

# 2nd Annual ARNIE ROBINSON TRACK & FIELD INVITATIONAL

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Saturday April 5, 2014 @ SD Mesa College

## Registration:

- All High School registrations will be through athletic.net ([www.athletic.net](http://www.athletic.net)). The deadline to register is Monday March 31, 2014 @ 8:00 pm
- All College registrations will be through direct athletics ( [www.directathletics.com](http://www.directathletics.com)) deadline to register is Monday March 31, 2014 @ 8:00 pm.

## Facility:

- Fastest track in San Diego. We have a 9lane Super X Mondo All-Weather track and runways.
- Shot and Discus rings are concrete.
- **Only 3/16” PYRAMIDS(5MM)**. No needles or Christmas tree spikes permitted. A limited amount of spikes will be available to purchase.
- Long jump /Triple jump will be run concurrently on side by side runways.

## Entry Information:

- Entry Fees: High School and College Teams - \$150 per gender ; \$300 for both
- There will be an entry fee of \$5 per individual entry per event; \$20 per relay team.
- All **Teams** must submit payment at packet pick-up or by mail to: SD Mesa College Department of Athletics 7250 Mesa College Dr. , San Diego, CA. 92111 ATTN: Renee Ross – Head Coach ; Make Check payable to: Mesa College Track and Field
- Individual/Unattached athletes must pay at packet pick-up **ONLY!**
- High School – maximum 2 athletes per lane race. 3 entries per non lane races (800 – 1600 – 3200) and 1 Relay.
- All Team “adjustments” must be submitted 1hr. prior to start of competition at the timing tent located at the finish line.

## Final Schedule:

- The final meet schedule will be posted on Wednesday morning April 2, 2014 on the Mesa Men's track website, athletic.net and direct athletics. If I have your e-mail, I will e-mail it to you.

## Spectator Entry:

- Free Admission

## Parking:

- Parking will be available in all lots.

## Packet Pick-up:

- Packet pick-up will be available at 7:00 am on the East side near the snack bar at the top of the stadium.

## Throwing Implements:

- All teams and athletes must provide their own implements.
- Athletes must weigh-in all throwing implements. Implement weigh-in will be located in the North West end at the shed.
- No implement will be processed less than one hour before the start of the event.

## Seating:

- 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.

## Athletic Training:

- All athletic trainers will be located on the north west end of the stadium. Please provide your own tape and pre wrap for taping.

## Warm-up Area:

- All athletes must warm –up on the baseball field.

## Athletes Check-In (Clerk of Course):

- Track athletes are required to check-in at the clerk of the course a minimum of 30 minutes prior to their event.
- The Clerk of the Course will be located in the warm up area (baseball field)
- They will be escorted to their area.
- Field 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.

## Field Events:

- Each athlete will have 4 throws and 4 jumps, no finals.
- Starting heights and progressions will be available in the team packets.

## Concessions (snack bar):

- We will have a complete concessions stand. Some of the items we are having are breakfast burritos, tacos, hamburgers, hot dogs, baked potatoes, nachos, etc..
- Concessions will be located on both east and west sides.

## Results:

- Results will be posted at the west end of the stadium.
- At the conclusion of the meet results will be available on [athletic.net](http://athletic.net) and direct athletics.

## Awards: High School Only!

- T-shirt = heat winners
- Medals = top 3 overall in each event and given at the conclusion of the event.

## T-Shirts:

- We have special Arnie Robinson t-shirts for sale at \$10.

## Contact Information:

- Meet Director/Head Coach: Renee Ross e-mail: [rross@sdccd.edu](mailto:rross@sdccd.edu)  
Mobile: (619)368-6613  
John Hutsel: mobile- (619)246-1378

## Directions:

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### Driving on I-805 South

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Take I-805 South.

Exit at the 805 Freeway at the BALBOA AVE EAST exit.

Merge onto BALBOA AVE and cross over the 805 freeway.

