

ALL-COMERS TRACK PROGRAM

"All-comers" means just that...all may come and participate! Whether you are entering your first-ever track event or are a seasoned world-class competitor, you are welcome. The Youth Services Section of the Los Angeles Unified School District has sponsored these meets since 1960. Your suggestions and continued participation are appreciated.

GENERAL INFORMATION

All events are open to males and females within their respective age groupings. All age groupings are determined by year of birth. To expedite the meet, selected divisions may be combined. However, awards will be given to male and female by division. Participants may compete in only one division each night.

Student Section

<u>Divisions</u>	<u>Year of Birth</u>	<u>Tag</u>
Sub-Bantam	1998 - earlier	Blue
Bantam	1996—1997	Red
Midget	1994—1995	Green
Youth	1992—1993	Brown

Athletes who have competed at the high school level must compete in the Novice Division.

Adult Section

<u>Divisions</u>	<u>Year of Birth</u>	<u>Tag</u>
Novice (High School)	1988 — 1991	White
Open	1977 — 1987	Red
Sub-Masters	1967 — 1976	Blue

Masters Division

<u>Division</u>	<u>Year of Birth</u>	<u>Tag</u>
Masters	1957 — 1966	Green
Veterans	1947 — 1956	Brown
Seniors	1946— earlier	Gold

To experience greater competition, a Masters Division participant may compete in the Open Division. Open Division participants may not compete in the Masters Division.

PHYSICAL EXAMS - It is recommended that participants have a medical-physical examination prior to participation.

ATTIRE - Track suit, or T-shirt with boxer trunks. High school students may not wear school uniforms. All participants must wear appropriate shoes while competing. See reverse side for shoe restrictions.

WEIGHT/THROWING EVENTS - Bring your own implements.

SHOT PUT

YOUTH 6 lbs.
MEN Novice - 12 lbs. Open, Sub-Masters, Masters - 16 lbs.
Veterans - 12 lbs. Seniors - 8 lbs. 13 oz. (4k)
WOMEN Novice, Open, Sub-Masters - 8 lbs. 13 oz. (4k)
Veterans, Seniors - 6 lbs. 10 oz.

STUDENT SECTION

Midget, Sub-Bantam, Bantam and Youth Divisions

3000 m Run	Bantam, Midget, Youth
50 m Dash	Bantam, Sub-Bantam
100 m Dash	All
800 m Run	All
4 x 100 m Relay	All
400 m Dash	All
200 m Dash	All
1500 m Run	Bantam, Midget, Youth
4 x 400 m Relay	Student & Adult Sections
1600 m Race/Walk (Birmingham only)	Student & Adult Sections
100 m Low Hurdles	Youth
Long Jump	All
Triple Jump (follows Long Jump)	Bantam, Midget, Youth
High Jump	Bantam, Midget, Youth
Pole Vault	Youth
Shot Put	Youth

ADULT SECTION

Novice, Open and Masters Divisions

(Meet starts at conclusion of Student Section)

Pole Vault (6:00 at Birmingham)	All
Long Jump	All
High Jump	All
Shot Put	All
Triple Jump (follows Long Jump)	All
4 x 400 m Relay	Student & Adult Sections
1600 m Race/Walk - (Birmingham Only)	All
100 m High Hurdles	Women (all)
1500 m Run	All
110 m High Hurdles	Men (all)
4 x 100 m Relay	All
400 m Dash	All
100 m Dash	All
800 m Run	All
400 m Intermediate Hurdles	All
300 m Intermediate Hurdles	Men (all)
300 m Low Hurdles	Women (all)
200 m Dash	All
3000 m Run	All
5000 m Run	All

LOS ANGELES UNIFIED SCHOOL DISTRICT

Beyond the Bell Branch

Youth Services Section

SUMMER 2006 45th ANNUAL

ALL-COMERS TRACK AND FIELD MEETS

JUNE 27—AUGUST 3

AGES 5 TO 77+

**YOUTH, OPEN, MASTERS DIVISIONS
FOR
BOYS, GIRLS, MEN AND WOMEN**



**SAN PEDRO HIGH SCHOOL
1001 WEST 15TH STREET
SAN PEDRO, 90275**

(At end of 110 Freeway, left to intersection of 13th and Gaffey, right to Alma; left two blocks)

**Access via Public Transportation:
Freeway Bus #550 is only
40 minutes from Exposition Park.**

**REKORTAN Metric Track
Pin-Spikes only—3/16" or 5mm permitted**

5 WEEKS

**TUESDAYS: June 27
July 11, 18, 25
August 1**

YOUTH - 6:00 P.M.

NOVICE, OPEN, MASTERS - 7:15 P.M.

[*\(Click on the map for directions\)*](#)



**BIRMINGHAM HIGH SCHOOL
17000 HAYNES STREET
LAKE BALBOA, 91406**

(Corner of Victory Blvd. & Balboa Blvd.)

**Access via Public Transportation:
MTA Orange Line stops at Balboa and
Victory across the street from the track.**

**TARTAN Metric Track
Sports-Flats or Pin-Spikes only - 3/16" or 5mm permitted**

6 WEEKS

**WEDNESDAYS: June 28
July 5, 12, 19, 26
August 2**

YOUTH - 6:00 P.M.

**POLE VAULT - 6:00 P.M.
NOVICE, OPEN, MASTERS - 7:30 P.M.**

[*\(Click on the map for directions\)*](#)



**SANTEE EDUCATION COMPLEX
1921 SOUTH MAPLE AVENUE
LOS ANGELES, 90011**

(From corner of Washington Blvd. and Maple Avenue, south on Maple to 23rd Street)

**Access via Public Transportation:
MTA Blue Line at Grand Avenue stops
only steps from the school.**

**ALL-WEATHER Metric Track
Sports-Flats or Pin-Spikes only—3/16 or 5 mm permitted**

6 WEEKS

**THURSDAYS: June 29
July 6, 13, 20, 27
August 3**

YOUTH - 6:00 P.M.

NOVICE, OPEN, MASTERS - 7:00 P.M.

[*\(Click on the map for directions\)*](#)

