



International Friendship Games  
Track & Field Meet  
Saturday May 9, 2009

Start time: 9:00am  
Location: Mater Dei High School  
1615 Mater Dei Dr  
Chula Vista, CA

Directions:  
From the North  
Take I-805 South  
Exit Olympic Parkway Turn Left (east)  
Turn right on La Media (south)  
Turn Left (east) on Birch Road  
Turn Left (north) on Mater Dei Drive

From the South  
Take I-805 North  
Exit Olympic Parkway Turn Right (east)  
Turn Right on La Media (south)  
Turn Left (east) on Birch Road  
Turn Left (north) on Mater Dei Drive

**Facility:** 8-lane all weather track

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

**Limitation:** Sub-Bantam, Bantam and Midgets are limited to **3** events Maximum.  
Youth and Intermediate are limited to **4** events Maximum

**Entry Fees:** \$7.00 per athlete. \$10.00 per athlete for late entries.

**Deadline:** All entries are due April 28, 2009 by midnight

<b>Age Divisions:</b>	Sub-Bantam	2001 & Later
	Bantam	1999 - 2000
	Midget	1997 - 1998
	Youth	1995 - 1996
	Intermediate	1993 - 1994
	Young Women/Men	1991 - 1992

**Awards:** Ribbons first through eighth place.



## International Friendship Games

Track & Field

Schedule of Events

### Running Events

#### Event

3000m Run  
4x100m Relay  
400m Dash  
1500m  
100m Dash  
800m Run  
80M Hurdles  
100m Hurdles  
110 Hurdles  
200m Dash  
1500m racewalk  
3000m racewalk  
4x400m Relay

#### Divisions

Midget – Young  
Sub-Bantam - Young  
Sub-Bantam – Young  
Bantam - Young  
Sub-Bantam – Young  
Bantam – Young  
Midget Only  
YB, YG, IG, YW  
IB, YM  
Sub-Bantam – Young  
Bantam-Midget  
Youth-Young  
Bantam - Young

### Field Events

Long Jump  
Turbo Javelin  
Shot Put  
Discus  
High Jump

Sub-Bantam – Young  
Bantam – Midget  
Bantam – Young  
Midget - Young  
Bantam – Young