

Millennium

Express
Track Club

- Date:** April 16th & 17th, 2011
- Time:** 8:00 a.m. (First call 7:30 A.M., for both track and field events)
- Location:** Mira Mesa High School
10510 Reagan Rd
San Diego, CA 92126
- Concession:** A full concessions will be available with reasonable priced foods and goodies.
- Package Pick-up:** Stadium Press Box
April 16th & 17th, @ 7:00 A.M.
- Meet Director:** Duane James
- Sanction:** This event is sanctioned by USATF San Diego Imperial
- Facility:** The track is a nine lane all weather surface, including the long and high jump approaches. One shot put and one discus ring; 2 long jump pits and one high jump pit. 3/16 needle spikes are the maximum allowed.
All spikes will be checked for the appropriate spikes and athletes not wearing the 3/16 needle spikes will not be permitted to compete. There is no refund for athletes missing their event due to inappropriate spikes.
Canopies are restricted to the top rows only, please secure them.
- Warm up Area:** The warm-up area is reserved for athletes only
- Entry Fees:** \$3.00 per event. Entry fees must be paid before the athlete competes.
Clubs please pay by club check, money order or cash.
Participants and clubs may pay the day of the meet when they pick up their package, or they may mail their entry fees to:
Millennium Express 7757 Bendigo Rd. San Diego Ca 92126
- Entries:** All entries must be submitted online at: www.coacho.com
There will be no day-of meet registration or changes. Please review your entries very carefully before the entry deadline date. (Please send times)

Deadline: All entries are due Midnight Wednesday, April 13, 2011

First Aid: First Aid will be available and located in a designated area.

Age Divisions: Sub-Bantam – 2003 to present
Bantam – 2001 to 2002
Midget – 1999 to 2000
Youth – 1997 to 1998
Intermediate – 1995 to 1996
Young – 1993 to 1994

Event Limitations: Sub Bantam thru Midget divisions are limited to **three** events.
Youth and Intermediate are limited to **four** events

Individual Awards: Medals awarded to 1st - 3rd, custom ribbons to 4th – 8th.

Check-in: **Running Events:** Report to the clerk when the event is called. Two calls will be given for each event. Athletes in running events must report to the clerk of the course, ready to compete, and stay in the area. Field event athletes must report directly to the official in charge of their field event, before leaving to report to the clerk for their running event. Athletes must report back to their field event within 5 minutes of completion of their running event. All times are fully automatic.

Field Events: Report directly to that event when the event is called. Two calls will be given for each event. All athletes will be given four attempts. All measurements are in metric.

Coaches Meeting: **7:30** A.M. on the infield

Protest: Please discuss the matter with the meet director.

Community: Teams are asked to please police their area and clean up behind themselves. Coaches please request your parents and athletes to be on their best behavior (as always). Anyone displaying threatening or inappropriate behavior will be removed from the facility.

Meet Results: Meet results will be provided free to all registered teams and participants, via e-mail or you may view them at: **www.mxtrackclub.com**

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Schedule of Events for Saturday, April 16, 2011

Coaches Meeting 7:30 a.m. – on the infield

Track Events – First Call 7:30 a.m. Track Events – Start Time 8:00 a.m.

3000M Run	Final MG, MB, YG, YB, IG, IB, YW
100m Dash	Semi –Final All Divisions
400M Dash	Final Bantam and up
110 Hurdles	Final IB, YM
100M Hurdles	Final YB, YW, IG, YG
80M Hurdles	Final MG, MB
4x100M Relay	Final All Divisions
1500M Race Walk	Final SBG, SBB, BG, BB, MG, MB (maybe combined)
3000M Race Walk	Final YG, YB, IG, IB, YW, YM (maybe combined)
100m Dash	Final All Divisions
4x800M Relay	Final BG, BB MG, MB, YG, YB, IG, IB, YW, YM

Field Event – First Call 7:30 a.m. Field Events – Start Time 8:00 a.m.

High Jump	Final YB, MB, BB, IB, YM
Mini Javelin	Final MG, MB, BG, BB, SBB,
Long Jump	Final SBG, BG, MG, YG, IG, YW
Triple Jump	Final YG, IG, YW (will follow after long jump)
Shot Put	Final MG, MB, YG, YB, IG, YW, IB YM, BG, BB

Schedule of Events for Sunday, April 17, 2011

Track Events – First Call 7:30 a.m. Track Events - Start Time 8:00 a.m.

1500m Run	Final Bantams and up
400M Hurdles	Final IG, YW, IB, YM
200M Hurdles	Final YG, YB
800m Run	Final Bantams and up
200M Dash	Final All Divisions
4x400M Relay	Final BG, BB, MG, MB, YG, YB, IG, IB, YW, YM

Field Events – First Call 7:30 a.m. Field Events – Start Time 8:00a.m.

Discus	Final MG, MB, YG, YB, IG, YW, IB, YM
High Jump	Final BG, MG, YG, IG, YW
Long Jump	Final SBB, BB, MB, YB, IB, YM
Triple Jump	Final YB, IB, YM (will follow after long jump concludes)