



USA Rockets Youth Track Club 5th Annual Developmental Track Meet

CHAMPIONS are made in *Practice!*

- Date:** May 21, 2011
- Time:** 8:00 a.m. (First call 7:30 A.M., for both track and field events)
- Location:** Helix Charter High School
7323 University Ave.
La Mesa, Ca 91942
- Directions:** (Please use mapquest)
- Concession:** A full concessions will be available
- Package Pick-up:** Press box; **There will be no day-of meet registration**
- Meet Director:** Sallie Henry
- Sanction:** This event is sanctioned by USATF San Diego Imperial
- Facility:** The track is an eight lane all weather surface.
Canopies are restricted to the top rows only, please secure them.
- Warm up Area:** The warm-up area is reserved for athletes and Coaches only
- Entry Fees:** \$7.00 per Athlete. Entry fees must be paid before the athlete competes.
Clubs please pay by club check, money order or cash.
Checks payable to USA Rockets.
Participants and clubs may pay the day of the meet when they pick up their package
- 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, May 18, 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 Up are limited to **four** events

Individual Awards: Ribbons awarded to ALL participants

Check-in: **Running Events:** Report to the clerk when the event is called. Three 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. Three calls will be given for each event. All athletes will be given three attempts. **No other jumps after those attempts.**

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.sdusatf.org/youth.html

Schedule of Events

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

RUNNING EVENTS:

DIVISIONS:

1. 1500m run - All Divisions (final)
2. 200m run - All Divisions (final)
3. 4x100m relay - All Divisions (final)
4. 4x100m relay - Parents/Coaches
5. 800 m - All Divisions (final)
6. 100 m - All Divisions (semi)
7. 1500m racewalk - Sub-Midgets (may be combined)
8. 3000m racewalk - Youth and Up (maybe combined)
9. 400m finals - All Divisions (final)
10. 100m finals - All Divisions (final)
11. 4 x 400m Relay - All Divisions (final)

Field Events – 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, SBB, SBG
Discus	IB, IG, YG, YB, MG, MB