



USA Rockets Youth Track Club Annual Track Meet

CHAMPIONS are made in *Practice!*

- Date:** April 20, 2019
- Time:** 8:00 a.m. (First call 7:30 A.M., for both track and field events)
- Location:** Orange Glen High School
2200 Glenridge Ave
Escondido, Ca 92027
- Directions:** (Please use Google Maps)
- Concession:** A full concession will be available
- Package Pick-up:** Press box; **there will be no day of meet registration**
- Meet Director:** Caprece Pressley (619) 841-8169, cdpre20twin@hotmail.com
Asst. Meet Director: Rantie Harper rantiharper7@yahoo.com
- Sanction:** This event is sanctioned by USATF San Diego Imperial
- Facility:** The track is a nine 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.
(NO PYRAMIDS)
- Warm up Area:** The warm-up area is reserved for athletes and Coaches only
- Entry Fees:** \$9.00 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. There will be no day of the meet registration or changes. Please review your entries very carefully before the entry deadline date.

Deadline: All entries are due by 11:59pm : Thursday April 18, 2019.

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

Age Divisions:

6 & under	2013- 2014
7-8	2011- 2012
9-10	2009 – 2010
11-12	2007 – 2008
13-14	2005 – 2006
15-16	2003 – 2004

Event Limitations: 6 & under thru 11-12 divisions are limited to **three** events. 13-14 and 15- 16 are limited to **four** events

Individual Awards: Trophies will be awarded to 1st place in the 100m finals only,
Medals will be awarded to 1st – 3rd place overall in all events
Ribbons will be awarded to 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.
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 Finals

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

Protest: Please discuss the matter with the meet director

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: www.sdusatf.org/youth.html or www.athletic.net

Schedule of Events

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

<u>RUNNING EVENTS:</u>	<u>DIVISIONS:</u>
1. 3000m run	G11-12, B11-12, G13-14, B13-14, G15-16, B15-16
2. 100m hurdles	G13-14, B13-14, G15-16 B15-16
3. 80m hurdles	G11-12, B11-12
4. 100m dash	All Divisions (semi)
5. 400m dash	All Divisions (final)
6. 1500m run	7-8 through 15-16 (final)
7. 200m dash	All Divisions (final)
8. 4x100m relay	All Divisions (final)
9. 800m run	7-8 through 15-16 (final)
10. 100m	All Divisions (final)
11. 4x400	All Divisions (final)
12. 1500m racewalk	G9-10, B9-10, G11-12, B11-12 (may be combined)
13. 3000m racewalk	G13-14, B13-14, G15-16, B16-16 (may be combined)

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.

High Jump	G11-12, B11-12, G13-14, B13-14, G9-10, B9-10, G15-16, B15-16
Long Jump	G13-14, B13-14, G7-8U, B7-8U, G6U, B6U, G9-10, B9-10, G11-12, B11-12, G15-16, B15-16
Triple Jump	G13-14, B13-14, G15-16, B15-16, Triple jump will follow the long jump
Mini Javelin	G9-10, B9-10, G7-8U, B7-8U,
Aero Javelin Javelin	G11-12, B11-12, (event follows the mini javelin) G13-14, B13-14, G15-16, B15-16 (you must bring your own javelin)
Shot Put	B7-8U, G7-8U, G13-14, B13-14, G11-12, B11-12, G9-10, B9-10, G15-16, B15-16
Discus	B15-16, G15-16, G13-14, B13-14, G11-12, B11-12