

# MERCURY SAN DIEGO TRACK & FIELD CLUB



## MERCURY San Diego Track & Field 9<sup>th</sup> Annual Invitational Meet

Mercury San Diego wants to personally invite you to come out and enjoy our 9<sup>th</sup> Annual Track & Field Meet & 10<sup>th</sup> Anniversary. This will be a 2-day meet being held on Saturday, May 5 & Sunday, May 6, 2012 @ 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](http://www.coacho.com). The deadline for all athletes entries will be Thursday, May 3<sup>rd</sup> NLT 11:59pm. 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 8<sup>th</sup> ANNUAL DEVELOPMENTAL MEET**

<i>DATE</i>	<b>MAY 5<sup>th</sup> &amp; 6<sup>th</sup>, 2012</b>	<b>8:00 AM Running Field Events @ 7:30</b>
<i>SANCTION</i>	<b>USATF San Diego Imperial</b>	
<i>ENTRY FEE</i>	<b>\$3.00 PER EVENT</b>	
<i>SITE</i>	<b>Mount Miguel High School 8585 Blossom Lane –Spring Valley, CA 91977</b>	
<i>AGE DIVISION</i>	<b>SB-04 &amp; LATER/BANTAM 02 &amp; 03/MIDGET 00 &amp; 01/YOUTH 98 &amp; 99/INT 96 &amp; 97/YOUNG 94&amp;95</b>	
<i>EVENT LIMITATIONS</i>	<b>SB-MID 3 EVENTS/Y-YM 4 EVENTS</b>	
<i>ENTRY DEADLINES</i>	<b>ALL ENTRIES MUST BE REC'D BY THURSDAY, MAY 3rd @ 11:59PM</b>	
<i>AWARDS</i>	<b>Ribbons for 1<sup>ST</sup> - 5th place overall in events, and participation</b>	
<i>FACILITY</i>	<b>9 Lanes-All Weather Track-Rest Rooms- Parking &amp; Concession-spike size: 3/16 (Needle spikes, no pyramid spikes)</b>	
<i>ELIGIBILITY</i>	<b>All athletes must be registered with USATF membership to compete</b>	
<i>RULES</i>	<b>CURRENT USATF RULES APPLY</b>	
<i>PROTEST</i>	<b>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.</b>	
<i>PACKAGE PICK-UP MEET DIRECTOR</i>	<b>FROM 7:00am-8:15am <i>James Townsend</i></b>	
<i>DIRECTIONS</i>	<b><u>From 805 &amp; 5 South:</u> Take 125 North Exit Jamacha Blvd, Make a right &amp; 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.</b>	

# Mercury San Diego Track & Field

**SATURDAY, MAY 5, 2012**

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

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

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

<u>Long Jump</u> BG, BB, SBG, SBB MG, MB	<u>Shot Put</u> BG, BB, MB, MG YG, YB, IG, IB, YW, YM, SBB, SBG	<u>Mini Javelin</u> MG, MB, BB, BG SBG, SBB	<u>High Jump</u> IG, IB, YW, YM BG, BB, MB, MG YG, YB
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**SUNDAY, MAY 6, 2012**

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

<u>Track Event</u>	<u>Type</u>	<u>Age Group &amp; Order</u>
200m Hurdles	Final	YG, YB
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 (May be combine w/3000RW)
3000m Walk	Final	YG, YB, IG, IB, YW, YM (May be combine w/1500RW)
400m Dash	Final	All Division
4 x 100m Relay		Coaches & Parents Relay
4x100m Relay	Final	All Division (Exhibition)

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

<u>Long Jump</u> YG, YB, IG IB, YW, YM	<u>Discus</u> MB, MG, YG, YB IG, IB, YW, YM	<u>Triple Jump</u> YG, YB, IG, IB, YW, YM (This will start after the long jump)
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