



God's Speed Youth Track and Field Developmental Meet

- Date: April 22, 2023
- Time: 8:00 am (First Call for All Track and Field Events at 7:30 am)
- Location: El Cajon Valley High School 1035 E Madison Ave, El Cajon, CA 92021
- Registration: All Entries Must Be Entered In www.Athletic.net Starting March 10 and Will Close on Thursday April 20 at 11:59 pm.
- Concession: Full Concessions Will Be Available.
- Package Pick-Up: Located Near the Snack Bar
- Meet Directors: DeCola Mohammed and Jay Johnson
- Meet Manager: LaSalle Mitchell
- Contact Email: coach@godsspeedtrackclub.com or 619-549-0667
- Sanction: This event is sanctioned by USATF San Diego - Imperial
- Facility: 8 Lane All Weather Track 3/16-inch Needle Spikes Only.
Spikes Will Be Checked at Clerk of The Course.
- Warm up Area: A Warmup Area Will Be Assigned.
- Entry Fees: \$ 10.00 per athlete. Entry fees must be paid before the athlete competes. Clubs may pay by club check, money order or cash. Clubs may pay the day of the meet when they pick up their package. Cash only accepted for unattached athletes and must be paid prior to the start of the meet.
- First Aid: First Aid will be available and located in a designated area



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Age Divisions:

6 & Under	2017-2018
7- 8	2015-2016
9- 10	2013 - 2014
11 - 12	2011 - 2012
13 - 14	2009 - 2010
15 - 16	2007 - 2008
17 - 18	2005 - 2006

Event Limitations: 6 and Under, 7-8, 9-10,11-12 are limited to three events only. 13 - 14, 15 - 16 are limited to four events.

Awards: Medals to Top 3 in Each Event - Ribbons Awarded to 4th-8th Places.

Check-in: Report to the Clerk of the Course 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, and stay in the area.

Field Events: Report directly to that event when the event is called. Two calls will be given for each event. Athletes competing in a called running event must check with the official in charge before leaving to report to the Clerk of the Course. Athletes must report back to their field event within 5 minutes of completion of their running event. All athletes will be given **FOUR ATTEMPS**. No other attempts will be allowed. All measurements are in metric. Each athlete will need to bring their own implement.



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NO WRITE IN ATHLETES WILL BE PERMITTED IN ANY EVENTS

Meet Results: Meet results will be provided online at www.athletic.net

Additional Information:

This meet will have automatic timing. **No pets, peanuts or sunflower seeds allowed in the Stadium.** No food or sugary drinks are allowed on the infield (including Gatorade). Water only. **Canopies** are reserved **for Teams Only** no personal use. Canopies must be secured on the top seating rows only.



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Schedule of Events

First Call: 7:30 am - Events Start at 8:00 am

Running Events:

1500m Run	7-8 & Up
110m (39 in) Hurdles	15-16 Boys
100m (33 in) Hurdles	15-16G/13-14B
100m (30 in) Hurdles	13-14 Girls
80m Hurdles	11-12 Girls/Boys
100m Dash	All Divisions
400m Dash	7-8 & Up
800m Run	7-8 & Up
200m Dash	All Divisions
4 x 400m Relay	All Divisions

Field Events: Each athlete will need to bring their own implement.

Long Jump: 13/14, 11/12, 6&Under, 7-8, 9/10, 15/16, 17/18
(Two Pits will be used for Boys and Girls)

Mini/Aero Javelin 9-10B, 9-10G, 7-8B, 7-8G, 6 –UG, 6-UB, 11-12B, 11-12G

Shot Put 7-8B, 7-8G, 15-16B, 15-16G, 13-14B, 13-14G, 11-12B, 11-12G, 9-10B, 9-10G, 17-18B/G

Discus 13-14G, 13-14B, 11-12G, 11-12B, 15-16G, 15-16B, 17-18G, 17-18B