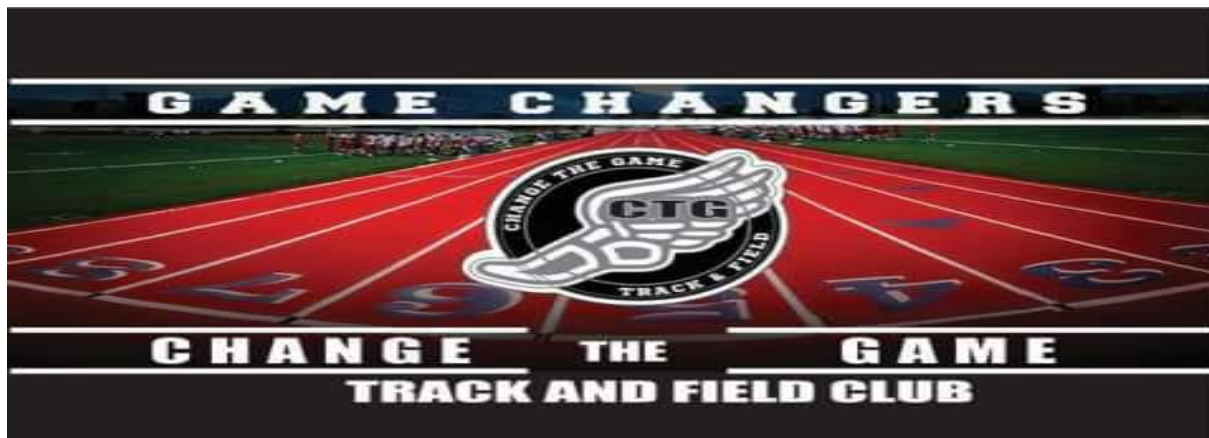


## Change the Game 5<sup>th</sup> Annual Track and Field Meet

- Date:** April 4, 2020
- Start time:** 8:00 AM- First call 7:30 AM for both Track and Field Events  
**(7:00 AM Packet pick up)**
- Coaches Meeting:** 7:30 AM, Center Field
- Location:** Steele Canyon High School  
12440 Campo Rd  
Spring Valley, Ca 91978
- Meet Director:** Dewayne McBride (619) 646-3997
- Assistant Meet Director:** David Rattler
- Entry Fee:** \$9 per athlete. All entries must be paid by Team check or cash. Unattached entries must be paid by money order or cash. **NO PERSONAL CHECKS ACCEPTED.**
- Entries:** All entries must be submitted online at [www.athletic.net](http://www.athletic.net)  
There will be **no day of meet registration or changes**. Please review your entries very carefully before the entry deadline date.
- Deadline:** **All entries are due Thursday, April 2, 2020 @ 11:59 PM**
- Sanction:** This meet is sanctioned by USATF-San Diego Imperial
- Surface:** All-weather track and runway, 3/16 needle spikes allowed. No pyramid spike allowed.
- First Aid:** First aid will be available and located in a designated area
- Concessions:** Food and drinks will be available for purchase



**Limitations:** 6 & under through 11-12 are limited to 3 events. 13 and up are limited to 4 events.

**Eligibility:** The athlete's year of birth shall determine the age division in which he/she will compete:

Age Division	Year of Birth
6 & Under	2015 & Younger
7 - 8	2012- 2013
9 - 10	2010-2011
11 - 12	2008-2009
13 - 14	2006-2007
15 - 16	2004-2005
17 - 18	2002-2003

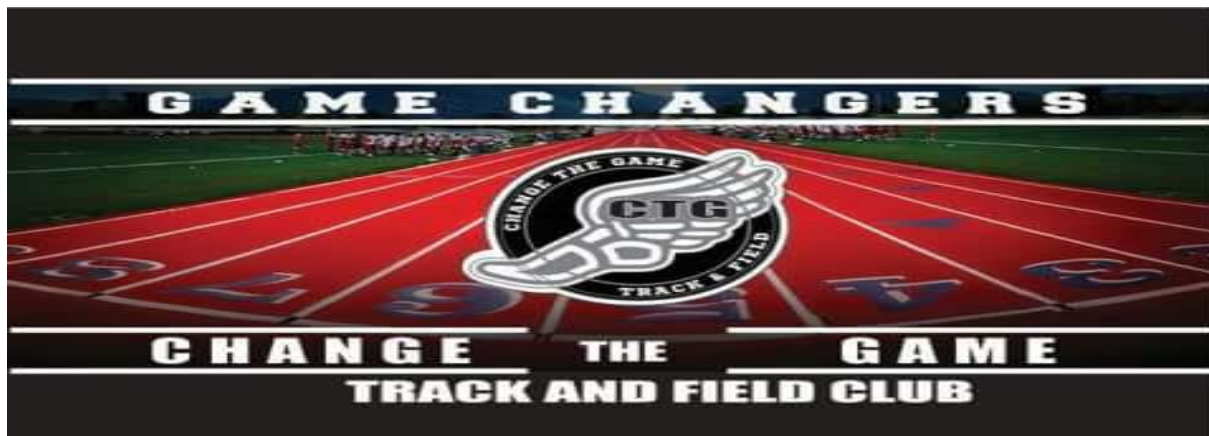
**Awards:** 1<sup>st</sup>-3<sup>rd</sup> Medals will be awarded. 4<sup>th</sup>-8<sup>th</sup> ribbons will be awarded.

**Meet Results:** Shall be provided online at [www.sandiego.usatf.org](http://www.sandiego.usatf.org)

**Check-in:** All participants must check in at the Clerk of the Course when their event is called. Field event participants must report directly to the official in charge of the event when called.

**Additional Information:** This meet will have automatic timing. No pets, peanuts or sunflower seeds allowed in stadium. No food or sugary drinks allowed on the infield (including Gatorade), water only. Warm up area is on the lower field. Canopies must be secured. Spectators are welcome to set chairs along the east and west side of track.

**MEET WILL TAKE PLACE RAIN OR SHINE**



## Schedule of Events

### Running Events First call 7:30AM, Start time 8:00 AM

3000m Run	11-12, 13-14, 15-16
100m Dash	All Divisions
1500m Run	All Divisions
400m Dash	All Divisions
4x100m Relay	All Divisions
80m Hurdles 30"	11-12G, 11-12B
100m Hurdles 33"	13-14G, 13-14B, 15-16G, 17-18W
110m Hurdles 39"	15-16B, 17-18M
800m Run	All Divisions
200m Dash	All Divisions
4x400m Relay	All Divisions

### Field Events First call 7:30 AM, Start time 8:00 AM

Shot Put	6&U, 7-8, 9-10, 11-12, 13-14, 15-16
Discus	11-12, 13-14, 15-16 (Girls 1 <sup>st</sup> Boys 2 <sup>nd</sup> )
Long Jump	6&U, 7-8, 9-10, 11-12, 13-14, 15-16
High Jump	9-10, 11-12, 13-14, 15-16 (Girls 1 <sup>st</sup> Boys 2 <sup>nd</sup> )
Aero Javelin	11-12, 13-14 (Girls 1 <sup>st</sup> Boys 2 <sup>nd</sup> )
Mini Javelin	6&U, 7-8, 9-10 (Girls 1 <sup>st</sup> Boys 2 <sup>nd</sup> )