



1st ANNUAL SAN DIEGO CHEETAHS TRACK & FIELD MEET

- SPONSORED BY:** SAN DIEGO CHEETAHS
- DATE:** MAY 8TH & 9TH 2010 (**WE WILL FINISH EARLY ON SUNDAY IN LIGHT OF MOTHERS DAY, WE WILL GET DONE AROUND 1:00PM**)
- TIME:** ALL EVENTS BOTH DAYS WILL START AT 8:00, FIRST CALL WILL BE AT 7:45 A.M.
- WHERE:** WEST HILLS HIGH SCHOOL
8756 MAST BOULEVARD
SANTEE, CA. 92071
- COACHES MEETING:** 7:30 ON INFIELD
- MEET DIRECTORS:** SHARON POWELL/MIKE KIRWAN
CHEETAHS HEAD COACH: MARCUS SIMS 858-869-3194 marccvt@hotmail.com CALL IF QUESTIONS
- PACKAGE PICKUP:** PACKETS WILL BE AVAILABLE AT 7:00 A.M. BOTH DAYS.
- CONCESSIONS:** FULL SNACK BAR WITH A VARIETY OF FOODS AT AFFORDABLE PRICES
- SANCTIONED:** SAN DIEGO-IMPERIAL USATF ASSOCIATION. ALL RULES APPLY WITH REGARDS TO THE AFOREMENTIONED ABOVE. ALL PARTICIPANTS MUST BE CURRENTLY REGISTERED WITH USATF.
- FACILITY:** THE TRACK IS A BRAND NEW NINE LANE ALL-WEATHER TRACK SURFACE. THERE ARE 2 LONG JUMP PITS. 1 SHOT PUT RING, 1 DISCUS RING, AND HIGH JUMP. ONLY 3/16" NEEDLE SPIKES WILL BE ALLOWED.
CANOPIES ARE RESTRICTED TO THE TOP ROWS OF BLEACHERS
TIMING WILL BE FULLY AUTOMATIC
- ENTRY FEES:** \$3.00 PER EVENT. ENTRY FEES MUST BE PAID AT THE TIME OF PACKET PICKUP. ONLY CLUB CHECKS, MONEY ORDERS OR CASH WILL BE ACCEPTED. ENTRIES MUST BE DONE ONLINE AT www.coacho.com.
- DEADLINE:** ALL ENTRIES ARE DUE MIDNIGHT MAY 5TH, 2010
- SUB-BANTAMS:** SUB-BANTAMS ARE LIMITED TO THE FOLLOWING EVENTS: 100, 200, **400-(7 & 8 YEAR OLDS ONLY)**, LONG JUMP, JAVELIN, SHOT PUT.
- DIVISIONAL LIMITS:** SUB-BANTAMS - MIDGETS ARE LIMITED TO 3 EVENTS, YOUTH & INTERMEDIATES, 4 EVENTS.
- IMPLEMENTS:** PLEASE BRING YOUR OWN THROWING IMPLEMENTS.

AGE DIVISIONS:

SUB-BANTAMS	2002 & LATER
BANTAMS	2000-2001
MIDGETS	1998-1999
YOUTH	1996-1997
INTERMEDIATE	1994-1995

WARM UP AREA: THE WARMUP AREA IS DIRECTLY BEHIND THE SOUTH BLEACHERS

AWARDS: MEDALS FOR 1ST - 3RD OVERALL IN ALL EVENTS, RIBBONS FOR 4TH – 8TH OVERALL AND PARTICIPATORY RIBBONS FOR ATHLETES IN THE SUB BANTAM AND BANTAM DIVISION

MEET RESULTS: MEET RESULTS WILL BE POSTED AT:
WWW.SANDIEGOCHEETAHSYOUTHTRACK.COM
AND WWW.SDUSATF.ORG

FIRST AID: WILL BE AVAILABLE ON THE INFIELD

MISCELLENEIOUS: GARBAGE BAGS WILL BE POSITIONED IN THE STANDS, WE ASK THAT EVERYONE TAKES CARE OF THE TRASH IN THEIR AREA.
ABSOLUTELY NO SEEDS OR NUTS OF ANY KIND ARE ALLOWED
(PISTACHIOS,SUNFLOWER ETC.)
3 CALLS WILL BE GIVEN, PLEASE HAVE YOUR ATHLETES REPORT AT THE SECOND CALL.

