

# Millennium



## Express

Track Club

March 2010

Dear Coaches,

Millennium Express Track Club would like to invite you and your club to our 9th Annual Developmental Track and Field Meet. Our meet date is April 17, 2010 with our host site being Mira Mesa High School. The meet director for the day will be Coach Rod Williams. Enclosed you will find registration and meet information. Please note that the deadline for all athlete entries will be 7:00 p.m. Thursday, April 15, 2010. Submit all entries via email at the address below or on a disk using the HyTyk Meet Management program. On your submitted entries, please provide a fax number and/or email address in order to receive your pre-meet information. Please review all information upon receipt as there will be no corrections accepted after 12:00 noon Friday, April 16, 2010.

Team packets will be available for pick-up on Saturday, April 17, 2010 at 6:00 a.m. There will be **NO changes** or day of meet registration; **NO exceptions**. Also, please use the event numbers that will be provided in the packet.

If there are any questions or concerns, please feel free to contact Duane James at (858) 695-0821 or email [MXTC2001@aol.com](mailto:MXTC2001@aol.com). The coaching staff of Millennium Express would like to once again thank you for your support and we look forward to having a wonderful fun-filled day.

Regards,

Duane James, Head Coach

[Mxtc2001@aol.com](mailto:Mxtc2001@aol.com)

7757 Bendi go Rd San Di ego Ca. 92126

# Millennium



Track Club

1<sup>st</sup> Call: 6:45a.m.

Start: 7:00a.m.

## Order of Events

| Events         | Round       | Divisions  |
|----------------|-------------|--|
| 1500M          | Timed Final | Bantam - Intermediate  |
| 4x100MR        | Timed final | Sub-Bantam - Intermediate  |
| 400m           | Timed Final | Bantam - Intermediate  |
| 100m           | Timed Final | Sub Bantam only  |
| 800m           | Timed Final | Bantam - Intermedaite  |
| 200m           | Timed Final | Sub Bantam - Intermediate  |
|                |             |  |
| 4x100m (Co-Ed) | Timed Final | Sub-Bantam - Intermediate<br>Relay order: Boy Girl Boy Girl<br>We will only run this relay if time permits |
| Discus         | Final       | Midget - Intermediate  |
| Triple Jump    | Final       | Youth - Intermediate   |

## Field Events

|              |       |  |
|--------------|-------|--|
| Long Jump    | Final | Sub-Bantam - Intermediate              |
| Mini-Javelin | Final | Bantam - Midget                        |
| High Jump    | Final | Intermediate, Youth, Midget and Bantam |
| Shot Put     | Final | Intermediate, Youth, Midget and Bantam |

Events will be run simultaneously on a continuous basis.

Mxtc2001@aol.com

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**DATE:** Saturday, April 17, 2010

**Site:** Mira Mesa High School  
10510 Regan Rd  
San Diego, CA. 92121

**Time:** 7:00a.m. Track & Field Events

**Eligibility:** Competition is open to all athletes with a 2010 USA Track & Field Membership. All others must run as unattached athletes.

**Age**

**Divisions:** Sub-Bantam 2002 - Present Bantam 2000 - 2001  
Midget 1998 - 1999 Youth 1996 - 1997  
Intermediate 1994 - 1995

**Events:** 1500M, 400M, 4x100R, 100M (sub-bantam only), 800M, 200M, 4x100R (Co-Ed)( if time permits), Long Jump, Shot Put, Mini Javelin High Jump. ( Sub - Midget: 3 events, Youth - Int: 4 events )

**Entry Fee:** \$9.00 per athlete ( Electronic Timing )

**Email**

**Entries:** [mxtc2001@aol.com](mailto:mxtc2001@aol.com)

**Make checks payable:**

Millennium Express

**Awards:** Custom medals for 1<sup>st</sup> - 3<sup>rd</sup>, Participant ribbons for all others

**Protests:** Protests must be given to meet director, in writing, indicating rule number along with a \$50 deposit no later than 30mins after event results

**Reminders:** No sun flower seeds, water only on the field, no food on the field, canopies top portion of the stadium. 3/16 spikes only ( spikes will be checked )

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