



Relay Carnival

Updated 03-17-23 (LOCATION & FIELD EVENT CHANGE)

Sponsor: The Los Angeles Jets Track Club

Sanctioned: The Southern California Association / USATF

Date: March 25th, 2023

Time: 8:00 a.m.
First Call for all events at 7:30am—Coaches Meeting -7:30 (center of the field)

Site: Gahr High School
1111 Artesia Blvd.
Cerritos, CA. 90703

Parking: \$5 per car (collected by Gahr High School)

All-Weather Track surface and runways. Restricted 3/16" Pyramid spikes.

Meet Directors: Bob Holden/ Alex Moore
(408) 832-6333 / (323) 900-9338
lajetsmgr@gmail.com Skipbassmaster2010@yahoo.com

Eligibility: Entries opened to any Boy or Girl, according to their year of birth, in the following Divisions:

8 & Under.....	2015+
9 - 10.....	2013-2014
11 - 12.....	2011-2012
13 - 14.....	2009-2010
15 - 16.....	2007-2008
17 - 18.....	2005-2006

Participant waiver/release forms for each athlete must be filled out and turned at Registration. They can be found on the Usatf. website

and here. PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT



Relay Carnival Track Meet
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Limitation: 8 & Under, 9-10 and 11-12 are limited to three events. 13-14 through 17-18 are limited to four events. ONSITE Registration only will start at 7:00 a.m. and will remain open all day. The registration tent will be near the entrance of the stadium.

Entry Fees: \$2.50 per individual event and \$10.00 per relay. Entry fees are to be paid in cash or club check (No personal checks will be accepted) No refunds.

Awards: Custom Ribbons for first through eighth place. All others will receive participant awards.

Results: Results will be in folders on a table near the entrance to the track.

Check In: All participants in running events must check in with the clerk of the course when their event is called. Field event participants must report directly to the Official on the field in charge of their event when it is called.

Protests: USATF Rules will apply. Protest must be accompanied by \$35.00.

Concession: A snack bar will be available.

Apparel: T-shirts and track merchandise will be available for sale.



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Seating: Bleacher seating available on both sides of the stadium. Tents, canopies, large umbrellas will be restricted to the top row of the bleachers.

NO SMOKING or VAPING, PETS, SHELLLED NUTS OR SEEDS and NO ALCOHOL OR DRUGS permitted on school grounds. Also, no balls allowed in the stadium area.

2023 L.A. JETS RELAY CARNIVAL ORDER OF EVENTS

Running Event Order

--1500m - 8 and Under (2014 & 2015 only) thru 17-18 & including Masters

--400m Dash - All divisions thru 17-18 (please put year of birth for 5- 6 year old athletes, 2016-2017 so that they can be placed in races together to save time)

--4x800m Relay- 11-12 thru 17-18

--4x100m Relay - All divisions thru 17-18

--100m Dash - All divisions thru 17-18 (please put year of birth for 5- 6 year old athletes, 2016-2017 so that they can be placed in races together to save time)

--4x400 Relay - All divisions thru 17-18



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Field Events

--Shot Put – 17/18G, 17/18B, 15/16G, 15/16B, 13/14B, 13/14G, 11/12G,
11/12B, 9/10B, 9/10G, 8/UB, 8/UG

--Long Jump - 8/UG, 8/UB, 9/10G, 9/10B, 11/12G, 11/12B, 13/14G,
13/14B,
15/16G, 15/16B, 17/18G, 17/18B

--High Jump - 9/10G, 9/10B, 17/18G, 17/18B, 15/16G, 15/16B, 11/12G,
11/12B, 13/14G, 13/14B

--Mini-Javelin - 9/10B, 9/10G, 8/UB, 8/UG,

--Finn Flyer Javelin (following completion of Mini-Javelin competition) –
11/12G, 11/12B

--Regulation Javelin- NOT CONTESTED

--Discus—NOT CONTESTED

--Pole Vault—NOT CONTESTED