

2019 USATF San Diego-Imperial Association Outdoor Track & Field Championships and Olympian Open/Elite Meet



WHEN

Saturday, July 20, 2019

WHERE

7250 Mesa College Dr. San Diego, CA 92111

MEET DESCRIPTION

This meet serves as the Association Championships for USATF San Diego and an Open/Elite Meet for anyone interested that is elite, open, college, high school or youth. You do not have to be a USATF member to enter into the Open/Elite sections. You do have to be a USATF member to enter into the USATF San Diego Association Championships sections.

REGISTRATION

All entries must be made on-line at directathletics.com. On-Line entries close on July 17, 2019, 11:59pm.

PLEASE ADVISE

USATF Association Sections – Register for those sections labeled “USATF Association”. You need to have a valid USATF membership - <https://www.usatf.org/membership/application>

Open/Elite Sections – You can register unattached or under your Club/Team Name

NO LATE ENTRIES OR MEET DAY ENTRIES WILL BE ACCEPTED!

ENTRY FEE - \$25 per athlete (unlimited events) USATF or Open/Elite Sections

WARM-UP AREA

All warm-ups must be done on the baseball fields just west of the track. No implements are allowed on the baseball field warm up area (shot put, discus, hammer, and javelin). **COACHES ARE ALLOWED ON THE INFIELD or in the area of competition. One coach per school will be allowed in the designated coaches boxes for the field events.**

Athletes enter the Track via the Clerk of the Course at the Baseball Field and exit at the finish line.

CONTACT INFO

Sean Ricketts (Meet Director and Mesa Head T/F Coach)

email: sricketts@sdccd.edu

AWARDS

Only for the top 3 finishers overall in **USATF ASSOCIATION** Sections. Open/Elite Sections do not receive awards.

ATHLETE CHECK IN

Track athletes are required to check-in at the clerk of the course a minimum of 30 minutes prior to their event. **Call Times for each event will be posted at Clerk of the Course.** The Clerk of the Course will be located at the Baseball Field. Athletes will be escorted to their area. Field event athletes may check in at their respective event area no later than 30 minutes prior to the start of the event. Athletes competing in more than one event simultaneously must check in/out with each official to avoid being scratched/disqualified.

SPIKES

Spikes **MUST** be 3/16 inch or shorter. Pyramid spikes are the only allowable spikes. Pin, XMAS tree or needle spikes **will not be allowed.** There will be a spike check at the clerk's area during **1st call**, and prior to the start of all applicable field events, please help us with compliance. 3/16 inch Spikes will be for sale at the clerk of the course \$5 for both shoes.

¼ inch spikes are allowed only at the High Jump.

STARTING BLOCKS

Only those supplied by meet management are acceptable. We will be using Gill Fusion F10 Starting Blocks.

TRACK SURFACE AND FIELD EVENT AREA SPECIFICATIONS

The running surface and field event venues are surfaced with **Mondo Super X Performance** that was installed in September of 2010

Please make note of the following runway lengths:

Men's PV – 131'

Women's PV – 131'

Men's LJ 164'

Women's LJ 164'

Men's TJ= 137'

Women's TJ= 137'

Javelin= 112'

THROWING EVENTS

Each athlete will have 4 throws and 4 jumps, no finals. Starting heights and progressions will be available on meet day.

WEIGHTS AND MEASURES

All teams and athletes must provide their own implements. Athletes must weigh-in all throwing implements.

Implement weigh-in will be located on the North West side in the blue building near the 100m starting area. **No implement will be processed less than 30 min before the start of the event.**

Weigh-ins TBA

THROWING VENUES (One Coach is allowed in the coaches box)

The Discus will take place in the throws area to the west of the track on the upper field. **The Shot Put will take place at the north end of the track.**

Hammer and Discus Coaches Box– Will be flagged off to the Northside of the ring.

Javelin Coaches Box– Will be flagged off to the Southeast side of the Javelin Runway.

Shot Put Coaches Box– Will be flagged off to the Northwest side of the ring.

POLE VAULT (One Coach is allowed in the coaches box)

Pole Vault Coaches Box– Will be flagged off on the infield next to the Pole Vault.

