



# Flo-Jo 22<sup>nd</sup> Annual Invitational Track & Field Meet

**Date:** April 11, 2015

**Time:** 8:00 a.m. (First call 7:30 A.M. for both track and field events)

**Location:** Serra High School  
5156 Santo Rd  
San Diego, CA 92124

**Concession:** A full concession stand will be available

**Package Pick-up:** Serra High School Track Stadium (In the Press Box)  
April 11<sup>th</sup> 7:00 a.m.

**Meet Director:** Elizabeth Tate 619-284-2443, 619-665-7925 flojo99@cox.net

**Meet Manager:** Jason Wyatt 619-316-1748, praise2live@gmail.com

**Sponsored by:** Florence Griffith Joyner Youth Foundation

**Sanction:** This event is sanctioned by USATF

**Facility:** The track is an 8 lane all weather surface, including the long and high jump approaches. One shot put and one discus ring; two long pits and one high jump pit. 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:** \$9.00 per athlete. Entry fees must be paid before the athlete competes.

Clubs please pay by club check, money order or cash.  
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](http://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 Thursday, April 9, 2015 11:59 P.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:

<u>Age Division</u>	<u>Year of Birth</u>
8 & Under	2007 and later
9-10	2005-2006
11-12	2003-2004
13-14	2001-2002
15-16	1999-2000
17-18	1997-1998

**Event Limitations:** 8 & under – 11 -12 are limited three (3) events including relays.  
13 1-14 and over are limited to four (4) events including relays.

**Implements:** Please bring your own marked implements

**Individual Awards:** Trophies 1<sup>st</sup> – 3<sup>rd</sup> place in 100m final  
Medals 1<sup>st</sup> – 3<sup>rd</sup> over-all in all events  
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"*  
*"Most Competitive Teams (overall boys and overall girls)"*  
*"Team Traveled the Farthest"*

**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. 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. Athletes must report back to their field event within 5 minutes of completion of their running event. All times are fully automatic.

**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.

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

**Protest:** Please discuss the matter with the meet director.

**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.

**Meet Results:** Meet results will be posted at [www.sdusatf.org](http://www.sdusatf.org).

**Driving Directions**

Hwy 15 North to Tierrasanta Blvd. to Santo Rd. School is on northwest corner of Santo Rd. and Tierrasanta Blvd. Park in north lots, over flow may park in the south lots.

Hwy 15 South to Tierrasanta Blvd. to Santo Rd. School is on northwest corner of Santo Rd. and Tierrasanta Blvd. Park in north lots, over flow may park in the south lots.



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### Schedule of Events for Saturday, April 11, 2015

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

<b>Track Events – First Call</b>	<b>7:30 a.m.</b>	<b>Track Events – Start Time</b>	<b>8:00 a.m.</b>
3000m Run	Final	11-12, 13 -14, 15-16, 17-18	
100m Hurdles	Final	B13-14	
100m Hurdles	Final	G 13-14	
80m Hurdles	Final	G/B 11-12	
400m	Final	All Divisions	
1500m Race Walk	Final	9-10, 11-12 (May be combined with 3000m)	
3000M Race Walk	Final	13-14, 15-16, 17-18	
100m Dash	Semi	All Divisions	
50m Dash “Lollipop Race”	Final	1-5 years old (no fee/do not register – come to the start line)	
1500M Dash	Final	All Divisions	
200M Dash	Final	All Divisions	
800M Run	Final	All Divisions	
100M Dash	Final	All Divisions	
4X4 00M Relay	Final	All Divisions	

<b>Field Event – First Call</b>	<b>7:30 a.m.</b>	<b>Field Events – Start Time</b>	<b>8:00 a.m.</b>
High Jump	Final-	G 9-10, B 9-10, G11-12, B 11-12, G 13-14, B 13-14,	
Mini Javelin 300g	Final	G 8 & U, B 8 & U, G 9-10, B 9-10, G11-12, B 11-12	
Turbo Javelin 600g	Final	G 13-14, B13-14, G15-16	
Long Jump Pit1	Final	G 8 & U, 9-10, 11-12, 13-14, 15-16	
Long Jump Pit 2	Final	B 8 & U, 9-10, 11-12, 13-14, 15-16 Pit 2	
Triple Jump	Final	Girls/Boys15-16 and older (after long jump)	
Shot Put	Final	G 9-10, B 9-10, G11-12, B11-12, G8 & U, B8 & U, G13-14, B13-14, G15-16, B15-16, G17-18, B17-18	
Discus	Final	G13-14, B 13-14, G15-16, B 15-16, G 11-12, B 11-12, G17-18, B17-18	