

## REGIONS 14 MEET INFORMATION

**HOST:** CENTRAL ASSOCIATION AND THE BAKERSFIELD GREYHOUNDS

**MEET DIRECTOR:** David Lawrence Jr. / Region 14 Coordinator  
916-207-8842

**DATE:** JULY 10-11-12, 2009

**FACILITIES:** CSUS BAKERSFIELD (JULY 10)  
LIBERTY HIGH SCHOOL (JULY 11-12)

**ENTRY FEES:** \$7 PER EVENT PER ATHLETE. RELAYS ARE \$28.00 AND COUNTS AS AN EVENT FOR EACH TEAM MEMBER.

NO PERSONAL CHECKS WILL BE ACCEPTED. CASH ONLY.

**ENTRY DEADLINE:** ALL ENTRIES MUST BE SUBMITTED AT THE ASSOCIATION MEET NO LATER THAN ONE HOUR AFTER THE LAST RUNNING EVENT. EVERY ENTRY MUST BE STAMPED WITH BIRTH VERIFICATION PRIOR TO COMPETING AT THE ASSOCIATION LEVEL. ALL RELAY DECLARATIONS MUST BE ON FILE PRIOR TO THE ASSOCIATION MEET.

**AWARDS:** NATIONAL USATF MEDALS WILL BE GIVEN TO THE TOP THREE PLACES IN EACH EVENT. TOP THREE FINISHERS IN EACH EVENT WILL ADVANCE TO THE JUNIOR OLYMPICS.

**T-SHIRTS:** CUSTOM DESIGN T-SHIRTS WILL BE AVAILABLE BOTH DAYS OF THE MEET.

**PACKAGE PICK UP:** AVAILABLE AT MEET FRIDAY.

**MEET RULES:** 1. USATF RULES  
2. PROTEST RELATING TO MATTERS WHICH DELOPE DURING THE MEET MUST BE MADE IN WRITING AND DELIVERED WITH A \$50.00 CASH FEE TO THE MEET REFEREE WITHIN 30 MINUTES OF THE RESULTS BEING POSTED.

### FRIDAY EVENTS, JULY 10

<i>FIELD EVENTS</i>	<i>DIVISION</i>	<i>TIME</i>
HAMMER THROW	IG/YW (4K)	4:00 PM
HAMMER THROW	IB/YM (12LB.)	5:00 PM
LONG JUMP	IG	4:00 PM
LONG JUMP	IB	5:00 PM
LONG JUMP	YW	6:00 PM
LONG JUMP	YM	7:00 PM

**FRIDAY RUNNING EVENTS**

<i><b>EVENTS</b></i>	<i><b>DIVISION</b></i>	<i><b>TIME</b></i>
1500M RACEWALK *	BANTAM/MIDGET	4:00 PM
3000M RACEWALK *	YOUTH/OLDER	4:20 PM
200M HURDLES *	YG	4:45 PM
200M HURDLES *	YB	5:05 PM
400M HURDLES *	YW	5:25 PM
400M HURDLES *	YM	5:40 PM
5000M	YM	5:55 PM
2000M STEEPLECHASE	IG/YW	6:15 PM
2000M STEEPLECHASE	IB/YM	6:30 PM
400M *	ALL DIVISIONS	6:45 PM
<b>* INDICATES FINALS</b>		

**SATURDAY FIELD EVENTS, JULY 11**

LONG JUMP A	MIDGET GIRLS	8:00 AM
LONG JUMP B	MIDGET BOYS	8:00 AM
LONG JUMP A	YOUTH GIRLS	9:00 AM
LONG JUMP B	YOUTH BOYS	9:00 AM
LONG JUMP A	BANTAM GIRLS	10:15 AM
LONG JUMP B	BANTAM BOYS	10:15 AM
SHOT PUT	BANTAM BOYS	8:00 AM
SHOT PUT	BANTAM GIRLS	9:00 AM
SHOT PUT	MIDGET BOYS	10:00 AM
SHOT PUT	MIDGET GIRLS	11:00 AM
TURBO JAVELIN	BANTAM BOYS	10:00 AM
TURBO JAVELIN	BANTAM GIRLS	11:00 AM
TURBO JAVELIN	MIDGET BOYS	8:00 AM
TURBO JAVELIN	MIDGET GIRLS	9:00 AM
HIGH JUMP	BANTAM GIRLS	8:00 AM
HIGH JUMP	BANTAM BOYS	9:00 AM
HIGH JUMP	MIDGET GIRLS	10:00 AM
HIGH JUMPS	MIDGET BOYS	11:00 AM
HIGH JUMP	INTERMEDIATE BOYS	12:00
HIGH JUMP	INTERMEDIATE GIRLS	1:00 PM
DISCUS	INTERMEDIATE BOYS	9:00 AM
DISCUS	YOUNG MEN	10:30 AM
DISCUS	YOUTH BOYS	12:00
POLE VAULT	YOUTH GIRLS	9:00 AM
POLE VAULT	IG/YW	10:00 AM
POLE VAULT	YOUTH BOYS	11:15 AM

