

72nd SANTA BARBARA EASTER RELAYS YOUTH/OPEN/MASTERS TRACK AND FIELD MEET



SUNDAY MARCH 21, 2010
SBCC'S OCEAN-FRONT LA PLAYA STADIUM

9AM 5000m	9:45AM 100m (youngest first)
10AM SHOT PUT (oldest first)	10:15AM LONG JUMP (youngest first)
10:15AM HIGH JUMP (oldest first)	11AM 4X100m RELAY (youngest first)
11:30 MASTERS POLE VAULT	11:30AM 400m (youngest first)
NOON Mile Run (youngest first)	12:30 200m (youngest first)
1PM 4X400m RELAY (youngest first)	



SPRINTING CLINIC BY COACH JOHN SPELLS 9:30 – 9:45AM
HIGH JUMP TEACHING CLINIC – JHS 10-11AM, ELEMENTARY 11AM-NOON

ENTRY FEE \$5 (one price for all events). Sign up race day only. Heats in the 100m will be run in girls and boys races by grade level starting with Kindergarten and up through masters. Finals will be then be held for the top 8 in the 100m in each grade, if needed. Field events will be conducted in flights (groups): Masters/Open (after HS), JHS (7th-8th) and Elementary (K-6). Ribbons to first 300 who sign up, no T-shirts or awards. Times and distances will be available at the meet; top 8 posted at www.easterrelays.com. We will provide athlete name tag/stickers on race morning; teams may pre-print their own (list name, grade (not age), school or club). Bring an umbrella for shade or rain! The 200m and HJ are new this year. Info Easter Relays Committee 564-3400 kyoung@sbre.com

Watch More Easter Relays: Friday March 26 Junior Colleges, Saturday March 27 High Schools
Compete at the Club West All-County Track and Field Youth Championships Sunday May 2, organized by SB's
Club West Youth Track Club: www.clubwestyouthtrack.org

ENTRY FORM:

Name: _____ Male or Female: _____
Grade in school (not age!): _____
Your school name or track club: _____
If you are an open/masters runner, your age: _____



Waiver: For myself and my heirs, I individually and on behalf of my child, children or wards waive and release any and all rights and claims for injuries or damages I may have against the Easter Relays Committee, SBCC, meet officials and volunteers, for any and all injuries suffered by me or my child at this Easter Relays youth track and field meet. I have verified that I am or my child, children or wards is/are physically fit to compete in these events, and I am aware of any and all dangers inherent in such meets.

Signature (parent must sign if under 18)

date