

MERCURY SAN DIEGO TRACK & FIELD CLUB



MERCURY San Diego Track & Field 6th Annual Invitational Meet

Mercury San Diego wants to personally invite you to come out and enjoy our 6th Annual Track & Field Meet. The meet will be held on Saturday, May 2, 2009@ Lincoln High School. **There will be a coach's meeting at 7:30 am @ the 50 yard line.** We would like to ask each team to give us a hand with 2 volunteers (timers, discus, etc....) Concession will be provided.

Please take a few minutes to look over the enclosed information about the meet. The deadline for all athletes entries will be Wednesday, April 29th NLT 10:00pm. Once you receive your pre-meet information please review and submit the necessary changes Thursday, April 30th NLT 10:00 pm. There will be **No Day of Meet Sign Ups - - No Write Ins - - NO CHANGES!**

If there are any questions, please do not hesitate to **call (619) 263-5171 or fax us at (619) 527-5979.**

SPECIAL NOTE:

**NO PEANUTS OR SUNFLOWERS SEEDS ALLOWED IN STADIUM.
NO FOOD OR GATORADE ALLOWED ON THE INFIELD. WATER
ONLY**

Only 3/16 (Needle spikes, no pyramid spikes) will be allowed on the track.

All canopies MUST BE SECURED.

NO EXCEPTION to the above. Any violators will be disqualified

Email entries to: EFord996400@aol.com

Hy-Tek Will Be Used

MERCURY SAN DIEGO 4 th ANNUAL INVITATIONAL MEET	
<i>DATE</i>	MAY 2nd 8:00 AM Running Event, Race-Walk & Field Events @ 7:30
<i>SANCTION</i>	SD IMPERIAL T/F USATF
<i>ENTRY FEE</i>	\$6.00 PER ATHLETE
<i>SITE</i>	Lincoln High School 4777 Imperial Avenue –San Diego, CA 92113
<i>AGE DIVISION</i>	SB-01 & LATER/BANTAM 99 & 00/MIDGET 97 & 98/YOUTH 95 & 96/INT 93 & 94
<i>EVENT LIMITATIONS</i>	SB-MID 3 EVENTS/Y-IM 4 EVENTS
<i>ENTRY DEADLINES</i>	ALL ENTRIES MUST BE REC'D BY WEDNESDAY, APRIL 29th
<i>AWARDS</i>	Medals for 1ST place overall in events Ribbons for 2nd thru 5th place, and participation
<i>FACILITY</i>	9 Lanes-All Weather Track-Rest Rooms- Parking & Concession-spike size: 3/16 (Needle spikes, no pyramid spikes)
<i>ELIGIBILITY</i>	All athletes must be registered with USATF membership to compete
<i>RULES</i>	CURRENT USATF RULES APPLY
<i>PROTEST</i>	Must be made in writing to the meet director not later than 30 minutes after the results of an event has been announced. Proper rules must be cited. A \$50.00 cash deposit must accompany all protest. Deposit will be refunded if protest is up held, forfeited if protest is denied.
<i>PACKAGE PICK-UP</i>	FROM 7:00am-7: 45am
<i>MEET DIRECTOR</i> Asst. MEET DIRECTOR	<i>Eddie Ford</i> <i>James Townsend</i>
<i>DIRECTIONS</i>	<u>From 805:</u> Exit Imperial Avenue. Go East on Imperial. Make right on Willie James Jones Avenue. Make right on Franklin Avenue. <u>From 5 North:</u> Take 805 South. Exit Imperial Avenue. Go East on Imperial. Make right on Willie James Jones Avenue. Make right on Franklin Avenue. Please park in the structure, other designated parking area, or on the street. Violators will be towed.



MERCURY SAN DIEGO ORDER OF EVENTS
Race-walk & Field Events START TIME: 7:30 AM
***(MBC) MAY BE COMBINED**

RUNNING	
----------------	--

1500 / 3000 Race Walk	F	BG, BB, MG, MB, YG, YB, IG, IB *(MBC)
100M	Preliminary	SBG THRU YM
1500M	F	BG THRU IB *(MBC)
400M	F	SBG THRU YM
200M HUR	F	YG, YB
80M HUR	F	MG, MB
4X800	F	BG THRU IB
200M	F	SBG THRU YM
4X400	F	BG THRU IB
100M	FINALS	SBG THRU YM
4X100M	F	SBG THRU IB
FIELD EVENTS		
LJ		SBG THRU IB
MINI JAV		BG, BB, MG, MB
Shot Put		BG THRU IB
HJ		BG THRU IB
SUB-BANTAMS LIMITED TO THE FOLLOWING EVENTS		
100M	400M	
200M		
4X100		
LJ		