**SATURDAY RUNNING EVENTS, JULY 11**

3000M RUN-FINALS	ALL-DIVISIONS	8:00 AM
400M RELAYS (HEATS)*	ALL-DIVISIONS	9:30 AM
800M RUN-FINALS	ALL-DIVISIONS	11:00 AM
100M SEMI FINALS	ALL-DIVISIONS	NOON
80M HURDLES (HEATS)	MIDGETS	1:15 PM
100M HURDLES (HEATS)	YOUTH	1:40 PM
100 M HURDLES (HEATS)	INTERMEDIATE GIRLS	2:00 PM
100 M HURDLES (HEAT)	YOUNG WOMEN	2:15 PM
110M HURDLES (HEAT)	IB/YM	2:30 PM
200M SEMI FINALS	ALL DIVISIONS	2:45 PM
3200M RELAYS-FINALS	MIDGET & OLDER	3:45 PM

**ALL HEATS WILL BE RAN AS A FINAL IF LESS THAN 8 COMPETES.**

**SUNDAY FIELD EVENTS**

TRIPLE JUMP	YOUTH GIRLS	8:00 AM
TRIPLE JUMP	YOUTH BOYS	9:00 AM
TRIPLE JUMP	INTERMEDIATE GIRLS	10:00 AM
TRIPLE JUMP	INTERMEDIATE BOYS	11:00 AM
TRIPLE JUMP	YOUNG WOMEN	NOON
TRIPLE JUMP	YOUNG MEN	1:00 PM
HIGH JUMP	YOUTH GIRLS	9:00 AM
HIGH JUMP	YOUTH BOYS	10:00 AM
HIGH JUMP	YOUNG WOMEN	11:00 AM
HIGH JUMP	YOUNG MEN	NOON
POLE VAULT	INTERMEDIATE BOYS	9:00 AM
POLE VAULT	YOUNG MEN	10:15 AM
SHOT PUT	YOUTH GIRLS	8:00 AM
SHOT PUT	YOUTH BOYS	9:00 AM
SHOT PUT	INTERMEDIATE GIRLS	10:00 AM
SHOT PUT	INTERMEDIATE BOYS	11:00 AM
SHOT PUT	YOUNG WOMEN	NOON
SHOT PUT	YOUNG MEN	1:00 PM
DISCUS	MIDGET GIRLS	9:00 AM
DISCUS	MIDGET BOYS	10:00 AM
DISCUS	YOUTH GIRLS	11:00 AM
DISCUS	IG/YW	NOON
JAVELIN	YOUTH GIRLS	NOON
JAVELIN	YOUTH BOYS	9:00 AM
JAVELIN	INTERMEDIATE GIRLS	8:00 AM
JAVELIN	INTERMEDIATE BOYS	9:00 AM
JAVELIN	YOUNG WOMEN	1:15 PM
JAVELIN	YOUNG MEN	11:00 AM

**SUNDAY RUNNING EVENTS**

400M RELAY FINALS (IF ANY)	ALL DIVISIONS	8:00 AM
1500M RUN-FINALS	ALL DIVISIONS	8:30 AM
100M FINALS	ALL DIVISIONS	9:40 AM
80M HURDLES-FINALS	MIDGETS	10:10 AM
100M HURDLES-FINALS (IF ANY)	YOUTH	10:20 AM
100M HURDLES-FINALS (IF ANY)	INTERMEDIATE GIRLS	10:30 AM
100M HURDLES-FINALS (IF ANY)	YOUNG WOMEN	10:40 AM
110M HURDLES-FINALS (IF ANY)	IB/YM	10:50 AM
200M FINALS	ALL DIVISIONS	11:00 AM
1600M RELAYS-FINALS	ALL DIVISIONS	12:30

**ADVANCEMENT:** The top 3 finishers in each event will advance to the Junior Olympics on July 27-August 2, 2009 in Greensboro North Carolina. A completed entry form for the USATF Junior Olympics Championships meet and proper amount of money must be turned in no later than one hour after the last running event. Relay declarations should be completed as well. The Junior Olympics fees are \$ 8.00 per event for individual events, and \$32.00 for relays. Combined Event athlete fees are \$20.00 for the Bantams and Youth and \$24.00 for the Intermediate and Young. *Cash only*

**CHECK-IN:** For running events: Report to the clerk of the course when the event is called-approximately 30 minutes prior to the start of the event. 3 calls will be given for each event. Athletes will be scratched if from the event if they fail to respond.

**HOTELS: WYNDHAM HOTEL**

**3001 BUCK OWENS BLVD.  
BAKERSFIELD, CA 93308 1(661) 395-9800**

**AMERICAS BEST VALUE INN & SUITES  
3115 CAMINO DEL RIO COURT  
BAKERSFIELD, CA 93308 1(661) 325-8000**