



Usa Rockets Youth Track Club Annual Track Meet

CHAMPIONS are made in *Practice!*

- Date :** May 28, 2022
- Time:** 8:00 a.m. (First call 7:30 am for both track and field events)
- Location:** Helix Charter High School
7323 University Ave.
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:** \$9.00 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.
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Entries: All entries must be submitted online at 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 Midnight Thursday, May 26, 2022**

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

Age Divisions:	6U	2016 - 2017
	7-8	2014 - 2015
	9-10	2012 - 2013
	11-12	2010 - 2011
	13-14	2008 - 2009
	15-16	2006 - 2007

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 1st, 2nd and 3rd overall
Trophies will be awarded to all 1st place 100m finalist.
Ribbons will be awarded to 4th-9th 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

Schedule of Events

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

RUNNING EVENTS

DIVISIONS

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|--------------------------------|--|
| 1. 1500m run (may be combined) | 7-8 (G-B), 9-10 (G-B), 11-12 (G-B), 13-14 (G-B), 15-16 (G-B) |
| 2. 100m hurdles | 13-14 (G-B), 15-16 (G-B) |
| 3. 80m hurdles | 11-12 (G-B) |
| 4. 100m | All Divisions (semi) |
| 5. 800m | All Divisions (final) |
| 6. 200 | All Divisions (final) |
| 7. 4x100m Relay | All Divisions (final) |
| 8. 400 | All Divisions (final) |
| 9. PARENTS - COACHES RELAY | TROPHY TO FIRST PLACE MALE AND FEMALE |
| 10. 100m dash | All Divisions (final) |
| 11. 4x400m Relay | All Divisions (final) |

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.

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| 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) |
| 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 | 15-16 (G-B), 13-14 (G-B), 11-12 (G-B) |