



MLK BLASTERS YOUTH TRACK & FIELD CLUB DEVELOPMENTAL MEET

**“I HAVE A DREAM YOU ARE
COLLEGE BOUND”**

- Date:** SATURDAY, MARCH, 29TH 2014
- Time:** 8:00 a.m. (First Call 7:30 A.M., for both Track and Field Events)
- Location:** Lincoln High School 4777 Imperial Ave. San Diego, CA 92113
- Directions:** (Please use Google Maps)
- Concession:** Full concessions will be available
- 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.
Mark Blackshear P: 619-734-7108
Email: info@mlkblasters.org
- Package Pick-up:** Press Box. **There will be No Day of Meet Registration**
- Meet Director:** Jay Johnson
P: 619-549-0667 Email: jayskills619@gmail.com
Mark Blackshear
P: 619-734-7108 Email: info@mlkblasters.org
- Sanction:** This Event is sanctioned by USATF San Diego-Imperial Association
- Facility:** The track is an eight lane all weather surface.

Canopies are restricted to the top rows only, Please secure them. The maximum spike requirement is **3/16 needle** 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.

Warm up Area: The warm-up area is reserved for Athletes and Designated Coaches Only.

Entry Fees: \$7.00 per Athlete. Entry fees must be paid before the athlete competes on coacho.com.
Clubs please pay by club check, money order or cash.

[No personal checks](#)

Checks payable to **MLK Blasters Youth Track & Field Club.**

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.Athletic.net. [USATF Participant Waivers](#) must be submitted at packet pick up. There will be no day of the meet registration or changes. Please review your entries very carefully before the entry deadline date. (Please send times) Changes on the day of are at an additional cost.

Deadline: **All entries are due by 12:00am Thursday, March 27th, 2014**

First Aid: First Aid will be available and located in the North End zone nearest to the snack bar.

The age divisions for **competition year 2014** are as follows:

Age Division	Year of Birth
8 & Under	2006+
9 - 10	2004-2005
11 - 12	2002-2003
13 - 14	2000-2001
15 - 16	1998-1999
17 - 18	1996-1997

Event Limitations: 12 yrs. old & under are limited to **three** events.
13 yrs. old & up are limited to **four** events.

Individual Awards: Medals will be given for the top 3 places in the 100m Finals in each age division. Ribbons will be given for athletes who place in all other events.

Check-in: **Running Events:** Report to the clerk when the event is called. Three 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. 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. Three calls will be given for each event. All jumpers will be given three attempts. **No other jumps after those attempts.** 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. All throwers will be given four attempts there are **No Finals.**

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

Community: **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.**

Meet Results: Meet results will be provided free to all registered teams and participants, via e-mail or you may view them at: www.sdusatf.org

SCHEDULE OF EVENTS

Track Events – First Call @ 7:30AM Start time: 8:00AM

3/16 NEEDLE Spikes Only

Check-in at the Clerk of the Course (North End of the Stadium on the Baseball Field) Field Events – First Call @ 7:30AM

Coaches Meeting @ 7:30AM Center Field

First Event Starts at 8:00AM All Events are Final Events for the Day

1500m Run 8 & Under Girls (G), Boys (B); 9-10yr G,B; 11-12 G, B; 13-14yr G, B; 15-16yr G, B; 17-18yr G, B.

100m Semi-Finals 8 & Under G, B; 9-10yr G,B; 11-12 G, B; 13-14yr G, B; 15-16yr G, B; 17-18yr G, B.

400m Run 8 & Under Girls (G), Boys (B); 9-10yr G,B; 11-12 G, B; 13-14yr G, B; 15-16yr G, B; 17-18yr G, B.

4x100m Relay 8 & Under G, B; 9-10yr G,B; 11-12 G, B; 13-14yr G, B; 15-16yr G, B; 17-18yr G, B.

Free Lollypop Race ages 4 and under 50 yard dash (time permitting)

200m Run 8 & Under G, B; 9-10yr G,B; 11-12 G, B; 13-14yr G, B; 15-16yr G, B; 17-18yr G, B.

800m Run 8 & Under G, B; 9-10yr G,B; 11-12 G, B; 13-14yr G, B; 15-16yr G, B; 17-18yr G, B.

100m FINALS

4x400m Relay 8 & Under G, B; 9-10yr G,B; 11-12 G, B; 13-14yr G, B; 15-16yr G, B; 17-18yr G, B.

Throws are limited to 4 attempts. Jumps are limited to 3 attempts –
Jumps and Throws Check-In are at the Event

Long Jump, Shot Put, Mini-Javelin

Start time: 7:30AM

All Events are Finals for the Day

Long Jump- 17-18yr G, B; 15-16yr. G, B; 13-14yr G, B; 11-12yr G, B; 9-10yr. G, B; 8 & Under G, B.

Shot Put- 17-18yr G, B; 15-16yr. G, B; 13-14yr G, B; 11-12yr G, B; 9-10yr. G, B; 8 & Under G, B.

Discuss- 11-12yr G, B; 13-14yr G, B; 15-16yr. G, B; 17-18yr G, B;

Mini-Javelin- 11-12yr G, B; 9-10yr. G, B; 8 & Under G, B.