

MERCURY SAN DIEGO TRACK & FIELD CLUB



FINISH STRONG

MERCURY San Diego Track & Field 17th Annual Invitational Meet

Mercury San Diego wants to personally invite you to come out and enjoy our 17th Annual Track & Field Meet. This will be a 2-day meet being held on Saturday, April 27th & Sunday, April 28th, 2019 @ Morse High School.

There will be a coach's meeting at 7:30 am @ the 50-yard line.

Take a few minutes to look over the enclosed information about the meet. All entries must be submitted online at: www.athletic.net. The deadline for all athlete's entries will be Friday, April 26th NLT 5:00am. Entry fees must be paid during packet pick-up. Clubs please pay by club check, money order, or cash. All others pay by cash or money orders only.

No Day of Meet Registration - - Changes are subject to \$3.00 late fee

If there are any questions, please do not hesitate to call [\(619\) 263-5171](tel:(619)263-5171).

SPECIAL NOTE:

**NO DOGS.NO PEANUTS OR SUNFLOWERS SEEDS ALLOWED
IN STADIUM.NO FOOD OR GATORADE ALLOWED ON THE INFIELD. WATER ONLY**

Only 3/16 (Needle spikes, no pyramid spikes) will be allowed on the track.

All canopies MUST BE SECURED and only on the top row.

NO EXCEPTION to the above. Any violators will be disqualified

MERCURY SAN DIEGO 16th ANNUAL DEVELOPMENTAL MEET

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| DATE | April 27th & 28th, 2019 | 8:00 AM Running & Field Events 1st call @ 7:30 |
| SANCTION | USATF San Diego Imperial | |
| ENTRY FEE | \$3.50 PER EVENT (This meet will be electronically timed) | |
| SITE | Morse High School 6905 Skyline Drive –San Diego, CA 92114 | |
| AGE DIVISION | 6U (2013-2014) 7 - 8 (2011-2012) 9-10 (2009 – 2010) 11-12 (2007 -2008) 13-14(2005 – 2006) 15-16 (2003 – 2004) | |
| EVENT LIMITATIONS | 6U thru 11 - 12 are limited to three events. 13 & above are limited to four events. | |
| ENTRY DEADLINES | www.athletic.net Open: Tuesday, April 12 th , 2019 Closed: Friday, April 26 th @ 5:00AM | |
| AWARDS | <u>Medals</u> for 1 ST - 3 rd place overall <u>Ribbons</u> for 4 th - 8 th place overall. Participation ribbons for all athletes | |
| FACILITY | 9 Lanes-All Weather Track-Rest Rooms- Parking & Concession-spike size: 3/16 (Needle spikes, no pyramid spikes) | |
| Sanction | This event is sanctioned by the USATF SDI | |
| RULES | CURRENT USATF RULES APPLY | |
| PROTEST | Must be made in writing to the meet director not later than 30 minutes after the results of an event has been announced. Proper rules must be cited. A \$50.00 cash deposit must accompany all protest. Deposit will be refunded if protest is up held, forfeited if protest is denied. | |
| PACKAGE PICK-UP | FROM 7:00am-7: 45am | |
| MEET DIRECTOR | Tracy E. Thompson | |
| DIRECTIONS | <u>From 805:</u> Exit Imperial Avenue, make a right (east) & Right on Woodman & Left on Skyline Drive. <u>From 805 North:</u> Exit Imperial Avenue, make a Left (east) & Right on Woodman & Left on Skyline Drive. Parking will be by the baseball field (lower lot). The upper lot will be for overflow, as well as other designated parking area, or on the street. Please do not park in the red zones violators will be towed. | |

Mercury San Diego Track & Field

SATURDAY, APRIL 27, 2019

Running Events Starting Time: 8:00 A.M. First Call: 7:30A.M.

| <u>Track Event</u> | <u>Type</u> | <u>Age Group & Order</u> |
|--------------------|-------------|---|
| 1500m Run | Final | 7-8 through 15-16 (May Be Combined) |
| 100m Hurdles | Final | 13-14 (G&B) |
| 80m Hurdles | Final | 11-12 (G&B) |
| 400m Dash | Semi-Final | All Division |
| 4 x 100m Relay | | Coaches & Parents Relay (Trophies will be award to 1st place) |
| 100m Run | Semi-Final | All Division |
| 800m Dash | Final | 7-8 through 15-16 |
| 200m Dash | Semi-Final | All Division |
| 4x 400m Relay | Final | All Division |

Field Events Starting Time: 8:00 A.M. First Call: 7:30A.M.

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| <u>Long Jump</u> | 6U (G, B), 7-8 (G, B), 9-10(G, B), 11-12(G, B) |
| <u>High Jump</u> | 13-14 (G&B), 11-12 (G&B), 9-10(G, B), 15-16 (G&B) |
| <u>Mini Javelin</u> | 13-14 (G&B) Aero-Javelin , 11-12 (G&B) Aero-Javelin , 9-10(G, B), 7-8 (G, B), 6U (G, B) |
| <u>Shot Put</u> | 9-10(G, B), 11-12 (G&B), 13-14 (G&B), 15-16 (G&B), 7-8 (G&B) |

SUNDAY, APRIL 28, 2019

Running Events Starting Time: 8:00 A.M. First Call: 7:30A.M.

| <u>Track Event</u> | <u>Type</u> | <u>Age Group & Order</u> |
|--------------------|-------------|---|
| 4x800m Run | Final | 11-12 (G&B), 13-14 (G&B) (May Be Combined) |
| 200m Hurdles | Final | 13-14 (B&G) |
| 100m Dash | Final | All Division |
| 3000m Run | Final | 11-12 (G&B), 13-14 (G&B), 15-16 (G&B) (May Be Combined) |
| 200m Dash | Final | All Division |
| 1500m Walk | Final | 7-8 (G&B), 9-10 (G&B), 11-12 (G&B) (May Be Combined) |
| 3000m Walk | Final | 13-14 (G&B), 15-16 (G&B) (May Be Combined) |
| 400m Dash | Final | All Division |
| 4x100m Relay | Final | All Division |

Field Events Starting Time: 8:00 A.M. First Call: 7:30A.M

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|-----------------------------|--|----------------------------|
| <u>Long Jump</u> | <u>Discus</u> | <u>Triple Jump</u> |
| 13-14 (G&B), 15-16 (G&B) | 11-12 (G&B), 13-14 (G&B), 15-16 (G&B) | 13-14 (G&B) 15-16 (G&B) |