

Flo-Jo 21^{1st} Annual Invitational Track & Field Meet

- Date:** April 12, 2014
- Time:** 8:00 a.m. (First call 7:30 A.M. for both track and field events)
- Location:** Hoover High School
4474 El Cajon Blvd
San Diego, CA 92115
- Concession:** A full concession stand will be available with reasonably priced food, goodies and t-shirts.
- Package Pick-up:** Concession Stand
- 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; all rules apply and will be enforced
- Facility:** The track is a nine lane all weather surface including two long pits and one high jump pit. One shot put and one discus ring. 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:** \$8. per athlete. Clubs please pay by club check, money order or cash – no personal checks will be accepted; make payable to Flo-Jo International. All 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 Friday, April 11, 2014 @8:00 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:

8 & under (previously Sub-bantam)	2006 and under
9 - 10 (previously) Bantam	2004 - 2005
11 - 12 (previously Midget)	2002 - 2003
13 - 14 (previously Youth)	2000 - 2001
15 - 16 (previously Intermediate)	1998 - 1999
17 - 18 (previously Young)	1996 - 1997

Event Limitations: 8 & under, 9-10, 11-12 are limited three (3) events not including relays. 13-14 and over are limited to four (4) events not including relays.

Implements: Please bring your own marked implements. Only turbo javelins will be permitted for competition (no regulation javelins are permitted).

Individual Awards: Trophies 1st - 3rd in 100m final
Medals 1st - 3rd over-all in all events except the relays.
Ribbons for all relay 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. All times are fully automatic. Results will be posted in a designated area within 30 minutes after the conclusion of each 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. All measurements are in metric. Athletes must inform the official and be excused if they have a running event at the same time. Athletes must report back to their field event within 5 minutes of completion of their running event.

Coaches Meeting: 7:30 A.M. on the infield

Protest: Please discuss the matter with the meet director/meet manager.

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.

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Schedule of Events for Saturday, April 12, 2014

Coaches Meeting 7:30 a.m. – on the infield

Track Events	First Call - 7:30 a.m.	Track Events - Start Time 8:00 a.m.
3000m Run	Final - 11-12, 13 -14, 15-16, 17-18	
80m Hurdles	Final - 11-12	
100m Hurdles	Final - G & B 13-14, G 15-16, G 17-18	
110 Hurdles	Final - B 15-16, B 17-18	
100m Dash	Semi - All Divisions	
100m Dash	Final - Open/Masters	
400m Dash	Final - All Divisions	
4X100M Relay	Final - All Divisions	
50m Dash Lollipop Race	Final - ages 6 and under (no fee/do not register – come to the start)	
1500m Run	Final - All Divisions	
200m Run	Final - All Divisions	
1500m Race Walk	Final - 8 & U, 9-10, 11-12	
3000M Race Walk	Final - 13-14, 15-16, 17-18	
100m	Final - All Divisions	
800m Run	Final - All Divisions	
4X400m	Final - All Divisions	

Field Events	First Call - 7:30 a.m.	Field Events - Start Time 8:00 a.m.
High Jump	Final G9-10, B9-10, G11-12, B11-12, G13-14, B13-14, G15-16, B15-16, G17-18, B17-18	
Turbo Javelin (must have rubber tip)	Final G11-12, B11-12, G9-10, B9-10, G8&U, B8&U, G13-14, B13-14, G15-16, B15-16, G17-18, B17-18	
Long Jump	G8&U, B8&U, G9-10, B-9-10, G11-12, B11-12, G13-14, B13-14, G15-16, B15-16, G17-18, B17-18	
Shot Put	Final G9-10, B9-10, G8&U, B8&U, G11-12, B11-12, G13-14, B13-14, G15-16, B15-16, G17-18, B17-18	
Discus	Final B11-12, G11-12, B13-14, G13-14, B15-16, G15-16, B 17-18, G17-18	

Meet Results: Official meet results will be posted at www.sdusatf.org.

Note: Rain or shine the meet will go on. No refunds