



*Champions are made in Practice*

**USA ROCKETS YOUTH TRACK CLUB 3<sup>rd</sup> ANNUAL DEVELOPMENTAL  
TRACK MEET**

*Date: May 09 2009*

*Site: Helix Charter High School  
7323 University Ave.  
La Mesa, Ca 91941*

*Directions : From 805 merge onto 94E exit Massachusetts Ave. turn right go to  
University Ave. turn right go to Lowell turn right, parking lot is on right.  
(Please see map quest)*

*Facility: 8 Lane All Weather Track*

*Time: Coaches meeting: 8:20 am.  
Packet pick-up 8:00 am- 8:20 am  
All events begin at 9:00 am  
First Call at 8:45 am*

*Meet Director: Sallie Henry*

*Registration: Please email your file to:  
[rocket.4life@yahoo.com](mailto:rocket.4life@yahoo.com). All entries are due by May 6, 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. Youth and Up 4 events*

*Awards Ribbons for 1<sup>st</sup> thru 6<sup>th</sup> place*

*Meet Results:  
results will be provided to Coaches or Teams via e-mail*

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

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

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

|                |   |
|----------------|---|
| <i>1500mrw</i> | <i>Bantams – Up</i>   |
| <i>1500mr</i>  | <i>Sub-Bantams – Up (sub-bantams combined with Bantams)</i> |
| <i>100mr</i>   | <i>Sub-Bantams - Up</i>                                     |
| <i>400mr</i>   | <i>Bantams - Up</i>   |
| <i>4x100mr</i> | <i>Sub - Bantams – Up</i>                                   |
| <i>200mr</i>   | <i>Sub - Bantams - Up</i>                                   |
| <i>800mr</i>   | <i>Bantams - Up</i>   |
| <i>100mh</i>   | <i>Youth Girls , Youth Boys, Intermediate Girls Only</i>    |
| <i>110mh</i>   | <i>Intermediate Boys Only</i>                               |
| <i>80mh</i>    | <i>Midgets Only</i>   |
| <i>4x400mr</i> | <i>Sub -Bantams - Up</i>                                    |

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

**SUB-BANTAMS 2 JUMPS**

**NO FINALS**

*High Jump*  
*Long Jump*  
*Mini Javelin*  
*Shot Put*  
*Discus*  
*Javelin*

**Field Events begin 9:00 am**

**BANTAMS -UP 4 THROWS 4 JUMPS**

*Bantams- Up*  
*Sub-Bantams- Up*  
*Midgets- Bantams*  
*Bantams- Up*  
*Midgets- Up*  
*Youth - Up*