



Developmental Track & Field Meet

- Date:** Saturday, May, 7, 2011
- Time:** 8:00 AM
- Place:** Abraham Lincoln High School, 4777 Imperial Avenue, San Diego, CA 92113
- Meet Director:** Michael Adkins
- Meet Sanction:** USA Track & Field (USATF) – San Diego Imperial Association
- Packet Pick-Up:** 7:00AM – 8:00AM
- Facility:** Running events will be conducted on a nine lane all weather surface. Field events areas include one shot put ring, one discus ring, one high jump pit and one long jump pit. The mini-javelin will be conducted on the track infield. The maximum spike requirement is **3/16 pyramid** for track, long jump and high jump areas. Spikes are subject to inspection by meet management. Competitors who do not have the proper spikes will not be permitted to compete. No refunds will be given to teams or athletes who are unable to compete due to improper spikes. Canopies are restricted to the top rows of the stadium and must be secured for safety purposes.
- Age Group Divisions:** Competition will be held in two-year age group divisions according to year of birth as defined by USATF.
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| Sub-Bantam | 2003 and younger |
| Bantams | 2001 – 2002 |
| Midget | 1999 – 2000 |
| Youth | 1997 – 1998 |
| Intermediate | 1995 – 1996 |
| Young | 1993 – 1994 |
- Event Limitation:** Sub-Bantam thru Midget Divisions may compete in a maximum of three events. Youth thru Young Divisions may compete in a maximum of four events.
- Entry Fee:** \$7.00 per athlete. Entry fee is due and payable at the time of packet pick-up. Entry fee must be paid in cash or youth club check. No personal checks accepted.

- Entry Process:** All entries must be submitted online at www.coacho.com. Entries must be received by **10:00PM Thursday, May 5, 2011**. Coaches and unattached athletes review entry(s) and make any changes prior to the deadline. Same day meet registration or changes will not be permitted.
- Awards** Medals will be awarded to the first three places in each event. Ribbons will be awarded to places 4th – 8th. Overall finish in heats determines medals and ribbons. Awards distributed an upcoming local meet or mailed.
- Meet Results:** Results will be emailed to all registered teams. Meet results will be posted on the youth page of the USATF-San Diego Imperial Association's website. Visit www.sdusatf.org for full results.
- Results will reflect fully automated timing for running events and distances measured in meters.
- Coach's Meeting:** A coach's meet will be held on the infield at 7:30 AM. Unattached athletes are welcome to attend.
- Meet Conduct:** All athletes, parents and spectators are expected to conduct themselves in accordance with good sportsmanship and adherence to all school rules. Only water is permitted on track and field surfaces. Lincoln High School is an alcohol and drug free facility. Persons using inappropriate language or exhibiting objectionable behavior are subject to immediate dismissal from the facility at the determination of meet management or school personnel.
- Concession:** A full concession stand will be available to athletes and spectators.
- Vendor Opportunities:** All persons desirous of providing a service for fee must contact meet management for consideration. Only authorized vendors may operate on school grounds. Email Contact: **Sandra White** sw72@cox.net or **Kim Barnes** kbarnes362@cox.net .

The athletes and families of the
'N STEP YOUTH TRACK CLUB

Invite you to share your day with us. As your meet host, we endeavor to provide athletes, parents and spectators with a great track and field experience. We urge every athlete to compete to the best of their ability. We offer a wide selection of competition events. We welcome your participation and thank you for your support!



SCHEDULE OF EVENTS

Track Events – First Call @ 7:30AM Start time: 8:00AM

Check-in at the Clerk of the Course

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| 3000m Run | Final | MG, MB, YG, YB, IG, IB, YW, YM |
| 110 Hurdles | Final | IB, YM |
| 100 Hurdles | Final | YB, IG, YW, YG |
| 80 Hurdles | Final | MG, MB |
| 400m Dash | Final | SBG, SBB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM |
| 100m Dash | Final | SBG, SBB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM |
| 1500m Race Walk | Final | BG, BB, MG, MB |
| 3000m Race Walk | Final | YG, YB, IG, IB, YW, YM |

Race walk to be combined

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| 4 x 100 Relay | Final | SBG, SBB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM |
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Parent/Coach 4 X 100 Relay

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| 800m Run | Final | SBG, SBB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM |
| 200m Dash | Final | SBG, SBB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM |
| 4 X 400m Relay | Final | SBG, SBB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM |

Field Events – First Call @ 7:30AM Start time: 8:00AM

Jumps & Throws limited to 4 attempts except Long Jump (3 jumps) – Check-in at event

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| Long Jump | Final | SBG, SBB, YG, YB, MG, MB, IG, IB, BG, BB, YW, YM |
| High Jump | Final | YG, YB, IG, IB, YW, YM, BG, BB, MG, MB |
| Shot Put | Final | BB, BG, YG, YB, SBG, SBB, MG, MB, IG, IB, YW, YM |
| Discus | Final | MG, MB, YG, YB, YW, YM, IG, IB |
| Mini-Javelin | Final | BG, BB, MG, MB, SBG, SBB |