



Change the Game Track and Field Meet

Hosted by: Change the Game Track and Field Club

Date: May 19, 2018

Site: Monte Vista High School
3230 Sweetwater Springs Blvd
Spring Valley, Ca 91977

Start: 7:00 AM Packet Pick-Up
7:30 AM Coaches Meeting
8:00 AM Running and Field Events

Meet Director: Rodney Van, Sr.

Assistant Meet Director: Dewayne McBride

Eligibility: Boys and Girls in the following division:

Age Division	Year of Birth
8 & Under	2010+*
9 - 10	2008-2009
11 - 12	2006-2007
13 - 14	2004-2005
15 - 16	2002-2003
17 - 18	2000-2001**

Limitations: 8 & under through 11-12 are limited to 3 events. 13 and up are limited to 4 events.

Surface: All-weather track and runway, 3/16 needle spikes allowed. No pyramid spike allowed.

Registration: Opens on May 3, 2018 at www.coacho.com and will close on May 17, 2018 at 11:59 pm.



Late Registration: There will be NO day of meet registration

Entry Fee: \$9 per athlete Team entries are to be paid in cash or club check when picking up packet. Unattached entries to be paid in cash or money order (NO PERSONAL CHECKS ACCEPTED).

Sanction: This meet is sanctioned by USATF-San Diego Imperial Association

Awards: 1st-3rd Medals will be awarded. 4th-9th ribbons will be awarded.

Concessions: Food and drinks will be available for purchase.

Meet Results: Shall be provided online at www.sandiego.usatf.org

Check-in: All participants must check in at the Clerk of the Course when their event is called. Field event participants must report directly to the official in charge of the event when called.

MEET WILL TAKE PLACE RAIN OR SHINE

Running Events Start Time: 8:00 AM. FIRST call 7:30 AM

3000m Run	11-12, 13-14, 15-16
100m Dash	ALL Divisions
1500m Run	ALL Divisions
400m Dash	ALL Divisions (Must turn 7 by Dec 31, 2018)
4x100m Relay	ALL Divisions
200m Hurdles	13-14, 15-16
100m Hurdles	13-14, 15-16
800m Run	ALL Divisions
200m Dash	ALL Divisions
4x400m Relay	ALL Divisions



Field Events Start Time: 8:00 AM. FIRST call 7:30 AM

Shot Put	15-16, 13-14, 11-12, 9-10, 8&U	
Discus	15-16, 13-14, 11-12	(Girls 1st Boys 2 nd)
Long Jump	15-16, 13-14, 11-12, 9-10, 8&U	(Girls north side/Boys south side)
High Jump	15-16, 13-14, 11-12, 9-10, 8&U	
Aero Javelin	11-12	(Girls 1 st Boys 2 nd)
Mini Javelin	9-10, 8&U	(Girls 1 st Boys 2 nd , contested on the in-field)

Additional Information:

This meet will have automatic timing. No pets, peanuts or sunflower seeds allowed in stadium. No food or sugary drinks allowed on the infield (including Gatorade), water only. Warm up area is on the lower field. Canopies must be secured. Spectators are welcome to set chairs along the east and west side of track.