



*2011 San Diego/Imperial
USATF Association
Championships*
SATURDAY, JUNE 9, 2012
(FRIDAY DEC/HEP DAY 1)



USOC Olympic Training Center, Chula Vista, CA

- VENUE:** USOC Olympic Training Center (OTC), site of USATF's High Performance Training Team. The number #1 training, testing facility in the world! The crown jewel in USATF's High Performance plan.
- AWARDS:** USATF Championship medals will be awarded to the first 3 place-winners in each event.
- EVENTS:**
- | | | |
|---------------------------------|-----------------------------------|-----------------------------------|
| <i>Men's 110m Hurdles</i> | <i>Men's Discus</i> | <i>Women's 100m Hurdles</i> |
| <i>Men's 400m Hurdles</i> | <i>Men's Triple Jump</i> | <i>Women's 400m Hurdles</i> |
| <i>Men's 100 meters</i> | <i>Men's Javelin</i> | <i>Women's 100 meters</i> |
| <i>Men's 200 meters</i> | <i>Men's Shot Put</i> | <i>Women's 200 meters</i> |
| <i>Men's 400 meters</i> | <i>Men's Pole-Vault</i> | <i>Women's 400 meters</i> |
| <i>Men's 800 meters</i> | <i>Women's Triple Jump</i> | <i>Women's 800 meters</i> |
| <i>Men's 1500 meters</i> | <i>Women's Discus</i> | <i>Women's 1500 meters</i> |
| <i>Men's 3000m Steeplechase</i> | <i>Women's Javelin</i> | <i>Women's 3000m Steeplechase</i> |
| <i>Men's 5000 meters</i> | <i>Women's Shot Put</i> | <i>Women's 5000 meters</i> |
| <i>Men's High Jump</i> | <i>Women's Pole-Vault</i> | <i>Women's High Jump</i> |
| <i>Men's Long Jump</i> | <i>Men's & Women's Hammer</i> | <i>Women's Long Jump</i> |
| <i>Men's Decathlon</i> | <i>Women's Heptathlon</i> | <i>Men's Women's 5k RW</i> |
- TIMING:** Fully automatic timing by Finish Lynx.
- ENTRY FEE:** \$25.00 per athlete. (Unlimited events)
- USATF MEMBERSHIP:** All competitors must be a 2012 member of USA Track & Field. Athletes can register on-line or purchase membership at the meet for the annual fee of \$30.00 <https://www.usatf.org/membership/application/> (There is an additional \$5 processing fee for issuing USATF memberships for residents of Associations outside Southern California.)
- ENTRY PROCEDURE & DEADLINE:** All pre-meet entries must be made on-line at WWW.RunnerCard.com. Entries close on June 6, 2012, 11:59pm. Athletes must be entered as "unattached" if they are not members of a USATF-registered club.
- LATE ENTRIES:** Please note the late entry fee is an additional \$20.00.
- ATHLETE CHECK-IN:** **RUNNING EVENTS:** 45-minutes prior to the scheduled start of each running event, competitors must check-in at the **CLERKS TENT to declare**—after which those who have not checked-in will be scratched. 20 minutes prior to each running event, runners must return to the Clerk to pick-up their hip number and heat assignment.
FIELD EVENTS: 45-minutes prior to the event, competitors must check-in with the Head Judge.
- CERTIFICATION OF IMPLEMENTS:** Throwing implements will be certified at official's tent.
- PARKING:** Parking is free.
- RESULTS:** Copies of results will be posted event by event and after the meet at www.sdusatf.org

Contact for Additional Information:

Tonie Campbell, Co- Meet Director
Men's Track & Field, SDUSATF
Tel (619) 254-5372
E-Mail: acampbell@swccd.edu

Adam Henderson, Co-Meet Director
Women's Track & Field, USATF
Tel (619) 370-8707
E-Mail: AHende400@yahoo.com



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HEP/DEC
FRIDAY/SATURDAY, JUNE 8-9, 2012