Turn RIGHT onto CONVOY Street.

CONVOY Street becomes LINDA VISTA Road after about 1 mile.

Turn RIGHT onto MESA COLLEGE DR.

Follow Mesa College Drive for approximately one half mile onto the campus and make the first LEFT.

Proceed to metered parking across from the Administration Building.

There is a large American Flag in front of the building.

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### Driving on I-805 North

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Exit at Mesa College Drive.

At the top of the exit ramp turn left onto Mesa College Drive.

Cross Linda Vista Road, and continue on Mesa College Drive for approximately one half a mile onto the campus and make the first LEFT.

Follow Mesa College Drive to metered parking across from the Administration Building. There is a large American Flag in front of the building.

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### Driving on Freeway 163 South

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Exit at Genesee West and continue on Genesee West to Linda Vista Road

Turn Right onto Linda Vista Road.

Continue on Linda Vista Road for approximately 1 mile to Mesa College Drive.

Turn LEFT onto MESA COLLEGE DR.

Follow Mesa College Drive for approximately one half mile onto the campus and make the first LEFT.

Proceed to metered parking across from the Administration Building.

There is a large American Flag in front of the building.

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### Driving on Freeway 163 North

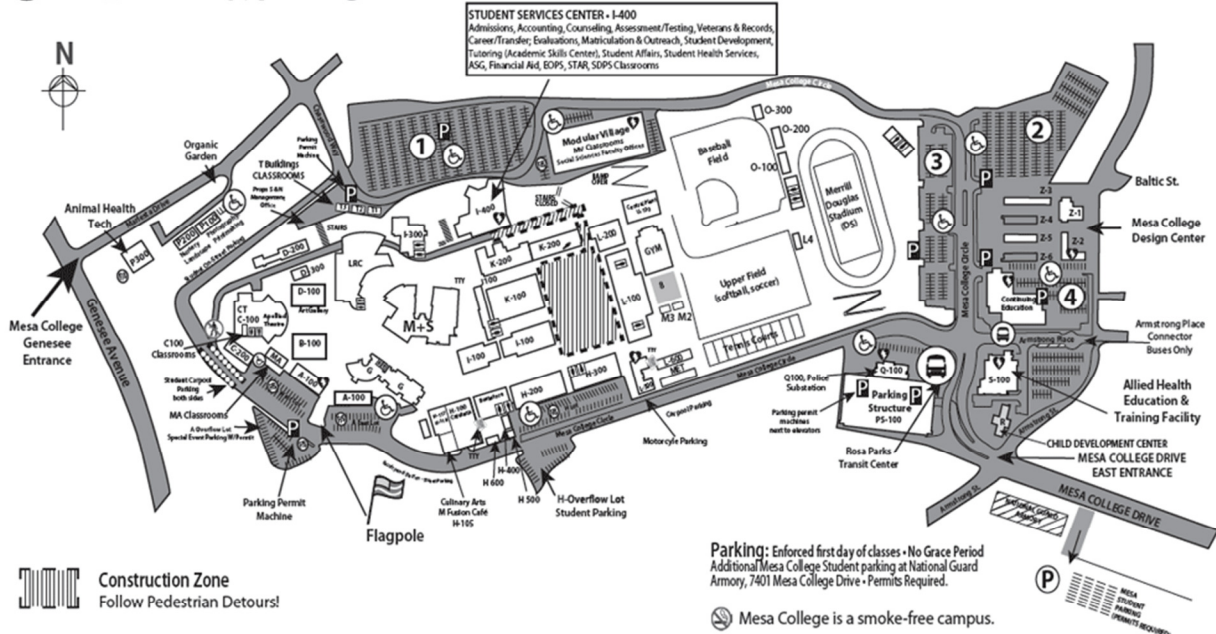
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Exit on Mesa College Drive.

At the top of the freeway ramp turn Left onto Mesa College Drive.

