



## **M.L.K. Blasters Developmental Youth Track and Field Meet**

- Date: Saturday April 29<sup>th</sup> 2017
- Location: San Diego High School (Balboa Stadium)  
1405 Park Blvd San Diego, CA 92101
- Start Time: **8:00 am (8 and Under Field Events Only)**  
(First Call 7:30 am Report Directly to the Field Event Location)  
**8 and under Running Events Starting at 9:00 am.**
- Sanction: This Event is Sanctioned by USATF San Diego – Imperial
- Registration: All Entries Must Be Entered on [www.coacho.com](http://www.coacho.com) Starting **Monday April 17, 2017**. Registration will close **Friday April 28 2017 at 5:00 am**. Registration Questions can be emailed to [mlkblastersyouthtrackclub@gmail.com](mailto:mlkblastersyouthtrackclub@gmail.com)  
**NO ENTRIES ON THE DAY OF MEET**

Entry Fee: \$ 8.00 per athlete. Team Entries are to be Paid in Cash or Club Check when picking up your packet. Unattached Entries to be Paid in Cash or Money Order (NO PERSONAL CHECKS WILL BE ACCEPTED).

Packet Pick-Up: Located on the Upper Level Near the Press Box

Meet Director: Jay Johnson

Asst. Meet Director: LaSalle Mitchell

Facility: The track is a Nine Lane All Weather Surface. Two shot put rings and one discus ring and two long jump pits. Needle spikes of 3/16 are the maximum allowed. All spikes will be checked for the appropriate spikes. Canopies are restricted to the top rows and must be secured.

Warm Up Area: Reserved for Athletes Only.

Concessions: Full Concessions Will Be Available

First Aid: First Aid will be Available and located in a designated area

Awards: Medals Awarded for 1<sup>st</sup> - 3<sup>rd</sup> Over All in Each Event. Ribbons Awarded for 4<sup>th</sup>- 8<sup>th</sup> Place.

Age Divisions: 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 and Under, 9 – 10, 11 – 12 are limited to 3 Events Only.  
13 – 14, 15 – 16 are Limited to 4 Events.

Implements: Please bring your own marked implements

**NO PEANUTS OR SUNFLOWERS SEEDS ALLOWED IN STADIUM. NO FOOD OR GATORADE ALLOWED ON THE INFIELD. WATER ONLY. NO PETS ARE ALLOWED IN THE STADIUM. NO SMOKING IS ALLOWED IN THE STADIUM**

Coaches Meeting 9:00 a.m. – On the Infield

**We will be using Automatic Timing**

**Schedule of Events Starting at 9:00 am**

- |          |             |
|----------|-------------|
| 1. 1500m | 8 and Under |
| 2. 100m  | 8 and Under |
| 3. 400m  | 8 and Under |
| 4. 800m  | 8 and Under |
| 5. 200m  | 8 and Under |

**Field Events First Call: 8 and Under 7:30 am Start: 8:00am**

**Long Jump (2 Pits) - Shot Put G/B – Mini Javelin G/B**

**Schedule of Events Starting at 11:00 am**

- |                                          |                                                            |
|------------------------------------------|------------------------------------------------------------|
| 1. 1500m                                 | 9-10 thru 17-18                                            |
| 2. 100m                                  | 9-10 thru 17-18                                            |
| 3. 400m                                  | 9-10 thru 17-18                                            |
| 4. Sprint Medley Relay (100-100-200-400) | 9-10 thru 17-18<br>(Free Event) Mixed Teams 2 girls/2 boys |
| 5. 800m                                  | 9-10 thru 17-18                                            |
| 6. 200m                                  | 9-10 thru 17-18                                            |

**Field Events First Call: 9-10 thru 17-18 9:30 am Start: 10:00 am**

**Long Jump: (2 Pits) 17-18 G/B, 15-16 G/B, 13-14 G/B, 9-10 G/B**

**Shot Put: 17-18 G/B, 15-16 G/B, 9-10 G/B, 13-14 G/B**

**Aero Javelin: 11-12 G/B 450g; Mini Javelin: 9-10 G/B 300g**

**Running Events:** 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 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.

**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** for Jumps and Throws. All measurements are in metric.

