



## SAN DIEGO CHEETAHS INVITATIONAL

- SPONSORED BY:** SAN DIEGO CHEETAHS
- DATE:** MAY 25<sup>TH</sup> & 26<sup>TH</sup> 2013
- TIME:** ALL EVENTS BOTH DAYS WILL START AT 8:00, FIRST CALL WILL BE AT 7:30 A.M.
- WHERE:** EASTLAKE HIGH SCHOOL  
1120 EASTLAKE PARKWAY CHULA VISTA CA 91915
- COACHES MEETING:** 7:30 ON INFIELD
- MEET DIRECTOR:** MIKE KIRWAN  
**CHEETAHS HEAD COACH:** MARCUS SIMS 858-869-3194 [marcevt1@gmail.com](mailto:marcevt1@gmail.com) CALL IF YOU HAVE QUESTIONS
- PACKAGE PICKUP:** PACKETS WILL BE AVAILABLE AT 7:00 A.M. BOTH DAYS.
- CONCESSIONS:** FULL SNACK BAR WITH A VARIETY OF FOODS AT AFFORDABLE PRICES. BREAKFAST WILL BE SERVED AS WELL!!
- SANCTIONED:** SAN DIEGO-IMPERIAL USATF ASSOCIATION. ALL RULES APPLY WITH REGARDS TO THE AFOREMENTIONED ABOVE. ALL PARTICIPANTS MUST BE CURRENTLY REGISTERED WITH USATF.
- FACILITY:** THE TRACK IS A NINE LANE ALL-WEATHER TRACK SURFACE.  
THERE ARE 2 LONG JUMP PITS. 2 SHOT PUT RINGS, 2 DISCUS RINGS, HIGH JUMP AND 1 POLE VAULT PIT.  
ONLY 3/16" NEEDLE OR PYRAMID SPIKES WILL BE ALLOWED.  
CANOPIES ARE RESTRICTED TO THE TOP ROWS OF BLEACHERS  
TIMING WILL BE FULLY AUTOMATIC
- ENTRY FEES:** \$3.00 PER EVENT. ENTRY FEES MUST BE PAID AT THE TIME OF PACKET PICKUP.  
ONLY CLUB CHECKS, MONEY ORDERS OR CASH WILL BE ACCEPTED.  
ENTRIES MUST BE DONE ONLINE AT [www.coacho.com](http://www.coacho.com).
- DEADLINE:** ALL ENTRIES ARE DUE MIDNIGHT MAY 23rd , 2013
- DIVISIONAL LIMITS:** 8 & under, 9 & 10 and 11 & 12 year OLD DIVISIONS CAN COMPETE IN 3 EVENTS PLUS THE 4 X 400. ALL OTHER DIVISIONS CAN COMPETE IN 4 EVENTS PLUS THE 4 X400.
- IMPLEMENTS:** PLEASE BRING YOUR OWN THROWING IMPLEMENTS. ALL OTHER EQUIPMENT SUCH AS STARTING BLOCKS WILL BE PROVIDED
- CHECK IN:** ALL ATHLETES MUST CHECK IN AT THE CLERK OF THE COURSE WHEN THEIR EVENT IS CALLED. FIELD ATHLETES NEED TO CHECK IN AT THE FIELD EVENT WHEN IT IS CALLED.
- NOTES:** ALL COMPETITORS IN THE THROWS WILL BE GIVEN 3 ATTEMPTS. ALL HORIZONTAL JUMPS WILL BE GIVEN 3 JUMPS . THE TOP 9 NINE COMPETITORS WILL BE GIVEN AN ADDITIONAL 3 ATTEMPTS IN THE FINALS, PROVIDED THAT THERE ARE MORE THAN NINE COMPETITORS IN THE EVENT.  
**THE MEET WILL BE CONDUCTED RAIN OR SHINE.**

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## AGE DIVISIONS:

<b>8 &amp; UNDER</b>	<b>2005 &amp; LATER</b>
<b>9 &amp; 10</b>	<b>2003-2004</b>
<b>11 &amp; 12</b>	<b>2001-2002</b>
<b>13 &amp; 14</b>	<b>1999-2000</b>
<b>15 &amp; 16</b>	<b>1997-1998</b>
<b>17 &amp; 18</b>	<b>1995-1996</b>

**AWARDS:** MEDALS FOR 1<sup>ST</sup> - 3<sup>RD</sup> OVERALL IN ALL EVENTS, RIBBONS FOR 4<sup>TH</sup> - 8<sup>TH</sup> OVERALL AND PARTICIPATORY RIBBONS. TEAM TROPHIES WILL BE GIVEN OUT FOR TOP 3 TEAMS IN THE 8 & UNDER - 13 & 14 YEAR OLD DIVISIONS

**MEET RESULTS:** MEET RESULTS WILL BE POSTED AT: [WWW.SANDIEGOCHEETAHSYOUTHTRACK.COM](http://WWW.SANDIEGOCHEETAHSYOUTHTRACK.COM) AND [WWW.SDUSATF.ORG](http://WWW.SDUSATF.ORG)

**FIRST AID:** WILL BE AVAILABLE ON THE INFIELD

**MISCELLANEOUS:** GARBAGE BAGS WILL BE POSITIONED IN THE STANDS, WE ASK THAT EVERYONE TAKE CARE OF THE TRASH IN THEIR AREA.  
ABSOLUTELY NO SEEDS OR NUTS OF ANY KIND ARE ALLOWED (PISTACHIOS, SUNFLOWER ETC.)  
3 CALLS WILL BE GIVEN, PLEASE HAVE YOUR ATHLETES REPORT AT THE SECOND CALL.

