



38th Annual Invitational Track Meet

May 25th & 26th, 2024

Sponsored By: Los Angeles Jets Track Club

Sanctioned by: Southern California Association/USATF

Site: Cerritos College- Falcon Stadium
11110 Alondra Blvd.
Norwalk, CA. 90650

Starting Time: 8:00 AM Field and Running Events

Meet Directors: Bob Holden (408) 832-6333 Lajetsmgr@gmail.com
Alex Moore (323) 900-9328 Skipbassmaster2010@yahoo.com

Eligibility: All participants must have a valid 2024 USATF membership. Membership may be done online at www.usatf.org Entries opened to any Boy or Girl, according to their year of birth, in the following Divisions:

8 & Under.....2016 +

9 - 10.....2014-2015

11 - 12.....2013-2012

13 - 14.....2010-2011

15 - 16.....2008-2009

17 - 18.....2006-2007

Participant waiver/release forms for each athlete must be filled out and turned in at packet pick up. They can be found on the Usatf.org website. Put Usatf minor participant waiver in the search engine or click here [USATF Participant Waiver](#).

Limitations: 8 & under, 9-10 and 11-12 are limited to three events. 13-14 and above are limited to four events. **8 & under born 2016 + (age 5 & 6 by December 31 are restricted to 100M, 200M, Long Jump, Shot Put, Mini-javelin, 4x100M Relay & 4x400M Relay).**

****FIELD EVENTS WILL BE RESTRICTED TO FOUR (4) ATTEMPTS ONLY.****



Surface: All-Weather Track and Runway. **Restricted 3/16” Pyramid Spikes** will be checked.

Registration: To register individuals, unattached, and Teams go online to [Athletic.net](https://athletic.net). Online entry deadline is 3:00pm (PST), Wednesday, May 22nd, 2024.

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Please Note: All athletes entering the meet must have their age verified via USATF Connect or Athletic.net will not accept their registration for The LA Jets Invitational. The USATF National Office requests 5 business days for birth verification approval so please don't wait until the last moment.

Entry Fee: \$4.50 per individual event and \$18.00 per relay. Entries fees are non-refundable and can be paid online (credit card only) and in person. Late registration and packet pickup will accept cash, club checks or money orders. **NO PERSONAL CHECKS WILL BE ACCEPTED**

Packet Pickup & Late Registration: Late entries will be \$9.00 per event or \$36.00 per relay and subject to lane availability.

Packet Pickup & Late Registration onsite at the meet (Cerritos College).

Packet Pickup and Late Registration on Saturday & Sunday will only be at Cerritos College from 7-9am on both days. Registration for all 100m semifinals will end at 8:00 on Saturday morning.

Protests: Must be made in writing (**rule number must be indicated with a \$50.00 cash within 30 minutes of posted result at the results table**). Protest sheets will be available and must be returned to the registration table.

Awards: Custom medals will be awarded to first, second and third place. Custom ribbons will be awarded to fourth through eighth place in each event. Unattached athletes must wear their competition number when picking up their awards and **all awards must be picked up at the meet – we will not mail or deliver awards after the meet.**

Any concerns about placement need to be addressed by using the protest process within 30 minutes of the results being posted.

Division trophies will be presented to the top two teams in the 8 & Under through 13-14 Divisions, using the 10-8-6-5-4-3-2-1 system. A Team Championship Trophy will be presented to the top overall boy and girl team. The host team will be excluded from these awards but will



displace in the scoring. Teams must be present to accept these awards.

Meet Results: Will be provided online by Tuesday, May 28th, 2024 on [Athletic.net](https://athletic.net). Results will also be made available on www.scausatf.org.

Check-In: All participants in running events must check in at the Clerk of the Course when their events are called. Event check-ins will close 5 min after final call – No exceptions. Field event participants must report directly to the Official on the field in charge of the event when called. If athletes are competing in a running event they must check out with the Official in charge and return immediately after the running event. Please remember that in HJ and PV the bar will not go down for athletes that have missed their height.

Parking & Seating: Use the QR codes posted in the parking lots to pay for parking. Please respect all posted parking restrictions. The LA Jets will not be held liable for the illegal parking of any guests.

Tents and large umbrellas are restricted to the top 12 rows on both sides of the track.

ROPED OFF AREAS WILL NOT BE PERMITTED AND WILL BE REMOVED BY MEET MANAGEMENT.

