



## **1<sup>st</sup> ANNUAL SAN DIEGO CHEETAHS TRACK & FIELD MEET**

- SPONSORED BY:** SAN DIEGO CHEETAHS
- DATE:** MAY 8<sup>TH</sup> & 9<sup>TH</sup> 2010 ( **WE WILL FINISH EARLY ON SUNDAY IN LIGHT OF MOTHERS DAY, WE WILL GET DONE AROUND 1:00PM**)
- TIME:** ALL EVENTS BOTH DAYS WILL START AT 8:00, FIRST CALL WILL BE AT 7:45 A.M.
- WHERE:** WEST HILLS HIGH SCHOOL  
8756 MAST BOULEVARD  
SANTEE, CA. 92071
- COACHES MEETING:** 7:30 ON INFIELD
- MEET DIRECTORS:** MIKE KIRWAN  
**CHEETAHS HEAD COACH:** MARCUS SIMS 858-869-3194 [marccvt@hotmail.com](mailto:marccvt@hotmail.com) CALL IF QUESTIONS
- PACKAGE PICKUP:** PACKETS WILL BE AVAILABLE AT 7:00 A.M. BOTH DAYS.
- CONCESSIONS:** FULL SNACK BAR WITH A VARIETY OF FOODS AT AFFORDABLE PRICES
- SANCTIONED:** SAN DIEGO-IMPERIAL USATF ASSOCIATION. ALL RULES APPLY WITH REGARDS TO THE AFOREMENTIONED ABOVE. ALL PARTICIPANTS MUST BE CURRENTLY REGISTERED WITH USATF.
- FACILITY:** THE TRACK IS A BRAND NEW NINE LANE ALL-WEATHER TRACK SURFACE. THERE ARE 2 LONG JUMP PITS. 1 SHOT PUT RING, 1 DISCUS RING, AND HIGH JUMP. ONLY 3/16" NEEDLE OR **PYRAMID** SPIKES WILL BE ALLOWED. CANOPIES ARE RESTRICTED TO THE TOP ROWS OF BLEACHERS  
TIMING WILL BE FULLY AUTOMATIC
- ENTRY FEES:** \$3.00 PER EVENT. ENTRY FEES MUST BE PAID AT THE TIME OF PACKET PICKUP. ONLY CLUB CHECKS, MONEY ORDERS OR CASH WILL BE ACCEPTED. ENTRIES MUST BE DONE ONLINE AT [www.coacho.com](http://www.coacho.com).
- DEADLINE:** ALL ENTRIES ARE DUE MIDNIGHT MAY 5<sup>TH</sup>, 2010
- SUB-BANTAMS:** SUB-BANTAMS ARE LIMITED TO THE FOLLOWING EVENTS: 100, 200, **400-(7 & 8 YEAR OLDS ONLY)**, LONG JUMP, JAVELIN, SHOT PUT.
- DIVISIONAL LIMITS:** SUB-BANTAMS - MIDGETS ARE LIMITED TO 3 EVENTS, YOUTH & INTERMEDIATES, 4 EVENTS.
- IMPLEMENTS:** PLEASE BRING YOUR OWN THROWING IMPLEMENTS.

**AGE DIVISIONS:**

|              |              |
|--------------|--------------|
| SUB-BANTAMS  | 2002 & LATER |
| BANTAMS      | 2000-2001    |
| MIDGETS      | 1998-1999    |
| YOUTH        | 1996-1997    |
| INTERMEDIATE | 1994-1995    |

**WARM UP AREA:** THE WARMUP AREA IS DIRECTLY BEHIND THE SOUTH BLEACHERS

**AWARDS:** MEDALS FOR 1<sup>ST</sup> - 3<sup>RD</sup> OVERALL IN ALL EVENTS, RIBBONS FOR 4<sup>TH</sup> – 8<sup>TH</sup> OVERALL AND PARTICIPATORY RIBBONS FOR ATHLETES IN THE SUB BANTAM AND BANTAM DIVISION

**MEET RESULTS:** MEET RESULTS WILL BE POSTED AT:  
[WWW.SANDIEGOCHEETAHSYOUTHTRACK.COM](http://WWW.SANDIEGOCHEETAHSYOUTHTRACK.COM)  
AND [WWW.SDUSATF.ORG](http://WWW.SDUSATF.ORG)

**FIRST AID:** WILL BE AVAILABLE ON THE INFIELD

**MISCELLANEOUS:** GARBAGE BAGS WILL BE POSITIONED IN THE STANDS, WE ASK THAT EVERYONE TAKES CARE OF THE TRASH IN THEIR AREA.  
ABSOLUTELY NO SEEDS OR NUTS OF ANY KIND ARE ALLOWED (PISTACHIOS,SUNFLOWER ETC.)  
3 CALLS WILL BE GIVEN, PLEASE HAVE YOUR ATHLETES REPORT AT THE SECOND CALL.

