



Millennium
Express
Track Club

- Date:** April 20th & 21st 2013
- Time:** 8:00 a.m. (**First call 7:30 A.M., for both track and field events**)
- Location:** Mira Mesa High School
10510 Reagan Rd
San Diego, CA 92126
- Concession:** A full concessions will be available with reasonable priced foods and goodies.
- Package Pick-up:** Stadium Press Box
April 20th & 21st 7:00 a.m.
- Meet Director:** Coach Cap
- Sanction:** This event is sanctioned by USATF San Diego Imperial
USATF sanction number: 3380
- Facility:** The track is a nine lane all weather surface, including the long and high jump approaches. One shot put and one discus ring; 2 long jump pits and one high jump pit. 3/16 needle spikes are the maximum allowed.
All spikes will be checked for the appropriate spikes and athletes not wearing the 3/16 needle spikes will not be permitted to compete. There is no refund for athletes missing their event due to inappropriate spikes.
Canopies are restricted to the top rows, please secure. No sunflower seeds
- Warm up Area:** The warm-up area is reserved for athletes only
- Entry Fees:** \$3.00 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, or they may mail their entry fees to:
Millennium Express 7757 Bendigo Rd San Diego Ca 92126
- 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 Midnight Thursday, April 18th, 2013

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

Age Divisions: 8 and under-----2005 & younger (Sub Bantam)
9 & 10-----2003 – 2004 (Bantam)
11 – 12-----2001 – 2002 (Midget)
13 – 14-----1999 – 2000 (Youth)
15 – 16-----1997 - 1998 (Intermediate)

Event Limitations: 8 and under thru 11-12 divisions are limited to **three** events.
13-14 and 15-16 are limited to **four** events

Individual Awards: Medals awarded to 1st - 3rd, custom ribbons to 4th – 8th

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, and stay in the area. 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: **7:30** A.M. on the infield

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.mxtrackclub.com

Millennium



Track Club

Schedule of Events for Saturday, April 20, 2013

Coaches Meeting 7:30 a.m. – on the infield

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

3000M Run	Final 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B
110 Hurdles	Final 15-16B
100M Hurdles	Final 13-14B, 15-16G, 13-14G
80M Hurdles	Final 11-12G, 11-12B
100m	Semi Final All Divisions
400m	Final All Divisions
4x100M Relay	Final All Divisions
1500M Race Walk	Final 9-10G, 9-10B, 11-12G, 11-12B (maybe combined)
3000M Race Walk	Final 13-14G, 13-14B, 15-16G, 15-16B (maybe combined)
100m Dash	Final All Divisions
4x800M Relay	Final 9-10G ,9-10B , 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B,

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

High Jump	Final 13-14B, 11-12B, 9-10B, 15-16B
Mini Javelin	Final 11-12G, 11-12B, 9-10G, 9-10B, 8-underG, 8-underB
Long Jump	Final 15-16G, 13-14G, 11-12G, 8-underG
Triple Jump	Final 13-14G, 15-16G, (will follow after long jump)
Shot Put	Final 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 9-10G , 9-10B, 8-underG, 8-underB

Schedule of Events for Sunday, April 21, 2013

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

1500m Run	Final All Divisions
400M Hurdles	Final 15-16G, 15-16B
200M Hurdles	Final 13-14G, 13-14B
800m Run	Final All Divisions
200M Dash	Final All Divisions
4x400M Relay	Final All Divisions

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

Discus	Final 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B
High Jump	Final 9-10G, 11-12G, 13-14G, 15-16G
Long Jump	Final 15-16B, 13-14B, 11-12B, 9-10B, 8-underB
Triple Jump	Final 13-14B, 15-16B (will follow after long jump)