

# Flo-Jo 19<sup>th</sup> Annual Invitational Track & Field Meet

- Date:** April 14 & 15, 2012
- Time:** 9:00 a.m. (First call 8:30 A.M., for both track and field events)
- Location:** San Ysidro High School  
5353 Airway54 Road  
San Diego, CA 921
- Concession:** A full concessions will be available with reasonable priced foods, goodies, t-shirts and “the best BBQ in San Diego.”
- Package Pick-up:** San Ysidro High School Track Stadium (In the Press Box)  
April 14 & 15: 7:00 a.m. -11:00 a.m.
- Meet Director:** Elizabeth Tate          619-284-2443, 619-665-7925 flojo99@cox.net
- Meet Manager:** Marquette Brown          619-665-7012
- Sponsored by:** Florence Griffith Joyner Youth Foundation
- Sanction:** This event is sanctioned by USATF
- Facility:** The track is an eight lane all weather surface, including the long and high jump approaches. One shot put and one discus ring; one long and one high jump pits. Needle spikes of 3/16 are the maximum allowed. All spikes will be checked for the appropriate spikes; 3/16 needle spikes will be on sale both days. Canopies are restricted to the top rows and must be secured.
- Warm up Area:** The warm-up area is reserved for athletes only
- Entry Fees:** \$3.00 per event. Entry fees must be paid before the athlete competes. Clubs please pay by club check, money order or cash. Participants and clubs may pay the day of the meet when they pick up their package.
- Entries:** All entries must be submitted online at: [www.coacho.com](http://www.coacho.com)  
There will be no day-of meet registration or changes. Please review your entries very carefully before the entry deadline date.
- Deadline:** **All entries are due Thursday, April 12, 2012 10:00 A.M.**
- First Aid:** First Aid will be available and located in a designated area

**Age Divisions:** The athlete's year of birth shall determine the age division in which he/she will compete:

Sub-bantam	2004 and Later
Bantam	2002-2003
Midget	2000-2001
Youth	1998 -1999
Intermediate	1996-1997
Young	1994-1995

**Event Limitations:** Sub-Bantam - Midgets are limited three (3) events not including relays. Youth and over are limited to four (4) events not including relays.

**Implements:** Please bring your own marked implements

**Individual Awards:** Trophies 1<sup>st</sup> -3<sup>rd</sup> in 100m final, Medals 4<sup>th</sup>-8<sup>th</sup> in 100m final  
Medals 1<sup>st</sup> – 3<sup>rd</sup> over-all in all events  
Custom ribbons to every athlete in each heat and every event  
**Each child running the 50m dash/" Lollipop Race" will receive a Lollipop**

**Team Awards:** *"Most Spirited Large Team" "Most Spirited Small Team"*  
*"Traveled the Farthest" "Most Competitive Teams (overall boys and overall girls)"*

**Check-in:** **Running 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. Field event athletes must report directly to the official in charge of their field event, before leaving to report to the clerk for their running event. Athletes must report back to their field event within 5 minutes of completion of their running event. All times are fully automatic.

**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. All measurements are in metric.

**Coaches Meeting:** 8:30 A.M. on the infield

**Protest:** Please discuss the matter with the meet director.

**Community:** Teams are asked to please police their area and clean up behind themselves. Coaches please request your parents and athletes to be on their best behavior (as always). Anyone displaying threatening or inappropriate behavior will be asked to leave the facility and if necessary removed from the facility by San Diego Police.

**Meet Results:** Meet results will be provided free to all registered teams and participants, via e-mail.

## **Directions to San Ysidro High School**

- **I 15 S Merge onto CA 805 S Merge onto CA 905 E via Exit 1B**
- **405 S Merge onto CA 805 S Merge onto CA 905 E via Exit 1B**
- **I-805 S Merge onto CA 905 E via Exit 1B**
- **Turn Right onto Otay Mesa Rd**
- **Turn Right onto Airway Rd**
- **5353 Airway Rd is on the Right**

## Flo-Jo 19<sup>th</sup> Annual Invitational Track and Field Meet

### Schedule of Events for Saturday, April 14, 2012

**Coaches Meeting** 8:30 a.m. – on the infield

**Track Events – First Call 8:30 a.m. Track Events – Start Time 9:00 a.m.**

3000m Run	Final - MG, MB, YG, YB, IG, IB
1500m Race Walk	Final- BG, BB, MG, MB
3000M Race Walk	Final - YG, YB, IG, IB
100m Dash	Semi - All Divisions
50m Dash “Lollipop Race”	Final - 1year – 5 years old (no fee/do not register)
400M Dash	Final- All Divisions
4X100M Relay	Final - All Divisions
400m Hurdles	Final - IG, IB, YW, YM
200m Hurdles	Final - YG, YB
4x800M Relay	Final - MG – through YM

**Field Event – First Call 8:30 a.m. Field Events – Start Time 9:00 a.m.**

High Jump	Final - BG, BB, MG, MB, YG, YB, IG, IB, IW, YM
Mini Javelin	Final – MG, MB, BG, BB, SBG, SBB
Javelin	Final - YG, YB, IG, IB, YW, YM
Long Jump	Final – SBG, BG, MG, YG, IG, YW
Triple Jump	Final - YG, IG, and YW (will follow after long jump)
Shot Put	Final - SBB, SBG, BB, BG, MB, MG, YB, YG, IB, IG, YM, YW

### Schedule of Events for Sunday, April 10, 2011

**Track Events – First Call 8:30 a.m. Track Events - Start Time 9:00 a.m.**

200m Dash	Final - All Divisions
1500m Run	Final - All Divisions
110m Hurdles	Final - IB, YM
100m Hurdles	Final - YB, IG, YW, YG
800m Run	Final - All Divisions
100M Dash	Final - All Divisions
OPEN 4X100m Relay	Final (no fee/do not register)
4x400M Relay	Final - All Divisions

**Field Events – First Call 8:30 a.m. Field Events – Start Time 9:00a.m.**

Discus	Final- MB, MG, YB, YG, IB, IG, YM, YW
Long Jump	Final – YM, IB, YB, MB, BB, SBB
Triple Jump	Final - YB, IB, and YM (will follow after long jump concludes)