

**Champions are made in Practice !!**



**USA ROCKETS YOUTH TRACK CLUB 2<sup>nd</sup> ANNUAL  
DEVELOPMENTAL  
TRACK MEET**

- Date:* May 10, 2008
- Site:* Valhalla High School  
1725 Hillside Road  
El Cajon, Ca 92019
- Directions :* From 805S merge onto 94E merge onto JAMACHA RD./54N  
Turn right onto HILLSDALE school is on right.  
(Please see mapquest)
- Facility:* 10 Lane All Weather Track
- Time:* Coaches meeting: 8:20 a.m.  
Packet pick-up 8:00 a.m.- 8:20 a.m.  
All events begin at 9:00 a.m.  
First Call at 8:45 a.m.
- Meet Director:* Leaman Bruton
- Registration:* Please email your file to:  
[usarockets@cox.net](mailto:usarockets@cox.net). All entries are due by May 7, 2008  
NO DAY OF THE MEET ENTRIES
- Entry Fee:* \$6.00 per athlete. Team entries are to be paid in Cash or  
TEAM CHECKS ONLY, NO PERSONEL CHECKS  
*Payable to....Sallie Henry*

*Limitations:* Sub-bantams, Bantams, and Midgets are limited to 3 events.  
*Awards:* Youth and Up 4 events  
*Meet Results:* Ribbons for 1<sup>st</sup> thru 6<sup>th</sup> place  
Meet results will be provided to Coaches or Teams via e-mail

### ***Schedule of Events***

**Coaches meeting - 8:20 a.m.**  
**Running events - First Call 8:45**  
**1<sup>st</sup> running event - 9:00 a.m.**

**RACE WALK WILL START AT 8:a.m.**

|        |   |
|--------|---|
| 3000rw | Midgets - Up                                      |
| 1500m  | Bantams - Up                                      |
| 400m   | Sub - Bantams - Up                                |
| 4x100m | Sub - Bantams - Up                                |
| 100m   | Sub - Bantams - Up                                |
| 1500rw | Bantams - Midgets Only                            |
| 110mh  | Intermediate Boys Only                            |
| 100mh  | Youth Girls , Youth Boys, Intermediate Girls Only |
| 80mh   | Midgets Only                                      |
| 200m   | Sub - Bantams - Up                                |
| 4x400m | Sub - Bantams - Up                                |

**Field Events - First Call 8:45**

**Field Events begin 9:00 a.m**

**SUB-BANTAMS 2 THROWS 2 JUMPS    BANTAMS -UP 4 THROWS 4 JUMPS**  
**NO FINALS**

|                     |                             |
|---------------------|-----------------------------|
| <i>High Jump</i>    | <i>Bantams- Up</i>          |
| <i>Long Jump</i>    | <i>All Divisions</i>        |
| <i>Mini Javelin</i> | <i>Sub-Bantams- Midgets</i> |
| <i>Shot Put</i>     | <i>Bantams- Up</i>          |
| <i>Discus</i>       | <i>Midgets- Up</i>          |
| <i>Javelin</i>      | <i>Youth - Up</i>           |

