

SAN DIEGO CHEETAHS DEVELOPMENTAL TRACK AND FIELD MEET



HOSTED BY: SAN DIEGO CHEETAHS YOUTH TRACK AND FIELD TEAM.

MEET DIRECTOR: MARCUS SIMS

WHERE: EL CAJON VALLEY HIGH SCHOOL, EL CAJON, CA

WHEN: APRIL 4, 2015

**ENTRIES: ENTRIES MUST BE SUBMITTED AT COACHO.COM BY MID-NIGHT
APRIL 2ND.**

TIME: 8:00 AM FIELD EVENTS 8 : 0 0 AM RUNNING EVENTS

ELIGIBILITY: BOYS AND GIRLS IN THE FOLLOWING AGE GROUPS:

BORN:

8 & UNDER.....2007 & YOUNGER

9 & 10..... 2005-2006

11 & 12.....2003-2004

13 & 14.....2001-2002

15 & 16.....1999-2000

SANCTION: THIS IS A USATF SANTIONED EVENT.

LIMITATIONS: 8 & UNDER THROUGH 11 & 12 YR OLD DIVISIONS ARE LIMITED TO 3 EVENTS INCLUDING RELAYS. 13 & 14 AND ABOVE ARE LIMITED TO 4 EVENTS INCLUDING RELAYS.

IMPLEMENTS: PLEASE BRING YOUR OWN IMPLEMENTS, CLEARLY MARKED.

ENTRY FEES: \$7.00 PER ATHLETE. ENTRIES ARE TO BE PAID BY CASH, MONEY ORDER OR CLUB CHECK ONLY.

FACILITY: 8 LANE ALL-WEATHER TRACK SURFACE. ONLY 3/16"NEEDLE OR PYRAMID SPIKES WILL BE ALLOWED.

CONCESSIONS: SNACK BAR WITH FOOD AND DRINKS WILL BE PROVIDED AT AFFORDABLE PRICES.

CHECK IN: ATHLETES MUST CHECK IN AT THE CLERK OF THE COURSE. FIELD EVENT COMPETITORS WILL CHECK IN AT THE EVENT SITE. ATHLETES WILL BE GIVEN 3 CALLS TO REPORT.

AWARDS: MEDALS WILL BE GIVEN OUT FOR 1ST THRU 3RD PLACE AND RIBBONS WILL BE GIVEN FOR 4th THROUGH 8TH PLACE, PARTICIPATORY RIBBONS WILL ALSO BE GIVEN OUT.

FIRST AID: FIRST AID WILL BE PROVIDED AT THE MEET IN THE COMPETITION AREA.

COACHES MTG: WILL BE ON THE FIELD AT 7:30

MEET WILL BE CONTESTED RAIN OR SHINE.

ALL TRACK AS WELL AS ALL FIELD EVENTS WILL HAVE THE GIRLS GOING FIRST IN THAT AGE GROUP.

FIELD EVENTS STARTING TIME: 8:00 A.M.

LONG JUMP	15-16, 13-14, 8&UN 11-12, 9-10
SHOT PUT	8 & U THRU 15-16
MINI JAVELIN	8 & U THRU 11-12
HIGH JUMP	9-10 THRU 15-16

RUNNING EVENTS STARTING TIME: 8:00A.M.

1500M RACE WALK	9-10 THRU 11 & 12
100M	8 & U THRU 15-16
1500M RUN	8 & U THRU 15-16
400M	8 & U THRU 15-16
4 X 100	8 & U THRU 15-16
100M HURDLES	13-14
80M HURDLES	11-12
200M	8 &U THUR 15 -16
800M RUN	8 &U THRU 15-16
100M	FINALS
PARENT COACHES RELAY	
4 X 400 RELAY	8 & U THRU 15-16