

MERCURY SAN DIEGO TRACK & FIELD CLUB



MERCURY San Diego Track & Field 7th Annual Invitational Meet

Mercury San Diego wants to personally invite you to come out and enjoy our 7th Annual Track & Field Meet. This will be a 2-day meet being held on Saturday, May 1 & Sunday, May 2, 2010@ Lincoln High School. **There will be a coach's meeting at 7:30 am @ the 50 yard line.**

Take a few minutes to look over the enclosed information about the meet. The deadline for all athletes entries will be Wednesday, April 28th NLT 10:00pm. Once you receive your pre-meet information please review and submit the necessary changes Thursday, April 29th NLT 11:00 pm. 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.**

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.

All canopies MUST BE SECURED.

NO EXCEPTION to the above. Any violators will be disqualified

Email entries to: EFord996400@aol.com

Hy-Tek Will Be Used

MERCURY SAN DIEGO 7th ANNUAL DEVELOPMENTAL MEET

<i>DATE</i>	MAY 1ST & 2ND	8:00 AM Running Field Events @ 7:30
<i>SANCTION</i>	SD IMPERIAL T/F USATF	
<i>ENTRY FEE</i>	\$3.00 PER EVENT	
<i>SITE</i>	Lincoln High School 4777 Imperial Avenue –San Diego, CA 92113	
<i>AGE DIVISION</i>	SB-02 & LATER/BANTAM 00 & 01/MIDGET 98 & 99/YOUTH 96 & 97/INT 94 & 95/YOUNG 92&93	
<i>EVENT LIMITATIONS</i>	SB-MID 3 EVENTS/Y-YM 4 EVENTS Sub-Bantams are limited to 100m, 200m, LJ, 4x100,4x400	
<i>ENTRY DEADLINES</i>	ALL ENTRIES MUST BE REC'D BY WEDNESDAY, APRIL 28th	
<i>AWARDS</i>	<u>Medals</u> for 1ST place overall in events <u>Ribbons</u> for 2nd thru 5th place, and participation	
<i>FACILITY</i>	9 Lanes-All Weather Track-Rest Rooms- Parking & Concession-spike size: 3/16 (Needle spikes, no pyramid spikes)	
<i>ELIGIBILITY</i>	All athletes must be registered with USATF membership to compete	
<i>RULES</i>	CURRENT USATF RULES APPLY 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.	
<i>PROTEST</i>	FROM 7:00am-7: 45am Eddie Ford James Townsend	
<i>PACKAGE PICK-UP MEET DIRECTOR Asst. MEET DIRECTOR</i>	From 805: Exit Imperial Avenue. Go East on Imperial. Make right on Willie James Jones Avenue. Make right on Franklin Avenue. From 5 North: Take 805 South. Exit Imperial Avenue. Go East on Imperial. Make right on Willie James Jones Avenue. Make right on Franklin Avenue.	
<i>DIRECTIONS</i>	Please park in the structure, other designated parking area, or on the street. Violators will be towed.	

Mercury San Diego Track & Field

SATURDAY, MAY 1, 2010

Running Events Starting Time: 8:00 A.M. First Call: 7:30A.M.

<u>Track Event</u>	<u>Type</u>	<u>Age Group & Order</u>
3000m Run	Final	MG,MB,YG,YB,IG,IB,YW,YM
200m Dash	Semi-Final	SBG,SBB,BG,BB,MG,MB,YG,YB,IG, IB,YW,YM
800m Run	Final	BG,BB,MG,MB,YG,YB,IG, IB, YW,YM
100m Dash	Semi-Final	SBG,SBB,BG,BB,MG,MB,YG,YB,IG, IB,YW,YM
400m Dash	Semi-Final	BG,BB,MG,MB,YG,YB,IG, IB,YW,YM
100m Hurdles	Final	YG,YB,IG, IB, YW,YM
80m Hurdles	Final	MG,MB
4x 400m Relay	Final	SBG,SBB,BG,BB,MG,MB,YG,YB,IG, IB,YW,YM

Field Events Starting Time: 8:00 A.M. First Call: 7:30A.M.

Long Jump
IG,IB,YW,YM
BG, BB,YG, YB

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

Mini Javelin
MG,MB,BB,BG

High Jump
BG,BB,MB,MG
YG, YB

SUNDAY, MAY 2, 2010

Running Events Starting Time: 8:00 A.M. First Call: 7:30A.M.

<u>Track Event</u>	<u>Type</u>	<u>Age Group & Order</u>
4x800m Run	Final	BG,BB,MG,MB,YG,YB,IG, IB, YW,YM
3000m Walk	Final	IG,IB,YG,YB,YW,YM
1500m Walk	Final	BG,BB,MG,MB
200m Dash	Final	SBG,SBB,BG,BB,MG,MB,YG,YB,IG, IB,YW,YM
1500m Run	Final	BG,BB,MG,MB,YG,YB,IG, IB, YW,YM
100m Dash	Final	SBG,SBB,BG,BB,MG,MB,YG,YB,IG, IB,YW,YM
400m Dash	Final	BG,BB,MG,MB,YG,YB,IG, IB, YW,YM
200m Hurdles	Final	YG,YB
4x100m Dash	Final	SBG,SBB,BG,BB,MG,MB,YG,YB,IG, IB, YW,YM

Field Events Starting Time: 8:00 A.M. First Call: 7:30A.M

Long Jump
SBG, SBB
MG, MB

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

High Jump
YB,IG,IB,YW,YM