

Date: **March 21, 2009**

Meet Director: Michael A. Landry

Location: Poway High School
15500 Espola Road
Poway, CA 92064

Directions: 5 North to 67 freeway exist Poway road (left), Espola Road (right) .

Facility: The track is an eight lane all weather.

Limitation: Sub-Bantam, Bantam and Midgets – maximum of three events.
Youth and Intermediate – maximum of four events.

**SUB-BANTAMS IN THE LONG JUMP AND MINI-
JAVELIN: 2 THROWS OR JUMPS. ALL OTHER
DIVISIONS: 3 WITH NO FINAL.**

Entry Fee: \$6.00 per athlete (not per event).

Age Divisions:	Sub-Bantam	2001 & Later
	Bantam	2000 – 1999
	Midget	1998 – 1997
	Youth	1996 – 1995
	Intermediates	1994 – 1993

Awards: Ribbons - first thru eight place

Concession: A snack bar will be available.

SDGS-YTC 5th Annual Track Meet

Running Events

Packet pick-up at 9:00am
Coaches meeting 9:30am
First call 9:45am-**1500 meter race walk**
10:00am running events start

400 meter
1500 meter race walk
200 meter hurdles
100 meter run
1500 meter run
110 meter hurdles
100 hurdles
80 meter hurdles
200 meter run
4x100 meter relay

bantam-up
bantam -up
youth-up
sub only
bantam-up
intermediate
youth
midget only
sub-up
sub-up

Field Events

First call at 9:35am
9:45am mini-javelin & long jump

First call 10:00am
10:15am high jump & shot put

Shot Put

bantam
midget
intermediate
youth

High Jump

youth
intermediate
bantam
midget

Javelin

midget
sub-bantam
youth
bantam

Long Jump

sub-bantam
bantam
midget
youth
intermediate

Discus

intermediate
youth
midget

***Discus will start after the completion of the youth and intermediate javelin.**