

MERCURY SAN DIEGO TRACK & FIELD CLUB



MERCURY San Diego Track & Field 8th Annual Invitational Meet

Mercury San Diego wants to personally invite you to come out and enjoy our 8th Annual Track & Field Meet. This will be a 2-day meet being held on Saturday, April 30 & Sunday, May 1, 2011 @ Mount Miguel High School. **There will be a coach's meeting at 7:30 am @ the 50 yard line.**

Take a few minutes to look over the enclosed information about the meet. All entries must be submitted online at: www.coacho.com. The deadline for all athletes entries will be Thursday, April 28th NLT 8:00pm. Entry fees must be paid during packet pick-up. Clubs please pay by club check, money order, or cash. All others pay by cash or money orders only.

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.**

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

MERCURY SAN DIEGO 8th ANNUAL DEVELOPMENTAL MEET

<i>DATE</i>	APRIL 30TH & MAY 1ST	8:00 AM Running Field Events @ 7:30
<i>SANCTION</i>	USATF San Diego Imperial	
<i>ENTRY FEE</i>	\$3.00 PER EVENT	
<i>SITE</i>	Mount Miguel High School 8585 Blossom Lane –Spring Valley, CA 91977	
<i>AGE DIVISION</i>	SB-03 & LATER/BANTAM 01 & 02/MIDGET 99 & 00/YOUTH 97 & 98/INT 95 & 96/YOUNG 93&94	
<i>EVENT LIMITATIONS</i>	SB-MID 3 EVENTS/Y-YM 4 EVENTS	
<i>ENTRY DEADLINES</i>	ALL ENTRIES MUST BE REC'D BY THURSDAY, APRIL 28th @ 8PM	
<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 MEET DIRECTOR</i>	FROM 7:00am-7: 45am <i>James Townsend</i>	
<i>DIRECTIONS</i>	<u>From 805 & 5 South:</u> Take 125 North Exit Jamacha Blvd, Make a right & an immediate left onto Sweetwater Road. Left on Blossom Lane <u>From 805 North:</u> Take 94 East to 125 South. Exit Jamacha Blvd go left. Left on Sweetwater Rd, Left on Blossom Lane. Please park in upper lot, lower lot for overflow, other designated parking area, or on the street. Violators will be towed.	

Mercury San Diego Track & Field

SATURDAY, APRIL 30, 2011

Running Events Starting Time: 8:00 A.M. First Call: 7:30A.M.

<u>Track Event</u>	<u>Type</u>	<u>Age Group & Order</u>
3000m Run	Final	MG, MB, YG, YB, IG, IB, YW, YM
400m Dash	Semi-Final	All Division
100m Run	Semi-Final	All Division
800m Dash	Final	All Division
200m Dash	Semi-Final	All Division
100m Hurdles	Final	YG, YB, IG, YW
80m Hurdles	Final	MG, MB
4x 400m Relay	Final	All Division

Field Events Starting Time: 8:00 A.M. First Call: 7:30A.M.

<u>Long Jump</u>	<u>Shot Put</u>	<u>Mini Javelin</u>	<u>High Jump</u>
BG, BB, SBG, SBB MG, MB	BG, BB, MB, MG YG, YB, IG, IB, YW, YM, SBB, SBG	MG, MB, BB, BG SBG, SBB	BG, BB, MB, MG YG, YB

SUNDAY, MAY 1, 2011

Running Events Starting Time: 8:00 A.M. First Call: 7:30A.M.

<u>Track Event</u>	<u>Type</u>	<u>Age Group & Order</u>
4x800m Run	Final	MG, MB, YG, YB, IG, IB, YW, YM
100m Dash	Final	All Division
1500m Run	Final	All Division
200m Dash	Final	All Division
1500m Walk	Final	SBG, SBB, BG, BB, MG, MB
3000m Walk	Final	YG, YB, IG, IB, YW, YM
400m Dash	Final	All Division
4 x 100m Relay	Final	Coaches & Parents Relay
200m Hurdles	Final	YG, YB
4x100m Relay	Final	All Division

Field Events Starting Time: 8:00 A.M. First Call: 7:30A.M.

<u>Long Jump</u>	<u>Discus</u>	<u>High Jump</u>
YG, YB, IG IB, YW, YM	MB, MG, YG, YB IG, IB,	IG, IB, YW, YM