

MERCURY SAN DIEGO TRACK & FIELD CLUB



**FINISH
STRONG**

MERCURY San Diego Track & Field 12th Annual Developmental Meet

Mercury San Diego wants to personally invite you to come out and enjoy our 12th Annual Track & Field Meet. This will be a 2-day meet being held on Saturday, May 3 & Sunday, May 4, 2014 @ Morse High School.

There will be a coach's meeting at 7:30 am @ the 50 yard line.

Take a few minutes to look over the enclosed information about the meet. All entries must be submitted online at: www.athletic.net. The deadline for all athlete's entries will be Friday, May 2nd NLT 5:00 am. Please make sure you include the athlete's birthday. Entry fees must be paid during packet pick-up. Clubs please pay by club check, money order, or cash. All others pay by cash or money orders only.

No Day of Meet Sign Ups - - No Write Ins - - NO CHANGES!

If there are any questions, please do not hesitate to [call \(619\) 263-5171](tel:6192635171).

SPECIAL NOTE:

**NO DOGS. NO PEANUTS OR SUNFLOWERS SEEDS ALLOWED
IN STADIUM. NO FOOD OR GATORADE ALLOWED ON THE INFIELD. WATER
ONLY**

Only 3/16 (Needle spikes, no pyramid spikes) will be allowed on the track.

All canopies **MUST BE SECURED.**

NO EXCEPTION to the above. Any violators will be disqualified

MERCURY SAN DIEGO 12th ANNUAL DEVELOPMENTAL MEET

DATE	MAY 3rd & 4th, 2014	8:00 AM Running & Field Events 1st call @ 7:30
SANCTION	<i>USATF San Diego Imperial</i>	
ENTRY FEE	\$3.00 PER EVENT; 4 x 100 relay free event (exhibition)	
SITE	Morse High School 6905 Skyline Drive –San Diego, CA 92114	
AGE DIVISION	8 & ↓ -2005 & LATER / 9-10 (2003 – 2004) / 11-12 (2001 & 2002) / 13-14(1999 – 2000) / 15-16 (1997 –1998)	
EVENT LIMITATIONS	8 & ↓ thru 11 - 12 are limited to three events. 13 & above are limited to four events.	
ENTRY DEADLINES	ALL ENTRIES MUST BE REC'D BY THURSDAY, MAY 1st @ 11:59PM	
AWARDS	<u>Medals</u> for 1 st - 3 rd place overall in events <u>Ribbons</u> for 4 th - 8 th place	
FACILITY	9 Lanes-All Weather Track-Restroom's- Parking & Concession-spike size: 3/16 (Needle spikes, no pyramid spikes)	
ELIGIBILITY	All athletes must be registered with USATF membership to compete	
RULES	CURRENT USATF RULES APPLY	
PROTEST	Must be made in writing to the meet director not later than 30 minutes after the results of an event has been announced. Proper rules must be cited. A \$50.00 cash deposit must accompany all protest. Deposit will be refunded if protest is up held, forfeited if protest is denied.	
PACKAGE PICK-UP MEET DIRECTOR	<i>FROM 7:00am-7: 45am both days</i> <i>Coach James Townsend</i>	
DIRECTIONS	<u>From 805 South:</u> Exit Imperial Avenue, Make a right (east) & Right on Woodman & Left on Skyline Drive. <u>From 805 North:</u> Exit Imperial Avenue, Make a Left (east) & Right on Woodman & Left on Skyline Drive. Parking will be by the baseball field (lower lot). The upper lot will be for overflow, as well as other designated parking area, or on the street. Please do not park in the red zones violators will be towed.	

Mercury San Diego Track & Field

SATURDAY, MAY 3, 2014

Running Events Starting Time: 8:00 A.M. First Call: 7:30A.M.

<u>Track Event</u>	<u>Type</u>	<u>Age Group & Order</u>
100m Hurdles	Final	13-14 (G&B)
80m Hurdles	Final	11-12 (G&B)
400m Dash	Semi-Final	All Division
3000m Run	Final	11-12 (G&B), 13-14 (G&B), 15-16 (G&B)
100m Run	Semi-Final	All Division
800m Dash	Final	All Division
200m Dash	Semi-Final	All Division
4x 400m Relay	Final	All Division

Field Events Starting Time: 8:00 A.M. First Call: 7:30A.M.

<u>Long Jump</u>	9-10(G, B), 8 & ↓ (G, B), 11-12(G, B),
<u>High Jump</u>	9-10(G, B), 11-12 (G&B), 13-14 (G&B)
<u>Mini Javelin</u>	11-12 (G&B), 9-10(G, B), 8 & ↓ (G, B)
<u>Shot Put</u>	9-10(G, B), 11-12 (G&B), 13-14 (G&B), 15-16 (G&B), 8 & ↓ (G&B)

SUNDAY, MAY 4, 2014

Running Events Starting Time: 8:00 A.M. First Call: 7:30A.M.

<u>Track Event</u>	<u>Type</u>	<u>Age Group & Order</u>
200m Hurdles	Final	13-14 (B&G)
4x800m Run	Final	11-12 (G&B), 13-14 (G&B)
100m Dash	Final	All Division
1500m Run	Final	All Division
200m Dash	Final	All Division
1500m Walk	Final	8 & ↓ (G&B), 9-10 (G&B), 11-12 (G&B) (may be combined)
3000m Walk	Final	13-14 (G&B), 15-16 (G&B) (may be combined)
400m Dash	Final	All Division
4 x 100m Relay		Coaches & Parents Relay (Trophies will be award to 1st place)
4 x 100m Relay	Final	All Division (Exhibition)

Field Events Starting Time: 8:00 A.M. First Call: 7:30A.M

<u>Long Jump</u>	<u>Discus</u>	<u>High Jump</u>
13-14 (G&B), 15-16 (G&B)	11-12 (G&B), 13-14 (G&B), 15-16 (G&B)	15-16 (G& B)

