

MILLENNIUM EXPRESS 8TH ANNUAL DEVELOPMENTAL TRACK & FIELD MEET

DATE: Saturday, April 17, 2010

Site: Mira Mesa High School
10510 Regan Rd
San Diego, CA. 92121

Time: 7:00a.m. Track & Field Events

Eligibility: Competition is open to all athletes with a 2010 USA Track & Field Membership. All others must run as unattached athletes.

Age

Divisions: Sub-Bantam 2002 - Present Bantam 2000 - 2001
Midget 1998 - 1999 Youth 1996 - 1997
Intermediate 1994 - 1995

Events: 1500M, 400M, 4x100R, 100M (sub-bantam only), 800M, 200M, 4x100R (Co-Ed)(if time permits), Long Jump, Shot Put, Mini Javelin High Jump. (Sub - Midget: 3 events, Youth - Int: 4 events)

Email

Entries: mxtc2001@aol.com

Awards: Custom medals for 1st - 3rd, Participant ribbons for all others

Protests: Protests must be given to meet director, in writing, indicating rule number along with a \$50 deposit no later than 30mins after event results

Reminders: No sun flower seeds, water only on the field, no food on the field, canopies top portion of the stadium. 3/16 spikes only (spikes will be checked)

Millennium



Track Club

1st Call: 6:45a.m.

Start: 7:00a.m.

Order of Events

Events	Round	Divisions
1500M	Timed Final	Bantam - Intermediate
4x100MR	Timed final	Sub-Bantam - Intermediate
400m	Timed Final	Bantam - Intermediate
100m	Timed Final	Sub Bantam only
800m	Timed Final	Bantam
200m	Timed Final	Sub Bantam - Intermediate
4x100m (Co-Ed)	Timed Final	Sub-Bantam - Intermediate Relay order: Boy Girl Boy Girl We will only run this relay if time permits

Field Events

Long Jump	Final	Sub-Bantam - Intermediate
Mini-Javelin	Final	Bantam - Midget
High Jump	Final	Intermediate, Youth, Midget and Bantam
Shot Put	Final	Intermediate, Youth, Midget and Bantam

Events will be run simultaneously on a continuous basis.