

USA Rockets First Annual Developmental Track Meet

Date:

May 19, 2007

Site:

Crawford High School Track (track is on Trojan)

4191 Colts Way

San Diego, Ca. 92114

Directions:

Take I-805 S. exit ElCajon Blvd go east to 54th st. turn right to

Trojan turn left School is on right track is on left (parking at school)

Facility:

8 Lanes Dirt Track

Time:

Coaches meeting: 8:20 a.m.

Packet pick-up 8:00 a.m.- 8:20 a.m.

All events begin at 9:00 a.m.

First Call at 8:45 a.m.

Meet Director:

Sallie Henry

Meet Referce:

Michael Landry

Registration:

Please email your file to

usarockets@cox.net. All entries are due by May 16, 2007,

No day of the meet entries.

Entry Fee:

\$6.00 per athlete. Team entries are to be paid in Cash or

Money order No Checks

Eligibility:

Boys and girls in the following divisions:

Sub-Bantam

1999 - 2000 7-8

Bantam

1997 - 1998 9-10

Midget

1995 - 1996

Youth

11-12

1993 - 1994 Intermediates 1991-1992

13-14 15-16

Limitations:

Sub-bantams, Bantams, and Midgets are limited to 3

events. Youth and Intermediates are limited to four Events.

Awards:

Ribbons for 1st thru 6th place

Meet Results:

Meet results will be provided automatically to coaches or teams via

e-mail

USA Rockets 1st Annual Developmental Tracek Meet May 19, 2007

> Schedule of Events Coaches meeting - 8:20 a.m. Running events - First Call 8:45 1st running event - 9:00 a.m.

RACE WALK WILL START AT 8:a.m.

3000m rw

Midgets - Intermediates

1500m rw

Bantams - Midgets

1500m

Bantams - Intermediates

200mh

Youth Only

4x100m

All Divisions

100m

FOLD IN HALF

All Divisions

800m

Bantams - Intermediates

110mh

Intermediate Boys Only

100mh

Youth Girls, Youth Boys, Intermediate Girls Only

80mh

Midgets Only

200m

All Divisions

4x400m

All Division

Field Events - First Call 8:45

Field Events begin 9:00 a.m

SUB-BANTAMS 2 THROWS 2 JUMPS

MIDGETS UP 4 THROWS 4 JUMPS

NO FINALS

High Jump

Bantams - Intermediates

Long Jump

All Divisions

Mini Javelin

Sub-Bantams - Midgets

Shot Put

Bantams - Intermediates

Discus

Midgets - Intermediates