

# MERCURY SAN DIEGO TRACK & FIELD CLUB



## MERCURY San Diego Track & Field 4th Annual Invitational Meet

Mercury San Diego wants to personally invite you to come out and enjoy our 4th Annual Track & Field Meet. The meet will be held on Saturday, May 5<sup>th</sup>, 2007@ San Ysidro High School. **There will be a coach's meeting at 7:15 am @ the 50 yard line.** We would like to ask each team to give us a hand with 3 volunteers (timers, discus, etc....) Concession will be provided.

Please take a few minutes to look over the enclosed information about the meet. The deadline for all athletes entries will be Wednesday, May 2nd NLT 10:00pm. Once you receive your pre-meet information please review and submit the necessary changes Thursday, May 3rd NLT 12:00 am. There will be **No Day of Meet Sign Ups - - No Write Ins - - NO CHANGES!**

If there are any questions, please do not hesitate to **call (619) 263-5171 or fax us at (619) 527-5979.**

### **SPECIAL NOTE:**

**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.  
Spikes will be checked at the gate, and starting line.**

**All canopies MUST BE SECURED.**

**NO EXCEPTION to the above. Any violators will be disqualified**

**Email entries to: [Eford996400@aol.com](mailto:Eford996400@aol.com)**

**Hy-Tek Will Be Used**

MERCURY SAN DIEGO 4 <sup>th</sup> ANNUAL INVITATIONAL MEET	
<i>DATE</i>	<b>MAY 5<sup>TH</sup></b> <b>8:00 AM Running Event. Race-Walk &amp; Field Events @ 7:30</b>
<i>SANCTION</i>	<b>SD IMPERIAL T/F USATF</b>
<i>ENTRY FEE</i>	<b>\$6.00 PER ATHLETE</b>
<i>SITE</i>	<b>San Ysidro High School 5353 Airway Road –San Diego, CA 92154</b>
<i>AGE DIVISION</i>	<b>SB-99 &amp; LATER/BANTAM 97 &amp; 98/MIDGET 95 &amp; 96/YOUTH 93 &amp; 94/INT 91 &amp; 92</b>
<i>EVENT LIMITATIONS</i>	<b>SB-MID 3 EVENTS/Y-IM 4 EVENTS</b>
<i>ENTRY DEADLINES</i>	<b>ALL ENTRIES MUST BE REC'D BY WEDNESDAY, MAY 2<sup>nd</sup></b>
<i>AWARDS</i>	<b>Medals for 1<sup>ST</sup> place overall in events Ribbons for 2<sup>nd</sup> thru 5<sup>th</sup> place, and participation</b>
<i>FACILITY</i>	<b>9 Lanes-All Weather Track-Rest Rooms- Parking &amp; Concession-spike size: 3/16 (Needle spikes, no pyramid spikes)</b>
<i>ELIGIBILITY</i>	<b>All athletes must be registered with USATF membership to compete</b>
<i>RULES</i>	<b>CURRENT USATF RULES APPLY</b>
<i>PROTEST</i>	<b>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.</b>
<i>PACKAGE PICK-UP</i>	<b>FROM 7:00am-7: 45am</b>
<i>MEET DIRECTOR</i> Asst. MEET DIRECTOR	<i>Eddie Ford</i> <i>James Townsend</i>
<i>DIRECTIONS</i>	<b><u>From 805:</u> To 905 (East). Make a quick RT on Old Otay Mesa Road, or a RT on Caliente Avenue (@ Light). The track is on the RT. <u>From 5:</u> To 905 (East). Make a quick RT on Old Otay Mesa Road, or a RT on Caliente Avenue (@ Light). The track is on the RT.</b>  <b>Please park in the designated parking area, or on the street. Violators will be towed.</b>



**MERCURY SAN DIEGO ORDER OF EVENTS**  
**Race-walk & Field Events START TIME: 7:30 AM**  
**\*(MBC) MAY BE COMBINED**

<b>RUNNING</b>		
<b>1500 &amp; 3000 Race Walk</b>	<b>F</b>	<b>* BG thru MB (1500) &amp; YG &amp; YB (3000)</b>
<b>3000M R</b>	<b>F</b>	<b>MG, MB, YG, YB *(MBC)</b>
<b>100M</b>	<b>Preliminary</b>	<b>SBG THRU IB</b>
<b>1500M</b>	<b>F</b>	<b>BG THRU YB *(MBC)</b>
<b>400M</b>	<b>F</b>	<b>BG THRU IB</b>
<b>80M HUR</b>	<b>F</b>	<b>MG, MB</b>
<b>100M HUR</b>	<b>F</b>	<b>YG, YB</b>
<b>200M</b>	<b>F</b>	<b>SBG THRU IB</b>
<b>4X100</b>		<b>Parent Relay</b>
<b>800M</b>	<b>F</b>	<b>BG THRU YB</b>
<b>100M</b>	<b>FINALS</b>	<b>SBG THRU IB</b>
<b>4X100M</b>	<b>F</b>	<b>SBG THRU IB</b>
<b>FIELD EVENTS</b>		
<b>LJ</b>		<b>SBG THRU YB</b>
<b>MINI JAV</b>		<b>BG, BB, MG, MB</b>
<b>Shot Put</b>		<b>BG THRU IB</b>
<b>DISCUS</b>		<b>BG THRU IB</b>
<b>HJ</b>		<b>BG THRU IB</b>
<b>SUB-BANTAMS LIMITED TO THE FOLLOWING EVENTS</b>		
<b>100M</b>		
<b>200M</b>		
<b>4X100</b>		
<b>LJ</b>		