Continue on Mesa College across Linda Vista Road. Approximately one half mile.  
 Follow Mesa College Drive for approximately one half mile onto the campus and make the first LEFT.  
 Proceed to metered parking across from the Administration Building. There is a large American Flag in front of the building.

**SAN DIEGO MESA COLLEGE** 7250 Mesa College Drive, San Diego, CA 92111-4998 • 619-388-2600 • 858-627-2600 • www.sdmesa.edu



**Construction Zone**  
Follow Pedestrian Detours!

**Parking:** Enforced first day of classes • No Grace Period  
 Additional Mesa College Student parking at National Guard Armory, 7401 Mesa College Drive • Permits Required.

Mesa College is a smoke-free campus.

**KEY**

A-100	Administration, President, V.P. Instruction, V.P. Administrative Services, Communications Services Office
A-110	V.P. Student Services
B-100	Classrooms
CT/C100	Classrooms, Applied Theatre
C-200	Classrooms, Offices
D-100	Fine Arts Classrooms (Gallery, D-101)
D-200, D300	Classrooms
G-Bldg, D300	Classrooms, Dean's Office, Mesa Press
H-100	Cafeteria, Bookstore
H-200	Classrooms
H-300	Classrooms
I-100	Classrooms
I-200	Classrooms
I-400	<b>STUDENT SERVICES CENTER</b> Admissions, Accounting, Counseling, Assessment/Testing, Veterans & Records, Career/Transfer, Evaluations, Matriculation & Outreach, Tutoring, Student Development, Student Affairs, Student Health Services, ASC, Financial Aid, EOPS, STAR, SDPS, Classrooms
J-100	Operations, Offices

K-100	Classrooms, Stockroom, Recycling, Mailroom, Reprographics
K-200	Library, Auditorium, Center for Independent Learning
L-100	High Tech Center
L-200	Physical Education
L-300	Handball, Raquetball, Wt. Rooms
L-500	Classrooms, Athletic Training Room, Campus Nurse, Health Services
M-5	MET High School
M+S	Math+Science
MA	Classrooms (West of A-100)
MV	MODULAR VILLAGES - Classrooms
O-100, O-200	Facilities/Athletics Equipment
O-300	
P-100	Photography/Printmaking
P-200	Nursery/Landscaping, Organic Garden
P-300	Animal Health Technology
Q-100	Police Substation
P5-100	Parking Structure
R	Child Development Center
S-100	Allied Health Education and Training Facility
T1, T2, T3	Temporary Classrooms
U-100	Central Plant
Z	Mesa College Design Center: Classrooms

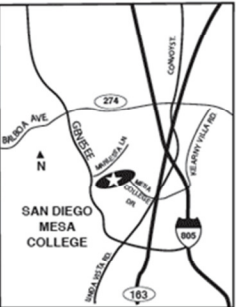
**PARKING**

	Enforced first day of classes
	Student Parking with Permit Faculty/Staff Permit Parking
	Student Parking also available at National Guard Armory, 7401 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 pm. (Watch for FLEX signs)
	Parking Permits are required 7 am. to 10 pm., Mon.-Fri. See sdmesa.edu/parking. Permits are not required Saturday, Sunday, or SDOCD holidays.
	TTY Phone: near cafeteria L500 and F200
	MTS Bus Stop, Routes 41, 44
	Student Restrooms
	HC-ADA Parking
	AED - automated External Defibrillators
	Stairway

**ATHLETIC FACILITIES**

M1, M2, M3	Gym
4	Baseball Field
DS	Merrill Douglas Stadium (Football, Track, Golf Field)
7	Tennis Courts
8	Swimming Pool
10	Upper Field (soccer/softball)

