



# Usa Rockets Youth Track Club

## Olympic Day Track Meet

### CHAMPIONS are made in *Practice!*

- Date :** June 03, 2017
- Time:** 8:00 a.m. **(First call 7:30 A.M., for both track and field events)**
- Location:** Helix Charter High School  
7323 University Ave.  
La Mesa, Ca 91942
- 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:** Sallie Henry  
**Asst. Meet Director:** Caprece Pressley
- 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:** \$8.00 per Athlete. 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. 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](http://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. (Please send times)

**Deadline:** All entries are due Midnight Thursday, June 01, 2017

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

**Age Divisions:**

8 & under	2009 - present
9-10	2007 - 2008
11-12	2005 - 2006
13-14	2003 - 2004
15-16	2001 - 2002
17-18	1999 - 2000

**Event Limitations:** 8 & under thru 11-12 divisions are limited to **three** events.  
13-14 and Up are limited to **four** events

**Individual Awards:** Trophies for 1st – 3rd , medals for 4th – 8th in 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 three attempts. **No other jumps after those attempts. No Finals**

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

**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 <http://www.sandiego.usatf.org/Youth/Youth-Track--Field.aspx> or [www.athletic.net](http://www.athletic.net)

# Schedule of Events

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

### RUNNING EVENTS

### DIVISIONS

- |                    |                                      |
|--------------------|--------------------------------------|
| 1. 1500m race walk | G & B 9-10, 11-12 (may be combined)  |
| 2. 3000m race walk | G & B 13-14, 15-16 (may be combined) |
| 3. 1500m run       | All Divisions (final)                |
| 4. 100m dash       | All Divisions (semi)                 |
| 5. 400m run        | All Divisions (final)                |
| 6. 4x100m relay    | All Divisions (final)                |
| 7. 200m dash       | All Divisions (final)                |
| 8. 800m run        | All Divisions (final)                |
| 9. 100m dash       | All Divisions (final)                |
| 10. 4x400m Relay   | All Divisions (final)                |

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

**Competitors must check in at the field event site. All field events are final.**

<b>High Jump</b>	G11-12, B11-12, G13-14, B13-14, G9-10, B9-10, G15-16, B15-16
<b>Long Jump</b>	G13-14, B13-14, G8&U, B8&U, G9-10, B9-10, G11-12, B11-12, G15-16, B15-16
<b>Mini Javelin</b>	G9-10, B9-10, G11-12, B11-12, G8&U, B8&U
<b>Shot Put</b>	B8&U, G8&U, G13-14, B13-14, G11-12, B11-12, G9-10, B9-10, G15-16, B15-16
<b>Discus</b>	15-16B,15-16G,13-14G,13-14B,11-12G,11-12B

**Note: The 11-12 age group will contest the Aero Javelin – 450g**