



November 20, 2009

**7th Annual Sub-Bantam Championships
Pacific Association USATF**

**Natomas High School
3301 Fong Ranch Road
Sacramento, California 95834
July 24-25, 2010
10:00 a.m.**

If you're making plans to attend the 2010 USATF Junior Olympic Track & Field National's in Sacramento, California, how about turning it into an extended summertime vacation. Why not start off by attending the Pacific Association's (PA) 7th Annual Sub-Bantam Championship meet. Under the leadership of Joanne Slaton-Camargo and Cliff Scott, this is the prototype for this event in the United States of America. Our championship will take place at Natomas High School in Sacramento on Saturday and Sunday July 24-25. Then, visit any of the many vacation sites and venues we have to offer within a short car drive. If you want to visit San Francisco, the Napa Valley wine country or the Reno-Tahoe area, it's still only a short 1 _ to 3 hour drive away ... or drive a bit farther and experience Yosemite National Park.

This is the Pacific Association's seventh year hosting the Sub-Bantam Championships meet and we would love to invite you to enjoy this uniquely special time with us. The PA Youth Committee team members, family and friends are hosting this meet with the help of Cliff Scott (originally from the Pacific Association but now a renowned member of the Southern Association). We expect another successful Sub-Bantam Championships meet this year, and with your little one's participation we are sure to make it happen!!

Athletes should be capable of contesting their event efficiently. To this end we have limited the events for younger athletes. The adjustments are noted next to the particular event below. Please adhere to these guidelines when registering your athletes. Athletes will only participate against other athletes in their same age bracket. We will require proof of age (copy of birth certificate) to facilitate seeding of events.

We're offering the 800 meter dash, 1500 meter run and high jump for 7- and 8-year olds only. The shot put will be 4 pounds for this track meet instead of the regulation 6 pounds used for the Bantam age group. The 300g turbo javelin will also be offered so coaches, it is imperative that you train your Sub-Bantams in these three field event areas before they arrive to compete! We want to avoid accidents!

Meet Details

Meet Directors

- Joanne Slaton-Camargo at pa.youthchair@yahoo.com or (510) 632-8004, (510) 879-8642
- Nadine Davis at pa.youth_secretary@yahoo.com or (707) 310-0595
- So Cal connection Cliff Scott at cscott8938@aol.com or (818) 809-4230

Age and events

- Ages 1-4: 50 meter dash and long jump only on Sunday only
- Ages 5-6: 100 meter dash, 200 meter dash, 400 meter dash, long jump, turbo javelin, shot put, 4x100 meter relay, 4x400 meter relay
- Ages 7-8: 100 meter dash, 200 meter dash, 400 meter dash, 800 meter dash, 1500 meter run, long jump, high jump, shot put, turbo javelin, 4x100 meter relay, 4x400 meter relay

Registration

- Either email to pa.youthentries@yahoo.com or postal mail to address below in “Entry Fee” section
- You must complete all fields on the registration entry form
- Postmark date no later than Wednesday, July 14, 2010

Awards

- Medals for 1-8 places overall top finalists in each age group event (ages 5-8 only)
- Ribbons for 1-8 places in each heat or flight
- Trophy for outstanding male and female athlete; presented end of meet
- Each athlete will also receive a Sub-Bantam track meet t-shirt

Entry Fee

- **\$10 per athlete – ages 5-8**
- **\$5 per athlete – ages 1-4**
 - Send cashiers check or money order payable to Pacific Association USATF or simply PA/USATF. No personal checks. Email your athlete(s) entries to pa.youthentries@yahoo.com then mail your payment to the address below. If you do not have e-mail to submit your entries then print a copy of the registration form and include with your payment. Payment & registration must be postmarked no later than Wednesday, July 14th:

PA Sub-Bantam Championships
c/o Anthony Camargo
278 Wistar Road
Oakland, CA 94603

- Include a self-addressed stamped envelope if you want a returned receipt confirmation of your entries and payment

Schedule of Events

8:00 am - Packet Pick-up
10:00 am - Competition Begins

Events will be run in the order below unless otherwise specified. **USATF regulations allow only three (3) events maximum per athlete.** Please adhere to this policy. There are no other age groups except Sub-Bantams involved in this meet. Therefore, we will build rest breaks as deemed necessary between certain events for recovery purposes.

