

MERCURY SAN DIEGO TRACK & FIELD CLUB



FINISH STRONG

MERCURY San Diego Track & Field 21st Annual Meet

Mercury San Diego wants to personally invite you to come out and enjoy our 21st Annual Track & Field Meet. The meet will be May 3rd, 2025, at 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 **Wednesday April 30th @ 8pm**. Entry fees must be paid during packet pick-up. Clubs please pay by club check or cash. All unattached pay by cash only.

No Day of Meet Registration

If there are any questions, please do not hesitate to call **(619) 843-7295**.

SPECIAL NOTE:

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

NO PARENTS OR COACHES ALLOWED ON THE INFIELD

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

**All canopies MUST BE SECURED and only in the top rows.
Absolutely no stacking canopies in front of others.**

Unattached athletes must have wristband to compete. Wristbands will be provided in packet.

NO EXCEPTION to the above. Any violators will be disqualified

MERCURY SAN DIEGO 21st ANNUAL DEVELOPMENTAL MEET		
<i>DATE</i>	May 3, 2025	8:00 AM Running & Field Events 1 st call @ 7:30
<i>SANCTION</i>	USATF San Diego Imperial	
<i>ENTRY FEE</i>	\$10.00 (This meet will be electronically timed)	
<i>SITE</i>	Morse High School 6901 Skyline Drive SD CA 92114	
<i>AGE DIVISION</i>	6U (2019+) 7 - 8 (2017-2018) 9-10 (2015– 2016) 11-12 (2013-2014) 13-14 (2011– 2012) 15-16 (2009 – 2010) 17-18 (2007-2008)	
<i>EVENT LIMITATIONS</i>	6U thru 11 - 12 are limited to three events. 13 & above are limited to four events.	
<i>ENTRY DEADLINES</i>	www.athletic.net Open: Thursday, April 17th , 2025 Closed: Wednesday April 30 th @ 8PM	
<i>AWARDS</i>	Medals for 1 ST - 3 rd place overall Ribbons for 4 th - 8 th place overall. Participation ribbons for all athletes	
<i>FACILITY</i>	9 Lanes-All Weather Track-Rest Rooms-Warm-up area, 2 long jump pits and parking Spike size: 3/16 Needle spikes (No pyramid)	
<i>RULES</i>	CURRENT USATF RULES APPLY	
<i>PROTEST</i>	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 \$75.00 cash deposit must accompany all protest. Deposit will be refunded if protest is up held, forfeited if protest is denied.	
<i>PACKAGE PICK-UP</i>	FROM 7:00am-9:00am (Concession Stands)	
<i>MEET DIRECTOR</i>	Tracy E. Thompson	
<i>DIRECTIONS</i>	<u>Morse High School</u> <u>6901 Skyline Drive</u> <u>SD, CA 92114</u> There is plenty of parking in the lot next to the baseball field and in the main parking lot. No entry on Brandywood Street will be allowed. Please do not park in the red zones, double park, block another car or create your own parking. Violators will be towed.	
<i>CONCESSIONS</i>	There will be a full concession accepting <u>CASH & ZELLE</u>	
<i>FIELD EVENTS</i>	All field events will have 3 attempts and no finals. Measurements will be in metric.	



Mercury San Diego Track & Field

SATURDAY, May 3, 2025

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 Race Walk	Final	7-8 through 11-12 (May Be Combined)
3000m Race Walk	Final	13-14 through 17-18 (May Be Combined)
110mH Hurdles (39")	Final	15-16 (B), 17-18 (B)
100m Hurdles (36")	Final	15-16 (G) & 13-14 (B)
100m Hurdles (30")	Final	13-14 (G)
80m Hurdles	Final	11-12 (G&B)
4 X 100m Relay	Final	All Division
400m Dash	Final	All Division
1500m Run	Final	7-8 through 17-18 (May Be Combined)
200m Dash	Final	All Division
800m Run	Final	All Division
100m Run	Final	All Division

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

Athletes will need to bring their own implement.

<u>High Jump</u>	<u>Long Jump</u>	<u>Mini Javelin</u>	<u>Shot Put</u>
9-10(G&B)	6U (G&B)	13-14 (G&B) Aero-Javelin	17-18 (G&B)
11-12(G&B)	7-8 (G&B)	11-12 (G&B) Aero-Javelin	15-16 (G&B)
13-14(G&B)	9-10(G&B)	9-10 (G, B)	13-14 (G&B)
15-16(G&B)	11-12(G&B)	7-8 (G&B)	6U (G&B)
	13-14(G&B)	6U (G&B)	7-8(G&B)
	15-16 (G&B)		9-10(G&B)
	17-18 (G&B)		11-12 (G&B)