

Date: March 17, 2007

Meet Director: Mike Mena (760) 414-1908

Meet Manager: John Hettinger

Location: Cathedral Catholic High School
5555 Del Mar Heights Road
San Diego, Ca 92130

Directions: **From San Diego / Los Angeles Areas**

Interstate 5 to Del Mar Heights Road
Proceed east for approximately 2 miles
CCHS will be located on right side

From San Diego Inland Areas

Interstate 15 to State Route 56 West (Ted Williams Parkway)
Exit Carmel Valley Road, turn right
Turn left at Del Mar Heights Road
CCHS will be located on left side

Facility: 8-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 15, 2007, please email your TFmm Bkup file to socalroadrunners@cox.net

Age Divisions:	Sub-Bantam	1999 & Later
	Bantam	1997 - 1998
	Midget	1995 - 1996
	Youth	1993 - 1994
	Intermediate	1991 - 1992
	Young Women/Men	1989 - 1990

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

Running events will start at 9:00AM

All field events will start at 8:30 AM

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

RUNNING EVENTS:

DIVISIONS:

- | | |
|----------------------------------|---------------------------|
| 1. 1500m Run | Sub-Bantam – Intermediate |
| 2. 4x200m Relay | Sub-Bantam – Intermediate |
| 3. 800m Run | Sub-Bantam – Intermediate |
| 4. 800mm Relay (100-100-200-400) | Bantam – Intermediate |
| 5. 100 m | Sub-Bantams Only |
| 6. 400m Dash | Bantam – Intermediate |
| 7. 4x100m Relay | Sub-Bantam-Intermediate |
| 8. 4x800m Relay | Bantam – Intermediate |
| 9. Parents &Coaches 4x100m Relay | |
| 10. 4x400 Relay | Bantam -- Intermediate |

(1500m and 800m Sub-Bantams will run with the Bantams, awards to each division)

Field Events start at 8:30

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