USOC Olympic Training Center, Chula Vista, CA

TIME SCHEDULE OF EVENTS

Day 1

9:00 am	Men's Decathlon Start	10:00 am	Women's Hepthalon Start
	100m		100m Hurdles
	Long Jump		High Jump
	Shot Put		Shot Put
	High Jump		Long Jump
	400m		

Day 2

10:00 am	Men's Decathlon Start	11:00 am	Women's Hepthalon Start
	110m Hurdles		Long Jump
	Discus		Javelin Throw
	Pole Vault		800m
	Javelin Throw		
	1500m		



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USOC Olympic Training Center, Chula Vista, CA

TIME SCHEDULE OF EVENTS

8:30am	Men's 10k & Women's 5k RW		
1:00pm	Women's 3000M Steeplechase		
1:20pm	Men's 3000M Steeplechase	1:00pm	Women's Javelin
1:40pm	Women's 100M Hurdles	1:00pm	Women's Pole Vault
1:50pm	Men's 110M Hurdles	1:45pm	Men's Javelin
2:05pm	Men's 400 Meters	2:00pm	Men's Long Jump
2:15pm	Women's 400 Meters	2:00pm	Women's High Jump[
2:25pm	Men's 100 Meters	2:30pm	Women's Shot Put
2:35pm	Women's 100 Meters	2:30pm	Men's Pole Vault
2:45pm	Women's 1500 Meters	2:45pm	Women's Long Jump
2:55pm	Men's 1500 Meters	3:00pm	Men's High Jump
3:10pm	Women's 400M Hurdles	3:15pm	Men's Shot Put
3:20pm	Men's 400M Hurdles	3:35pm	Men's Triple Jump
3:35pm	Women's 200 Meters	3:45pm	Women's Discus
3:50pm	Men's 200 Meters	4:15pm	Women's Triple Jump
4:05pm	Women's 800 Meters	4:30pm	Men's Discus
4:15pm	Men's 800 Meters	5:00pm	Women' Hammer
4:25pm	Women's 5000 Meters	5:45pm	Men's Hammer
4:45pm	Men's 5000 Meters		

Directions & Maps

Directions to the USOC Olympic Training Center

2800 Olympic Parkway

Chula Vista, CA 91915

Directions to USOC Olympic Training Center;

<http://maps.google.com/maps/place?ftid=0x80d94452b8f9d265:0xb22fd9ba221256d2&q=2800+olympic+parkway&hl=en&ved=0CA0Q-gswAA&sa=X&ei=AWhATtXnM5GEzgS4jLT1Dg>

FROM THE NORTH:

Traveling south on I-5, merge onto the 805fwy south. Proceed south on 805fwy 18 miles to the City of Chula Vista. Exit off-ramp at Olympic Parkway and turn left (east). Follow Olympic Parkway for 7 miles. Olympic Parkway ends at the USOC Olympic Training Center on your right. Parking will be at the first "Visitor's Gate".

FROM THE EAST:

Traveling west on I-8, take the 805fwy south off-ramp. Proceed south on the 805fwy 13 miles to the City of Chula Vista. Exit off-ramp at Olympic Parkway and turn left (east). Follow Olympic Parkway for 7 miles. Olympic Parkway ends at the USOC Olympic Training Center on your right. Parking will be at the first "Visitor's Gate".

FROM THE AIRPORT:

Start out going East towards Airport Exit. Turn left onto N. Harbor Drive. Follow N. Harbor Drive to Grape St. Turn left onto Grape St. and follow east to 5fwy. Take 5fwy south and proceed for 7 miles. Merge onto CA-54 east and follow for 3 miles. Merge onto 805fwy south and follow for 7miles. Exit off-ramp at Olympic Parkway and turn left (east). Follow Olympic Parkway for 7 miles. Olympic Parkway ends at the USOC Olympic Training Center on your right. Parking will be at the first "Visitor's Gate".