



TRACK AND FIELD MEET 2015



- Date: Saturday, May 16th 2015
- Starting Time: 8:00 AM Field and Running Events
(First call 7:30 AM., for both track and field events)
- Location: San Diego High School
1405 Park Blvd
San Diego, CA 92101
- Registration: All entries must be entered on www.athletic.net starting May 8th & will close on Thursday, May 14th at 11:00PM
- Concession: Full concessions will be available
- Package Pick-up: 7 a.m. In front of the press box stand
- Meet Director: Charles James-Email address:cjstars81@hotmail.com
- 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. There are (2) shot put rings; (2) long jump pits (1) high jump pit, all rings and pits will be operating. Shot put ring will be contested on synthetic grass. **3/16 inch Needle Spikes ONLY.** All spikes will be checked before competition. 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: The warm-up area is reserved for athletes & coaches only, we will hand out three wristbands per team, no parents allowed on the Infield.
- Entry Fees: \$9.00 per athlete entry fees must be paid before the athlete competes. Clubs please pay by club check, money order Payable to San Diego High School or cash **Unattached must pay in cash**, clubs may pay the day of the meet when they pick up their package, or they may mail their entry fees to: Xtreme track and field, 1725 Manzana Way, San Diego, CA 92139

Age Divisions: 8& under..... 2007 & later
9-10.....2005-2006
11-12.....2003-2004
13-14.....2001-2002
15-16.....1999-2000
17-18.....1998-1997

Event Limitations: 8 & under, 9-10, 11-12 are limited to three events only.
13-14, 15-16, 17-18 are limited to four events

Awards: Medals will be given to 1st -3rd place and ribbons 4th -8th place. All Athletes will receive a participation ribbon. The Prime sports/ Adidas 100m finals top three (except 17-18) will be given Adidas bags. The Gatorade 400m overall top three in each division will receive a Gatorade Gift Item. Divisions 11-12 and 13-14 top female and male athletes of the meet will receive Adidas Team Speed Duffel bags.

Check-in: All participants in the running events will check in with the clerk of the course prior to their event. Field event participants must report to the location of that event and check in directly with the official in charge.

NO WRITE IN ATHLETES WILL BE PERMITTED IN ANY EVENTS

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 course, ready to compete, and stay in the area. If athletes are competing in a field event, they need to check out before leaving to report to the clerk for running event. Athletes must report back to their field event within 5 minutes of completion of their running event.

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 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 there best behavior (as always). Anyone displaying threatening or inappropriate behavior will be removed from the facility.

Meet Results: Meet results will be provided On-Line at www.sdusatf.org/youth

We will be using Automatic Timing



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Schedule of Events

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

Running Events:

- 1) 1500m Run
- 2) 100m Prelims
- 3) 400m
- 4) 4x100 Relay
- 5) 800m
- 6) 100m Prime Sports /Adidas Final
- 7) 200m

Divisions:

- All Divisions

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

Field Events:

Long Jump (Two pits)	9 -10, 11-12, 13-14, 15-16, 8 & Under, 17-18
High Jump	11-12 G/B, 13-14 G/B, 15-16 G/B, 17-18 G/B
Shot Put (Two rings)	17-18, 15-16, 13-14, 11-12, 9-10, 8 & Under
Mini Javelin	11-12 B/G, 9-10 B/G, 8 & Under B/G
Discus (Will start after Shot Put & Mini Javelin)	11-12 G/B, 13-14 G/B, 15-16 G/B, 17-18 G/B

Divisions:

SPECIAL NOTE:

- NO PEANUTS, SUNFLOWER SEEDS ALLOWED IN STADIUM.
- NO FOOD OR GATORADE ALLOWED ON THE INFIELD. **WATER ONLY**
- NO PETS ARE ALLOWED IN THE STADIUM
- NO SMOKING IS ALLOWED IN THE STADIUM