

Flo-Jo International

15th Annual Invitational Track & Field Meet

- Date:** April 12, 2008
- Time:** 9:00 a.m. (except for triple jump 8:00 a.m., 3000m run and race walk 8:00 a.m.)
- Location:** Breithart Stadium, Hoover High School,
4474 El Cajon Blvd., San Diego, CA 92105
Directions: Exit I-805 El Cajon Blvd; East 1 ½ mile
Exit I-15 El Cajon Blvd; East ½ mile
- Concession:** A full concessions will be available with reasonable priced foods and goodies.
- Package Pick-up:** Breithart Stadium, Hoover High School
Saturday, Hoover High School 6:30 a.m.- 9:00a.m.
- Meet Director:** Elizabeth Tate 619-284-2443 flojo99@cox.net
- Meet Manager:** Marquette Brown 619-665-7012
- Sponsored by:** Florence Griffith Joyner Youth Foundation
- Sanction:** San Diego-Imperial USATF Association. All rules apply and will be enforced.
- Facility:** The track is a nine lane all weather surface, including the long and high jump approaches. Needle spikes of ¼ are the maximum allowed. Spikes will be on sale both days. One shot put and one discus ring. One long and one high jump pit. Canopies are restricted to top rows.
- Warm up Area:** The warm-up area is reserved for athletes only.
- Entry Fees:** \$8.00 per athlete not per event. Entry fees must be paid before the athlete competes.
Clubs please pay by club check, money order or cash.
Mail to: Flo-Jo International 3093 Central Avenue San Diego, CA 92105.
Clubs may pay the day of the meet.
- Entries:** All entries must be submitted online at. www.coacho.com
There will be no day-of meet registration or changes. Please review your entries very carefully before the entry deadline date April 9, 2008.
- Deadline:** **All entries are due April 9, 2008.**
- First Aid:** Medical staff will be available and located in a designated area.

Eligibility: All entrants must be currently registered with USATF and must compete in their respective age group, corresponding to their year of birth. All youth relay teams must be registered as a USATF club.

Age Divisions:

Sub-Bantam	2000 & Later
Bantam	1998 - 1999
Midget	1996 - 1997
Youth	1994 - 1995
Intermediate	1992 - 1993
Young Women/Men	1990 - 1991

Event Limitations:

Sub-Bantam (100, 200, Long Jump & 4x100 only)	3 events
Bantam & Midget	3 events
Youth and older	4 events

Individual Awards: Trophies 1st – 8th in 100m final
Medals 1st – 3rd over-all in all events
Ribbons to every athlete in each heat and every event

Team Awards: “*Most Spirited Team*” “*Traveled the Farthest*” “*Most Competitive Team*”

Entry Forms: Please go to www.coacho.com and register your athlete/s and team.

Check-in: **Running Events:** Report to the clerk when the event is called. Two calls will be given for each event; athletes who do not report for their lane assignment when the final call is made will be scratched.

Field Events: Report directly to that event when the event is called.

Protest: Please discuss the matter with the meet director.

Meet Results: Meet results will be provided free to all registered teams, and posted on our web site.

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SCHEDULE OF EVENTS

Coaches Meeting 8:30 a.m.

Field Events 8:00 a.m.

Triple Jump YG, YB, IG, IB, YW, YM

Track Events 8:00a.m.

3000m Run Final MG, MB, YG, YB, IG, IB, YW

1500m Race Walk Final BG, BB, MG, MB, SBG, SBB

3000m Race Walk Final YG, YB, IG, IB, YW, YM

Field Events 9:00 a.m.

High Jump MG, MB, YG, YB, BG, BB, IG, IB, YW, YM

Long Jump SBG, SBB, BG, BB, MG, MB, YG, YB, IG, IB, YM, YW

Mini Javelin MB, MG, BB, BG

Javelin YG, YB, IG, IB, YW, YM

Shot Put YB, YG, MB, MG, BB, BG, IB, IG, YM, YW

Discus MG, MB, YG, YB, IG, IB, YW, YM

Track Events 9:00 a.m.

4x100m Relay Final SB-YW/YM

1500m Run Final BG – IG/IB

100m Hurdles Final YB, YW, IG, YG

80m Hurdles Final MG, MB

100m Dash Semi SBG – YM

800m Run Final BG -YM

200m Dash Final SBG – YM

100m Dash Final SBG-YM

4 x 400m Relay Final BG – YM