

A.L.EX. YOUTH T/F CLUB

Since 1976
Junior Olympic Preliminary



April, 2007

Subject: ALEX Annual Sprint Invitational T/F Meet

It's that time again for A.L.Ex. To personally invite you to come out and enjoy and have fun as your athletes participate in our annual Sprint Invitational T/F meet. The meet will be held on Saturday, April 14th, 2007 at Poway High School.

If there are any questions, please contact us at 858 565-7117.

SPECIAL NOTE:

NO PEANUTS OR SUNFLOWERS SEEDS ALLOWED IN STADIUM

NO DAY OF MEET SIGN UPS.

A.L.EX. ANNUAL INVITATIONAL SPRINT T/F MEET

DATE	APRIL 14TH	8:30:AM
SANCTION	SD IMPERIAL T/F USATF	
ENTRY FEE	\$6.00 PER ATHLETE	
SITE	Poway High School	
AGE DIVISION	<u>SubB</u>-99 & <u>LATER/BANTAM</u>-98/97- <u>MIDGET</u> 96/95-<u>YOUTH</u> 94/93-<u>INT</u> 92/ 91- YW-YM 90/89	
EVENT LIMITATIONS	SB-MID 3 EVENTS/Y-IM 4 EVENTS	
ENTRY DEADLINES	ALL ENTRIES MUST BE REC'D BY April 11th 2007	
AWARDS	<u>Medals</u> for first-third place in all events <u>Ribbons</u> for 4th thru 8th place	
	<u>Trophy</u> for the top male & female Team Over All	
FACILITY	All Weather Track-4 Long Jump Pitts Spikes 3/16 Needle	
ELIGIBILITY	All athletes must be registered with USATF membership to compete	
RULES	CURRENT USATF RULES APPLY	
PROTEST	Must be made in writing to the meet director not later than 30 minutes after the results of an event has been announced. Proper rules must be cited. All protest must be accompanied by a <u>\$50.00 cash</u> deposit. Deposit will be refunded if protest is up held, forfeited if protest is denied.	
PACKAGE PICK-UP	FROM 7:45am	
MEET DIRECTOR	<i>Cedric Adams and Roderick Rickman</i>	

DIRECTIONS

Poway High School, 15500 Espola Rd., Poway CA 92064

**15 North to Rancho Bernado Rd.
Exit RBR-go East (Right)
RBR turns into Espola Rd.
School will be on right hand side a few miles down.**

**NO SUN-FLOWER SEEDS ALLOWED IN STADIUM
NO FOOD ALLOWED ON IN THE FIELD**

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A.L.EX ORDER OF EVENTS
ALL RUNNING/FIELD EVENTS START TIME: (8:30AM)
***(MBC) MAY BE COMBINED**
REVISED SCHEDULE

RUNNING

3000 START @ 8AM	F	MG,MB,YG,YB
100M	F	SBG THRU IB
400M	F	BG THRU IB
1500M	F	BG, THRU IB *(MBC)
4X100M	F	SBG THRU YB
80M HUR	F	MG,MB
100M HUR	F	YG,YB
200M	F	SBG THRU IB
1500M RW	F	BG, BB, MG,MB *(MBC)
4X100 COACHES/PARENTS RELAY (if time permits)		
4X400	F	BG THRU YB

FIELD EVENTS

LJ		YG,YB,MG,MB,BG, BB, SBG, SBB
MINI JAV		BG, BB, MG, MB
SP		BG THUR YB
DISCUS		MG THRU YB
High Jump		YB, YG, MB, MG, BB, BG

SUB-BANTAMS LIMITED TO THE FOLLOWING EVENTS

100M		
200M		
4X100		
LJ		

SPECIAL NOTES:

Coaches meeting 7:45AM
First Call: 8:15AM

NO PEANUTS OR SUNFLOWER SEEDS ALLOWED IN STADIUM

