

San Diego SoCal



RoadRunners

- Date:** April 23rd 2011
- Time:** 8:00 a.m. (First call 7:30 A.M., for both track and field events)
- Location:** Orange Glen High School
2200 Glenridge Dr.
Escondido, Ca 92027
- Concession:** A full concessions will be available
- Package Pick-up:** Concessions Stand; **There will be no day-of meet registration**
- Meet Director:** Marc Von Musser
- 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. Two shot put rings 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:
San Diego SoCal RoadRunners, 980 W 4th Ave, Escondido, Ca 92025

- 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 20, 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 awards will be given out at the next track meet, ribbons 4th thru 6th place, and mailed to out of town teams
- 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. **No other jumps after those attempts;** all measurements are in metric.
- Coaches Meeting:** **7:30** A.M. will be held in the center of the in field
- 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.scurr-sd.com

San Diego SoCal



RoadRunners

Schedule of Events

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

RUNNING EVENTS:

DIVISIONS:

1. 4 x 100m Relays	All Divisions
2. 1500 m Run	All Divisions
3. 100 meter Hurdles	YG, YB
4. 80 meter Hurdles	MG, MB
5. 200 meters	All Divisions
6. 800 meter	All Divisions
7. 100 meters	All Divisions
8. 400 m Run	All Divisions
9. 1500 meter Race Walk	BG, BB, MG, MB (may be combined)
10. 4 x 400m Relay	All Divisions

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

Competitors must check in at the field event site.

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