

MERCURY SAN DIEGO TRACK & FIELD CLUB



FINISH STRONG

MERCURY San Diego Track & Field 14th Annual Invitational Meet

Mercury San Diego wants to personally invite you to come out and enjoy our 14th Annual Track & Field Meet. This will be a 2-day meet being held on Saturday, April 30th & Sunday, May 1, 2016 @ Morse High School.

There will be a coach's meeting at 7:30 am @ the 50 yard line.

Take a few minutes to look over the enclosed information about the meet. All entries must be submitted online at: www.coacho.com. The deadline for all athlete's entries will be Thursday, April 28th NLT 11:59pm. Entry fees must be paid during packet pick-up. Clubs please pay by club check, money order, or cash. All others pay by cash or money orders only.

No Day of Meet Registration - - Changes are subject to \$3.00 late fee

If there are any questions, please do not hesitate to call [\(619\) 263-5171](tel:(619)263-5171).

SPECIAL NOTE:

**NO DOGS.NO PEANUTS OR SUNFLOWERS SEEDS ALLOWED
IN STADIUM.NO FOOD OR GATORADE ALLOWED ON THE INFIELD. WATER ONLY**

Only 3/16 (Needle spikes, no pyramid spikes) will be allowed on the track.

All canopies MUST BE SECURED.

NO EXCEPTION to the above. Any violators will be disqualified

MERCURY SAN DIEGO 14th ANNUAL DEVELOPMENTAL MEET

DATE	April 30 & May 1st, 2016	8:00 AM Running & Field Events 1st call @ 7:30
SANCTION	USATF San Diego Imperial	
ENTRY FEE	\$3.50 PER EVENT	
SITE	Morse High School 6905 Skyline Drive –San Diego, CA 92114	
AGE DIVISION	8 & ↓ -2008 & LATER / 9-10 (2006 – 2007) / 11-12 (2004 -2005) / 13-14(2002 – 2003) / 15-16 (2000 – 2001)	
EVENT LIMITATIONS	8 & ↓ thru 11 - 12 are limited to three events. 13 & above are limited to four events.	
ENTRY DEADLINES	ALL ENTRIES MUST BE REC'D BY THURSDAY, April 28th @ 11:59PM	
AWARDS	<u>Medals</u> for 1 ST - 3 rd place overall <u>Ribbons</u> for 4 th - 8 th place overall. Participation ribbons for all athletes	
FACILITY	9 Lanes-All Weather Track-Rest Rooms- Parking & Concession-spike size: 3/16 (Needle spikes, no pyramid spikes)	
Sanction RULES	This event is sanctioned by the USATF SDI CURRENT USATF RULES APPLY	
PROTEST	Must be made in writing to the meet director not later than 30 minutes after the results of an event has been announced. Proper rules must be cited. A \$50.00 cash deposit must accompany all protest. Deposit will be refunded if protest is up held, forfeited if protest is denied.	
PACKAGE PICK-UP MEET DIRECTOR	FROM 7:00am-7: 45am <i>Tracy Thompson</i>	
DIRECTIONS	<p><u>From 805:</u> Exit Imperial Avenue, Make a right (east) & Right on Woodman & Left on Skyline Drive.</p> <p><u>From 805 North:</u> Exit Imperial Avenue, Make a Left (east) & Right on Woodman & Left on Skyline Drive.</p> <p>Parking will be by the baseball field (lower lot). The upper lot will be for overflow, as well as other designated parking area, or on the street. Please do not park in the red zones violators will be towed.</p>	

Mercury San Diego Track & Field

SATURDAY, April 30, 2016

Running Events Starting Time: 8:00 A.M. First Call: 7:30A.M.

<u>Track Event</u>	<u>Type</u>	<u>Age Group & Order</u>
1500m Run	Final	All Division
100m Hurdles	Final	13-14 (G&B)
80m Hurdles	Final	11-12 (G&B)
400m Dash	Semi-Final	All Division
4 x 100m Relay	Coaches & Parents Relay (Trophies will be award to 1st place)	
100m Run	Semi-Final	All Division
800m Dash	Final	All Division
200m Dash	Semi-Final	All Division
4x 400m Relay	Final	All Division

Field Events Starting Time: 8:00 A.M. First Call: 7:30A.M.

<u>Long Jump</u>	8 & ↓ (G, B), 9-10(G, B), 11-12(G, B)
<u>High Jump</u>	13-14 (G&B), 11-12 (G&B), 9-10(G, B), 15-16 (G&B)
<u>Mini Javelin</u>	11-12 (G&B), 9-10(G, B), 8 & ↓ (G, B)
<u>Shot Put</u>	9-10(G, B), 11-12 (G&B), 13-14 (G&B), 15-16 (G&B), 8 & ↓ (G&B)

SUNDAY, MAY 1, 2016

Running Events Starting Time: 8:00 A.M. First Call: 7:30A.M.

<u>Track Event</u>	<u>Type</u>	<u>Age Group & Order</u>
4x800m Run	Final	11-12 (G&B), 13-14 (G&B)
200m Hurdles	Final	13-14 (B&G)
100m Dash	Final	All Division
3000m Run	Final	11-12 (G&B), 13-14 (G&B), 15-16 (G&B)
200m Dash	Final	All Division
1500m Walk	Final	8 & ↓ (G&B), 9-10 (G&B), 11-12 (G&B) (May Be Combined)
3000m Walk	Final	13-14 (G&B), 15-16 (G&B) (May Be Combined)
400m Dash	Final	All Division
4x100m Relay	Final	All Division

Field Events Starting Time: 8:00 A.M. First Call: 7:30A.M

<u>Long Jump</u>	<u>Discus</u>	<u>Triple Jump</u>
13-14 (G&B), 15-16 (G&B)	11-12 (G&B), 13-14 (G&B), 15-16 (G&B)	13-14 (G&B) 15-16 (G&B)