



PASADENA RUNNING ROSES

“Striding for Excellence”

33rd Annual Invitational

DATE: May 20th-21st, 2023

SITE: John Muir High School
1905 N Lincoln Ave.
Pasadena, CA 91103

STARTING TIMES:

7:00 am Registration
7:30am Coaches Meeting
8:00 am Running Events & Field Events

MEET DIRECTOR: Sarah Collier (626) 643-2205 and Ashlei Huston (626) 399-9472
Email: pasadenarunningroses@gmail.com

ELIGIBILITY: 2023 SCA rules require all participants to have a valid 2023 USATF membership. Entries are open to Boys and Girls in the following age groups:

8 and under	2015 - Later
9 and 10	2013 - 2014
11 and 12	2012 - 2011
13 and 14	2009 - 2010
15 and 16	2007 - 2008
17 and 18	2005 - 2006

Limitation: 8 & under, 9-10, and 11-12 are limited to three events & 13-14 and above are limited to four events. **8 & under age 5 & 6 by December 31 are restricted to 100m, 200m, Long Jump, Shot Put, Mini Javelin, 4x100 and the 4x400.**

Surface: Track, Long Jump, and High Jump runways have tartan surface, restricted to ¼ inch spikes or less (pyramids ok).

Registration: To register individuals, unattached, and Teams, go online www.athletic.net
Online entry deadline is 11:59pm(PST), May 18th, 2023.

Packet Pick-Up: Begins at 7am on day of event at Registration booth, south east corner of field.
Please note: The clerk **will not** accept entry tags that have been changed or altered.

Entry Fee: \$4.00 per events and \$16.00 per relay. Entry fees are non-refundable and must be paid by cash, money order, or club check made payable to “Pasadena Running Roses”. Unattached entries are to be paid in cash or money order.
(NO PERSONAL CHECKS WILL BE ACCEPTED)

Late entries: \$8.00 per event and \$32 per relay, subject to lane availability. *Late entries will be accepted up to 10:30am on both days.*

Protests: USATF Rules will apply. Protest must be in writing and accompanied by a \$50.00 cash deposit within 30 minutes of posted result. Protest forms are available at the registration booth.

AWARDS: Custom medals will be given to the first three places (1st, 2nd and 3rd) in each event. Ribbons will be awarded from 4th to 8th place.

MEET RESULTS: Will be posted at the meet and on-line at www.scausatf.org

CONCESSION: Breakfast and Lunch, Hot and cold foods, drinks will be available for purchase.

STADIUM INSTRUCTIONS

NO SMOKING, GUM, SHELLED NUTS OR SEEDS, HOVER BOARDS SKATE BOARDS, HPETS OR ANIMALS ARE PERMITTED ON SCHOOL GROUNDS! TEAMS AND/OR ATHLETES WILL BE DISQUALIFIED.

CHECK-IN: All Participants in running events must check in at the Clerk of the Course when an event is called. Event check-in will close 10min after 3rd call No Exceptions. Field event participants must report directly to the official on the field in charge of the event when called. The Clerk of the Course will be located north of the track on the baseball field.

Seating: Limited bleacher seating. Keep all walkways, fence, and entry gate areas clear. John Muir HS track will be opened on Friday May 17th at 6pm to reserve your sitting area. Please respect restricted areas designated by Pasadena Running Roses.

Parking: John Muir's track & football program will be collecting a donation **\$5** for parking. Student parking lot is located at the rear of school on Canada Ave. & Montana St., Limited parking available on surrounding residential streets. The City of Pasadena is strict with parking restriction and WILL ticket & Tow for illegal parking. Please respect all posted parking restrictions PRR will not be liable for illegal parking of its guest

Uninvited guest: Please advise all parents and athletes **DO NOT** patron uninvited vendors; ice cream trucks, ice cream carts, or other sales person who have not been authorized to sale at the track meet. Authorized vendors will have a staff pass allowing them to sell items on the property. Sales are prohibited to be performed in the parking lots or adjacent streets.

We are a non-profit track club who greatly appreciates your support for our Concession stands and invited vendors.

MEET WILL TAKE PLACE RAIN OR SHINE



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ORDER OF EVENTS

**** SATURDAY RUNNING EVENTS START AT 8:00AM ****

1500M Race Walk	FINAL	9-10 (G), 9-10 (B), 11-12 (G), 11-12 (B)
3000M Race Walk	FINAL	13-14 (G:B), 15-16 (G:B), 17-18 (W:M)
3000M Run	FINAL	11-12 (G:B), 13-14 (G:B), 15-16 (G:B), 17-18 (W:M)
100M Dash	SEMI FINAL	8&U (G:B) through 17-18 (W:M)
400M Dash	FINAL	7&8 (G:B) through 17-18 (W:M)
4X100M Relay	FINAL	8&U (G:B) through 17-18 (W:M)
400M Hurdles	FINAL	15-16 (B), 17-18 (M) 15-16 (G), 17-18 (W)
200M Hurdles	FINAL	13-14 (G:B)
4x800M Relay	Final	11-12 (G:B) through 15-16 (G:B)

**** SATUDAY FIELD EVENTS START AT 8:00AM ****

High Jump	11-12(G), 11-12(B), 13-14(G), 13-14(B)
Finn Flyer Javelin	11-12(G), 11-12(B)
Javelin (follows Finn Flyer)	17-18(W:M), 13-14(G:B), 15-16(G:B)
Long Jump (Pit 1)	9-10(G), 17-18(W), 15-16(G), 13-14(G)
Long Jump (Pit 2)	9-10(B), 17-18(M), 15-16(B), 13-14(B)
Shot Put (Pit 1)	13-14(G), 11-12(G), 17-18(W)
Shot Put (Pit 2)	13-14(B), 11-12(B), 17-18(M)



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**** SUNDAY RUNNING EVENTS START AT 8:00AM ****

1500M Run	FINAL	7&8 (G:B) through 17-18 (W:M)
200M Dash	FINAL	8&U (G:B) through 17-18 (W:M)
110M Hurdles	FINAL	15-16(B), 17-18 (M)
100M Hurdles	FINAL	13-14 (B), 15-16 (G), 17-18 (W), 13-14 (G)
80M Hurdles	FINAL	11-12 (G), 11-12 (B)
PARENT RELAY	FINAL	COACHES & PARENTS ONLY
800M Run	FINAL	7&8 (G:B) through 17-18 (W:M)
100M Dash	FINAL	8&U (G:B) through 17-18 (W:M)
4X400M Relay	FINAL	7&8 (G:B) through 17-18 (W:M)

**** SUNDAY FIELD EVENTS START AT 8:00AM ****

High Jump	FINAL	17-18(W), 15-16(G), 17-18(M), 15-16(B), 9-10(G), 9-10(B)
Discus	FINAL	11-12(G:B), 13-14(G:B), 15-16(G:B), 17-18(W:M)
Triple Jump	FINAL	13-14(G), 13-14(B), 17-18(M), 15-16(B), 15-16(G), 17-18(W)
Long Jump (Pit 2)	FINAL	8 & UNDER(G), 11-12(G)
Long Jump (Pit 2) (will run after triple jump)	FINAL	8 & UNDER (B), 11-12(B)
Shot Put (Pit 1)	FINAL	9-10(G), 8 & UNDER(G), 15-16(G)
Shot Put (Pit 2)	FINAL	9-10(B), 8 & UNDER(B), 15-16(B)
Mini-Javelin	FINAL	8 & UNDER(G), 8 & UNDER(B), 9-10(G), 9-10(B)

