



2013 San Diego/Imperial  
USATF Association  
Championships

SATURDAY, JUNE 8, 2013  
(FRIDAY JUNE 7<sup>TH</sup> - DEC/HEP DAY 1 &  
MEN'S/WOMEN'S HAMMER THROW)



## 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 5000 meters</i>  | <i>Women's Javelin</i>            | <i>Women's 5000 meters</i>  |
| <i>Men's High Jump</i>    | <i>Women's Shot Put</i>           | <i>Women's High Jump</i>    |
| <i>Men's Long Jump</i>    | <i>Women's Pole-Vault</i>         | <i>Women's Long Jump</i>    |
| <i>Men's Decathlon</i>    | <i>Men's &amp; Women's Hammer</i> | <i>Men's Women's 5k RW</i>  |
|                           | <i>Women's Heptathlon</i>         |                             |
- TIMING:** Fully automatic timing by Finish Lynx.
- ENTRY FEE:** \$25.00 per athlete. (Unlimited events)
- USATF MEMBERSHIP:** All competitors must be a 2013 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](http://WWW.RunnerCard.com). Entries close on June 5, 2013, 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](http://www.sdusatf.org)

### Contact for Additional Information:

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Men's Track & Field, SDUSATF  
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HEP/DEC  
FRIDAY/SATURDAY, JUNE 7-8, 2013



## USOC Olympic Training Center, Chula Vista, CA

### TIME SCHEDULE OF EVENTS

#### Day 1

**10:00am Men's Hammer throw followed by Women's Hammer**

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

#### Day 2

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



*2013*  
*San Diego/Imperial USATF*  
*Association Championships*

SATURDAY, JUNE 8, 2013



## **USOC Olympic Training Center, Chula Vista, CA**

### TIME SCHEDULE OF EVENTS

**8:30am Men's 10k & Women's 5k RW**

**1:00pm Women's 5000 Meters**

**1:20pm Men's 5000 Meters**

**1:40pm Women's 100M Hurdles**

**1:50pm Men's 110M Hurdles**

**2:05pm Men's 400 Meters**

**2:15pm Women's 400 Meters**

**2:25pm Men's 100 Meters**

**2:35pm Women's 100 Meters**

**2:45pm Women's 1500 Meters**

**2:55pm Men's 1500 Meters**

**3:10pm Women's 400M Hurdles**

**3:20pm Men's 400M Hurdles**

**3:35pm Women's 200 Meters**

**3:50pm Men's 200 Meters**

**4:05pm Women's 800 Meters**

**4:15pm Men's 800 Meters**

**1:00pm Women's Javelin**

**1:00pm Women's Pole Vault**

**1:45pm Men's Javelin**

**2:00pm Men's Long Jump**

**2:00pm Women's High Jump**

**2:30pm Women's Shot Put**

**2:30pm Men's Pole Vault**

**2:45pm Women's Long Jump**

**3:00pm Men's High Jump**

**3:15pm Men's Shot Put**

**3:30pm Men's Triple Jump**

**3:45pm Women's Discus**

**4:15pm Women's Triple Jump**

**4:30pm Men's Discus**

# 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".