



Change the Game 4th Annual Track and Field Meet

- Date:** April 6, 2019
- Location:** Monte Vista High School
3230 Sweetwater Springs Blvd
Spring Valley, Ca 91977
- Start time:** 7:00 AM Packet Pick-Up
8:00 AM Running and Field Events
- Registration:** Opens on March 21, 2019 at www.coacho.com and will close on April 4, 2019 at 11:59pm.
- Meet Director:** Dewayne McBride
Assistant Meet Director: Fred Jones
- Sanction:** This meet is sanctioned by USATF-San Diego Imperial
- Surface:** All-weather track and runway, 3/16 needle spikes allowed. No pyramid spike allowed.
- Limitations:** 6& under through 11-12 are limited to 3 events. 13 and up are limited to 4 events.
- Eligibility:** Boys and Girls in the following division:

| Age Division | Year of Birth |
|--------------|---------------|
| 6U | 2013 - 2014 |
| 7 - 8 | 2011- 2012 |
| 9 - 10 | 2009 - 2010 |
| 11 - 12 | 2007- 2008 |
| 13 - 14 | 2005 - 2006 |



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| 15 - 16 | 2003-2004 |
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- First Aid:** First aid will be available and located in a designated area
- Coaches Meeting:** 7:30 A.M, Center Field
- Late Registration:** There will be NO day of meet registration
- Entry Fee:** \$9 per athlete. All entries must be paid by Team check or cash. Unattached entries must be paid in cash or money order. NO PERSONAL CHECKS ACCEPTED.
- Awards:** 1st-3rd Medals will be awarded. 4th-8th 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.
- 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.

MEET WILL TAKE PLACE RAIN OR SHINE



Schedule of Events

Running Events First call 7:30AM, Start time 8:00 AM

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|------------------|---|
| 3000m Run | 11-12, 13-14, 15-16 |
| 100m Dash | ALL Divisions |
| 1500m Run | 7-8 through 15-16 |
| 400m Dash | ALL Divisions (Must turn 7 by Dec 31, 2019) |
| 4x100m Relay | ALL Divisions |
| 80m Hurdles 30" | 11-12G, 11-12B |
| 100m Hurdles 33" | 13-14G, 13-14B, 15-16G, 17-18W |
| 110m Hurdles 39" | 15-16B, 17-18M |
| 800m Run | 7-8 through 15-16 |
| 200m Dash | ALL Divisions |
| 4x400m Relay | ALL Divisions |

Field Events First call 7:30 AM, Start time 8:00 AM

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|--------------|------------------------------------|---|
| Shot Put | 15-16, 13-14, 11-12, 9-10, 7-8 | |
| Discus | 11-12, 15-16, 13-14 | (Girls 1 st Boys 2 nd) |
| Long Jump | 15-16, 13-14, 11-12, 9-10, 7-8, 6U | (2 pits will be used) |
| High Jump | 9-10, 11-12, 13-14, 15-16, | (Girls 1 st Boys 2 nd) |
| Aero Javelin | 11-12, 13-14 | (Girls 1 st Boys 2 nd) |
| Mini Javelin | 9-10, 7-8 | (Girls 1 st Boys 2 nd) |