

Date: March 28, 2009

Meet Director: Mike Mena (760) 294-7982

Meet Manager: John Hettinger

Location: Escondido High School
1535 North Broadway
Escondido, CA 92026

Directions: From San Diego / Los Angeles Areas

I-15 south to El Norte Parkway off-ramp, turn left (east) onto El Norte
Go straight on El Norte until you reach the Broadway intersection
Turn left onto Broadway
Go straight on Broadway until you reach the Sheridan intersection
EHS is located immediately after the Sheridan intersection- Turn left onto the school

From San Diego Inland Areas

Take I-15 North to the Highway 78 junction
Go east on Highway 78 to Broadway
Turn left onto Broadway
Go straight on Broadway until you reach the Sheridan intersection- turn left onto the school

Facility: 9-lane all weather track

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

Limitation: Sub-Bantam, Bantam and Midgets are limited to **three** events. Youth and Intermediate are limited to four events

Entry Fees: \$6.00 per athlete (not per event). Entry fees are to be paid in cash or club checks please make checks payable to **SCRR**. **"No personal checks"** we will be using Hy-tek

Deadline: All entries are due March 25, 2009, please email your TFmm Bkup file to socalroadrunners@cox.net

Age Divisions:	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.

Concession: A snack bar will be available.

Coaches **PLEASE** tell your parents and athletes

“NO SUNFLOWER SEEDS”

Schedule of Events

Coaches Meeting 8:30AM

1st running event will start at 8:00AM

All field events will start at 8:00AM

Competitors must check in at the clerk table before any event, but only when their event is called. Three calls will be given before an event starts, please make sure that your athletes report by the second call

RUNNING EVENTS:

1. 1500m Run
2. 80 meter Hurdles
3. 100 meter Hurdles
4. 4x100m Relay
5. 800m Run
6. 100 meter
7. 400m Dash
8. 1500m Race Walk
9. 4x400m Relay

DIVISIONS:

Sub-Bantam – Intermediate
MG, MB
YG, YB
Sub-Bantam – Intermediate
Bantam – Intermediate
Sub- Bantam – Intermediate
Bantam – Intermediate
BG, BB, MG, MB
Bantam – Intermediate

(Sub-Bantams will run 1500m with the Bantams, awards to each division)

Field Events start at 8:00AM

Competitors must check in at the field event site.

High Jump	MG, MB, YG, YB, BG, BB, IG, IB, YW, YM
Long Jump	SBG, SBB, BG, BB, MG, MB, YG, YB, IG, IB
Mini Javelin	BG, BB, MG, MB
Shot Put	YG, YB, MG, MB, BG, BB, IG, IB, YW, YM