

San Diego SoCal



RoadRunners

- Date:** March 17th 2012
- Starting Time:** **7:00AM REGISTRATION**
8:00AM FIELD AND RUNNING EVENTS
(First call 7:30 A.M., for both track and field events)
- Location:** Orange Glen High School
2200 Glenridge Dr.
Escondido, Ca 92027
- Late Registration:** On Site Registration at the gate for individuals, unattached athletes
will be restricted from 7:00 a.m. to 9:00 am
- Concession:** A full concessions will be available
- Package Pick-up:** At the Concessions Stand
- Meet Director:** Mike Mena
- Sanction:** This event is sanctioned by USATF San Diego Imperial
- Facility:** The track is a nine lane all weather surface, including the long and high jump approaches. Two shot put rings and one discus ring; 2 long jump pits and one high jump pit. **Only 3/16 needle spikes are the maximum allowed.**
All spikes will be checked for the appropriate spikes and athletes not wearing the 3/16 needle spikes will not be permitted to compete. There is no refund for athletes missing their event due to inappropriate spikes.
Canopies are restricted to the top rows only, please secure them.
- Warm up Area:** The warm-up area is reserved for athletes & coaches only, we will hand out three wristbands per team, no parents allowed in the in field
- Entry Fees:** \$ 1.50 per individual and \$6.00 per relay. Entry fees must be paid before the athlete competes. Clubs please pay by club check, money order or cash
Unattached must pay in cash, clubs may pay the day of the meet when they pick up their package, or they may mail their entry fees to:

San Diego SoCal RoadRunners, 980 W 4th Ave, Escondido, Ca 92025

Entries: We will be using Hy-TeK for team entries

Deadline: **All entries are due March 16th by 12:00 A.M**

First Aid: First Aid will be available and located in a designated area.

Age Divisions: Sub-Bantam – 2004 to later
Bantam – 2002 to 2003
Midget – 2000 to 2001
Youth – 1998 to 1999
Intermediate – 1996 to 1997
Young – 1994 to 1995

Event Limitations: Sub Bantam thru Midget divisions are limited to **three** events only.
Youth and Intermediate are limited to **four** events

Awards: Ribbons will be given to all participants

Check-in: All participants in the running events will check in with the clerk of the course prior to their event. Field event participants must report to the location of that event and check in directly with the official in charge

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, and stay in the area. 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.

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. **No other jumps after those attempts;** all measurements are in metric.

Coaches Meeting: **7:30** A.M. will be held in the center of the in field

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 removed from the facility.

Meet Results: Meet results will be provided free to all registered teams and participants, via e-mail or you may view them at: **www.scr-r-sd.com**

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Schedule of Events

Track Events – First Call 7:30 a.m. Track Events – Start Time 8:00 a.m.

RUNNING EVENTS:

1. 1500 m Run
2. 4 x 100 Relays
3. 80 meter Hurdles
4. 200 meters
5. 4 x 800 Relays
6. 100 meters
7. 400 m Run
8. 1500 meter Race Walk
9. 4 x 400m Relay

DIVISIONS:

All Divisions
All Divisions
MG, MB
All Divisions
Bantams and Above **ONLY**
Sub-Bantams Only
All Divisions
BG, BB, MG, MB (may be combined)
All Divisions

Field Event – First Call 7:30 a.m. Field Events – Start Time 8:00 a.m.

Competitors must check in at the field event site.

Long Jump YG, YB, SBG, SBB, BG, BB, MG, MB, IG, IB, YW, YM

Mini Javelin BG, BB, MG, MB, SBG, SBB

Shot Put YG, YB, SBG, SBB, MG, MB, BG, BB, IG, IB, YW, YM

SPECIAL NOTE:

THIS IS A “B” MEET HAND TIME ONLY. TIMERS MIGHT BE NEEDED

NO PEANUTS OR SUNFLOWERS SEEDS ALLOWED IN STADIUM.

NO FOOD OR GATORADE ALLOWED ON THE INFIELD. WATER ONLY