-B-Q'S ALLOWED BY TEAMS & SPECTATORS IN STADIUM OR PARKING LOT!

RESULTS POSTING: Results will be posted near the concessions area during the meet as soon after the competition as possible. Please visit www.coacho.com and www.athletic.net for final results approximately 1-2 days after the meet.

AWARDS: Medals are awarded to the overall top three places in each event. Awards will be available for pick up at the Awards table approximately 30-45 minutes after the event. Coaches may pick up awards and athletes may pick up their own awards and will be required to sign for them. ***Ages 15-18 will be contested together, but awarded per age groups (15-16 & 17-18.)**

Medical Services & Security: There will be qualified personnel available and located on the field near the finish line. Additional medical facilities such as the Fire Department Rescue Unit are within minutes of the stadium.

THANKS for being patient and courteous to our volunteers & officials, we couldn't host this meet without them.

Community Service Hours are available for High School students needing hours. Please have them contact meet director to volunteer and sign off your volunteer record/form.

PARKING: It has been noted that at several meets that many parking violations occur on a regular basis (parking in Fire lanes, in particular). For this reason, **PARKING WILL BE PATROLLED ON A RANDOM BASIS BY Sacramento Police Department.**

***This event is licensed by the Amateur Athletic Union of the U.S., Inc.**

All participants must have a current AAU membership.

AAU membership may not be included as part of the entry fee to the event.

AAU **Youth** Athlete membership must be obtained before the competition begins, except where the event operator has a laptop available with an internet connection.

Be Prepared: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at an event. Due to background screenings, please allow up to 10 days for adult memberships to be processed.

Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership.

TRACK EVENTS

All running events will be contested girls then boys and on a rolling schedule (as soon as one event ends, another will begin.)

EVENT	AGE GROUP	TIME
3000M Run	G/B 9 thru 18	8:00
100M Dash	G/B 8 & U Thru 18	
800M Run	G/B 8 & U Thru 18	
1500M Racewalk	G/B 9 Thru 12	
3000M Racewalk	G/B 13 Thru 18	
4 X 100M Relay	G/B 8 & U, 9-10, 11-12, 13-14, 15-6, 17-18	
400M Run	G/B 8 & U Thru 18	
1500M Run	G/B 8 & U Thru 18	
200M Run	G/B 8 & U Thru 18	

FIELD EVENTS

All field events are contested girls and then boys. Events will be contested on a rolling schedule and the next age group will begin as soon as an age group completes. Pay close attention to the order the age groups will be competing so you don't miss your age group.

EVENT	AGE GROUPS	TIME
Discus	G/B 13, 14, 11, 12, 15-18 (2 Rings)	8:00
Long Jump	G/B 15-18, 14, 13, 12, 11, 10, 9, (2 Pits)	8:00
High Jump	G/B 11, 12, 13, 14, 15- 18	8:00
Mini Javelin	G/B 12, 11, 10, 9, 8 & Under	8:00
Shot Put	G/B 8 & U, 9, 10, 11, 12, 13, 14, 15-18 (2 Rings)	8:00