JUMPS (One Coach from is allowed in the coaches box)

High Jump Coaches Box– Flagged off next to the portable discus wring on the infield.

Long and Triple Jump Coaches Box– Will be flagged off next to the runaways.

ATHLETE AND COACHES ENTRANCE/PACKET PICKUP

Packets will be available for pick-up at the Team Check-in at 12:00 pm. Packet pick-up will be located at the East Entrance.

Wrist bands must be secured to each athlete and coach before you will be admitted into the stadium. Packets and their entire contents must be picked up at the same time. Teams are responsible for the distribution of credentials.

SPECTATOR ENTRANCE

Spectators will enter the stadium from the **South Gate. Gates Open at 12:30PM**

Spectator Fee: General Admission: \$5.00, Children: 12 and under Free

TIMING

Timing will be done with FinishLynx fully automatic timing system.

RESULTS

Results will be posted at the west end of the stadium during the meet. Complete results will be available on Direct Athletics

TEAM CANOPIES

Teams may put up canopies only on the top rows of the stadiums. Please do not block the view of the announcer's booth. To ensure a good meet we ask that athletes remain out of the competition area when not competing.

PETS

Pets are not allowed at this facility.

WATER

Water will be available near the finish line. Water will also be available for sale.

PARKING

Free

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TIME SCHEDULE OF EVENTS

<u>Track</u>	<u>Events</u>	<u>USATF</u>	<u>CHAMPS Flights First, Then Open/Elite Flights</u>
2:00pm	Women's 100M Hurdles (USATF SD Association Champs)	<u>Field</u>	<u>Events</u>
2:05pm	Women's 100M Hurdles (Open/Elite)	1:00pm	Women's Long Jump (USATF 1st, then Open/Elite)
2:15pm	Men's 110M Hurdles (USATF SD Association Champs)	1:00pm	Women's Javelin (USATF 1st, then Open/Elite)
2:20pm	Men's 110M Hurdles (Open/Elite)	1:00pm	Men's Shot Put (USATF 1st, then Open/Elite)
2:30pm	Women's 400 meters (USATF SD Association Champs)	2:00pm	Men's Javelin (USATF 1st, then Open/Elite)
2:35pm	Women's 400 meters (Open/Elite)	2:00pm	Men's Long Jump (USATF 1st, then Open/Elite)
2:45pm	Men's 400 meters (USATF SD Association Champs)	2:30pm	Women's Shot Put (USATF 1st, then Open/Elite)
2:50pm	Men's 400 meters (Open/Elite)	3:00pm	Women's High Jump (USATF 1st, then Open/Elite)
3:00pm	Women's 100 meters (USATF SD Association Champs)	3:00pm	Men's Pole Vault (USATF 1st, then Open/Elite)
3:05pm	Women's 100 meters (Open/Elite)	3:30pm	Women's Hammer (USATF 1st, then Open/Elite)
3:15pm	Men's 100 meters (USATF SD Association Champs)	4:00pm	Women's Triple Jump (USATF 1st, then Open/Elite)
3:20pm	Men's 100 meters (Open/Elite)	5:00pm	Women's Pole Vault (USATF 1st, then Open/Elite)
3:30pm	Women's 800 meters (USATF SD Association Champs)	5:00pm	Men's High Jump (USATF 1st, then Open/Elite)
3:35pm	Women's 800 meters (Open/Elite)	5:00pm	Men's Hammer (USATF 1st, then Open/Elite)
3:45pm	Men's 800 meters (USATF SD Association Champs)	5:30pm	Men's Triple Jump (USATF 1st, then Open/Elite)
3:50pm	Men's 800 meters (Open/Elite)		
4:00pm	Women's 400M Hurdles (USATF SD Association Champs)		
4:05pm	Women's 400M Hurdles (Open/Elite)		
4:10pm	Men's 400M Hurdles (USATF SD Association Champs)		
4:15pm	Men's 400M Hurdles (Open/Elite)		
4:25pm	Women's 200 meters (USATF SD Association Champs)		
4:30pm	Women's 200 meters (Open/Elite)		
4:40pm	Men's 200 meters (USATF SD Association Champs)		
4:45pm	Men's 200 meters (Open/Elite)		
5:00pm	Women's 1500 meters (USATF SD Association Champs)		
5:10pm	Women's 1500 meters (Open/Elite)		
5:20pm	Men's 1500 meters (USATF SD Association Champs)		
5:30pm	Men's 1500 meters (Open/Elite)		
5:40pm	Women's 3000m Steeplechase (Open/Elite)		
6:00pm	Men's 3000m Steeplechase (Open/Elite)		
6:20pm	Women's 5000 meters (Open/Elite)		
6:50pm	Men's 5000 meters (Open/Elite)		
7:15pm	Women's 10000 meters (Open/Elite)		
8:00pm	Men's 10000 meters (Open/Elite)		