**DIRECTIONS:**

FROM THE NORTH COASTAL AREA- GO SOUTH ON INTERSTATE 5 UNTIL YOU REACH THE INTERSTATE 805 SOUTH FREEWAY. CONTINUE SOUTH ON THE 805 UNTIL YOU REACH THE INTERSTATE 52 FREEWAY. TAKE INTERSTATE 52 EAST TO THE MAST BOULEVARD EXIT AND MAKE A LEFT ONTO MAST BOULEVARD. PROCEED EAST APPROX. ¼ MILE AND YOU WILL SEE THE SCHOOL ON THE RIGHT. THERE ARE MANY PARKING LOTS.

FROM THE NORTH INLAND AREA- GO SOUTH ON INTERSTATE 15 UNTIL YOU REACH THE INTERSTATE 8 FREEWAY. TAKE INTERSTATE 8 EAST TO INTERSTATE 125 SOUTH. PROCEED ON INTERSTATE 125 SOUTH TO INTERSTATE 52 WEST AND EXIT MAST BOULEVARD. TURN RIGHT ONTO MAST BOULEVARD AND PROCEED EAST APPROX. ¼ MILE. YOU WILL SEE THE SCHOOL ON THE RIGHT. THERE ARE MANY PARKING LOTS.

FROM THE SOUTH –GO NORTH ON INTERSTATE 5 UNTIL YOU REACH THE INTERSTATE 8 FREEWAY. TAKE INTERSTATE 8 EAST TO INTERSTATE 125 NORTH. PROCEED ON INTERSTATE 125 NORTH TO INTERSTATE 52 WEST, PROCEED TO INTERSTATE 52 WEST AND EXIT MAST BOULEVARD. TURN RIGHT ONTO MAST BOULEVARD AND PROCEED EAST APPROX. ¼ MILE. YOU WILL SEE THE SCHOOL ON THE RIGHT. THERE ARE MANY PARKING LOTS.

FROM THE WEST- TAKE INTERSTATE 8 EAST TO INTERSTATE 125 NORTH. PROCEED ON INTERSTATE 125 NORTH TO INTERSTATE 52 WEST, PROCEED TO INTERSTATE 52 WEST AND EXIT MAST BOULEVARD. TURN RIGHT ONTO MAST BOULEVARD AND PROCEED EAST APPROX. ¼ MILE. YOU WILL SEE THE SCHOOL ON THE RIGHT. THERE ARE MANY PARKING LOTS.



**ORDER OF EVENTS  
RUNNING EVENTS:**

**SATURDAY May 8<sup>th</sup>, 2010. FIRST CALL 7:45A.M., STARTING TIME 8:00 A.M.**

|                  |       |   |
|------------------|-------|---|
| 1500 M RACE WALK | FINAL | BG, BB, MG, MB                              |
| 3000 M RACE WALK | FINAL | YG, YB, IG, IB,YW,YM                        |
| 4 X 800 RELAY    | FINAL | <b>BANTAM</b> - YM                          |
| 4 X 100 RELAY    | FINAL | ALL DIVISIONS                               |
| 100M             | SEMI  | ALL DIVISIONS                               |
| 400M             | SEMI  | ALL DIV. (SUB BANTAMS: 7 & 8 YR OLD ONLY!!) |
| 3000M RUN        | FINAL | MG, MB, YG, YB, IG, IB,YW,YM                |
| 110M HURDLE      | FINAL | IB,YM                                       |
| 100M HURDLE      | FINAL | YG, YB,IG,YW                                |
| 80M HURDLE       | FINAL | MG, MB                                      |
| 100M             | FINAL | ALL DIVISIONS                               |
| 800M RUN         | FINAL | BANTAM - YM                                 |

**FIELD EVENTS:**

**FIRST CALL 7:45A.M., STARTING TIME 8:00 A.M.**

|                |              |                               |
|----------------|--------------|-------------------------------|
| LONG JUMP      | FINAL        | SBG, SBB, BG, BB, MG, MB,     |
| HIGH JUMP      | FINAL        | YG, YB, IG, IB,YW,YM          |
| SHOT PUT       | FINAL        | YW,YM,IG, IB, YG, YB, MG, MB, |
| MINI-JAVELIN   | FINAL        | BG, BB, SBG, SBB              |
| <b>JAVELIN</b> | <b>FINAL</b> | <b>YG,YB,IG,IB,YW,YM</b>      |
| DISCUS         | FINAL        | MG, MB, YG, YB, IG, IB,YG,YM  |

**ORDER OF EVENTS  
RUNNING EVENTS:**

**SUNDAY MAY 9<sup>TH</sup>, 2010. FIRST CALL 7:45, START TIME 8:00 A.M.**

|               |       |               |
|---------------|-------|---------------|
| 400M          | FINAL | ALL DIVISIONS |
| 1500M RUN     | FINAL | BANTAM - YM   |
| 200 M         | FINAL | ALL DIVISIONS |
| 200 HURDLES   | FINAL | YG, YB        |
| 4 X 400 RELAY | FINAL | BANTAM -YM    |

**FIELD EVENTS**

**FIRST CALL 7:45A.M., START TIME 8:00**

|              |       |                      |
|--------------|-------|----------------------|
| LONG JUMP    | FINAL | IG, IB, YG, YB,YW,YM |
| HIGH JUMP    | FINAL | BG, BB, MG, MB       |
| SHOT PUT     | FINAL | SBG, SBB, BG, BB     |
| MINI-JAVELIN | FINAL | MG, MB,              |