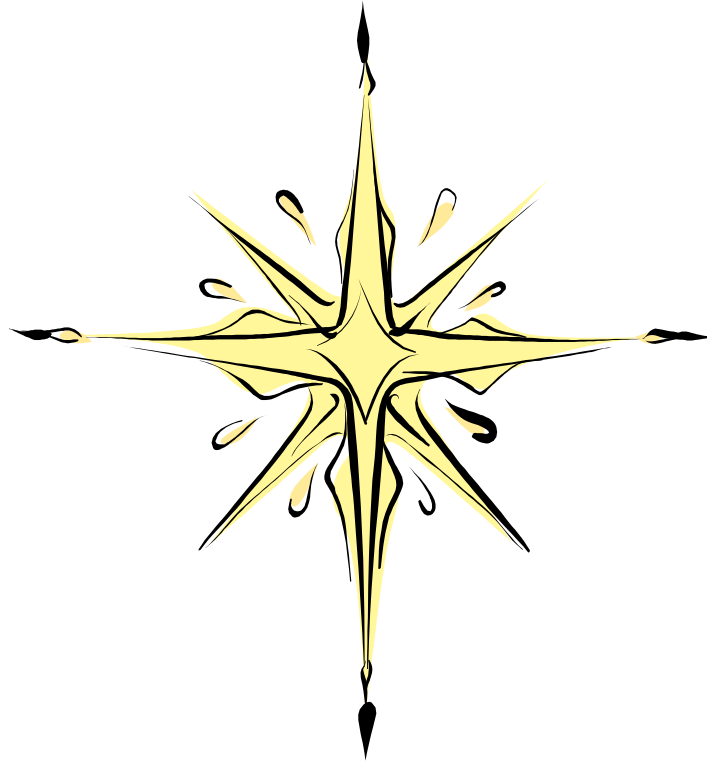


# *SAN DIEGO GOLDEN STARS*

## *Developmental Meet*



*Poway High School  
15500 Espola Road  
Poway, CA 92064*

*SATURDAY*

*MARCH 21, 2009*

Date: March 21, 2009

Meet Director: Michael A. Landry

Location: Poway High School  
15500 Espola Road  
Poway, CA 92064

Directions: 5 North to 67 freeway exist Poway road (left), Espola Road (right) .

Facility: The track is an eight lane all weather.

Limitation: Sub-Bantam, Bantam and Midgets – maximum of three events.  
Youth and Intermediate – maximum of four events.  
**SUB-BANTAMS IN THE LONG JUMP AND MINI-JAVELIN: 2 THROWS OR JUMPS. ALL OTHER DIVISIONS: 3 WITH NO FINAL.**

Entry Fee: \$6.00 per athlete (not per event). Entry fees are to be paid in cash or by club check. Please make checks payable to **San Diego Golden Stars or SDGS**. No 'personal checks'. Hy-Tek will be used.

Deadline: **All Hand written entries are due by March 16, 2009. All Hy-Tek entries are due by March 18, 2009. Please e-mail your TCL FILE to [sandiegogoldenstars@cox.net](mailto:sandiegogoldenstars@cox.net). All changes must be submitted by midnight on March 19, 2008. No additional changes will be accepted after that – no exceptions!!**

Age Divisions:	Sub-Bantam	2001 & Later
	Bantam	2000 – 1999
	Midget	1998 – 1997
	Youth	1996 – 1995
	Intermediates	1994 – 1993

Awards: Ribbons - first thru eight place

Concession: A snack bar will be available.

# SDGS-YTC 5th Annual Track Meet

Michael A. Landry – Head Coach

## Running Events

Packet pick-up at 9:00am

Coaches meeting 9:30am

First call 9:45am-**400 meter race walk**

10:00am running events start

400 meter

1500 meter race walk

200 meter hurdles

100 meter run

1500 meter run

110 meter hurdles

100 hurdles

80 meter hurdles

200 meter run

4x100 meter relay

bantam-up

bantam -up

youth-up

sub only

bantam-up

intermediate

youth

midget only

sub-up

sub-up

## Field Events

First call at 9:35am

9:45am mini-javelin & long jump

First call 10:00am

10:15am high jump & shot put

### **Shot Put**

bantam

midget

intermediate

youth

### **High Jump**

youth

intermediate

bantam

midget

### **Javelin**

midget

sub-bantam

youth

bantam

### **Long Jump**

sub-bantam

bantam

midget

youth

intermediate

### **Discus**

intermediate

youth

midget

**\*Discus will start after the completion of the youth and intermediate javelin.**