



Run Jump Throw Middle School Meet

- Date:** Saturday, March 16, 2019
- Time:** 8:15 AM **(See Schedule of Events for all Start Times)**
- Location:** Morse High School
6905 Skyline Drive, San Diego, CA 92114
- Meet Director:** Elizabeth Tate, 619-665-7925 flojo99@cox.net
- Sponsored by:** USATF San Diego-Imperial Youth Committee
<http://www.sandiego.usatf.org/Youth/Youth-Track---Field.aspx>
- Sanction:** USA Track and Field
- Facility:** The track is a nine lane all weather surface, including the long and high jump approaches. One shot put ring, two long jump pits, and one high jump pit. 3/16 needle spikes maximum allowed.
- Entry Fees:** \$3.00 per student. Clubs and unattached athletes may pay the day of the meet when they pick up their competition package. All entries submitted must be paid. Cash or club check accepted only.
- Event Limitations:** 8 & Under thru 11 -12 limited to three (3) events including relays, 13 -14 and over are limited to four (4) events including relays.
- 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; measurements are in metric.
- Track 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. All times are fully automatic.
- Entries:** All entries must be submitted online at: Athletic.Net. The direct link is: www.athletic.net/TrackAndField/School.aspx?SchoolID=67716
ALL ENTRIES ARE DUE Friday, March 15, 2019 @ 6:00 a.m.
There will be no day of the meet registration or changes. Please review entries very carefully before the entry deadline date.
- First Aid:** First Aid will be available and located in a designate area.
- Concession:** A full concession stand will be available.
- Results:** Results posted at: <http://www.sandiego.usatf.org/Youth/Youth-Track---Field.aspx>
- Awards:** Participation ribbons provided to all.



Run Jump Throw Meet Schedule

March 16, 2019, Morse High School 8:00AM

Competition occurs in divisions according to birth year. A 6 & Under division has been added for this meet.

6 & Under	2013 & Later
7-8	2011 - 2012
9-10	2009 - 2010
11 - 12	2007 - 2008
13 - 14	2005 - 2006
15-16	2003-2004
17-18	2001-2002

First call: 8:55AM for running and throwing events: All first events start at **9:15AM**

Running Events:

(Girls compete first followed by boys)

1500 Meters	[9-10 – 17-18 Divisions]
100m	[All Divisions]
1500m/3000m Race Walk	[9-10 – 17-18 Divisions]
200m	[All Divisions]
4x100m Relay	[All Divisions]

Field Events:

(Boys compete first followed by girls) Meet Management to provide implements

Long Jump	[13-14, 9-10, 7-8, 6&Under, 11-12, 15-16, 17-18]
Shot Put	[11-12, 13-14, 9-10, 8& Under, 15-16, 17-18]
High Jump	[9-10, 15-16, 17-18, 13-14, 11-12]
Mini Javelin	[11-12, 7-8, 6&Under, 9-10]
Aero Finn Flyer Javelin	[13-14]

(Aero Finn Contested after Mini-Javelin)

Prior to competition a demonstration or talk will be held. All participants are encouraged to participate in these sessions.

Track Talk: 8:15AM – 8:50AM (Report to infield)

Field Demonstration: 8:15AM – 8:50 AM (Report to the event area)

The most foundational of all sports,
track & field is based on the three basic forms
of human movement – running, jumping and throwing.

Within the sport, there is an event for everyone, regardless of race,
gender, size, shape or ability. Just as important, the sport is inexpensive and accessible to everyone –
all you need is a pair of shoes. A race, a throwing competition or a jumping contest can happen anywhere!

USATF Competition Rules apply and will be enforced.

Event Sponsored by the Youth Committee of USATF San Diego Imperial Association
Elizabeth Tate, Meet Director, Michael Adkins, Youth Chair