

Flo-Jo 20th Annual Invitational Track & Field Meet

- Date:** April 13 & 14, 2013
- 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 92154
- Concession:** A full concession stand will be available with reasonably priced food, goodies, and t-shirts.
- Package Pick-up:** San Ysidro High School Track Stadium (In the Press Box)
April 13 & 14 at 7:00 a.m. -11:00 a.m.
- Meet Director:** Elizabeth Tate 619-284-2443, 619-665-7925 flojo99@cox.net
- Meet Manager:** Jason Wyatt 619-316-1748, praise2live@yahoo.com
- 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
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 11, 2013 11:59 P.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:

8 & under (previously Sub-bantam)	2005 and Later
9 - 10 (previously) Bantam	2003 - 2004
11 - 12 (previously Midget)	2001 - 2002
13 - 14 (previously Youth)	1999 - 2000
15 - 16 (previously Intermediate)	1997 - 1998
17 - 18 (previously Young)	1995 - 1996

Event Limitations: 8 & under - 11 -12 are limited three (3) events not including relays. 13 1-14 and over are limited to four (4) events not including relays.

Implements: Please bring your own marked implements

Individual Awards: Trophies 1st - 8th in 100m final
Medals 1st - 3rd 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 and posted at www.sdusatf.org.

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 20th Annual Invitational Track and Field Meet

Schedule of Events for Saturday, April 13, 2013

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 - 11-12, 13 -14, 15-16, 17-18
1500m Race Walk	Final - 9-10, 11-12
3000M Race Walk	Final - 13-14, 15-16, 17-18
100m Dash	Semi - All Divisions
50m Dash “Lollipop Race”	Final - 1-5 years old (no fee/do not register – come to the start)
400M Dash	Final- All Divisions
400m Hurdles	Final - 15-16, 17-18
200m Hurdles	Final - 13-14
100M Dash	Final - All Divisions
4X100M Relay	Final - All Divisions

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

High Jump	Final G 9-10, B9-10, G 11-12, B 11-12, G 13-14, B 13-14, G15-16, B 15-16, G 17-18, B 17-18
Mini Javelin	Final G 11-12, B 11-12, G 9-10, B 9-10, G 8 & Under, B 8 & Under
Javelin	Final G 13-14, B13-14, G15-16, B15-16, G17-18, b17-18
Long Jump	Final Girls all divisions younger to older
Shot Put	Final B 8 & Under, G 8& Under, B 9-10, G 9-10, B 11-12, G 11-12, B13-14, G13-14, B15-16, G15-16, B17-18, G17-18
Discus	Final B11-12, G11-12, B13-14, G13-14, B15-16, G15-16, B 17-18, G17-18

Schedule of Events for Sunday, April 14, 2013

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 – B15-16, 17-18
100m Hurdles	Final – B13- 14, G13-14 and older
80m Hurdles	Final – B11-12, G11-12
800m Run	Final - All Divisions
4x400M Relay	Final - All Divisions

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

Long Jump	Final – Boys all divisions younger to older
Triple Jump	Final – Boys 13-14 and older (will follow after long jump)