

MERCURY SAN DIEGO TRACK & FIELD CLUB



MERCURY San Diego Track & Field 4th Annual Invitational Meet

Mercury San Diego wants to personally invite you to come out and enjoy our 4th Annual Track & Field Meet. The meet will be held on Saturday, May 5th, 2007@ San Ysidro High School. **There will be a coach's meeting at 7:15 am @ the 50 yard line.** We would like to ask each team to give us a hand with 3 volunteers (timers, discus, etc....) Concession will be provided.

Please take a few minutes to look over the enclosed information about the meet. The deadline for all athletes entries will be Wednesday, May 2nd NLT 10:00pm. Once you receive your pre-meet information please review and submit the necessary changes Thursday, May 3rd NLT 12:00 am. There will be **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 or fax us at (619) 527-5979.**

SPECIAL NOTE:

**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.
Spikes will be checked at the gate, and starting line.**

All canopies MUST BE SECURED.

NO EXCEPTION to the above. Any violators will be disqualified

Email entries to: Eford996400@aol.com

Hy-Tek Will Be Used

MERCURY SAN DIEGO 4 th ANNUAL INVITATIONAL MEET	
<i>DATE</i>	MAY 5TH 8:00 AM Running Event. Race-Walk & Field Events @ 7:30
<i>SANCTION</i>	SD IMPERIAL T/F USATF
<i>ENTRY FEE</i>	\$6.00 PER ATHLETE
<i>SITE</i>	San Ysidro High School 5353 Airway Road –San Diego, CA 92154
<i>AGE DIVISION</i>	SB-99 & LATER/BANTAM 97 & 98/MIDGET 95 & 96/YOUTH 93 & 94/INT 91 & 92
<i>EVENT LIMITATIONS</i>	SB-MID 3 EVENTS/Y-IM 4 EVENTS
<i>ENTRY DEADLINES</i>	ALL ENTRIES MUST BE REC'D BY WEDNESDAY, MAY 2nd
<i>AWARDS</i>	Medals for 1ST place overall in events Ribbons for 2nd thru 5th place, and participation
<i>FACILITY</i>	9 Lanes-All Weather Track-Rest Rooms- Parking & Concession-spike size: 3/16 (Needle spikes, no pyramid spikes)
<i>ELIGIBILITY</i>	All athletes must be registered with USATF membership to compete
<i>RULES</i>	CURRENT USATF RULES APPLY
<i>PROTEST</i>	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.
<i>PACKAGE PICK-UP</i>	FROM 7:00am-7: 45am
<i>MEET DIRECTOR</i> Asst. MEET DIRECTOR	<i>Eddie Ford</i> <i>James Townsend</i>
<i>DIRECTIONS</i>	<u>From 805:</u> To 905 (East). Make a quick RT on Old Otay Mesa Road, or a RT on Caliente Avenue (@ Light). The track is on the RT. <u>From 5:</u> To 905 (East). Make a quick RT on Old Otay Mesa Road, or a RT on Caliente Avenue (@ Light). The track is on the RT. Please park in the designated parking area, or on the street. Violators will be towed.



MERCURY SAN DIEGO ORDER OF EVENTS
Race-walk & Field Events START TIME: 7:30 AM
***(MBC) MAY BE COMBINED**

RUNNING		
1500 & 3000 Race Walk	F	* BG thru MB (1500) & YG & YB (3000)
3000M R	F	MG, MB, YG, YB *(MBC)
100M	Preliminary	SBG THRU IB
1500M	F	BG THRU YB *(MBC)
400M	F	BG THRU IB
80M HUR	F	MG, MB
100M HUR	F	YG, YB
200M	F	SBG THRU IB
4X100		Parent Relay
800M	F	BG THRU YB
100M	FINALS	SBG THRU IB
4X100M	F	SBG THRU IB
FIELD EVENTS		
LJ		SBG THRU YB
MINI JAV		BG, BB, MG, MB
Shot Put		BG THRU IB
DISCUS		BG THRU IB
HJ		BG THRU IB
SUB-BANTAMS LIMITED TO THE FOLLOWING EVENTS		
100M		
200M		
4X100		
LJ		