DIRECTIONS:

7250 Mesa College Drive, San Diego, CA 92111

FROM INTERSTATE 15 COMING FROM THE NORTH:

Take the 15 South to the 163 South and exit Genesee and turn right. Turn right on Linda Vista Road (2nd light) and turn left on Mesa College Drive and follow into the college

FROM INTERSTATE 5 COMING FROM THE NORTH:

Take the 5 South to the 805 South and exit Balboa East and turn right on Convo which turns into Linda Vista Road. Turn right on Mesa College Drive and follow into the college

FROM INTERSTATE 163 COMING FROM THE NORTH:

Take 163 South and exit Balboa West. Turn left on Kearny Mesa Road and then left on Convo which turns into Linda Vista Road. Turn right on Mesa College Drive and follow into the college

FROM INTERSTATE 805 COMING FROM THE SOUTH:

Take 805 North and exit Kearny Villa/Mesa College Drive and turn left onto Mesa College Drive. Follow Mesa College Drive into the college

FROM INTERSTATE 163 COMING FROM THE SOUTH:

Take 163 North and exit Genesee West and go right. Go straight to Linda Vista Road (2nd light) and turn right. Turn left at Mesa College Drive and follow into the college

FROM INTERSTATE 8 COMING FROM THE EAST:

Take the 8 East to 805 North and exit Kearny Villa/Mesa College Drive. Turn left onto Mesa College Drive and follow into the college

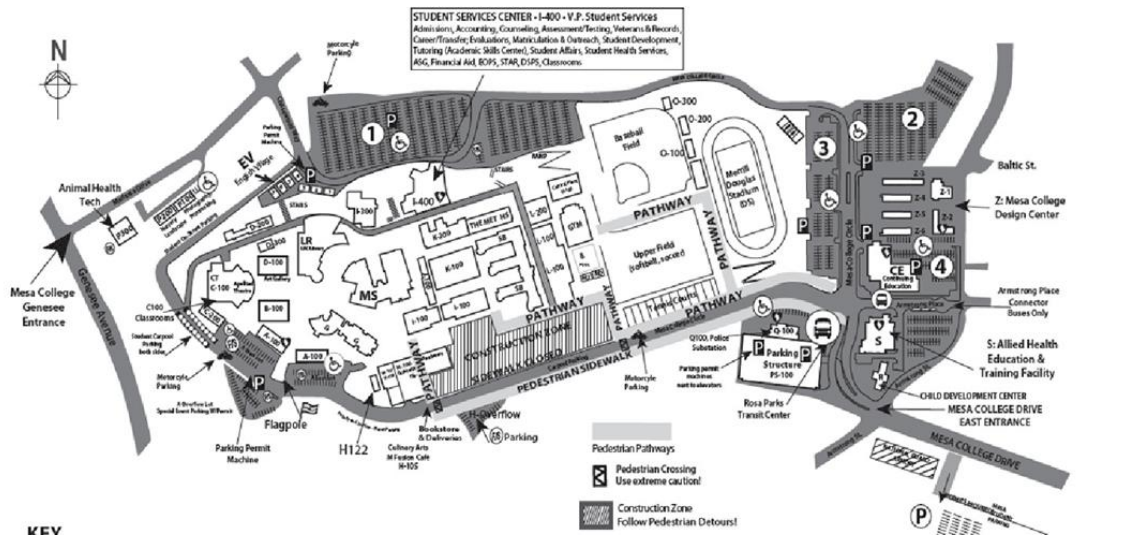
FROM INTERSTATE 8 COMING FROM THE WEST:

Take 8 West to 163 North and exit Genesee West and go right. Go straight to Linda Vista Road (2nd light) and turn right. Turn left at Mesa College Drive and follow into the college

SAN DIEGO MESA COLLEGE — Pedestrian Routes/Detours

7250 Mesa College Drive • San Diego, CA 92111-4998

Mesa College is a smoke-free campus.