If there are 8 or less athletes in an age group for the 100, 200 and 400 meter trials, it will be run as a final on Saturday; no final event on Sunday.

Age Division
Sub-Bantam

Birth Year
2002 and after

Saturday

Running Events:

100 meter dash trials – 5-8 year olds
800 meter dash finals – 7-8 year olds
200 meter dash trials – 5-8 year olds
10 minute break
4x100 meter relay finals
10 minute break
400 meter dash trials – 5-8 year olds only

Field Events:

Long jump – 5-6 year olds
Long jump – 7-8 year olds
High jump – 7-8 year olds

Sunday

Running Events:

400 meter dash finals – 5-8 year olds
1500 meter run final – 7-8 year olds
10 minute break
200 meter dash finals – 5-8 year olds
10 minute break
50 meter dash finals – 1-4 year olds
100 meter dash finals – 5-8 year olds
10 minute break
4x400 relay

Field Events:

Long jump – 1- 4 year olds
Shot Put – 5-6 year olds – 4 lb. shot put
Shot Put – 7-8 year olds – 4 lb. shot put
Turbo Jav – 7-8 year olds – 300g turbo jav
Turbo Jav – 5-6 year olds – 300g turbo jav

Hotel Information

The meet location is less than 30 minutes across town from CSU Sacramento where the 2010 USATF Junior Olympics will be held so it is our recommendation that you stay in the same hotel for both venues. Please mention USA Track & Field. Those hotels include but are not limited to:

<p>Holiday Inn Express Hotel & Suites Sacramento Airport Natomas 2981 Advantage Way Sacramento, CA 95834 916 928-9400 or 877 786-9480 Continental breakfast, free internet</p>	<p>Quality Inn Natomas – Sacramento 3796 Northgate Blvd. Sacramento, CA 95834 916 927-7117 or 877 424-6423 Free breakfast, free internet, free airport transportation</p>
<p>Staybridge Suites Sacramento Natomas 140 Promenade Circle Sacramento, CA 95834 877 654-0232 or 916 575-7907 Free continental breakfast, internet</p>	<p>Hampton Inn and Suites Sacramento Airport 3021 Advantage Way Sacramento, CA 95833 916 928-5700 or 800 426-7866 Continental breakfast, internet</p>
<p>Residence Inn Sacramento Airport Natomas 2410 West El Camino Avenue Sacramento, CA 94833 916 649-1300 or 800 331-3131</p>	<p>Homestead Sacramento – Natomas 2810 Gateway Oaks Drive Sacramento, CA 95833 800 804-3724 Complimentary internet, shopping</p>
<p>Fairfield Inn and Suites Sacramento 2730 El Centro Road Sacramento, CA 95833 916 923-7472 Free continental breakfast, internet</p>	<p>Courtyard Sacramento Airport Natomas 2101 River Plaza Drive Sacramento, CA 95833 916 922-1120 free internet</p>
<p>Hilton Garden Inn Sacramento/So. Natomas 2540 Venture Oaks Way Sacramento, CA 95833</p>	<p>Four Points Sheraton - Sacramento 4900 Duckhorn Drive Sacramento, CA 95834 800 325-3535 or 916 263-9000</p>
<p>Extended Stay America Sacramento – Northgate 3825 Rosin Court Sacramento, CA 95834 Free internet 800 804-3724 or 916 920-8199</p>	<p>Super 8 – Sacramento Airport 2654 El Camino Real Sacramento, CA 95833 Free continental breakfast Free internet 800 800-8000 or 916 920-4451</p>



**Pacific Association USA Track and Field
7th Annual Subbantam Championships
Natomas High School – Sacramento, California
July 24-25, 2010**

Name of Team Entering Track Meet (leave blank if unattached)

**Ages 1-4 compete in 50 meter and long jump only
Both events are held on Sunday July 25th**

Athlete Name	Gen-der M/F	Shirt Size*	Age on 7/24	50	100	200	400	800	1500	LJ	HJ	SP	Mini Jav	4x 100	4: 40

*Youth shirt sizes are: XSmall (2-4) Small (6-8) Medium (10-12) Large (14-16)

_____ athletes x \$10.00 = \$ _____ Coach's Name _____ Phone# _____

_____ athletes x \$5.00 = \$ _____ Email _____