



Run Jump Throw Meet

- Date:** Saturday, May 18, 2019
- Time:** 8:15 AM **(See Schedule of Events for all Start Times)**
- Location:** Hoover High School
4474 El Cajon Blvd, San Diego, CA 92115
- Meet Director:** Elizabeth Tate, 619-665-7925 flojo99@cox.net
- Sponsored by:** USATF San Diego-Imperial Youth Committee
<http://www.sandiego.usatf.org/Youth/Youth-Track---Field.aspx>
- Sanction:** USA Track and Field
- Facility:** The track is a nine lane all weather surface, including the long and high jump approaches. One shot put ring, two long jump pits, and one high jump pit. [3/16 needle spikes](#) maximum allowed. Implements will be provided by meet management.
- Entry Fees:** \$3.00 per athlete. Clubs and unattached athletes may pay the day of the meet when they pick up their competition package. All entries submitted must be paid. Cash or club check accepted only.
- Event Limitations:** 8 & Under thru 11 -12 limited to three (3) events including relays, 13 -14 and over are limited to four (4) events including relays.
- 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; measurements are in metric. Due to noise abatement area, the public address system will be used sparingly until after 9:00AM. Meet Management to provide implements.
- Track Events:** Report to the clerk when the event is called. Two calls will be given for each event. Due to noise abatement area, the public address system will be used sparingly until after 9:00AM. Athletes in running events must report to the clerk of the course, ready to compete. All times are fully automatic.
- Entries:** All entries must be submitted online at: Athletic.Net. **ALL ENTRIES ARE DUE Friday, May 17, 2019 @ 7:00 a.m.** There will be no day of the meet registration or changes. Please review entries very carefully before the entry deadline date.
- First Aid:** First Aid will be available and located in a designate area.
- Concession:** A full concession stand is planned for the event.
- Results:** Results posted at: <http://www.sandiego.usatf.org/Youth/Youth-Track---Field.aspx>
- Awards:** Participation ribbons provided to all.



Run Jump Throw Meet Schedule

May 18, 2019, Hoover High School 8:15AM

Divisions: Competition will occur in USATF's 2 year age divisions as follows:

8 & Under	2011 & Later
9-10	2009 - 2010
11 – 12	2007 – 2008
13 – 14	2005 – 2006
15-16	2003-2004
17-18	2001-2002

First call: 7:50AM for Race Walk & Discus for an **8:15AM** Start. All other events to begin at **8:45AM** with a first call for those events (1500 Meters and Field Events) at **8:25AM**.

Running Events:

(Girls compete first followed by boys)

1500 & 3000 Meter Race Walk	[8&Under – 13-14 Divisions]
1500 Meters	[9-10 – 17-18 Divisions]
110m Hurdles/100m Hurdles	[15-16 Boys/ 13-14 Boys]
100m Hurdles	[15-16 Girls/13-14 Girls]
80m Hurdles	[11-12 Girls/Boys]
400m	[All Divisions]
100m	[All Divisions]
200m	[All Divisions]

Field Events:

(Boys compete first followed by girls)

Discus	[11-12 – 17-18]
Long Jump	[13-14, 9-10, 8&Under, 11-12, 15-16, 17-18]
Shot Put	[11-12, 13-14, 9-10, 8& Under, 15-16, 17-18]
High Jump	[9-10, 15-16, 17-18, 13-14, 11-12]
Mini Javelin	[11-12, 8&Under, 9-10]
Aero Finn Flyer Javelin	[13-14]

(Aero Finn Contested after Mini-Javelin)

Prior to competition a demonstration or talk is planned subject to availability of instructors. All participants are encouraged to participate in these sessions.

Track Talk:	8:00AM – 8:35AM <i>(Report to infield)</i>
Field Demonstration:	8:00AM – 8:35AM <i>(Report to the event area)</i>

The most foundational of all sports, track & field is based on the three basic forms of human movement – running, jumping and throwing. Within the sport, there is an event for everyone, regardless of race, gender, size, shape or ability. Just as important, the sport is inexpensive and accessible to everyone – all you need is a pair of shoes. A race, a throwing competition or a jumping contest can happen anywhere!

USATF Competition Rules apply and will be enforced.

Event Sponsored by the Youth Committee of USATF San Diego Imperial Association
Elizabeth Tate, Meet Director, Michael Adkins, Youth Chair