



2010 San Diego/Imperial
USATF Association
Championships
(And USATF Nationals - "Last Chance" Meet)
SATURDAY, JUNE 12, 2010



San Diego Mesa College, San Diego, CA

- VENUE:** San Diego Mesa College. The newest edition to San Diego's growing mecca of top-line sports facilities, and has already has proven itself as being one of the fastest tracks in Southern California, with excellent throwing and jumping facilities.
- AWARDS:** USATF Championship medals will be awarded to the first 3 place-winners in each event.
- EVENTS:**
- | | | |
|---------------------------|----------------------------|-----------------------------|
| <i>Men's 110m Hurdles</i> | <i>Men's Discus</i> | <i>Women's 100m Hurdles</i> |
| <i>Men's 400m Hurdles</i> | <i>Men's Triple Jump</i> | <i>Women's 400m Hurdles</i> |
| <i>Men's 100 meters</i> | <i>Men's Javelin</i> | <i>Women's 100 meters</i> |
| <i>Men's 200 meters</i> | <i>Men's Shot Put</i> | <i>Women's 200 meters</i> |
| <i>Men's 400 meters</i> | <i>Men's Pole-Vault</i> | <i>Women's 400 meters</i> |
| <i>Men's 800 meters</i> | <i>Women's Triple Jump</i> | <i>Women's 800 meters</i> |
| <i>Men's 1500 meters</i> | <i>Women's Discus</i> | <i>Women's 1500 meters</i> |
| <i>Men's 5000 meters</i> | <i>Women's Javelin</i> | <i>Women's 5000 meters</i> |
| <i>Men's High Jump</i> | <i>Women's Shot Put</i> | <i>Women's High Jump</i> |
| <i>Men's Long Jump</i> | <i>Women's Pole-Vault</i> | <i>Women's Long Jump</i> |
- TIMING:** Fully automatic timing by Finish Lynx.
- ENTRY FEE:** \$20.00 per athlete. (Unlimited events)
- USATF MEMBERSHIP:** All competitors must be a 2010 member of USA Track & Field. Athletes can register on-line or purchase membership at the meet for the annual fee of \$30.00 <https://www.usatf.org/membership/application/> (There is an additional \$5 processing fee for issuing USATF memberships for residents of Associations outside San Diego.)
- ENTRY PROCEDURE & DEADLINE:** All pre-meet entries must be made on-line at WWW.Directathletics.com. Entries close on June 10, 2010, 11:59pm. Athletes must be entered as "unattached" if they are not members of a USATF-registered club.
- LATE ENTRIES:** Please note the late entry fee is \$20.00.
- ATHLETE CHECK-IN:** **RUNNING EVENTS:** 45-minutes prior to the scheduled start of each running event, competitors must check-in at the **CLERKS TENT near the stadium entry**—after which those who have not checked-in will be scratched. 20 minutes prior to each running event, runners must return to the Clerk to pick-up their hip number and heat assignment.
FIELD EVENTS: 45-minutes prior to the event, competitors must check-in with the Head Judge.
- CERTIFICATION OF IMPLEMENTS:** Throwing implements will be certified at official's tent.
- PARKING:** Campus parking is free.
- RESULTS:** Copies of results will be posted event by event and after the meet at www.sdusatf.org

Contact for Additional Information:

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Adam Henderson, Co-Meet Director
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TIME SCHEDULE OF EVENTS

1:00pm	Women's 100M Hurdles	12:00N	Women's Javelin
1:45pm	Men's 110M Hurdles	1:00pm	Men's Javelin
2:00pm	Men's 400 Meters	1:00pm	Women's Pole Vault
2:15pm	Women's 400 Meters	2:00pm	Men's Long Jump
2:30pm	Men's 100 Meters	2:00pm	Women's Triple Jump
2:45pm	Women's 100 Meters	2:00pm	Women's Shot Put
3:00pm	Women's 1500 Meters	3:00pm	Men's Pole Vault
3:15pm	Men's 1500 Meters	3:00pm	Men's Shot Put
3:35pm	Women's 400M Hurdles	3:30pm	Women's Long Jump
3:50pm	Men's 400M Hurdles	3:30pm	Men's Triple Jump
4:05pm	Women's 200 Meters	3:30pm	Women's Discus
4:20pm	Men's 200 Meters	4:30pm	Men's Discus
4:40pm	Women's 800 Meters	4:00pm	Women's High Jump
4:55pm	Men's 800 Meters	5:00pm	Men's High Jump
5:00pm	Women's 5000 Meters		
5:30pm	Men's 5000 Meters		

