



Developmental Youth Track & Field Meet

Amended 5/5/13 @ 8:15PM; Amended 5/6/13 @ 7:40AM – Changes highlighted in red

- Date:** Saturday, May 11, 2013
- Time:** 7:30AM (Field Events), 7:45AM (Running Events)
- Place:** Abraham Lincoln High School, 4777 Imperial Avenue, San Diego, CA 92113
- Meet Sanction:** USA Track & Field (USATF) – San Diego Imperial Association
- Packet Pick-Up:** 6:45AM to 7:30 AM (Afterwards report to the Concession Stand or Announcer's Booth)
- Facility:** Running events will be conducted on a nine lane all weather surface. Field events areas include one shot put ring, one discus ring, one high jump pit and one long jump pit. The mini-javelin will be conducted on the track infield. The maximum spike requirement is **3/16 needle or pyramid** for track, long jump and high jump areas. Spikes are subject to inspection by meet management. Competitors who do not have the proper spikes will not be permitted to compete. No refunds will be given to teams or athletes who are unable to compete due to improper spikes. Canopies are restricted to the top rows of the stadium and must be secured for safety purposes.
- No animals are permitted in stadium or school campus. No food or drinks other than water is permitted on the infield and competition areas.
- Age Group Divisions:** Competition will be held in two-year age group divisions according to year of birth as defined by USATF.
- 8 and under** (2005 & Later), **9-10 year old** (2003 – 2004), **11-12 year old** (2001 – 2002)
13-14 year old (1999 – 2000) **15 -16 year old** (1997 – 1998) **17-18 year old** (1995 – 1996)
- Event Limitation:** 8 and under thru 11-12 age divisions may compete in a maximum of three events. 13 – 14 thru 17-18 age divisions may compete in a maximum of four events.
- Entry Fee:** \$7.00 per athlete. Entry fee is due and payable at the time of packet pick-up. Entry fee must be paid in cash or youth club/team check. No personal checks accepted. Unattached athletes must pay in cash. A wristband will be provided to these athletes and must be worn during competition.
- Entry Process:** All entries must be submitted online at www.coacho.com. Entries must be received by **7:00AM on Friday, May 10, 2013**. Coaches and unattached athletes review entry(s) and make any changes prior to the deadline. **Same day entry changes for registered athletes only will be permitted under the following conditions:** 1) Lane assignment or heat/flight subject to availability and meet management discretion 2) \$3 cash payment per event must be paid prior to competition and 3) Event limitations noted above will be enforced.



- Awards** Medals will be awarded to the first three places in each event. Ribbons will be awarded to places 4th – 8th. Overall finish in heats determines medals. A participation ribbon will be given to every registered athlete. Awards will be distributed at an upcoming local meet or mailed to coaches/unattached athletes.
- Meet Results:** Results will be posted at the meet. All registered clubs/teams will receive the final results by email. Meet results will be posted on the youth page of the USATF-San Diego Imperial Association’s website. Visit www.sdusatf.org for full results.
- Results will reflect fully automated timing for running events and distances measured in meters.
- Coach’s Meeting:** A coach’s meet will be held on the infield at 7:30 AM. Unattached athletes are welcome to attend.
- Meet Conduct:** All athletes, parents and spectators are expected to conduct themselves in accordance with good sportsmanship and adherence to all school rules. Lincoln High School is an alcohol and drug free facility. Persons using inappropriate language or exhibiting objectionable behavior are subject to immediate dismissal from the facility at the determination of meet management or school personnel. **Parents and all non-authorized persons are not permitted on the infield and competition areas including the Clerk of the Course.**
- Concession:** A full concession stand will be available to athletes and spectators. Cooking on school premises not permitted by non-host teams or individuals.
- Vendor Opportunities** All persons desirous of providing a service for fee must contact meet management for consideration. Only authorized vendors may operate on school grounds. Email Contact: **Sandra White** sw72@cox.net or **Kim Barnes** kbarnes362@cox.net.

The athletes and families of the
‘N STEP YOUTH TRACK CLUB

Invite you to share your day with us. As your meet host, we endeavor to provide athletes, parents and spectators with a great track and field experience. We urge every athlete to compete to the best of their ability. We offer a wide selection of competition events. We welcome your participation and thank you for your support!



SCHEDULE OF EVENTS

Running Events – First Call @ 7:15AM Start time: 7:45AM

Check-in at the Clerk of the Course

<u>Event</u>	<u>Division</u>
110 Hurdles	15-16 boys, 17-18 boys
100 Hurdles	13-14 boys, 15-16 girls, 17-18 girls, 13-14 boys
80 Hurdles	11-12 girls, 11-12 boys
1500 Meter Run	All divisions starting with 8 & under girls
400 Meter Dash	All divisions starting with 8 & under girls
100 Meter Dash	All divisions starting with 8 & under girls
1500 Meter Race Walk	9-10 girls & boys, 11-12 girls & boys
3000 Meter Race Walk	13-14 girls & boys, 15-16 girls & boys, 17-18 girls & boys
Race walk to be combined	
4 x 100 Relay	All divisions starting with 8 & under girls

Parent/Coach 4 X 100 Relay (Time Permitting)

800 Meter Run	All divisions starting with 8 & under girls
200 Meter Dash	All divisions starting with 8 & under girls
4 X 400 Meter Relay	All divisions starting with 8 & under girls

(Event may be combined depending upon the number of entrants)

Field Events – First Call @ 7:00AM Start time: 7:30AM

Jumps & Throws limited to 4 attempts except Long Jump (3 jumps) – Check-in at event

Long Jump	8&↓g, 8&↓b, 13-14g, 13-14b, 11-12g, 11-12b, 15-16g, 15-16b, 9-10g, 9-10b, 17-18g, 17-18b
High Jump	13-14g, 13-14b, 15-16g, 15-16b, 17-18g, 17-18b, 9-10g, 9-10b, 11-12g, 11-12b
Shot Put	9-10b, 9-10g, 13-14g, 13-14b, 8&↓g, 8&↓b, 11-12g, 11-12b, 15-16g, 15-16b, 17-18g, 17-18b
Discus	11-12g, 11-12b, 13-14g, 13-14b, 17-18g, 17-18b, 15-16g, 15-16b
<small>(Event will be contested at the conclusion of the Shot Put Competition)</small>	
Mini-Javelin	9-10g, 9-10b, 11-12g, 11-12b, 8&↓g, 8&↓b