- **THE BOYS WILL LONG JUMP ON SATURDAY AND THE GIRLS ON SUNDAY.**
- **THE HIGH JUMP WILL BE CONTESTED ON SATURDAY FOR ALL DIVISIONS.**
- **THE TRIPLE JUMP WILL BE CONTESTED ON SATURDAY ONLY.**
- **THE DISCUS WILL BE CONTESTED ON SUNDAY ONLY**
- **ATHLETES WILL GET 1 EXTRA RELAY IN WHICH TO COMPETE IN. 8 & U- 11 & 12 CAN COMPETE IN ANY 3 EVENTS PLUS AN EXTRA RELAY. 13 & 14 THRU 17 & 18 CAN COMPETE IN ANY 4 EVENTS PLUS AN EXTRA RELAY**

**SAN DIEGO CHEETAHS INVITATIONAL**



**ORDER OF EVENTS  
RUNNING EVENTS:**

**SATURDAY May 25<sup>th</sup>, 2013. FIRST CALL 7:30 A.M., STARTING TIME 8:00 A.M.**

400 HURDLES	FINAL	15 & 16 (G-B) 17 & 18 (G-B)
200 H HURDLES	FINAL	13 & 14 (G-B)
1500M RUN	FINAL	ALL DIVISIONS ( 8 & U THRU YOUNG) G-B
SPRINT MEDLEY RELAY	FINAL	ALL DIVISIONS (8 & U THRU YOUNG) G-B
1500 M RACE WALK	FINAL	9 & 10 (G-B) 11 & 12 (G-B )
3000 M RACE WALK	FINAL	13 & 14 (G-B) 15 & 16 ( G-B) 17 & 18 (W-M)
100M	SEMI	ALL DIVISIONS (8 & U THRU YOUNG) G-B
400M	FINAL	ALL DIVISIONS (8 & U THRU YOUNG) G-B
4 X 400 RELAY	FINAL	ALL DIVISIONS ( 8 & U THRU YOUNG) G-B

**FIELD EVENTS:**

**FIRST CALL 7:30 A.M., STARTING TIME 8:00 A.M.**

LONG JUMP	FINAL	17 & 18, 15 & 16, 13 & 14, 11 & 12, 9 & 10, 8 & U, (MEN AND BOYS)
HIGH JUMP	FINAL	9 & 10 THRU 17 & 18 (G-M)
SHOT PUT	FINAL	17 & 18 (W-M) 15 & 16 (G-B), 13 & 14 (G-B) 11 & 12 (G-B)
TRIPLE JUMP	FINAL	13 & 14 (G-B) 15 & 16 (G-B) 17 & 18 (W-M)
MINI-JAVELIN	FINAL	9 & 10, (G-B) 8 & U ( G-B) 11 & 12, (G-B)

**ORDER OF EVENTS  
RUNNING EVENTS:**

**SUNDAY MAY 26<sup>TH</sup>, 2013. FIRST CALL 7:30 A.M. START TIME 8:00 A.M.**

200M	FINAL	ALL DIVISIONS (8 & U THRU YOUNG) G-B
3000M RUN	FINAL	11 & 12 THROUGH 17 & 18 (G-B)
110M HURDLES	FINAL	(15 & 16) B (17 & 18) M
100M HURDLES	FINAL	(15 & 16) G (17 & 18) W
100M HURDLES	FINAL	(13 & 14) B-G
80M HURDLES	FINAL	(11 & 12) B-G
4 X 100 RELAY	FINAL	ALL DIVISIONS (8 & U) G-B
800M	FINAL	ALL DIVISIONS (8 & U) G-B
100M	FINAL	ALL DIVISIONS (8 & U) G-B
PARENT COACHES RELAY		
4 X 800 RELAY	FINAL	ALL DIVISIONS (8 &U) G-B

**FIELD EVENTS**

**FIRST CALL 7:30 A.M. START TIME 8:00**

LONG JUMP	FINAL	17 & 18, 15 & 16, 13 & 14, 11 & 12, 9 & 10, 8 & U, (WOMEN & GIRLS)
SHOT PUT	FINAL	8 & U (G-B) 9 & 10 (G-B)
JAVELIN	FINAL	13 & 14 (G-B) 15 & 16 (G-B) 17 & 18 (W-M)
DISCUS	FINAL	11 & 12 (G-B) 13 & 14 (G-B) 15 & 16 (G-B) 17 & 18 (W-M)