

Date: March 15, 2008
Meet Director: Mark Mena (760) 414-1908
Meet Manager: John Hettinger

Location: Escondido High School
1535 North Broadway
Escondido, CA 92026

Directions: From San Diego / Los Angeles Areas

I-15 south to El Norte Parkway off-ramp, turn left (east) onto El Norte
Go straight on El Norte until you reach the Broadway intersection
Turn left onto Broadway
Go straight on Broadway until you reach the Sheridan intersection
EHS is located immediately after the Sheridan intersection- Turn left onto the school

From San Diego Inland Areas

Take I-15 North to the Highway 78 junction
Go east on Highway 78 to Broadway
Turn left onto Broadway
Go straight on Broadway until you reach the Sheridan intersection- turn left onto the school

Facility: 8-lane all weather track

Spikes: *No spikes over 3/16th will be allowed on the track or the runways*

Limitation: Sub-Bantam, Bantam and Midgets are limited to **three** events. Youth and Intermediate are limited to four events

Entry Fees: \$6.00 per athlete (not per event). Entry fees are to be paid in cash or club checks please make checks payable to **SCRR**. **“No personal checks”** we will be using Hy-tek

Deadline: All entries are due March 10, 2008, please email your TFmm Bkup file to socalroadrunners@cox.net

Age Divisions:	Sub-Bantam	2000 & Later
	Bantam	1998 - 1999
	Midget	1996 - 1997
	Youth	1994 - 1995
	Intermediate	1992 - 1993
	Young Women/Men	1990 - 1989

Awards: Ribbons first through eighth place.

Concession: A snack bar will be available.

**Coaches PLEASE tell your parents and athletes
“NO SUNFLOWER SEEDS”**

Schedule of Events

Coaches Meeting 8:30AM

Running event will start at 9:00AM

All field events will start at 9:00 AM

Competitors must check in at the clerk table before any event, but only when their event is called. Three calls will be given before a event starts, please make sure that your athletes report by the second call

RUNNING EVENTS:

1. 1500m Run
2. 4x200m Relay
3. 800m Run
4. 800mm Relay (100-100-200-400)
5. 100m Dash
6. 400m Dash
7. 4x100m Relay
8. 4x800m Relay
9. 200m Run
10. 4x400 Relay

DIVISIONS:

Sub-Bantam – Intermediate
Sub-Bantam – Intermediate
Sub-Bantam – Intermediate
Bantam – Intermediate
Sub-Bantams Only
Bantam – Intermediate
Sub-Bantam-Intermediate
Bantam – Intermediate
Sub-Bantams Only
Bantam -- Intermediate

(1500m and 800m Sub-Bantams will run with the Bantams, awards to each division)

Field Events start at 8:30

Competitors must check in at the field event site.

High Jump	MG, MB, YG, YB, BG, BB, IG, IB, YW, YM
Long Jump	SBG, SBB, BG, BB, MG, MB, YG, YB, IG, IB
Mini Javelin	BG, BB, MG, MB
Shot Put	YG, YB, MG, MB, BG, BB, IG, IB, YW, YM