Police Escort Service 619-388-6405



Updated Feb. 2014

# ARNIE ROBINSON INVITATIONAL (COLLEGE/ OPEN SECTION)

Saturday April 5, 2014

## Running Event Schedule

Time	Event
1:00 pm	W- 4x100 Relay
1:05 pm	M- 4x100 Relay
1:10 pm	W- 1500
1:50 pm	M- 1500
2:28 pm	W- 100H
2:40 pm	M- 110H
3:25 pm	W- 400
3:28 pm	M- 400
4:20 pm	W- 100
4:30 pm	M- 100
4:40 pm	W- 800
4:48 pm	M- 800
4:56 pm	W- 400H
5:05 pm	M- 400H
5:18 pm	W- 200
5:32 pm	M- 200
5:45 pm	W- 5000
6:05 pm	M- 5000
6:25 pm	W- 4x400 Relay
6:30 pm	M- 4x400 Relay

## FIELD EVENT SCHEDULE

TIME	Event	Place	Time	Event	Place
<b>12:00 pm</b>	W - Hammer	Upper Field	<b>3:00 pm</b>	W – Pole Vault	Main
	M – Follow			M - Follow	
<b>1:30 pm</b>	W – Shot Put	Main	<b>2:00 pm</b>	W - Long Jump	North end
	M – Follow		<b>2:00 pm</b>	M – Long Jump	North end
<b>3:00 pm</b>	W – Javelin	Upper Field	<b>3:00 pm</b>	W – High Jump	Main
	M – Javelin		<b>4:00 pm</b>	W – Triple Jump	North end
<b>3:30 pm</b>	M- Discus	Upper Field	<b>4:00 pm</b>	M – Triple Jump	North end

**W - Follow****4:30 pm****M – High Jump****Main****ARNIE ROBINSON INVITATIONAL (HIGH SCHOOL SESSION)****Running Event Schedule**

Time	Event
9:00 am	Girls F/S 1600
9:18 am	Boys F/S 1600
9:36 am	Girls F/S 4x100 m Relay
9:42 am	Boys F/S 4x100 m Relay
9:50 am	Girls 4x100 m Relay
9:56 am	Boys 4x100 m Relay
10:04 am	Girls 1600
10:20 am	Boys 1600
10:36 am	Girls 100H
10:50 am	Boys 110H
11:05 am	Girls 400
11:19 am	Boys 400
11:35 am	Girls F/S 100
11:48 am	Boys F/S 100
12:00 pm	Girls 100
12:16 pm	Boys 100
12:30 pm	Girls 800
12:45 pm	Boys 800
1:20 pm	Girls 300H
1:35 pm	Boys 300H
2:00 pm	Girls 200
2:12 pm	Boys 200
2:55 pm	Girls 3200
3:10 pm	Boys 3200
3:55 pm	Girls 4x400 Relay
4:08 pm	Boys 4x400 Relay

## FIELD EVENT SCHEDULE

TIME	Event	Place	Time	Event	Place
<b>9:00 am</b>	<b>G Pole Vault</b>	main	<b>10:30 am</b>	<b>G Shot Put</b>	<b>South end</b>
<b>11:15 am</b>	<b>B Pole Vault</b>	main	<b>12:00 pm</b>	<b>B shot Put</b>	<b>South end</b>
<b>9:00 am</b>	<b>G F/S Long Jump</b>	North pit 2	<b>9:00 am</b>	<b>B F/S Shot Put</b>	North end
	<b>B F/S Long Jump</b>	North pit 1	<b>9:00 am</b>	<b>G F/S Shot Put</b>	South end
<b>10:30 am</b>	<b>B Long Jump</b>	North pit 1	<b>10:00 am</b>	<b>G High Jump</b>	South end
<b>10:30 am</b>	<b>G Long Jump</b>	North pit 2	<b>12:00 am</b>	<b>B High Jump</b>	South end
<b>10:30 am</b>	<b>B Discus</b>	main	<b>12:30 pm</b>	<b>G Triple Jump</b>	North pit 2
<b>12:00 pm</b>	<b>G Discus</b>	main	<b>12:30 pm</b>	<b>B Triple Jump</b>	North pit 1