

San Diego



RoadRunners

- Date:** April 19th 2014 (Rain or Shine)
- Time:** 7:00 a.m. (First call 6:45 am track events & 7:30 am field events)
7:00 start for all 3000m runners
- Location:** Orange Glen High School
2200 Glenridge Dr.
Escondido, Ca 92027
- Concession:** A full concessions will be available
- Package Pick-up:** Concessions Stand (starting @ 6:15 am)
- Meet Director:** Mike Mena
sdrrxc@gmail.com
- Asst Meet Dir:** David Lay
- 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. **(NO PYRAMID)** 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. **(NO PYRAMID)** **Canopies are restricted to the top rows only**, please secure them.
- Implements:** Please bring your own marked implements
- Warm up Area:** We will be using the open field behind the stands **infield will be closed**
- Entry Fees:** \$7.00 per athlete. Entry fees must be paid before the athlete competes. Please pay with club check, money order or cash. **NO PERSONAL CHECKS** 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 RoadRunners, 2700 E. Valley Pkwy #249

Registration: Register online at: www.coacho.com on-line registration will close at 11:59 pm on April 17th .

There will be No Day of Meet Registration

First Aid: First Aid will be available and located in a designated area.

ELIGIBILITY:

- 8 & under (2006 and Later)
- 9 - 10 (2004 - 2005)
- 11 - 12 (2002 – 2003)
- 13 - 14 (2000 – 2001)
- 15 - 16 (1998 – 1999)
- 17 – 18 (1996 – 1997)

Event Limitations: 8 & under thru 11- 12 are limited to **three** events.
13 & above are limited to **four** events

Awards The top 8 overall will be awarded. Medals will be awarded to placing **1st through 3rd place**
Ribbons will be awarded to 4th through 8th.

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 4 attempts.
No other jumps or throws after those attempts

Coaches Meeting: At **7:30** A.M. will be held in the center of the infield

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.scrs-sd.com

All events are finals

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Schedule of Events

Track Events – First Call 6:45 a.m. Track Events – Start Time 7:00 a.m.

RUNNING EVENTS:

DIVISIONS:

- | | |
|--|---|
| 1. 3000 meter run (1 st race will start at 7:00 am) | 11-12G/ B, 13-14G/B, 15-16G/B, 17-18G/B |
| 2. 1500 Meter Race Walk | 9-10G/B, 11-12G/B (combined W/3000RW) |
| 3. 3000 Meter Race Walk | 13-14G/B, 15-16G/B (combined W/1500RW) |
| 4. 4 x100 Relays | All Divisions |
| 5. 1500 m Run | All Divisions |
| 6. 400 meters | All Division |
| 7. 100 meters | All Divisions |
| 8. 200 meters | All Divisions |
| 9. 800 meter | All Divisions |
| 10. 80 m Hurdles | 11 – 12 G/B |
| 11. 100 m Hurdles | 13 – 14 G/B |
| 12. 4 x 400m Relay | All Divisions |

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

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|---------------------|--|
| Long Jump | 13-14B, 13-14G, 8 & Under G, 8 & Under B, 17-18G, 17-18B,
15-16G, 15 -16B, 9-10G, 9-10B, 11-12G, 11-12B |
| Shot Put | 17-18G, 17-18B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B,
8 & Under G, 8 & Under B, 9-10B, 9-10G |
| Discus | 15-16G, 15-16B, 17-18G, 17-18B, 11-12G, 11-12B, 13-14G, 13-14B |
| High Jump | 9-10G, 9-10B, 15-16G, 15-16B, 11-12G, 11-12B,
13-14G, 13-14B, 17-18G, 17-18B |
| Mini Javelin | 8-underG, 8-underB, 11-12G, 11-12B, 9-10G, 9-10B |