



2009 San Diego/Imperial
USATF Association
Championships

SUNDAY, JUNE 14, 2009



Point Loma Nazarene University, San Diego, CA

- VENUE:** Point Loma Nazarene University, site of PLNU Invitational track meet. One of the fastest tracks in Southern California, with excellent throwing and jumping facilities.
- AWARDS:** USATF Championship medals will be awarded to the first 3 place-winners in each event.
- EVENTS:**
- | | | |
|--------------------------|---------------------|----------------------------|
| Men's 110m Hurdles | Men's Discus | Women's 100m Hurdles |
| Men's 400m Hurdles | Men's Triple Jump | Women's 400m Hurdles |
| Men's 100 meters | Men's Javelin | Women's 100 meters |
| Men's 200 meters | Men's Shot Put | Women's 200 meters |
| Men's 400 meters | Men's Pole-Vault | Women's 400 meters |
| Men's 800 meters | Women's Triple Jump | Women's 800 meters |
| Men's 1500 meters | Women's Discus | Women's 1500 meters |
| Men's 3000m Steeplechase | Women's Javelin | Women's 3000m Steeplechase |
| Men's 5000 meters | Women's Shot Put | Women's 5000 meters |
| Men's High Jump | Women's Pole-Vault | Women's High Jump |
| Men's Long Jump | | Women's Long Jump |
- TIMING:** Fully automatic timing by Finish Lynx.
- ENTRY FEE:** \$15.00 per athlete. (Unlimited events)
- USATF MEMBERSHIP:** All competitors must be a 2009 member of USA Track & Field. Athletes can register on-line or purchase membership at the meet for the annual fee of \$30.00 <https://www.usatf.org/membership/application/> (There is an additional \$5 processing fee for issuing USATF memberships for residents of Associations outside Southern California.)
- ENTRY PROCEDURE & DEADLINE:** All pre-meet entries must be made on-line at WWW.Directathletics.com. Entries close on June 11, 2009, 11:59pm. Athletes must be entered as "unattached" if they are not members of a USATF-registered club.
- LATE ENTRIES:** Please note the late entry fee is \$20.00.
- ATHLETE CHECK-IN:** **RUNNING EVENTS:** 45-minutes prior to the scheduled start of each running event, competitors must check-in at the **CLERKS TENT near the finish line**—after which those who have not checked-in will be scratched. 20 minutes prior to each running event, runners must return to the Clerk to pick-up their hip number and heat assignment.
FIELD EVENTS: 45-minutes prior to the event, competitors must check-in with the Head Judge.
- CERTIFICATION OF IMPLEMENTS:** Throwing implements will be certified at official's tent.
- PARKING:** Campus parking is free.
- RESULTS:** Copies of results will be posted event by event and after the meet at www.sdusatf.org

Contact for Additional Information:

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Adam Henderson, Co-Meet Director
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TIME SCHEDULE OF EVENTS

1:00pm	Women's 3000M Steeplechase	12:00N	Women's Javelin
1:25pm	Men's 3000M Steeplechase	1:00pm	Men's Javelin
1:45pm	Women's 100M Hurdles	1:00pm	Women's Pole Vault
2:00pm	Men's 110M Hurdles	2:00pm	Men's Long Jump
2:15pm	Men's Master's Mile	2:00pm	Women's Triple Jump
2:25pm	Women's Master's Mile	2:00pm	Women's Shot Put
2:40pm	Men's 400 Meters	3:30pm	Men's Triple Jump
2:55pm	Women's 400 Meters	3:30pm	Women's Long Jump
3:10pm	Men's 100 Meters	3:00pm	Men's Shot Put
3:25pm	Women's 100 Meters	3:30pm	Women's Discus
3:40pm	Women's 1500 Meters	4:30pm	Men's Discus
3:55pm	Men's 1500 Meters	3:00pm	Men's Pole Vault
4:15pm	Women's 400M Hurdles	5:00pm	Women's High Jump
4:30pm	Men's 400M Hurdles	6:00pm	Men's High Jump
4:45pm	Women's 200 Meters		
5:00pm	Men's 200 Meters		
5:20pm	Women's 800 Meters		
5:35pm	Men's 800 Meters		
5:50pm	Women's 5000 Meters		
6:15pm	Men's 5000 Meters		

Directions & Maps

Directions to the Point Loma Campus

3900 Lomaland Drive
San Diego, CA 92106-2810

Directions to Point Loma University: <http://www.pointloma.edu/Directions.htm>

FROM THE NORTH:

Traveling south on I-5, take the Rosecrans exit, (Highway 209 south). Proceed south on Rosecrans to Canon Street. Turn right. Follow Canon to Catalina Boulevard. Turn left onto Catalina, then right onto Lomaland Drive. The university entrance is at the top of the hill.

FROM THE EAST:

Traveling west on I-8, take the Rosecrans exit, (highway 209 south). Proceed south on Rosecrans to Canon Street. Turn right. Follow Canon to Catalina Boulevard. Turn left onto Catalina, then right onto Lomaland Drive. The university entrance is at the top of the hill.

FROM THE SOUTH:

Traveling north on I-5, take the Hawthorne St/airport exit and follow the exit to the left. Follow the signs to the airport which will lead you to making a right onto Harbor Drive until you come to Rosecrans, turn south (left), and then make a right on to Canon Street. Follow Canon to Catalina Boulevard. Turn left onto Catalina, then right onto Lomaland Drive. The university entrance is at the top of the hill.

FROM THE AIRPORT:

Start out going West on Terminal 1 towards Airport Exit. Turn Slightly Exit onto Terminal 2. Stay straight to go onto Airport Exit. Turn Right onto N Harbor Drive. Turn Left onto Rosecrans St. Turn Right onto Canon St. Turn Left onto Catalina Blvd. Turn Right onto Lomaland Drive.