



Flo-Jo 28th Annual Invitational Track & Field Meet

- Date:** April 29, 2023
- Time:** 8:00 a.m. (First call 7:30 A.M. for both track and field events)
- Location:** Mt. Miguel High School
8585 Blossom Lane
Spring Valley, CA 91977
- Concession:** A full concession stand will be available
- Package Pick-up:** Mt. Miguel High School Stadium (pick-up at concessions)
April 29, 2023 7:00 a.m.
- Meet Director:** Elizabeth Tate 619-665-7925 flojo99@cox.net
- Meet Manager:** Jason Wyatt 619-316-1748, praise2live@gmail.com
- Sponsored by:** Florence Griffith Joyner Youth Foundation
- Sanction:** This event is sanctioned by USATF; all rules apply and will be enforced.
- Facility:** The track is a nine lane all weather surface, including the long and high jump approaches. Two shot put rings and one discus ring; two long jump pits and one high jump pit. Needle spikes of 3/16 are the maximum allowed & will be checked; spikes will be on sale. Secured canopies are restricted to the top rows.
- Warm up Area:** The warm-up area is reserved for athletes only
- Entry Fees:** \$10.00 per athlete. Entry fees must be paid before an 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. All entries submitted online must be paid.
- Entries:** All entries must be submitted online at athletic.net
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 Thursday, April 27, 2023 @ 11:59 P.M.**
- First Aid:** First Aid will be available and located in a designated area

Age Divisions: The athlete's year of birth shall determine the age division in which he/she will compete:

Age Division	Year of Birth
6 - under	2017 - younger
8 -7	2015+
9 - 10	2013 – 2014
11 – 12	2011 – 2012
13 – 14	2009 – 2010
15 – 16	2007 – 2008
17 – 18	2005 – 2006

Event Limitations: 6-under, 7-8, 9-10, 11 -12 are limited to three (3) events, 13 -14 and over are limited to four (4) events.

Implements: Please bring your own marked implements

Individual Awards: Trophies 1st – 3rd place in 100m final
Medals 1st – 3rd overall in all events
Ribbons 4th - 8th place overall
Participant ribbon to every athlete in each heat and every event

Each child running the 50m dash/" Lollipop Race" will receive a Lollipop

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. 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 attempts. All measurements are in metric.

Coaches Meeting: 7:30 A.M. on the infield

Protest: Please discuss the matter with the meet director/meet manager

Community: Teams, please police your area and clean up behind yourselves. Coaches, please request your parents and athletes to be on their best behavior (as always). Anyone displaying threatening or inappropriate behavior will be requested to leave the facility and if necessary, removed from the facility by law enforcement.

Meet Results: Saturday and final meet results will be e-mailed to each team and unattached athlete that submits an e-mail address with their entries. Final meet results will be posted on at: <http://sandiego.usatf.org/Home.aspx> and athletic.net/



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Coaches Meeting 7:30 a.m. – on the infield

Schedule of Track Events for Saturday, April 29, 2023

Track Events – First Call 7:30 a.m. Track Events – Start Time 8:00 a.m.

1500m	Final	All Divisions
100m Hurdles 33’’	Final	15-16G, 13-14B, 13-14G
80’’m Hurdles	Final	11-12G, 11-12B
4x100m Relay	Final	All Divisions
100m	Semi-Final	All Divisions
50m Dash “Lollipop Race”		1-5 years old (no fee/1 adult may bring the child to the start)
400m	Final	All Divisions
1500m RW	Final	8&U through 11-12
200m	Final	All Divisions
800m	Final	All Divisions
100m	Final	All Divisions

Field Event – First Call 8:30 a.m. Field Events – Start Time 9:00 a.m.

Four attempts in each field event – no finals.

Long Jump	Final	6&UG, 7-8G, 9-10G, 11-12G, 13-14G, 15-16, 17-18W
Long Jump	Final	6&UB, 7-8B, 9-10B, 11-12B, 13-14B, 15-16B, 17-18M
Triple Jump	Final	13-14G, 13-14B, 15-16G, 15-16B, 17-18W, 17-18M
Triple jump will follow after the long jump		
Aero/-Javelin	Final	11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B
Mini-Javelin	Final	6&UG, 6&UB, 7-8G, 7-8B, 9-10 G, 9-10B
Shot Put	Final	9-10G, 9-10B, 11-12G, 11-12B, 7-8G, 7-8B, 6&G, 6&B
		13-14G, 13-14B, 15-16G, 15-16B, 17-18W, 17-18M
Discus	Final	15-16B, 15-16G, 13-14G, 13-14B