

**San Diego
SoCal RoadRunners
7th Annual Developmental
T&F Meet**



Escondido High School
1535 North Broadway
Escondido, CA 92026

**Saturday
April 24th 2010**

Date: April 24th 2010

Meet Director: Mike Mena (760) 294-7982

Meet Manager: John Hettinger

Meet Entry Contact: Jeanette Mena

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

Entry Fees: \$9.00 per athlete. 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 April 21th, 2010, please email your TFmm Bkup file to socalroadrunners@cox.net

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

Limitation: Sub Bantam thru Midget division is limited to **three** events.

Sub Bantams may only compete in the 100m, 4 x 100 relay and long jump.

Youth and Intermediate are limited to **four** events.

Surface: All weather Track and Runaway only 3/16 (Needle spikes, no pyramid spikes) will be allowed.

Awards: Ribbons first through eighth place.

Concession: A snack bar will be available.

If there are any questions, please do not hesitate to call (760) 294-7982 or email us @ socalroadrunners@cox.net

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 9:00AM

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
8. 200m
9. 1500m Race Walk
10. 4x400m Relay

DIVISIONS:

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

Field Events start at 9:00AM

Competitors must check in at the field event site.

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