

Long Beach Millikan Distance Carnival
@
Long Beach City College Veterans Stadium

Date: Saturday, March 7, 2009

Time: 8:00am

Location: Long Beach City College 4901 E. Carson St., Long Beach

Events: Seeded heats (by times): 3200, 1600, 800, and 400 meters
Open race 1500 meter coaches race
Relay (Varsity Only) Distance Medley, 4x800, 4x1500
Shot Put Relay- Combine 3 throwers for the furthest overall distance!

Divisions: Boys and Girls – Varsity / Sophomore / Freshman

Cost: Girls- \$175 per school w/ unlimited entries or \$10 per individual per event
Boys- \$175 per school w/ unlimited entries or \$10 per individual per event
Both Boys and Girls Teams = \$300

All results will be posted for viewing at the conclusion of each race.

Awards: Custom medals- All races will be presented the following award totals:
Seeded: 3200 (5) 1600 (5) 800 (4) 400 (3)
Open: 1500 (5)
Relays: 4x800 (3) 4x1500 (3) DMR (3) Shot Put (1)

Timing: All races will be hand timed and a display clock will be at the finish line.

Coaches: Use best time from 2008 or estimate time and write on race tag for seeding

Spikes: 3/16 needle spikes or smaller, all spikes will be checked at athletes check-in gate. Spikes will be sold at the gate.

Parking: LBCC may charge \$2.00 per car – School buses will be admitted free.

Admission: Adults \$5.00 Student w/ ID \$2.00 Children under 12 are Free.

Fees payable to: Millikan High School
Attn: Lance Thayer or Kevin McCarthy
2800 Snowden Ave.
Long Beach, CA 90815

Go to www.dyestatcal.com for meet information.

Long Beach Millikan Distance Carnival Schedule of Events

<u>Time</u>	<u>Division</u>	<u>Event</u>
Running Events		
8:00am	Frosh Boys	3200 meters
8:30	Frosh Girls	3200 meters
9:00	Varsity Boys	4 x 800
9:15	Varsity Girls	4 x 800
9:35	Soph Boys	3200 meters
10:05	Soph Girls	3200 meters
10:40	Varsity Boys	3200 meters
11:10	Varsity Girls	3200 meters
11:45	Frosh Boys	400 meters
11:55	Frosh Girls	400 meters
12:05	Soph Boys	400 meters
12:15	Soph Girls	400 meters
12:25	Varsity Boys	4x1500
12:50	Varsity Girls	4x1500
1:25	Varsity Boys	400 meters
1:35	Varsity Girls	400 meters
	Kids Lollipop 100 meter run	
1:45	Open 1500 meter run – coaches, parents, athletes race.	
2:00	Varsity Boys	Distance Medley
2:15	Varsity Girls	Distance Medley
2:35	Frosh Boys	1600 meters
2:50	Frosh Girls	1600 meters
3:10	Soph Boys	1600 meters
3:25	Soph Girls	1600 meters
3:45	Varsity Boys	1600 meters
4:00	Varsity Girls	1600 meters
4:10	Frosh Boys	800 meters
4:20	Frosh Girls	800 meters
4:30	Soph Boys	800 meters
4:40	Soph Girls	800 meters
4:50	Varsity Boys	800 meters
4:55	Varsity Girls	800 meters
Field Events		
9:00am	Frosh Boys	Shot Put Relay
9:45	Frosh Girls	Shot Put Relay
10:30	Soph Boys	Shot Put Relay
11:15	Soph Girls	Shot Put Relay
12:00	Varsity Boys	Shot Put Relay
12:45	Varsity Girls	Shot Put Relay

All scheduled times are approximate starting times, the meet will run faster or slower depending on the number of heats and time of heats. Please plan accordingly.