

**San Diego  
SoCal RoadRunners  
7th Annual Developmental  
T&F Meet**



Escondido High School  
1535 North Broadway  
Escondido, CA 92026

**Saturday  
April 24<sup>th</sup> 2010**

**Date:** April 24<sup>th</sup> 2010

**Meet Director:** Mike Mena (760) 294-7982

**Meet Manager:** John Hettinger

**Meet Entry Contact:** Jeanette Mena

**Location:** Escondido High School  
1535 North Broadway  
Escondido, CA 92026

**Directions:** From San Diego / Los Angeles Areas

I-15 south to El Norte Parkway off-ramp, turn left (east) onto El Norte  
Go straight on El Norte until you reach the Broadway intersection  
Turn left onto Broadway  
Go straight on Broadway until you reach the Sheridan intersection  
EHS is located immediately after the Sheridan intersection- Turn left onto the school

**From San Diego Inland Areas**

Take I-15 North to the Highway 78 junction  
Go east on Highway 78 to Broadway  
Turn left onto Broadway  
Go straight on Broadway until you reach the Sheridan intersection- turn left onto the school

**Entry Fees:** \$9.00 per athlete. Entry fees are to be paid in cash or club checks please make checks payable to **SCRR**. **“No personal checks”** we will be using Hy-tek

**Deadline:** All entries are due April 21th, 2010, please email your TFmm Bkup file to [socalroadrunners@cox.net](mailto:socalroadrunners@cox.net)

<b>Age Divisions:</b>	Sub-Bantam	2002 & Later
	Bantam	2000 - 2001
	Midget	1998 - 1999
	Youth	1996 - 1997
	Intermediate	1994 – 1995

**Limitation:** Sub Bantam thru Midget division is limited to **three** events.

**Sub Bantams may only compete in the 100m, 4 x 100 relay and long jump.**

Youth and Intermediate are limited to **four** events.

**Surface:** All weather Track and Runaway only 3/16 (Needle spikes, no pyramid spikes) will be allowed.

**Awards:** Ribbons first through eighth place.

**Concession:** A snack bar will be available.

**If there are any questions, please do not hesitate to call (760) 294-7982 or email us @ [socalroadrunners@cox.net](mailto:socalroadrunners@cox.net)**

Coaches **PLEASE** tell your parents and athletes

**“NO SUNFLOWER SEEDS”**

## **Schedule of Events**

Coaches Meeting 8:30AM

**1<sup>st</sup> running event will start at 8:00AM**

**All field events will start at 9:00AM**

Competitors must check in at the clerk table before any event, but only when their event is called. Three calls will be given before an event starts, please make sure that your athletes report by the second call

### **RUNNING EVENTS:**

1. 1500m Run
2. 80 meter Hurdles
3. 100 meter Hurdles
4. 4x100m Relay
5. 800m Run
6. 100 meter
7. 400m
8. 200m
9. 1500m Race Walk
10. 4x400m Relay

### **DIVISIONS:**

Bantam – Intermediate  
MG, MB  
YG, YB  
Sub-Bantam – Intermediate  
Bantam – Intermediate  
Sub- Bantam – Intermediate  
Bantam – Intermediate  
Sub-Bantams ONLY  
BG, BB, MG, MB  
Bantam – Intermediate

### **Field Events start at 9:00AM**

Competitors must check in at the field event site.

<b>High Jump</b>	MG, MB, YG, YB, BG, BB, IG, IB
<b>Long Jump</b>	SBG, SBB, BG, BB, MG, MB, IG, IB
<b>Mini Javelin</b>	BG, BB, MG, MB
<b>Shot Put</b>	YG, YB, MG, MB, BG, BB, IG, IB,