



Flo-Jo 26th Annual Invitational Track & Field Meet

- Date:** April 13-14, 2019
- Time:** 9:00 a.m. (First call 8:30 A.M. for both track and field events)
- Location:** Orange Glen High School
2200 Glen Ridge Road
Escondido, CA 92027
- Concession:** A full concession stand will be available
- Package Pick-up:** Orange Glen High School Stadium (pick-up at concessions)
April 13-14, 2019 7:00 a.m.
- Meet Director:** Elizabeth Tate 619-284-2443, 619-665-7925 flojo99@cox.net
- Meet Manager:** Jason Wyatt 619-316-1748, praise2live@gmail.com
- Sponsored by:** Florence Griffith Joyner Youth Foundation
- Sanction:** This event is sanctioned by USATF; all rules apply and will be enforced.
- Facility:** The track is a nine lane all weather surface, including the long and high jump approaches. Two shot put rings and one discus ring; two long jump pits and one high jump pit. Needle spikes of 3/16 are the maximum allowed & will be checked; spikes will be on sale. Secured canopies are restricted to the top rows.
- Warm up Area:** The warm-up area is reserved for athletes 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. Participants and clubs may pay the day of the meet when they pick up their package. All entries submitted online must be paid.
- Entries:** All entries must be submitted online at: www.coacho.com
There will be no day-of meet registration or changes. Please review your entries very carefully before the entry deadline date.
- Deadline:** All entries are due Thursday, April 11, 2019 @ 11:59 P.M.
- First Aid:** First Aid will be available and located in a designated area

Age Divisions: The athlete's year of birth shall determine the age division in which he/she will compete:

Age Division	Year of Birth
8 & Under	2011+
9 – 10	2009 - 2010
11 – 12	2007 - 2008
13 – 14	2005 - 2006
15 – 16	2003 - 2004
17 – 18	2001 - 2002

Event Limitations: 8 & under – 11 -12 are limited three (3) events including relays 13 -14 and over are limited to four (4) events including relays

Implements: Please bring your own marked implements

Individual Awards: Trophies 1st – 3rd place in 100m final
Medals 1st – 3rd over-all in all events
Ribbons to every athlete in each heat and every event

Each child running the 50m dash/" Lollipop Race" will receive a Lollipop

Team Awards: *"Most Spirited Large Team" "Most Spirited Small Team"*
"Most Competitive Teams (overall boys and overall girls)"
"Team Traveled the Farthest"
Most competitive Boy Athlete
Most Competitive Girl Athlete

Check-in: **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 the course, ready to compete. 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. Two calls will be given for each event. All athletes will be given four attempts. All measurements are in metric.

Coaches Meeting: 8:00 A.M. on the infield

Protest: Please discuss the matter with the meet director/meet manager

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 asked to leave the facility and if necessary removed from the facility by the police and or sheriffs

Meet Results: Saturday and final meet results will be e-mailed to each team and unattached athlete that submits an e-mail address with their entries. Final meet results will be posted on at: <http://sandiego.usatf.org/Home.aspx>



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Coaches Meeting 8:00 a.m. – on the infield

Schedule of Track Events for Saturday, April 13, 2019

Track Events – First Call 8:30 a.m. Track Events – Start Time 9:00 a.m.

1500m	Final	All Divisions
100m	Semi-Final	All Divisions
50m Dash “Lollipop Race”		1-5 years old (no fee/1 adult may bring the child to the start)
400m	Final	All Divisions
1500m RW	Final	8&U through 11-12
3000m RW	Final	13-14 through 17-18
110 Hurdles 39”	Final	17-18M, 15-16B
100m Hurdles 33”	Final	17-18W, 15-16G, 13-14B, 13-14G
80m Hurdles 30”	Final	11-12G, 11-12B
100m	Final	All Divisions
4x400m Relay	Final	All Divisions

Field Event – First Call 8:30 a.m. Field Events – Start Time 9:00 a.m.

Four attempts in each field event – no finals.

Long Jump Pit 1	Final	6&UG, 7-8G, 9-10G, 11-12G, 13-14, 15-16, 17-18
Long Jump Pit 2	Final	6&UB, 7-8B, 9-10B, 11-12B, 13-14, 15-16, 17-18
Triple Jump Pit 1	Final	13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B
Triple jump will follow after the long jump		
Aero-Javelin	Final	11-12G, 11-12B
Mini-Javelin	Final	6&UG, 6&UB, 7-8G, 7-8B, 9-10 G, 9-10B
Shot Put (SE Pit)	Final	9-10G, 9-10B, 11-12G, 11-12B, 7-8G, 7-8B, 6&G, 6&B
		17-18W, 17-18M, 15-16G, 15-16B, 13-14G, 13-14B
Pole Vault	Final	13-14G, 15-16G, 17-18G, 13-14B, 15-16B, 17-18B



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Schedule of Track Events for Sunday, April 14, 2018

Track Events – First Call 8:30 a.m. Track Events – Start Time 9:00 a.m.

3000m	Final	11-12 through 17-18
4x100m Relay	Final	All Divisions
800m	Final	All Divisions
200m	Final	All Divisions
400m Hurdles 36"	Final	15-16B, 17-18M
400m Hurdles 30"	Final	17-18W, 15-16G
200m' Hurdles	Final	13-14G, 13-14B

Field Event – First Call 8:30 a.m. Field Events – Start Time 9:00 a.m.

Four attempts in each field event – no finals.

High Jump	Final	9-10B, 9-10G, 11-12B, 11-12G, 13-14B, 13-14G, , 15-16B, 15-16G, 17-18M, 17-18W
Javelin	Final	13-14G, 13-14B, 15-16G, 15-16B, 17-18W, 17-18M (you must bring your own javelin)
Discus	Final	17-18W, 17-18B, 15-16G, 15-16B, 13-14G, 13-14B, 11-12G, 11-12B