3/16" PYRAMID SPIKES ONLY – NO ACCEPTIONS

ALL SHOES WILL BE CHECKED BEFORE COMPETITION
BLUE PAINTER'S TAPE ONLY FOR FIELD EVENTS
WATER ONLY ALLOWED ON ATHLETIC FIELD

Directions & Maps

Directions to the Mesa College Campus

7250 Mesa College Drive
San Diego, CA 92111-4998

Directions to San Diego Mesa College: <http://www.sdmesa.edu/7shared-files/directions.cfm>

San Diego Mesa College is located at 7250 Mesa College Drive, approximately one and a quarter miles south of Balboa, between Convoy Street (becomes Linda Vista Road) and Genessee Avenue.

Bus Route Information

Driving on I-805 South

Take I-805 South.
Exit at the 805 Freeway at the BALBOA AVE EAST exit.
Merge onto BALBOA AVE and cross over the 805 freeway.
Turn RIGHT onto CONVOY Street.
CONVOY Street becomes LINDA VISTA Road after about 1 mile.
Turn RIGHT onto MESA COLLEGE DR.
Follow Mesa College Drive for approximately one half mile onto the campus and make the first LEFT. Proceed to metered parking across from the Administration Building.
There is a large American Flag in front of the building.

Driving on I-805 North

Exit at Mesa College Drive.
At the top of the exit ramp turn left onto Mesa College Drive.
Cross Linda Vista Road, and continue on Mesa College Drive for approximately one half a mile onto the campus and make the first LEFT.
Follow Mesa College Drive to metered parking across from the Administration Building. There is a large American Flag in front of the building.

Driving on Freeway 163 South

Exit at Genessee West and continue on Genessee West to Linda Vista Road
Turn Right onto Linda Vista Road.
Continue on Linda Vista Road for approximately 1 mile to Mesa College Drive.
Turn LEFT onto MESA COLLEGE DR.
Follow Mesa College Drive for approximately one half mile onto the campus and make the first LEFT. Proceed to metered parking across from the Administration Building.
There is a large American Flag in front of the building.

Driving on Freeway 163 North

Exit on Mesa College Drive.
At the top of the freeway ramp turn Left onto Mesa College Drive.
Continue on Mesa College across Linda Vista Road. Approximately one half mile.
Follow Mesa College Drive for approximately one half mile onto the campus and make the first LEFT. Proceed to metered parking across from the Administration Building. There is a large American Flag in front of the building.

SAN DIEGO MESA COLLEGE

MERRILL DOUGLAS STADIUM SYNTHETIC TURF FIELD AND TRACK RULES AND REGULATIONS

RULES AND REGULATIONS

1. No metal spiked athletic shoes on track or field.
Only 3/16" pyramid spikes are allowed on track.
2. No food or drink (except water).
3. No vehicles or trailers.
4. No alcoholic beverages or illegal substances.
5. No chewing gum/sunflower (or any other) seeds.
6. No smoking or tobacco products.
7. No glass bottles or glass containers.
8. No confetti or rice.
9. No weapons, fireworks, explosives or open flames.
10. No bikes, rollerblades, skates or skateboards.
11. No chairs with pointed/sharp legs.
12. No spikes, poles, nails or posts placed or driven into the field.
13. No flags or field markings driven into the field.
14. No pets or animals.
15. No golfing.
16. No javelin or shot putting on turf.
17. No permanent marking on the field.
18. No spectators on the field at any time.
19. No high pressure washing on the field.
20. No use of wire brushes on the field.
21. No activities that might damage the field
22. No littering. All waste is to be disposed of in designated trash receptacles.
23. No selling or vending of any articles.