Please Note: Tents can be set up at Cerritos College beginning at 6am on Saturday, May 25th. Please do NOT enter the stadium facilities prior to that time.

Concession: Packaged snacks and drinks will be available.

Apparel: Custom designed 2024 38th Annual Invitational apparel and accessories will be available for purchase.

Please note that no profanity, smoking, vaping or drinking is allowed at the meet site (including in the parking lot) and we ask that everyone treat the volunteers and officials with respect. Anyone found to be in violation will be asked to leave the facility and will not be invited back to future Los Angeles Jets events.

We also ask that all attendees abstain from barbecuing or cooking food in the parking lot or on the premises as well as patronizing uninvited vendors including ice cream carts and other unauthorized salespersons. No sales of any kind are to be performed in the stands, parking lots or adjacent streets. No cooking on the premises is not allowed.

Pets: NO PETS ALLOWED



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MEET WILL TAKE PLACE RAIN OR SHINE

Saturday May 25, 2024

RUNNING EVENTS – START TIME: 8:00 AM.

1500M Race Walk F 9-10/G, 9-10/B, 11-12/G, 11-12/B

3000M Race Walk F 13-14/G, 13-14/B, 15-16/G, 15-16/B, 17-18/YW, 17-18/YM Open/Masters

3000M Run F/F 11-12 (G-B), 13-14 (G-B), 15-16 (G-B), 17-18 (YW-YM)

100M Dash S/F 5&6, 8&U (G-B) through 17-18 (YW-YM) & Open/Masters

400M Dash F/F 7&8 (G-B) through 17-18 (YW-YM) & Open/Masters

4X100M Relay F/F 8&U (G-B) through 17-18 (YW-YM)

400M Hurdles F/F 15-16/B, 17-18/YM, 15-16/G 200M Hurdles F/F 13-14 (G-B)

4x800M Relay F/F 11-12 (G-B) through 15-16 (G-B)

FIELD EVENTS – START TIME: 8:30 AM.

High Jump F-- 11-12/G, 11-12/B, 13-14/G, 13-14/B

Long Jump F-- 9-10/G, 9-10/B, 17-18/YW, 17-18/YM, 15-16/B, 15-16/G, 13-14/G, 13-14/B Shot Put-- F 13-14G, 13-14B, 11-12G, 11-12B, 17-18YW, 17-18YM

Finn Flyer Javelin-- 11-12/G, 11-12/B (450g) Javelin (follows Finn Flyer) F 17-18/YW, 17-18/YM, 13-14/G, 13-14/B, 15-16/G, 15-16/B,



Sunday May 26, 2024

RUNNING EVENTS – START TIME: 8:00 AM.

1500M Run F/F 7&8 (G-B) through 17-18 (YW-YM) & Open/Masters

200M Dash F/F 5-6, 8&U (G-B) through 17-18 (YW-YM) & Open/Masters

110M Hurdles F/F 15-16(B), 17-18 (YM)

100M Hurdles F/F 13-14 (B), 17-18 (YW), 15-16 (G), 13-14 (G)

80M Hurdles F/F 11-12 (G), 11-12 (B)

800M Run F/F 7&8(G-B) through 17-18 (YW-YM) & Open/Masters

100M Dash Final 8&U (G-B) through 17-18 (YW-YM)

Parent/Coaches Relay---- Real Coaches/ Real Parents

4x400 Relay F/F 7&8(G-B) through 17-18 (YW-YM)

FIELD EVENTS – START TIME: 8:00 AM.

High Jump --F 17-18/YW, 15-16/G, 17-18/YM, 15-16/B, 9-10/G, 9-10/B

Discus – (Following MJ) 11-12 G, 11-12B, 13-14 G, 13-14B, 15-16 G, 15-16 B, 17-18W, 17-18M

Triple Jump --F 13-14/G, 13-14/B, 15-16/G, 15-16/B, 17-18W, 17-18M

Long Jump (Following Triple Jump)--F 8&U/G, 8&U/B, 11-12/G, 11-12/B

Shot Put --9-10/G, 9-10/B, 8&U/G, 8&U/B, 15-16/G, 15-16B

Pole Vault --13-14/G, 13-14/B, 15-16/G, 15-16/B, 17-18/YW, 17-18/YM

Mini-Javelin -- 8&U/G, 8&U/B, 9-10/G, 9-10/B