



1st Annual Invitational Track Meet

Saturday, April 28 - 29, 2018

CHAMPIONS are made in *Practice!*

- Date :** April 28-29, 2018
- Time:** 8:00 a.m. (**First call 7:30 A.M., for both track and field events**)
- Location:** **El Cajon Valley High School**
1035 E. Madison Ave El Cajon, Ca 92021
- Directions:** (Please use Google Maps)
- Concession:** A full concessions will be available
- Package Pick-up:** **Press box; there will be no day of meet registration Meet**
- Director:** **Caprece Pressley, cdpre20twin@hotmail.com (619)841-8169,**
- Asst. Meet Director:** **Rantie Harper, rantieharper@yahoo.com**
- Sanction:** This event is sanctioned by USATF San Diego Imperial
- Facility:** The track is an eight lane all weather surface. Canopies are restricted to the top rows only, please secure them. The maximum spike requirement is **3/16" needle** for track, long jump and high jump areas. Competitors who do not have the proper spikes will not be permitted to compete. No refunds will be given to teams or athletes who are unable to compete due to improper spikes.
- Warm up Area:** The warm-up area is reserved for athletes and Coaches only
- Entry Fees:** \$3.50 per Event. Entry fees must be paid before the athlete competes. Clubs please pay by club check, money order or cash. **No personal checks;** checks payable to USA Rockets Youth Track Club. Participants and clubs may pay the day of the meet when they pick up their package.
- Entries:** All entries must be submitted online at www.athletic.net. There will be no day of the meet registration or changes. Please review your entries very carefully before the entry deadline date.
- Deadline:** **All entries are due at 11:59 PM on 26 April, 2018.**



1st Annual Invitational Track Meet

CHAMPIONS are made in *Practice!*

- First Aid:** First Aid will be available and located in a designated area.
- Age Divisions:**
- | | |
|-----------|-------------|
| 8 & under | 2010+ |
| 9-10 | 2008 – 2009 |
| 11-12 | 2006 – 2007 |
| 13-14 | 2004 – 2005 |
| 15-16 | 2002 – 2003 |
| 17-18 | 2000 – 2001 |
- Event Limitations:** 8 & under thru 11-12 divisions are limited to **three** events. 13-14 and 15- 16 are limited to **four** events
- Individual Awards:** Trophies for 1st – 3rd 100m Finals only
Medals for 1st – 3rd place overall in all events
Ribbons will be awarded for 4th – 8th place overall in all events.
- Check-in:**
- Running Events:** Report to the clerk when the event is called. Three 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. Three calls will be given for each event. All athletes will be given four attempts. **No Finals**
- Coaches Meeting:** **7:30 A.M.** will be held in the center of the in field
- Protest:** Please discuss the matter with the meet director
- 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.sdusatf.org/youth.html or www.athletic.net



1st Annual Invitational Track Meet

Saturday, April 28, 2018

Schedule of Events

Running Events – First Call @ 7:30 AM Start Time 8:00AM.

3000 Meter Run (Final) 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18W, 17-18M

400 Meter Hurdles (Final) 15-16B, 17-18M

200 Meter Hurdles (Final), 13-14G, 13-14B

80 Meter Hurdles (Final) 11-12G, 11-12B

100 Meter Dash (Semi) All divisions starting with 8 & Under Girls

400 Meter Dash (Final) All divisions starting with 8 & Under Girls

4x100 Meter Relay (Final) All divisions starting with 8 & Under Girls

200 Meter Dash (Semi) All divisions starting with 8 & Under Girls

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

High Jump F 11-12(G-B), 13-14(G-B), 9-10 (G-B)

Mini-Javelin F 8U-(G-B), 9-10-(G-B),

Aero Javelin F 11-12(G-B) (Event follows the Mini-Javelin)

Long Jump F 13-14(G-B), 15-16 (G-B), 17-18 (G-B), 11-12G-B)

Shot Put F 11-12 (G-B), 13-14 (G-B), 15-16 (G-B), 17-18 (G-B), 8&U (G-B) 9-10 (G-B)



1st Annual Invitational Track Meet

Sunday, April 29, 2018

Schedule of Events

Running Events - First Call @ 7:30 AM Start time: 8:00 AM

1500 Meter Run (Final) All divisions starting with 8 & U Girls

200 Meter (Final) All divisions starting with 8 & U Girls

3000 Meter Race Walk (Final) 13-14G, 13-14B, 15-16G, 15-16B,

1500 Meter Race Walk (Final) 9-10G, 9-10B, 11-12G, 11-12B

800 Meter (Final) All divisions starting with 8 & U Girls

100 Meter Dash (Final) All Divisions starting with 8 & U Girls

Parent & Coaches 4x100m Relay

4x400 Meter Relay (Final) All divisions starting with 8 & U Girls

Field Events – First Call @ 7:30AM, Start time 8:00AM

High Jump F 17-18(W-M), 15-16(G-B)

Discus F 11-12(G-B), 13-14(G-B), 15-16(G-B), 17-18(W-M)

Long Jump F 8U&(G-B), 9-10 (G-B)

Triple Jump F 13-14(G-B), 15-16(G-B), 17-18(G-B), (Event follows long jump)