

# PACIFIC UNITED YOUTH TRACK & FIELD MEET

- DATE: **March 14, 2009**
- LOCATION: **Rosemont High School, Sacramento, CA.  
Sacramento, CA. 95827**
- STARTING TIMES: 8:00am – FIELD EVENTS  
9:30am – RUNNING EVENTS
- ENTRY FEES: **\$6.00 PER ATHLETE**
- ENTRY FEE PAYMENT: PAYMENT MUST BE PAID IN FULL AT  
PACKET PICK-UP. CASH ONLY, NO  
CHECKS OR MONEY ORDERS.
- ENTRY DEAD LINE: MARCH 12, 2009. THE ELECTRONIC  
SYSTEM WILL CLOSE AT MIDNIGHT  
MARCH 12, 2009. NO ENTRIES WILL BE  
ACCEPTED AFTER EZ-MEETS CLOSES.
- AGE GROUPS: DIVISIONS: BIRTH YEARS:  
SB-SUB-BANTAMS 2001-EARLIER  
B-BANTAMS 1999-2000  
M-MIDGETS 1997-1998  
Y-YOUTH 1995-1996  
O-OPEN 1994-LATER
- AWARDS: 1<sup>ST</sup> THRU 3<sup>RD</sup> – MEDALS  
4<sup>TH</sup> THRU 6<sup>TH</sup> – RIBBONS
- ENTRY INSTRUCTIONS: ALL ENTRIES MUST BE COMPLETED  
ONLINE. THE WEBSITE FOR ON-LINE  
REGISTRATION IS: [WWW.EZMEETS.COM](http://WWW.EZMEETS.COM).  
ENTRIES ARE BEING ACCEPTED NOW  
AND MUST BE COMPLETED BY MARCH  
12, 2009, BY MIDNIGHT. NO EXCEPTIONS!  
EMAIL COACH LAWRENCE AT  
[DLAW222@AOL.COM](mailto:DLAW222@AOL.COM). TO BE PLACED ON  
ON THE TEAMLIST AND RECEIVE A  
PASSWORD. PLEASE PUT PAC TRACK  
MEET IN SUBJECT AREA ON E-MAIL.
- PARKING: FREE PARKING
- FIELD EVENTS: LONG JUMP/SHOT PUT/DISCUS/TURBO  
JAVELIN/HIGH JUMP
- WARM-UP AREA: THE WARM-UP AREA WILL BE ON THE  
SOCCER FIELD.

MEET GUIDELINES:

ALL USA TRACK & FIELD RULES WILL APPLY

SUB-BANTAM/BANTAMS/MIDGETS (3) EVENTS. YOUTH AND ABOVE (4) EVENTS.

ALL RUNNING EVENTS ARE TIMED FINALS

LATE ARRIVALS TO FIELD EVENTS MUST START AT THE CURRENT ROUND WITHOUT WARM-UP

REPORT TO CLERK FOR COURSE ON FIRST CALL

ALL WEATHER TRACK, \_ SPIKES ARE REQUIRED

THERE WILL BE (4) ATTEMPTS IN EACH FIELD EVENT. PLACES WILL BE AWARDED ON BEST COMPLETED ATTEMPT.

NO COACHES OR PARENTS ALLOWED ON TRACK OR FIELD AREA. EXCEPT TO SETUP SUB-BANTAM LONG JUMP MARK.

RUNNING AWARDS ARE TO BE PICKED UP BY COACHES ONLY. FIELD EVENT AWARDS WILL BE ISSUED AT THE GENDER

CONCESSIONS:

A SNACK BAR WILL BE AVAILABLE.

PACIFIC UNITED TRACK CLUB SECTIONAL

ORDER OF EVENTS

FIELD EVENTS:

8:00 AM START TIME

LONG JUMP:

SUB-BANTAM GIRLS (SOUTH PIT)  
SUB-BANTAM BOYS (NORTH PIT)  
YOUTH GIRLS (SOUTH PIT)  
YOUTH BOYS (NORTH PIT)  
BANTAM GIRLS (SOUTH PIT)  
BANTAM BOYS (NORTH PIT)  
MIDGET GIRLS (SOUTH PIT)  
MIDGET BOYS (NORTH PIT)

HIGH JUMP:

BANTAM GIRLS  
BANTAM BOYS  
MIDGET GIRLS  
MIDGET BOYS  
YOUTH GIRLS  
YOUTH BOYS  
OPEN WOMEN  
OPEN MEN

SHOT PUT:

YOUTH GIRLS  
YOUTH BOYS  
BANTAM GIRLS  
BANTAM BOYS  
MIDGET GIRLS  
MIDGET BOYS  
OPEN WOMEN  
OPEN MEN

DISCUS:

OPEN WOMEN  
OPEN MEN  
MIDGET GIRLS  
MIDGET BOYS  
YOUTH GIRLS  
YOUTH BOYS

TURBO JAV:

MIDGET BOYS  
MIDGET GIRLS  
BANTAM BOYS  
BANTAM GIRLS

RUNNING EVENTS:

9:30AM START TIME

100M	RUN	T/FINAL	SUB-BANTAM-YOUTH
1500M	RUN	T/FINAL	BANTAM-YOUTH
4X100	RELAY	T/FINAL	SUB-BANTAM-YOUTH
800M	RUN	T/FINAL	BANTAM-OPEN
100M	HURDLES	T/FINAL	YOUTH
80M	HURDLES	T/FINAL	MIDGETS
400M	RUN	T/FINAL	SUB-BANTAM-YOUTH
3000M	RUN	T/FINAL	MIDGET-YOUTH
4X200	RELAY	T/FINAL	SUB-BANTAM-YOUTH