

MERCURY SAN DIEGO TRACK & FIELD CLUB



FINISH STRONG

MERCURY San Diego Track & Field 11th Annual Invitational Meet

Mercury San Diego wants to personally invite you to come out and enjoy our 11th Annual Track & Field Meet. This will be a 2-day meet being held on Saturday, May 4 & Sunday, May 5, 2013 @ 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. The deadline for all athlete's entries will be Thursday, May 2nd 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 DOGS.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 8th ANNUAL DEVELOPMENTAL MEET

DATE	MAY 4th & 5th, 2013	8:00 AM Running & Field Events 1st call @ 7:30
SANCTION	USATF San Diego Imperial	
ENTRY FEE	\$3.00 PER EVENT	
SITE	Mount Miguel High School 8585 Blossom Lane –Spring Valley, CA 91977	
AGE DIVISION	8 & ↓ -2005 & LATER / 9-10 (2003 – 2004) / 11-12 (2001 & 2002) / 13-14(1999 – 2000) / 15-16 (1997 – 1998)	
EVENT LIMITATIONS	8 & ↓ thru 11 - 12 are limited to three events. 13 & above are limited to four events.	
ENTRY DEADLINES	ALL ENTRIES MUST BE REC'D BY THURSDAY, MAY 2rd @ 11:59PM	
AWARDS	Medals for 1st- 3rd place overall in events Ribbons for 4th & 5th place, and participation	
FACILITY	9 Lanes-All Weather Track-Rest Rooms-Parking & Concession-spike size: 3/16 (Needle spikes, no pyramid spikes)	
ELIGIBILITY	All athletes must be registered with USATF membership to compete	
RULES	CURRENT USATF RULES APPLY	
PROTEST	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.	
PACKAGE PICK-UP MEET DIRECTOR	FROM 7:00am-7: 45am Edward Ford Jr.	
DIRECTIONS	<u>From 805 & 5 South:</u> Take 125 North Exit Jamacha Blvd, Make a right & 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.	

Mercury San Diego Track & Field

SATURDAY, MAY 4, 2013

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

<u>Track Event</u>	<u>Type</u>	<u>Age Group & Order</u>
100m Hurdles	Final	13-14 (G&B)
80m Hurdles	Final	11-12 (G&B)
400m Dash	Semi-Final	All Division
3000m Run	Final	11-12 (G&B), 13-14 (G&B), 15-16 (G&B)
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>	9-10(G, B), 8 & ↓ (G, B), 11-12(G, B),
<u>High Jump</u>	9-10(G, B), 11-12 (G&B), 13-14 (G&B)
<u>Mini Javelin</u>	11-12 (G&B), 9-10(G, B), 8 & ↓ (G, B)
<u>Shot Put</u>	9-10(G, B), 11-12 (G&B), 13-14 (G&B), 15-16 (G&B), 8 & ↓ (G&B)

SUNDAY, MAY 5, 2013

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

<u>Track Event</u>	<u>Type</u>	<u>Age Group & Order</u>
200m Hurdles	Final	13-14 (B&G)
4x800m Run	Final	11-12 (G&B), 13-14 (G&B)
100m Dash	Final	All Division
1500m Run	Final	All Division
200m Dash	Final	All Division
1500m Walk	Final	8 & ↓ (G&B), 9-10 (G&B), 11-12 (G&B)
3000m Walk	Final	13-14 (G&B), 15-16 (G&B)
400m Dash	Final	All Division
4 x 100m Relay		Coaches & Parents Relay (Trophies will be award to 1st place)
4x100m Relay	Final	All Division (Exhibition)

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

<u>Long Jump</u>	<u>Discus</u>	<u>High Jump</u>
13-14 (G&B), 15-16 (G&B)	11-12 (G&B), 13-14 (G&B), 15-16 (G&B)	15-16 (G&B)

THIS PAGE WAS INTENTIONALLY LEFT BLANK