

Flo-Jo International 17th Annual Invitational Track & Field Meet

- Date:** April 10th & 11th, 2010
- Time:** 9:00 a.m.
- Location:** San Diego Mesa College
7250 Mesa College Dr
San Diego, CA 92111
- Concession:** A full concessions will be available with reasonable priced foods and goodies.
- Package Pick-up:** San Diego Mesa College Track Stadium - In the Press Box
April 10th & 11th, 7:00 a.m. – 9:00 a.m. San Diego Mesa College
- Meet Director:** Elizabeth Tate 619-284-2443, 619-665-7925 flojo99@cox.net
- Meet Manager:** Marquette Brown 619-665-7012
- Sponsored by:** Florence Griffith Joyner Youth Foundation
- Sanction:** San Diego-Imperial USATF Association. All rules apply and will be enforced. All participants must be currently registered with USATF.
- Facility:** The track is a nine lane all weather mondo surface, including the long and high jump approaches. Two shot put and two discus rings; two long and two high jump pits. Pyramid spikes of ¼ are the maximum allowed.
All spikes will be checked for the appropriate spikes and athletes not wearing the 3/16 pyramid spikes will not be permitted to compete. There is no refund for athletes missing their event due to inappropriate spikes. 3/16 Pyramid spikes will be on sale both days. You may purchase bags of 100 3/16 Pyramid spikes at Coacho.com for \$6.95 per bag and free shipping. Secured canopies are restricted to the top rows.
- Warm up Area:** The warm-up area is reserved for athletes only.
- Entry Fees:** \$3.00 per event. 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, or they may mail their entry fees to:
Flo-Jo International 3093 Central Avenue San Diego, CA 92105.

- Entries:** All entries must be submitted online at: 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 Midnight April 6, 2010.**
- First Aid:** First Aid will be available and located in a designated area.
- Eligibility:** All entrants must be currently registered with USATF and must compete in their respective age group, corresponding to their year of birth. All youth relay teams must be registered as a USATF club.
- Age Divisions:**
- | | |
|-----------------|--------------|
| Sub-Bantam | 2002 & Later |
| Bantam | 2000 - 2001 |
| Midget | 1998 - 1999 |
| Youth | 1996 - 1997 |
| Intermediate | 1994 - 1995 |
| Young Women/Men | 1992 - 1993 |
- Event Limitations:** Sub-Bantam division is limited three (3) of the following events: 100, 200, 400, 800, 1500, Turbo Javelin, Long Jump & 4x100
Bantam & Midget three (3) events
Youth and older four (4) events
- Implements:** Please bring your own marked implements.
- Individual Awards:** Trophies 1st – 8th in 100m final
Large Medals 1st – 3rd over-all in all events
Custom ribbons to every athlete in each heat and every event
- Team Awards:** *“Most Spirited Team Large Team” “Most Spirited Small Team
“Traveled the Farthest” “Most Competitive Team (overall boys and overall girls)”*
- 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, and stay in the area. 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 three (3) trials in each field event, (except the high jump and pole vault). The athletes attaining the best nine marks will advance to the finals, for three additional attempts. All measurements are in metric.

- 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 removed from the facility.
- Meet Results:** Meet results will be provided free to all registered teams and participants, and posted on the following websites: www.SDUSATF.org website and flojointernational.com on or before April 14, 2010.

Directions to San Diego Mesa College

Driving on I-805 South

Take I-805 South.
Exit at the 805 Freeway at the BALBOA AVE EAST exit.
Merge onto BALBOA AVE and cross over the 805 freeway.
Turn RIGHT onto CONVOY Street.
CONVOY Street becomes LINDA VISTA Road after about 1 mile.
Turn RIGHT onto MESA COLLEGE DR.
Follow Mesa College Drive for approximately one half mile onto the campus and make the first LEFT. Proceed to metered parking across from the Administration Building.
There is a large American Flag in front of the building

Driving on I-805 North

Exit at Mesa College Drive.
At the top of the exit ramp turn left onto Mesa College Drive.
Cross Linda Vista Road, and continue on Mesa College Drive for approximately one half a mile onto the campus and make the first LEFT.
Follow Mesa College Drive to metered parking across from the Administration Building. There is a large American Flag in front of the building.

Driving on Freeway 163 South

Exit at Genesse West and continue on Genesse West to Linda Vista Road
Turn Right onto Linda Vista Road.
Continue on Linda Vista Road for approximately 1 mile to Mesa College Drive.
Turn LEFT onto MESA COLLEGE DR.
Follow Mesa College Drive for approximately one half mile onto the campus and make the first LEFT. Proceed to metered parking across from the Administration Building.
There is a large American Flag in front of the building.

Driving on Freeway 163 North

Exit on Mesa College Drive.
At the top of the freeway ramp turn Left onto Mesa College Drive.
Continue on Mesa College across Linda Vista Road. Approximately one half mile.
Follow Mesa College Drive for approximately one half mile onto the campus and make the first LEFT. Proceed to metered parking across from the Administration Building. There is a large American Flag in front of the building.

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Schedule of Events for Saturday, April 10, 2010

Coaches Meeting 8:30 a.m. – on the infield

Track Events – First Call 8:30 a.m.

Track Events – Start Time 9:00 a.m.

1500M Race Walk	Final BG, BB, MG, MB
3000M Race Walk	Final YG, YB, IG, IB, YW, YM
50m Dash	Final 1year - 5year old (no fee/do not register, come to the start)
100m Dash	Semi –Final All Divisions
400M Dash	Final All Divisions
110 Hurdles	Final IB, YM
100M Hurdles	Final YB, YW, IG, YG
80M Hurdles	Final MG, MB
4x100M Relay	Final All Divisions
4x100M relay	Final Parents and Coaches Relay (no fee/come to the start)
3000M Run	Final MG, MB, YG, YB, IG, IB, YW
5000M Run	Final YM
100m Dash	Final All Divisions
4x800M Relay	Final MG, MB, YG, YB, IG, IB, YW, YM

Field Event – First Call 8:30 a.m.

Field Events – Start Time 9:00 a.m.

High Jump	Final MG, MB, YG, YB
Mini Javelin	Final BG, BB, MG, MB
Javelin	Final YG, IG, YW, YB, IB, YM
Long Jump	Final YB, YG, SBG, SBB, IG, IB, YM, YW
Shot Put	Final MG, MB, YG, YB, IG, YW, IB, YM, BG, BB

Schedule of Events for Sunday, April 11, 2010

Track Events – First Call 8:30 a.m.

Track Events - Start Time 9:00 a.m.

1500m Run	Final All Divisions
400M Hurdles	Final IG, YW, IB, YM
200M Hurdles	Final YG, YB
800m Run	Final All Divisions
200M Dash	Final All Divisions
4x400M Relay	Final BG, BB, MG, MB, YG, YB, IG, IB, YW, YM

Field Events – First Call 8:30 a.m.

Field Events – Start Time 9:00a.m.

High Jump	Final BG, BB, IG, YW, IB, YM
Discus	Final MG, MB, YG, YB, IG, YW, IB, YM
Triple Jump	Final YM, IB, IG, YG, YB, YW
Long Jump	Final BG, BB, MG, MB
Pole Vault	Final YG, YB, IG, IB, YW, YM