KEY

A-100 Administration	I-300 Classrooms	LRC Library, Audiovisual, Language Center	U-100 Central Plaza	PARKING Parking Permits are required 7 a.m. to 10 p.m., Mon. - Fri. See sdmesa.edu/parking . Enforced first day of classes. Permits are not required Saturday, Sunday, or SEDCCD holidays. 1, 2, 3, 4 Student Parking with Permit, Faculty/Staff Permit Parking Student Parking also available at National Guard Armory, 7801 Mesa College Drive (permits required) Student Carpool Parking (2 or more occupants) Parking Permit Machines \$1 Hour/\$5 Daily, cash/coins only Students with valid permits may utilize FLEX parking spaces along Mesa College Circle west of the tennis courts after 4 p.m. (look for FLEX signs) Motorcycle Parking TTY Phone near cafeteria MTS Bus Stop, Route 41, 44 HCADA Parking AED - automated External Defibrillator Stairway Police Escort Service 619-388-6466
A-104 President, VP Instruction, N.P. Administrative Services	I-400 STUDENT SERVICES CENTER	L-100 Center: Independent Learning	Z Mesa College Design Center	
A-102 N.P. Administrative Services	I-400 VP Student Services, Admissions, Accounting, Counseling, Assessment/Testing, Veterans & Records, Career/Transfer, Evaluations, Matrix Liaison & Outreach, Student Development, Tutoring (Academic Skills Center), Student Affairs, Student Health Services, A&C, Financial Aid, EOP, STAR, EOPS, Classrooms	L-100 Physical Education	Classrooms	
A-104 Center for Institutional Effectiveness	I-100 VP Student Services, Admissions, Accounting, Counseling, Assessment/Testing, Veterans & Records, Career/Transfer, Evaluations, Matrix Liaison & Outreach, Tutoring, Student Development, Student Affairs, Student Health Services, ASG, Financial Aid, EOP, STAR, EOPS, Classrooms, Campus Nurse, Health Services	L-200 Health, Racquetball, Wt. Rooms	MS Math Science Complex	
A-109 Center for Institutional Effectiveness	I-100 VP Student Services, Admissions, Accounting, Counseling, Assessment/Testing, Veterans & Records, Career/Transfer, Evaluations, Matrix Liaison & Outreach, Tutoring, Student Development, Student Affairs, Student Health Services, ASG, Financial Aid, EOP, STAR, EOPS, Classrooms, Campus Nurse, Health Services	MS Math Science Complex	O-100, O-200 Facilities/athletic Equipment	
A-110 Communications/Services Office	I-100 VP Student Services, Admissions, Accounting, Counseling, Assessment/Testing, Veterans & Records, Career/Transfer, Evaluations, Matrix Liaison & Outreach, Tutoring, Student Development, Student Affairs, Student Health Services, ASG, Financial Aid, EOP, STAR, EOPS, Classrooms, Campus Nurse, Health Services	O-100, O-200 Facilities/athletic Equipment	P-200 Photography/Printing	
B-100 Classrooms	I-100 VP Student Services, Admissions, Accounting, Counseling, Assessment/Testing, Veterans & Records, Career/Transfer, Evaluations, Matrix Liaison & Outreach, Tutoring, Student Development, Student Affairs, Student Health Services, ASG, Financial Aid, EOP, STAR, EOPS, Classrooms, Campus Nurse, Health Services	P-100 Photography/Printing	P-300 Animal/Health Technology	
B-100 Classrooms	I-100 VP Student Services, Admissions, Accounting, Counseling, Assessment/Testing, Veterans & Records, Career/Transfer, Evaluations, Matrix Liaison & Outreach, Tutoring, Student Development, Student Affairs, Student Health Services, ASG, Financial Aid, EOP, STAR, EOPS, Classrooms, Campus Nurse, Health Services	P-200 Photography/Printing	Q-100 Police Substation	
