



## Usa Rockets Youth Track Club Annual Track Meet

### CHAMPIONS are made in *Practice!*

- Date :** May 27, 2023
- Time:** 8:00 a.m. (First call 7:30 am for both track and field events)
- Location:** Helix Charter High School  
4200 Lowell Street  
La Mesa, Ca 91942
- Directions:** ( Please use Google Maps)
- Concession:** A Snack Bar will be available
- Package Pick-up:** Press box. **There will be no day-of meet registration.**
- Meet Director:** Sallie Henry (619)750-6196 rocket.4life@yahoo.com
- Asst. Meet Director:** Earnesto Coleman earnesto1112@gmail.com
- Sanction:** This event is sanctioned by USATF San Diego Imperial
- Facility:** The track is an eight lane all weather surface. Canopies are restricted  
To the top row only please secure them.  
The maximum spike requirement is **3/16** needle
- Warm up Area:** The warm-up area is reserved for athletes and Coaches only
- Entry Fees:** \$10.00 per Athlete. Entry fees must be paid before the athlete competes.  
Clubs please pay by club check, money order or cash. No personal checks  
checks payable to Usa Rockets. Unattached athletes must pay cash the day  
of the meet before they participate.

**Entries:** All entries must be submitted online at [www.athletic.net](http://www.athletic.net) There will be no day of the meet registration or changes. Please review your entries very carefully before the entry deadline date. (Please send times)

**Deadline:** **All entries are due by 11:59 Thursday, May 25, 2023**

**First Aid:** First Aid will be available and located in a designated area.

<b>Age Divisions:</b>	6U	2017+
	7-8	2015- 2016
	9-10	2013 - 2014
	11-12	2011- 2012
	13-14	2009- 2010
	15-16	2007 - 20078

**Event Limitations:** 6U thru 11-12 divisions are limited to **three** events.  
13-14 and Up are limited to **four** events

**Awards:** Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> overall  
**Trophies will be awarded to all 1<sup>st</sup> place 100m finalist.**  
Ribbons will be awarded to 4<sup>th</sup>-9<sup>th</sup> overall.

**Check-in:** **Running Events:** Report to the clerk of the course when the event is called. Three calls will be given for each event. All times are fully automatic.

**Field Events:** Report directly to that event when the event is called. Three calls will be given for each event. All athletes will be given three attempts. **No other jumps after those attempts. No Finals**

**Coaches Meeting:** **7:30** A.M. will be held in the center of the in field

**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, via e-mail or you may view them at [www.athletic.net](http://www.athletic.net)

# Schedule of Events

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

<b>RUNNING EVENTS</b>	<b>TYPE</b>	<b>DIVISIONS</b>
1500m (may be combined )	Final	7-8 (G-B) - 15-16(G-B)
100m Hurdles	Final	13-14 (G-B), 15-16 (G)
80m Hurdles.	Final	11-12 (G-B)
100m	Semi	All Divisions
400m	Final	All Divisions
1500m rw (may be combined )	Final	9-10 (G-B), 11-12 (G-B)
3000m rw (may be combined).	Final	13-14 (G-B), 14-15 (G-B)
4x100m Relay	Final	All Divisions
200m	Final	All Divisions
800m	Final	All Divisions
4x100m relay		<b>Coaches and Parents (Trophies will be awarded to 1<sup>st</sup> place)</b>
100m	Final	All Divisions
4x400m Relay	Final	All Divisions

## Field Event – First Call 7:30 a.m. Field Events – Start Time 8:00 a.m

**Competitors must check in at the field event site. All field events are final.**

High Jump	11-12 (G-B), (13-14 (G-B ), 9-10 (G-B), 15-16 (G-B)
Long Jump	6U (G-B), 7-8 (G-B), 9-10 (G-B), 11-12 (G-B), 13-14 (G-B), 15-16 (G-B)
Mini Javelin / Aero Jav	9-10 (G-B), 7-8 ( G-B), 6U (G-B), 11-12 (G-B), 13-14 (G-B)
Shot Put	6U (G-B), 7-8 (G-B), 13-14 (G-B), 11-12 (G-B), 9-10 (G-B), 15-16 (G-B)
Discus (Following Shotput).	15-16 (B-G), 13-14 (B-G), 11-12 (B-G)

**PLEASE BRING YOUR OWN IMPLEMENTS**