



SAN DIEGO CHEETAHS 5TH ANNUAL INVITATIONAL

- SPONSORED BY:** SAN DIEGO CHEETAHS
- DATE:** MAY 23rd & 24TH 2015
- TIME:** ALL EVENTS BOTH DAYS WILL START AT 8:00, FIRST CALL WILL BE AT 7:30 A.M.
- WHERE:** EL CAJON HIGH SCHOOL
1035 E. MADISON AVE EL CAJON 92021
- COACHES MEETING:** 7:30 ON INFIELD
- MEET DIRECTOR:** MARCUS SIMS
CHEETAHS HEAD COACH: MARCUS SIMS 858-869-3194 marccvt1@gmail.com CALL IF YOU HAVE QUESTIONS
- PACKAGE PICKUP:** PACKETS WILL BE AVAILABLE AT 7:00 A.M. BOTH DAYS.
- CONCESSIONS:** FULL SNACK BAR WITH A VARIETY OF FOODS AT AFFORDABLE PRICES. REAL AUTHENTIC STREET TACOS, BURGERS, BRATS, AND MANY OTHER SELECTIONS!! BREAKFAST WILL BE SERVED AS WELL!!
- SANCTIONED:** SAN DIEGO-IMPERIAL USATF ASSOCIATION. ALL RULES APPLY WITH REGARDS TO THE AFOREMENTIONED ABOVE. ALL PARTICIPANTS MUST BE CURRENTLY REGISTERED WITH USATF.
- FACILITY:** THE TRACK IS AN 8 LANE ALL-WEATHER TRACK SURFACE.
THERE ARE 2 LONG JUMP PITS. 2 SHOT PUT RINGS, 2 DISCUS RINGS, HIGH JUMP ONLY 3/16" NEEDLE OR **PYRAMID** SPIKES WILL BE ALLOWED.
CANOPIES ARE RESTRICTED TO THE TOP ROWS OF BLEACHERS
TIMING WILL BE FULLY AUTOMATIC
- ENTRY FEES:** \$3.50 PER EVENT. ENTRY FEES MUST BE PAID AT THE TIME OF PACKET PICKUP.
ONLY CLUB CHECKS, MONEY ORDERS OR CASH WILL BE ACCEPTED.
ENTRIES MUST BE DONE ONLINE AT www.coacho.com.
- DEADLINE:** ALL ENTRIES ARE DUE at 11:59pm ON THURSDAY, MAY 21ST, 2015
- DIVISIONAL LIMITS:** 8 & under, 9 & 10 and 11 & 12 year OLD DIVISIONS CAN COMPETE IN 3 EVENTS PLUS THE SPRINT MEDLEY. ALL OTHER DIVISIONS CAN COMPETE IN 4 EVENTS PLUS THE SPRINT MEDLEY.
- IMPLEMENTS:** PLEASE BRING YOUR OWN THROWING IMPLEMENTS. ALL OTHER EQUIPMENT SUCH AS STARTING BLOCKS WILL BE PROVIDED
- CHECK IN:** ALL ATHLETES MUST CHECK IN AT THE CLERK OF THE COURSE WHEN THEIR EVENT IS CALLED. FIELD ATHLETES NEED TO CHECK IN AT THE FIELD EVENT WHEN IT IS CALLED.
- NOTES:** ALL COMPETITORS IN THE THROWS WILL BE GIVEN 3 ATTEMPTS. ALL HORIZONTAL JUMPS WILL BE GIVEN 3 JUMPS. THE TOP 9 COMPETITORS WILL BE GIVEN AN ADDITIONAL 3 ATTEMPTS IN THE FINALS, PROVIDED THAT THERE ARE MORE THAN NINE COMPETITORS IN THE EVENT.
THE MEET WILL BE CONDUCTED RAIN OR SHINE.

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AGE DIVISIONS:

8 & UNDER	2007 & LATER
9 & 10	2005-2006
11 & 12	2003-2004
13 & 14	2001-2002
15 & 16	1999-2000
17 & 18	1997-1998

AWARDS:

MEDALS FOR 1ST - 3RD OVERALL IN ALL EVENTS, RIBBONS FOR 4TH – 9TH OVERALL AND PARTICIPATORY RIBBONS. TEAM TROPHIES WILL BE GIVEN OUT FOR TOP 3 TEAMS IN THE 8 & UNDER – 13 & 14 YEAR OLD DIVISIONS

MEET RESULTS:

MEET RESULTS WILL BE POSTED AT: WWW.SDCHEETAHS.COM
AND WWW.SDUSATF.ORG

FIRST AID:

WILL BE AVAILABLE ON THE INFIELD

MISCELLANEOUS:

GARBAGE BAGS WILL BE POSITIONED IN THE STANDS, WE ASK THAT EVERYONE TAKE CARE OF THE TRASH IN THEIR AREA.
ABSOLUTELY NO SEEDS OR NUTS OF ANY KIND ARE ALLOWED (PISTACHIOS,SUNFLOWER ETC.)
3 CALLS WILL BE GIVEN, PLEASE HAVE YOUR ATHLETES REPORT AT THE SECOND CALL.

