

# Flo-Jo International

## 16<sup>th</sup> Annual Invitational Track & Field Meet

- Date:** April 11, 2009
- Time:** 9:00 a.m. (except for triple jump 8:00 a.m., 3000m run and race walk 8:00 a.m.)
- Location:** Breithart Stadium, Hoover High School,  
4474 El Cajon Blvd., San Diego, CA 92105  
Directions: Exit I-805 El Cajon Blvd; East 1 ½ mile  
Exit I-15 El Cajon Blvd; East ½ mile
- Concession:** A full concessions will be available with reasonable priced foods and goodies.
- Package Pick-up:** Breithart Stadium, Hoover High School  
Saturday, Hoover High School 6:30 a.m.- 9:00a.m.
- Meet Director:** Elizabeth Tate 619-284-2443 flojo99@cox.net
- Meet Manager:** Marquette Brown 619-665-7012
- Sponsored by:** Florence Griffith Joyner Youth Foundation
- Sanction:** San Diego-Imperial USATF Association. All rules apply and will be enforced.
- Facility:** The track is a nine lane all weather surface, including the long and high jump approaches. Needle spikes of ¼ are the maximum allowed. Spikes will be on sale both days. One shot put and one discus ring. One long and one high jump pit. Canopies are restricted to top rows.
- Warm up Area:** The warm-up area is reserved for athletes only.
- Entry Fees:** \$8.00 per athlete not per event. Entry fees must be paid before the athlete competes.  
Clubs please pay by club check, money order or cash.  
Mail to: Flo-Jo International 3093 Central Avenue San Diego, CA 92105.  
Clubs may pay the day of the meet.
- Entries:** All entries must be submitted online at. [www.coacho.com](http://www.coacho.com)  
There will be no day-of meet registration or changes. Please review your entries very carefully before the entry deadline date April 9, 2008.
- Deadline:** **All entries are due April 9, 2008.**
- First Aid:** Medical staff will be available and located in a designated area.

**Eligibility:** All entrants must be currently registered with USATF and must compete in their respective age group, corresponding to their year of birth. All youth relay teams must be registered as a USATF club.

<b>Age Divisions:</b>	Sub-Bantam	2001 & Later
	Bantam	1999 - 2000
	Midget	1997 - 1998
	Youth	1995 - 1996
	Intermediate	1993 - 1994
	Young Women/Men	1991 - 1992

**Event Limitations:** Sub-Bantam limited to 3 events: 100, 200, Turbo J., Long Jump & 4x100  
Bantam & Midget 3 events  
Youth and older 4 events

**Individual Awards:** Trophies 1<sup>st</sup> – 8<sup>th</sup> in 100m final  
Medals 1<sup>st</sup> – 3<sup>rd</sup> over-all in all events  
Ribbons to every athlete in each heat and every event

**Team Awards:** “*Most Spirited Team*” “*Traveled the Farthest*” “*Most Competitive Team*”

**Entry Forms:** Please go to [www.coacho.com](http://www.coacho.com) and register your athlete/s and team.

**Check-in:** **Running Events:** Report to the clerk when the event is called. Two calls will be given for each event; athletes who do not report for their lane assignment when the final call is made will be scratched.

**Field Events:** Report directly to that event when the event is called.

**Protest:** Please discuss the matter with the meet director.

**Meet Results:** Meet results will be provided free to all registered teams, and posted on our web site.

**Flo-Jo International**  
**16<sup>th</sup> Annual**  
**Invitational Track and Field Meet**  
**April 11, 2009**

**SCHEDULE OF EVENTS**

*Coaches Meeting 8:30 a.m. – on the infield*

**Field Events 8:00 a.m.**

**Triple Jump** YG, YB, IG, IB, YW, YM

**Track Events 8:00a.m.**

**3000m** Run Final MG, MB, YG, YB, IG, IB, YW

**1500m** Race Walk Final BG, BB, MG, MB, SBG, SBB

**3000m** Race Walk Final YG, YB, IG, IB, YW, YM

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

**High Jump** MG, MB, YG, YB, BG, BB, IG, IB, YW, YM

**Long Jump** SBG, SBB, BG, BB, MG, MB, YG, YB, IG, IB, YM, YW

**Mini Javelin** MB, MG, BB, BG, SB, SG

**Javelin** YG, YB, IG, IB, YW, YM

**Shot Put** YB, YG, MB, MG, BB, BG, IB, IG, YM, YW

**Discus** MG, MB, YG, YB, IG, IB, YW, YM

**Track Events 9:00 a.m.**

**4x100m** Relay Final SB-YW/YM

**1500m** Run Final SB – IG/IB

**100m** Hurdles Final YB, YW, IG, YG

**80m** Hurdles Final MG, MB

**100m** Dash Semi SB – YM

**800m** Run Final BG -YM

**200m** Dash Final SB – YM

**100m** Dash Final SB-YM

**4 x 400m** Relay Final BG – YM