

# MLK BLASTERS YOUTH TRACK & FIELD CLUB DEVELOPMENTAL MEET

## “I HAVE A DREAM YOU ARE COLLEGE BOUND”

- Date :** SATURDAY, MARCH, 9<sup>TH</sup> 2013
- Time:** 8:00 a.m. (First call 7:30 A.M., for both track and field events)
- Location:** Morse High School  
6901 Skyline Dr.  
San Diego, CA 92114
- Directions:** (Please use mapquest)
- Concession:** Full concessions will be available
- Package Pick-up:** Press box; **There will be no day-of meet registration**
- Meet Director:** Mark Blackshear and La Salle Mitchell  
P: 619-734-7108 E: [info@mlkblasters.org](mailto:info@mlkblasters.org) W: [mlkblasters.org](http://mlkblasters.org)
- Sanction:** This event is sanctioned by USATF San Diego Imperial Assoc.
- Facility:** The track is an eight lane all weather surface.  
Canopies are restricted to the top rows only, please secure them.
- Warm up Area:** The warm-up area is reserved for athletes and Coaches only
- Entry Fees:** \$7.00 per Athlete. Entry fees must be paid before the athlete competes on coacho.com.  
Clubs please pay by club check, money order or cash.  
**No personal checks**  
Checks payable to ***MLK Blasters Youth Track & Field Club.***  
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.coacho.com](http://www.coacho.com). [USATF Participant Waivers](#) must be submitted at packet pick up. There will be no day of the meet registration or changes. Please review your entries very carefully before the entry deadline date. (Please send times) Changes on the day of are at an additional cost.

**Deadline:** All entries are due by 12:00am Thursday, March 7th, 2013

**First Aid:** First Aid will be available and located in the West Endzone nearest to the score board.

**Age Divisions**

2005+\* (8 and Under)

2003-2004 (9-10)

2001-2002 (11-12)

1999-2000 (13-14)

1997-1998 (15-16)

1995-1996\*\* (17-18)

**Event Limitations:** 12 yrs. old & under are limited to **three** events.  
13 yrs. old & up are limited to **four** events.

**Individual Awards:** Medals will be given for the top 3 overall in each age division  
ribbons will be given for athletes who place 4th-8<sup>th</sup> overall.

**Check-in:** **Running Events:** Report to the clerk when the event is called.  
Three 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. Athletes must report back to their field event within 5 minutes of completion of their running event.

**Field Events:** Report directly to that event when the event is called. Three calls will be given for each event. All jumpers will be given three attempts. **No other jumps after those attempts.** 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. All throwers will be given four attempts there are **no finals.**

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

**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](http://www.sdusatf.org)

# SCHEDULE OF EVENTS

Track Events – First Call @ 7:30AM Start time: 8:00AM

**3/16 NEEDLE Spikes Only**

**Check-in at the Clerk of the Course (East Endzone near the snack bar)**

**Packet Pick Up at 7:00AM Next to the Snack Bar**

**Field Events – First Call @ 7:30AM**

**Coaches Meeting @ 7:30AM Center Field**

**First Event Starts at 8:00AM All events are Final Events for the Day**

**1500m Run 8 & Under Girls (G), Boys (B); 9-10yr G,B; 11-12 G, B; 13-14yr G, B; 15-16yr G, B; 17-18yr G, B.**

**400m Run 8 & Under Girls (G), Boys (B); 9-10yr G,B; 11-12 G, B; 13-14yr G, B; 15-16yr G, B; 17-18yr G, B.**

**100m Run 8 & Under G, B; 9-10yr G,B; 11-12 G, B; 13-14yr G, B; 15-16yr G, B; 17-18yr G, B.**

**4x100m Relay 8 & Under G, B; 9-10yr G,B; 11-12 G, B; 13-14yr G, B; 15-16yr G, B; 17-18yr G, B.**

**Free Lollypop Race ages 4 and under 50 yard dash (time permitting)**

**800m Run 8 & Under G, B; 9-10yr G,B; 11-12 G, B; 13-14yr G, B; 15-16yr G, B; 17-18yr G, B.**

**200m Run 8 & Under G, B; 9-10yr G,B; 11-12 G, B; 13-14yr G, B; 15-16yr G, B; 17-18yr G, B.**

**4x400m Relay 8 & Under G, B; 9-10yr G,B; 11-12 G, B; 13-14yr G, B; 15-16yr G, B; 17-18yr G, B.**

Throws are limited to 4 attempts. Jumps are limited to 3 attempts –  
Jumps and Throws Check-In are at the Event

## **Long Jump, Shot Put, Mini-Javelin**

**Start time: 7:30AM**

### **All Events are Finals for the Day**

**Long Jump-** 17-18yr G, B; 15-16yr. G, B; 13-14yr G, B; 11-12yr G, B; 9-10yr. G, B; 8 & Under G, B.

**Shot Put-** 17-18yr G, B; 15-16yr. G, B; 13-14yr G, B; 11-12yr G, B; 9-10yr. G, B; 8 & Under G, B.

**Discuss-** 17-18yr G, B; 15-16yr. G, B; 13-14yr G, B; 11-12yr G, B.

**Mini-Javelin-** 11-12yr G, B; 9-10yr. G, B; 8 & Under G, B.