DIRECTIONS:

FROM THE NORTH COASTAL AREA- GO SOUTH ON INTERSTATE 5 UNTIL YOU REACH THE INTERSTATE 805 SOUTH FREEWAY. CONTINUE SOUTH ON THE 805 UNTIL YOU REACH THE INTERSTATE 52 FREEWAY. TAKE INTERSTATE 52 EAST TO THE MAST BOULEVARD EXIT AND MAKE A LEFT ONTO MAST BOULEVARD. PROCEED EAST APPROX. ¼ MILE AND YOU WILL SEE THE SCHOOL ON THE RIGHT. THERE ARE MANY PARKING LOTS.

FROM THE NORTH INLAND AREA- GO SOUTH ON INTERSTATE 15 UNTIL YOU REACH THE INTERSTATE 8 FREEWAY. TAKE INTERSTATE 8 EAST TO INTERSTATE 125 SOUTH. PROCEED ON INTERSTATE 125 SOUTH TO INTERSTATE 52 WEST AND EXIT MAST BOULEVARD. TURN RIGHT ONTO MAST BOULEVARD AND PROCEED EAST APPROX. ¼ MILE. YOU WILL SEE THE SCHOOL ON THE RIGHT. THERE ARE MANY PARKING LOTS.

FROM THE SOUTH –GO NORTH ON INTERSTATE 5 UNTIL YOU REACH THE INTERSTATE 8 FREEWAY. TAKE INTERSTATE 8 EAST TO INTERSTATE 125 NORTH. PROCEED ON INTERSTATE 125 NORTH TO INTERSTATE 52 WEST, PROCEED TO INTERSTATE 52 WEST AND EXIT MAST BOULEVARD. TURN RIGHT ONTO MAST BOULEVARD AND PROCEED EAST APPROX. ¼ MILE. YOU WILL SEE THE SCHOOL ON THE RIGHT. THERE ARE MANY PARKING LOTS.

FROM THE WEST- TAKE INTERSTATE 8 EAST TO INTERSTATE 125 NORTH. PROCEED ON INTERSTATE 125 NORTH TO INTERSTATE 52 WEST, PROCEED TO INTERSTATE 52 WEST AND EXIT MAST BOULEVARD. TURN RIGHT ONTO MAST BOULEVARD AND PROCEED EAST APPROX. ¼ MILE. YOU WILL SEE THE SCHOOL ON THE RIGHT. THERE ARE MANY PARKING LOTS.

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ORDER OF EVENTS RUNNING EVENTS:

SATURDAY May 8th, 2010. FIRST CALL 7:45A.M., STARTING TIME 8:00 A.M.

1500 M RACE WALK	FINAL	BG, BB, MG, MB
3000 M RACE WALK	FINAL	YG, YB, IG, IB, YW, YM
4 X 800 RELAY	FINAL	MIDGET - YM
4 X 100 RELAY	FINAL	ALL DIVISIONS
100M	SEMI	ALL DIVISIONS
400M	SEMI	ALL DIV. (SUB BANTAMS: 7 & 8 YR OLD ONLY!!)
3000M RUN	FINAL	MG, MB, YG, YB, IG, IB, YW, YM
110M HURDLE	FINAL	IB, YM
100M HURDLE	FINAL	YG, YB, IG, YW
80M HURDLE	FINAL	MG, MB
100M	FINAL	ALL DIVISIONS
800M RUN	FINAL	BANTAM - YM

FIELD EVENTS:

FIRST CALL 7:45A.M., STARTING TIME 8:00 A.M.

LONG JUMP	FINAL	SBG, SBB, BG, BB, MG, MB, YW, YM
HIGH JUMP	FINAL	YG, YB, IG, IB, YW, YM
SHOT PUT	FINAL	YW, YM, IG, IB, YG, YB, MG, MB,
MINI-JAVELIN	FINAL	BG, BB, SBG, SBB
DISCUS	FINAL	MG, MB, YG, YB, IG, IB, YG, YM

ORDER OF EVENTS RUNNING EVENTS:

SUNDAY MAY 9TH, 2010. FIRST CALL 7:45, START TIME 8:00 A.M.

400M	FINAL	ALL DIVISIONS
1500M RUN	FINAL	BANTAM - YM
200 M	FINAL	ALL DIVISIONS
200 HURDLES	FINAL	YG, YB
4 X 400 RELAY	FINAL	BANTAM -YM

FIELD EVENTS

FIRST CALL 7:45A.M., START TIME 8:00

LONG JUMP	FINAL	IG, IB, YG, YB, YW, YM
HIGH JUMP	FINAL	BG, BB, MG, MB
SHOT PUT	FINAL	SBG, SBB, BG, BB
MINI-JAVELIN	FINAL	MG, MB, YG, YB