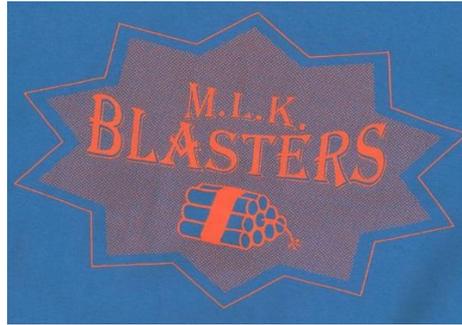


M.L.K. BLASTERS



YOUTH DEVELOPMENTAL TRACK MEET

Date: Saturday May 9, 2015

Location: Patrick Henry High School
6702 Wandermere Drive
San Diego, CA 92120

Start Time: 8:00 am Field Events; Running Start at 9:00 am
(First Call at 7:30am for Field Events, 8:30am for Running Events)

Registration: All entries must be entered on www.coacho.com starting Friday May 1, 2015 and close on Thursday May 7, 2015 at 11:59 pm.

Concessions: Full Concessions will be available.

Package Pick up: Table near the concession stands.

Meet Director: Jay Johnson

Email address: jayskills619@gmail.com

Meet Manager: LaSalle Mitchell

Sanction: This Event is Sanction by USATF San Diego- Imperial

Facility: The track is a nine lane all weather surface, including the long and high jump approaches. Shot put rings, Discus ring and 2 long jump pits. Only 3/16 needle spikes are the maximum allowed.

All spikes will be checked for the appropriate spikes and athletes not wearing the 3/16 needle spikes will not be permitted to compete.

There is no refund for athletes missing their event due to inappropriate spikes. Canopies are Restricted to the Top Rows Only. **CANOPY SET UP ON DAY OF THE MEET ONLY! FIRST COME, FIRST SERVE.**

Warm- Up Area: The warm up area is for athletes only. One coach with a wristband will be permitted. No parents permitted on the field.

Entry Fees: \$ 7.00 per athlete. Entry fees must be Paid Before the athlete competes. Clubs please pay by club check, money order or cash Unattached must pay in cash, Clubs may pay on the day of the meet when they pick up their package.

First Aid: First Aid will be available and located in a designated area

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

Event Limitations: 8 & under, 9 – 10, 11 – 12 are limited to three events only. 13 – 14, 15 – 16, 17-18 are limited to four events

Awards: Medals to Top 3 Overall in Each Individual Event. Ribbons will be awarded for 4th- 8th Places.

Running Events: Report to the clerk when the event is called. Two calls will be given for each event.

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. No other jumps after those attempts; All measurements are in metric. Please Bring Your Own Throwing Implements.

NO WRITE IN ATHLETES WILL BE PERMITTED IN ANY EVENTS

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

Schedule of Events

Running Events:

1. 1500m Run
2. 100m
3. Fastest Mom 100m (Mother Day Race) First 9 to sign up
Lollipop Race (All kids under 5 years old not attached to a team)
4. Sprint Medley (100,100,200,400m) 2 Boys and 2 Girls
(One Each Age Group 1. Sub-bantam 1. Bantam 1. Midget 1. Youth)
5. 800m Run
6. 200m Run
7. 4 x 400m relay

Divisions:

- All Divisions
8 and under only G/B
All Divisions
9-10 thru 17-18
All Divisions

Field Event:

Long Jump: Age: 8 & Under, 9-10, 11-12, 13-14, 15-16, 17-18
(Two Pits will be used) G/B

Shot Put: Age 17-18, 15-16, 11-12, 9-10, 8 & Under, 13-14 G/B

Mini Javelin: Age 9-10, 11-12, 8 & Under G/B

High Jump: Age 15-16, 17-18, 13-14, 11-12, 9-10 G/B

