



South Central Athletic Association Presents . . .

3rd Annual

Fred Dean Invitational

Date: Saturday, June 6th, 2009
Location: Sealth H.S. Stadium
2600 SW Thistle Seattle, WA 98126

All weather surface track. Turf warm-up area available on the in field.

Age Divisions:	Division	Age
	Mini-Bantam	6 & Under
	Sub-Bantam	7-8
	Bantam	9-10
	Midget	11-12
	Youth	13-14
	Intermediate & Over	15 & older

Fees: \$5.00 per event for each athlete and \$16.00 for relays with pre-registration. Deadline for pre-registration is Wednesday, June 3rd by 9 p.m.

Day of meet registration begins at 8 a.m. and concludes 2 hours prior to each event. The event cost increases to \$6 per event for each athlete on for on-site registration.

Make checks payable to: SCAA Track Club. Pre-registration can be emailed to ashasundae@hotmail.com or mailed to:

Asha S. Dean
2214 33rd Ave South
Seattle, WA 98144
(206) 954-2551

Awards: Individual event medals for 1st place
Individual event ribbons for 2nd-8th place
Relay teams awarded ribbons for 1st-3rd
Participant ribbons for all competitors

Meet Rules:

- USATF age divisions based on calendar year of birth
- Timed finals will be held in all events except the 100 meter dash
- Preliminary heats will be run in 100 if more than 8 enter. Top 8 times advance to the finals
- Midget age divisions and younger may only enter 3 events (including relays)
- Youth and above age divisions may enter 4 events

SCAA

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Registration - 8:00 a.m.

Time Schedule - Running Events

TIME	EVENT	AGE GROUP
9:00	3000k	Midget & up
9:30	50 Timed Finals	Mini & Sub-Bantams
10:00	80 Hurdles	Midget
10:15	100 Hurdles	Youth & Intermediate
10:45	100 Timed Finals	Mini-Bantams
11:15	100 Prelims	Sub-Bantam & up
12:15	1500	Bantam & up
1:00	4x100 Relay	Mini-Bantam & up
1:45	400	Sub-Bantam & up
2:30	100 Finals	Sub-Bantam & up
3:00	800	Bantam & up
3:45	200	Sub-Bantam & up
4:15	4x400 Relay	Bantam & up

Time Schedule - Field Events

TIME	EVENT	AGE GROUP
9:00	Long Jump	All ages
10:00	Shot Put	Bantam & up
10:00	High Jump	Bantam & up
12:30	Turbo Jav.	Bantam & Midget
12:30	Discus	Midget & up
1:00	Triple Jump	Youth & up

Once the meet begins, events may start up to 1 hour ahead of schedule. Time indicates starting time for youngest age group competing. Girls will start first and all other age groups to follow in order.