CE Continuing Ed./Classrooms	I-100 VP Student Services, Admissions, Accounting, Counseling, Assessment/Testing, Veterans & Records, Career/Transfer, Evaluations, Matrix Liaison & Outreach, Tutoring, Student Development, Student Affairs, Student Health Services, ASG, Financial Aid, EOP, STAR, EOPS, Classrooms, Campus Nurse, Health Services	P-300 Animal/Health Technology	Q-100 Police Substation	
CFC100 Classrooms, Applied Theatre	I-100 VP Student Services, Admissions, Accounting, Counseling, Assessment/Testing, Veterans & Records, Career/Transfer, Evaluations, Matrix Liaison & Outreach, Tutoring, Student Development, Student Affairs, Student Health Services, ASG, Financial Aid, EOP, STAR, EOPS, Classrooms, Campus Nurse, Health Services	Q-100, O-200 Facilities/athletic Equipment	PS-100 Parking Structures	
C-200 Classrooms, Offices	I-100 VP Student Services, Admissions, Accounting, Counseling, Assessment/Testing, Veterans & Records, Career/Transfer, Evaluations, Matrix Liaison & Outreach, Tutoring, Student Development, Student Affairs, Student Health Services, ASG, Financial Aid, EOP, STAR, EOPS, Classrooms, Campus Nurse, Health Services	Q-100, O-200 Facilities/athletic Equipment	R-100 Child Development Center	
D-100 Fine Arts Classrooms (Gallery, D-101)	I-100 VP Student Services, Admissions, Accounting, Counseling, Assessment/Testing, Veterans & Records, Career/Transfer, Evaluations, Matrix Liaison & Outreach, Tutoring, Student Development, Student Affairs, Student Health Services, ASG, Financial Aid, EOP, STAR, EOPS, Classrooms, Campus Nurse, Health Services	Q-100, O-200 Facilities/athletic Equipment	S Allied Health Education/Training Facility	
D-200, D-300 Classrooms	I-100 VP Student Services, Admissions, Accounting, Counseling, Assessment/Testing, Veterans & Records, Career/Transfer, Evaluations, Matrix Liaison & Outreach, Tutoring, Student Development, Student Affairs, Student Health Services, ASG, Financial Aid, EOP, STAR, EOPS, Classrooms, Campus Nurse, Health Services	Q-100, O-200 Facilities/athletic Equipment	S Child Development Center	
EV English Village	I-100 VP Student Services, Admissions, Accounting, Counseling, Assessment/Testing, Veterans & Records, Career/Transfer, Evaluations, Matrix Liaison & Outreach, Tutoring, Student Development, Student Affairs, Student Health Services, ASG, Financial Aid, EOP, STAR, EOPS, Classrooms, Campus Nurse, Health Services	Q-100, O-200 Facilities/athletic Equipment	S Child Development Center	
G-88g Classrooms, Dean's Office, Mesa Press	I-100 VP Student Services, Admissions, Accounting, Counseling, Assessment/Testing, Veterans & Records, Career/Transfer, Evaluations, Matrix Liaison & Outreach, Tutoring, Student Development, Student Affairs, Student Health Services, ASG, Financial Aid, EOP, STAR, EOPS, Classrooms, Campus Nurse, Health Services	Q-100, O-200 Facilities/athletic Equipment	S Child Development Center	
H-103 Cafeteria, Bookstore	I-100 VP Student Services, Admissions, Accounting, Counseling, Assessment/Testing, Veterans & Records, Career/Transfer, Evaluations, Matrix Liaison & Outreach, Tutoring, Student Development, Student Affairs, Student Health Services, ASG, Financial Aid, EOP, STAR, EOPS, Classrooms, Campus Nurse, Health Services	Q-100, O-200 Facilities/athletic Equipment	S Child Development Center	
L-100 Classrooms	I-100 VP Student Services, Admissions, Accounting, Counseling, Assessment/Testing, Veterans & Records, Career/Transfer, Evaluations, Matrix Liaison & Outreach, Tutoring, Student Development, Student Affairs, Student Health Services, ASG, Financial Aid, EOP, STAR, EOPS, Classrooms, Campus Nurse, Health Services	Q-100, O-200 Facilities/athletic Equipment	S Child Development Center	