- **THE BOYS WILL LONG JUMP ON SATURDAY AND THE GIRLS ON SUNDAY.**
- **THE HIGH JUMP WILL BE CONTESTED ON SATURDAY FOR ALL DIVISIONS.**
- **THE TRIPLE JUMP WILL BE CONTESTED ON SATURDAY ONLY.**
- **THE DISCUS WILL BE CONTESTED ON SUNDAY ONLY**
- **THE SPRINT MEDLEY WILL NOT COUNT AGAINST AN ATHLETES ENTRY LIMITATIONS.**

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ORDER OF EVENTS RUNNING EVENTS:

SATURDAY May 23RD, 2015. FIRST CALL 7:30 A.M., STARTING TIME 8:00 A.M.

1500 M RACE WALK	FINAL	9 & 10 (G-B) 11 & 12 (G-B)
3000 M RACE WALK	FINAL	13 & 14 (G-B) 15 & 16 (G-B) 17 & 18 (W-M)
400 HURDLES	FINAL	15 & 16 (G-B) 17 & 18 (G-B)
200 H HURDLES	FINAL	13 & 14 (G & B)
4X 800 RELAY	FINAL	11 & 12 THRU YOUNG G-B
100M	SEMI	ALL DIVISIONS (8 & U THRU YOUNG) G-B
400M	FINAL	ALL DIVISIONS (8 & U THRU YOUNG) G-B
1500	FINAL	ALL DIVISIONS (8 & U THRU YOUNG) G-B
4 X 100 RELAY	FINAL	ALL DIVISIONS (8 & U THRU YOUNG) G-B

FIELD EVENTS:

FIRST CALL 7:30 A.M., STARTING TIME 8:00 A.M.

LONG JUMP	FINAL	17 & 18, 15 & 16, 13 & 14, 11 & 12, 9 & 10, 8 & U, (MEN AND BOYS)
HIGH JUMP	FINAL	9 & 10 THRU 17 & 18 (G-M)
SHOT PUT	FINAL	17 & 18 (W-M) 15 & 16 (G-B), 13 & 14 (G-B) 11 & 12 (G-B)
TRIPLE JUMP	FINAL	13 & 14 (G-B) 15 & 16 (G-B) 17 & 18 (W-M)
MINI-JAVELIN	FINAL	8 & U (G-B) 9 & 10, (G-B) 11 & 12, (G-B)

ORDER OF EVENTS. RUNNING EVENTS:

SUNDAY MAY 24TH, 2015. FIRST CALL 7:30 A.M. START TIME 8:00 A.M.

200M	FINAL	ALL DIVISIONS (8 & U THRU YOUNG) G-B
3000M RUN	FINAL	11 & 12 THROUGH 17 & 18 (G-B)
SPRINT MEDLEY (100,100,200,400)	FINAL	ALL DIVISIONS (8 & U THRU YOUNG) G-B
110M HURDLES	FINAL	(15 & 16) B (17 & 18) M
100M HURDLES	FINAL	(15 & 16) G (17 & 18) W
100M HURDLES	FINAL	(13 & 14) B-G
80M HURDLES	FINAL	(11 & 12) B-G
800M	FINAL	ALL DIVISIONS (8 & U) G-B
100M	FINAL	ALL DIVISIONS (8 & U) G-B
PARENT COACHES RELAY		
4 X 400 RELAY	FINAL	ALL DIVISIONS (8 & U) G-B

FIELD EVENTS

FIRST CALL 7:30 A.M. START TIME 8:00

LONG JUMP	FINAL	17 & 18, 15 & 16, 13 & 14, 11 & 12, 9 & 10, 8 & U, (WOMEN & GIRLS)
SHOT PUT	FINAL	8 & U (G-B) 9 & 10 (G-B)
JAVELIN	FINAL	13 & 14 (G-B) 15 & 16 (G-B) 17 & 18 (W-M)
DISCUS	FINAL	11 & 12 (G-B) 13 & 14 (G-B) 15 & 16 (G-B) 17 & 18 (W-M)