



## Flo-Jo 24th Annual Invitational Track & Field Meet

- Date:** April 8-9, 2017
- Time:** 9:00 a.m. (First call 8:30 A.M. for both track and field events)
- Location:** Orange Glen High School  
2200 Glen Ridge Road  
Escondido, CA 92027
- Concession:** A full concession stand will be available
- Package Pick-up:** Orange Glen High School Stadium (In the Press Box)  
April 8-9, 2017 7:00 a.m.
- Meet Director:** Elizabeth Tate 619-284-2443, 619-665-7925 [flojo99@cox.net](mailto:flojo99@cox.net)
- Meet Manager:** Jason Wyatt 619-316-1748, [praise2live@gmail.com](mailto: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. All spikes will be checked for the appropriate spikes; 3/16 needle spikes will be on sale. Canopies are restricted to the top rows and must be secured.
- Warm up Area:** The warm-up area is reserved for athletes only
- Entry Fees:** \$3.50 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. All entries submitted must be paid for once the meet is finalized.
- Entries:** All entries must be submitted online at: [www.coacho.com](http://www.coacho.com)  
There will be no day-of meet registration or changes. Please review your entries very carefully before the entry deadline date. You are responsible to pay for your entries.
- Deadline:** All entries are due Thursday, April 6, 2017 @ 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:

<b>Age Division</b>	<b>Year of Birth</b>
8 & Under	2009+
*9 – 10	2007-2008
11 – 12	2005-2006
13 – 14	2003-2004
15 – 16	2001-2002
17 – 18	1999-2000**

**Event Limitations:** 8 & under – 11 -12 are limited three (3) events including relays 13 -14 and over are limited to four (4) events including relays

**Implements:** Please bring your own marked implements

**Individual Awards:** Trophies 1<sup>st</sup> – 3<sup>rd</sup> place in 100m final  
Medals 1<sup>st</sup> – 3<sup>rd</sup> over-all in all events  
Ribbons to every athlete in each heat and every event

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

**Team Awards:** *"Most Spirited Large Team"* *"Most Spirited Small Team"*  
*"Most Competitive Teams (overall boys and overall girls)"*  
*"Team Traveled the Farthest"*

**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 four attempts. All measurements are in metric. Four attempts in each field event – no finals.

**Coaches Meeting:** 8:00 A.M. on the infield

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

**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 asked to leave the facility and if necessary removed from the facility by the police and or sheriffs

**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>



## **Flo-Jo 24th Annual Invitational Track and Field Meet**

*Coaches Meeting 8:00 a.m. – on the infield*

### **Schedule of Track Events for Saturday, April 8, 2017**

#### **Track Events – First Call 8:30 a.m. Track Events – Start Time 9:00 a.m.**

1500m	Final	All Divisions
100m	Semi-Final	All Divisions
50m Dash “Lollipop Race”	Final 1-5 years old	(no fee/come to the start line)
400m	Final	All Divisions
1500m RW	Final	8&U through 11-12
3000m RW	Final	13-14 through 17-18
110 Hurdles 39”	Final	17-18M, 15-16B
100m Hurdles 33”	Final	17-18W, 15-16G, 13-14B, 13-14G
80m Hurdles 30”	Final	11-12G, 11-12B
4x100m Relay	Final	All Divisions
4x800m Relay	Final	11-12 through 17-18

#### **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 Pit 1	Final	11-12G, 9-10G, 8&UG
Long Jump Pit 2	Final	13-14G, 15-16G, 17-18G
Triple Jump Pit 2	Final	13-14G, 15-16G, 17-18G (will follow after conclusion of LJ)
High Jump	Final	13-14B, 11-12B, 9-10B, 15-16B, 17-18M
Aero-Javelin	Final	11-12G, 11-12B
Mini-Javelin	Final	8&UG, 8&UB, 9-10G, 9-10B
Shot Put (NW Pit)	Final	9-10G, 11-12G, 8&UG
Shot Put (SE Pit)	Final	9-10B, 11-12B, 8&UB
Discus	Final	17-18W, 17-18M, 15-16G, 15-16B, 13-14G, 13-14B, 11-12G, 11-12B
Pole Vault	Final	15-16G, 15-16B, 13-14G, 13-14B, 17-18W, 17-18M



## **Flo-Jo 24th Annual Invitational Track and Field Meet**

*Coaches Meeting 8:00 a.m. – on the infield*

### **Schedule of Track Events for Sunday, April 9, 2017**

#### **Track Events – First Call 8:30 a.m. Track Events – Start Time 9:00 a.m.**

3000m	Final	11-12 through 17-18
800m	Final	All Divisions
200m	Final	All Divisions
400m Hurdles 36"	Final	A15-16B, 17-18M
400m Hurdles 30"	Final	17-18M, 15-16B
200m' Hurdles	Final	13-14G, 13-14B
100m	Final	All Divisions
4x400m Relay	Final	All Divisions

#### **Field Event – First Call 8:30 a.m. Field Events – Start Time 9:00 a.m. Four attempts in each field events – no finals**

Long Jump Pit 1	Final	8&UB, 9-10B, 11-12B
Long Jump Pit 2	Final	13-14B, 15-16B, 17-18B
Triple Jump Pit 2	Final	13-14B, 15-16B, 17-18B (will follow after conclusion of LJ)
High Jump	Final	13-14G, 11-12G, 9-10G, 15-16G, 17-18W
Shot Put (NW Pit)	Final	17-18M, 15-16B, 13-14B
Shot Put (SE Pit)	Final	17-18W, 15-16G, 13-14G
Javelin	Final	13-14G, 13-14B, 15-16G, 15-16B, 17-18w, 17-18M (you must bring your own javelin)