



February 9, 2009

**6th Annual Subbantam Championships
Granada High School
400 Wall Street
Livermore, California
June 20, 2009
10:00 a.m.**

Welcome to the 6th Annual Subbantam Championships Track and Field Meet of the Pacific Association. For this year subbantams are athletes born 2001 and later. The Youth Committee team members, family and friends, are hosting this meet again. Yes, we're still doing it; and with your help and support we will continue for years to come. 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, 1500 meter run (new this year) and high jump for our 7 and 8 year olds only. Since the 800 and 1500 are in the same place on the entry form please indicate on the entry form if entering in the 800 or 1500 meter run. 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 Friday, June 12, 2009. If you have any questions do not hesitate to contact Joanne Slaton-Camargo at pa.youthchair@yahoo.com or call (510) 879-8642, (510) 632-8004 OR Maria Castillo at (707) 648-3423 or pa.youth_officialschair@yahoo.com.

USATF regulations allow three (3) events per athlete. Please adhere to those guidelines.

Awards for this track meet are medals 1-3 and ribbons 4-8 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.

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 Friday, June 12th to:

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

Directions to: Granada High School
400 Wall Street
Livermore, California 94550

Heading East on 580 - 1-580 to Livermore. Exit at Portola Avenue. Right at first signal, Murrieta Blvd. Right at third signal, Stanley Blvd. Left at first signal, Wall Street. School is on the left, drive past the school to the main parking lot.

Heading West on 580 - Exit at North Livermore, right at signal. Right on Portola. Left at Murrieta Blvd. Right at third signal, Stanley Blvd.

Pacific Association
6th Annual Subbantam Championships
Granada High School – Livermore

Saturday June 20, 2009
Registration – 8:00 a.m.
Meet Start – 10:00 a.m.

Events will be run in the order below unless otherwise specified. **Athletes may participate in a maximum of three events.** 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 (1-3 medals, 4-8 ribbons) will be given to each athlete after their event is run.
- 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) 632-8004
Maria Castillo (707) 648-3423

pa.youthchair@yahoo.com OR pa.youth_officialschair@yahoo.com

Age Division
Subbantam

Birth Year
2001 and after

*The running events are as follows:

4X100 relay
800 meter dash – 7-8 year old only
50 meter dash – 1, 2, 3 year old only
200 meter dash – 4-8 year old only - 20 minute break
400 meter dash – 4-8 year old only - 15 minute break
100 meter dash – 2-8 year old only - 15 minute break
1500 meter run – 7-8 year old only
4x400 relay

*The field events are as follows:

Long jump – all ages
High Jump – 7-8 year old only
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