



# USA ROCKETS 4<sup>th</sup> ANNUAL Developmental Meet

*Helix Charter High School  
7323 University  
La mesa, CA 91941*

- Date: May 22, 2010
- Meet Director: Sallie Henry
- Location: Helix Charter High School  
7323 University Ave.  
La Mesa, Ca. 91941
- Directions: From 805 merge on to 94 east exit Massachusetts Ave. turn right go to University Ave. turn right go to Lowell turn right, parking lot is on right. (please see map quest)
- 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 : 2 JUMPS. ALL OTHER DIVISIONS: 4 JUMPS 4 THROWS WITH NO FINAL.**
- Entry Fee:  
\$9.00 per athlete (automatic timing). Entry fees are to be paid in cash or by club check at the time of packet pickup. Please make checks payable to USA Rockets  
*No 'personal checks'.*

ENTRIES MUST BE DONE ONLINE AT [www.coacho.com](http://www.coacho.com)

Deadline: ***ALL ENTRIES ARE DUE MIDNIGHT MAY 19th, 2010***

Age Divisions:	Sub-Bantam	2002 & Later
	Bantam	2000 – 2001
	Midget	1998 – 1999
	Youth	1996 – 1997
	Intermediates	1994 – 1995

Awards: Ribbons - first thru eight place

Concession: A snack bar will be available.

## Usa Rockets 4<sup>th</sup> Annual Developmental Meet

Salvadore Araujo – Head Coach

### Running Events

Packet pick-up at 8:00am-8:20am

Coaches meeting 8:20am

First call 8:45am-**1500 meter and 3000 meter race walk**

9:00am running events start

1500 meter run

3000 meter race walk

1500 meter race walk

100 meter run

4x100meter relay

200 meter run

800 meter run

100 hurdles

110 hurdles

80 meter hurdles

4x400 relay

Sub-up

Youth-up

Bantam -up

Sub-up

Sub-up

Sub-up

Bantam-up

YG,YB,IG only

IB only

Midgets only

Bantam-up

### Field Events

First call at 8:45am

Field events begin at 9:00am

#### **Shot Put**

bantam

midget

intermediate

youth

#### **High Jump**

youth

intermediate

bantam

midget

#### **Javelin**

midget

bantam

youth

intermediate

#### **Long Jump**

sub-bantam

bantam

midget

youth

intermediate

#### **Discus**

intermediate

youth

midget