



9th Annual Subbantam Championships
Skyline High School
12250 Skyline Boulevard
Oakland, California
June 30, 2012
10:00 a.m.

Welcome to the 9th Annual Subbantam Championships Track and Field Meet of the Pacific Association. For this year subbantams are athletes born 2004 and later. The Youth Committee team members, family and friends, are hosting this meet again. To make this work, your volunteer services are still much needed and greatly appreciated. We want another successful Subbantam Championships meet this year, so again, let's make it happen!!

Athletes must be capable of contesting their event efficiently. We cannot allow exceptionally young children to participate in the longer races and most of the field events. Therefore, adjustments have been made for most of the meet events. The adjustments are noted next to the particular event below. Please adhere to these when making your athlete entries.

We're offering the 800 meter dash and 1500 meter run for our 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 mini jav is also being offered again so coaches, it is imperative that you train your subbantams in these three field event areas if you are going to have them contest the events! We want no unnecessary accidents.

Our preference is pre-registration via email to pa.youthentries@yahoo.com However, if you are using the postal snail mail system, please pre-register with a postmark date of no later than Monday, June 18, 2012. If you have any questions do not hesitate to contact Joanne Slaton-Camargo at pa.youthchair@yahoo.com or call (510) 535-2731 work, (510) 632-8004 home.

We are allowing your athlete to participate in as many events as possible. It is not necessary to adhere to the 3 event limit with the conventional track and field meets.

Awards for this track meet are medals 1-8 overall for 5-8 age group for each event and ribbons 1-8 in each heat or flight. The outstanding male and female athlete of the day will be presented with a trophy at the end of the track meet. Each athlete will also receive a subbantam track meet t-shirt at the start of the track meet. Since the shirts are the same as in previous years, we will have a permanent marker to write your athlete's name and year on their shirt.

Entry fee is \$8 per athlete. Make cashiers check or money order payable to Pacific Association USATF or simply PAUSATF. No personal checks please. Enter your athlete (s) via email at pa.youthentries@yahoo.com or mail entries using attached entry form and payment no later than Monday, June 18th to:

PA Subbantam Championships
c/o Anthony Camargo
278 Wistar Road
Oakland, California 94603

Pacific Association
9th Annual Subbantam Championships
Skyline High School – Oakland

Saturday June 30, 2012
Registration – 8:00 a.m.
Meet Start – 10:00 a.m.

Events will be run in the order below based on their age group. **Athletes may participate in as many events as they can do.** There are no other age groups except subbantams involved in this meet. Therefore, we will have scheduled breaks between each event for recovery purposes.

- Awards (1-8 place medals overall in 5-8 age group, each event and 1-8 place ribbons will be given to each athlete after each event and each heat)
- A trophy will be presented at the end of the meet to the outstanding male and female athlete of the track meet.

Meet Directors: Joanne Camargo
(510) 535-2731 or (510) 632-8004 or pa.youthchair@yahoo.com
Nadine Davis (707) 310-0595 or pa.youth_secretary@yahoo.com

The order of events are as follows:

- 50 meter dash – 1, 2, 3, 4 year old only
- 100 meter dash – all ages
- 200 meter dash – 4-8 year old only
- 400 meter dash – 4-8 year old only
- 800 meter dash – 5-8 year old only
- 1500 meter run – 5-8 year old only
- 4X100 relay
- 4x400 relay
- Long jump – all ages
- Shot Put – 5-8 year old only – 4 lb. shot put will be used
- Mini Jav – 4-8 year old only – standard mini jav will be used

1 and 2 year olds	3 and 4 year olds
Running and field events order	Running and field events order
50 meter	4x100 relay
Long jump	Mini jav
100 meter	200 meter
	50 meter
	Long jump
	100 meter
	400 meter
	4x400 relay
5 and 6 year olds	7 and 8 year olds
Running and field events order	Running and field events order
1500 meter run	1500 meter run
4x100 relay	4x100 relay
Long jump	Shot put
200 meter	200 meter
Shot put	Long jump
100 meter	100 meter
800 meter	800 meter
Mini jav	Mini jav
400 meter	400 meter
4x400	4x400