



# USA ROCKETS 4<sup>th</sup> ANNUAL Developmental Meet

*Helix Charter High School  
7323 University  
La Mesa, CA 91941*

- Date: May 22, 2010
- Meet Director: Sallie Henry rocket.4life@yahoo.com
- Location: Helix Charter High School  
7323 University Ave.  
La Mesa, Ca. 91941
- Directions: From 805 merge on to 94 east 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: The track is an eight lane all weather.
- Limitation: Sub-Bantam, Bantam and Midgets – maximum of three events.  
Youth and Intermediate – maximum of four events.  
**SUB-BANTAMS IN THE LONG JUMP : 2 JUMPS. ALL OTHER DIVISIONS: 4 JUMPS 4 THROWS WITH NO FINAL.**
- Entry Fee: \$9.00 per athlete (fully automatic timing). Entry fees are to be paid in cash or by club check at the time of packet pickup. Please make checks payable to USA Rockets  
*No 'personal checks'.*

ENTRIES MUST BE DONE ONLINE AT [www.coacho.com](http://www.coacho.com)

Deadline: ***ALL ENTRIES ARE DUE MIDNIGHT MAY 19th, 2010***

Age Divisions:      Sub-Bantam              2002 & Later  
                                 Bantam                      2000 – 2001  
                                 Midget                      1998 – 1999  
                                 Youth                        1996 – 1997  
                                 Intermediates            1994 – 1995

Awards:                      Ribbons - first thru eight place

Concession:                A snack bar will be available.

## USA Rockets 4<sup>th</sup> Annual Developmental Meet

Salvadore Araujo – Head Coach

### Running Events

Packet pick-up at 7:20am-8:20am

Coaches meeting 8:45am

First call 8:45am-**1500 meter run (subs may be combined with bantams)**

**RACE WALKS WILL START AT 8:00am first call 7:45(race walks may be combined)**

9:00am running events start

**ALL RACES ARE FINALS**

|                      |               |
|----------------------|---------------|
| 3000 meter race walk | Youth-up      |
| 1500 meter race walk | Bantam -up    |
| 1500 meter run       | Sub-up        |
| 100 meter run        | Sub-up        |
| 400 meter run        | Bantam-up     |
| 3000 meter run       | Midgets-up    |
| 4x100meter relay     | Sub-up        |
| 200 meter run        | Sub-up        |
| 800 meter run        | Bantam-up     |
| 110 hurdles          | IB only       |
| 100 hurdles          | YG,YB,IG only |
| 80 meter hurdles     | Midgets only  |
| 4x400 relay          | Bantam-up     |

### Field Events

First call at 8:45am

Field events begin at 9:00am

| <b>Shot Put</b> | <b>High Jump</b> | <b>Javelin</b> | <b>Long Jump</b> | <b>Discus</b> |
|-----------------|------------------|----------------|------------------|---------------|
| bantam          | youth            | midget         | sub-bantam       | intermediate  |
| midget          | intermediate     | bantam         | bantam           | youth         |
| intermediate    | bantam           | youth          | midget           | midget        |
| youth           | midget           | intermediate   | youth            |               |
|                 |                  |                | intermediate     |               |