

3rd Annual
ARNIE ROBINSON
TRACK & FIELD INVITATIONAL

Saturday April 4, 2015 @ SD Mesa College

Mesa College Info:

- 7025 Mesa College Dr. San Diego, Ca 92111
- Campus map and directions may be located at : <http://www.sdmesa.edu/directories/campus-map/>
- **Parking Info:** Parking is FREE. You may park in Lot 1. 2. 3. Or 4 and on the street as well.

Registration:

- All High School registrations will be through athletic.net (www.athletic.net). The deadline to register is Tuesday March 31, 2015 @ 6:00 pm.
- All Collegiate, Club and Individual registrations will be through direct athletics (www.directathletics.com) deadline to register is Tuesday March 31, 2015 @ 6:00 pm.

Entry Information:

- **Teams:** High School and College Teams - \$150 per gender ; \$300 for both
- **Individuals:** \$10.00 per event; \$20 per relay team.
- **Payment** can only be brought to the track on meet day. If paying by check please make it out to Mesa Track and Field Trust.
- **ABSOLUTELY NO LATE ENTRIES OR MEET DAY ENTRIES WILL BE ACCEPTED!**
- Start lists will be posted on our website on Thursday, April 2, 2015. Our website: [Http://www.gosdmesa.com](http://www.gosdmesa.com). Click on the track and field button.
- High School – maximum 2 athletes per lane race. 3 entries per non lane races (800 – 1600 – 3200) and 1 Relay.

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.

Final Schedule:

- Time schedule: Please see below. The time schedule is very likely to change based on entries so please check back for Final Meet Information on Thursday, April 2, 2015.

Spectator Entry:

- Adults: \$3.00 Students: \$1 Children: Free

Parking:

- Parking will be available in all lots.

Packet Pick-up:

- Packet pick-up will be available at 7:30 am on the South side entrance.

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. Practice implements are not allowed on the field (shot puts/ javelins, etc..)

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 on final meet information day.

CIF RULES: Will be enforced.

Concessions (snack bar):

- We will have a complete concessions stand.
- Concessions will be located on both east and west sides.

Results:

- Results will be posted at the west end of the stadium.
- Final results will be posted on our website and on San Diego Track Mag

Awards:

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

T-Shirts:

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

Contact Information:

- Questions: Contact Meet Director/Head Coach: Renee Ross e-mail: rross@sdccd.edu
Or (619) 368-6613.

ARNIE ROBINSON INVITATIONAL (COLLEGE/ OPEN SECTION)

Saturday April 4, 2015

Running Event Schedule ** Schedule subject to change based on entries

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
6:40 pm	M/W 10,000m

College/Individual FIELD EVENT SCHEDULE

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

ARNIE ROBINSON INVITATIONAL (HIGH SCHOOL SESSION)

Running Event Schedule ** schedule subject to change based on entries

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

High School FIELD EVENT SCHEDULE

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

Directions:

Driving on I-805 South

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.

Driving on I-805 North

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.

Driving on Freeway 163 South

Exit at Genesse West and continue on Genesse 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.

Driving on Freeway 163 North

Exit on Mesa College Drive.

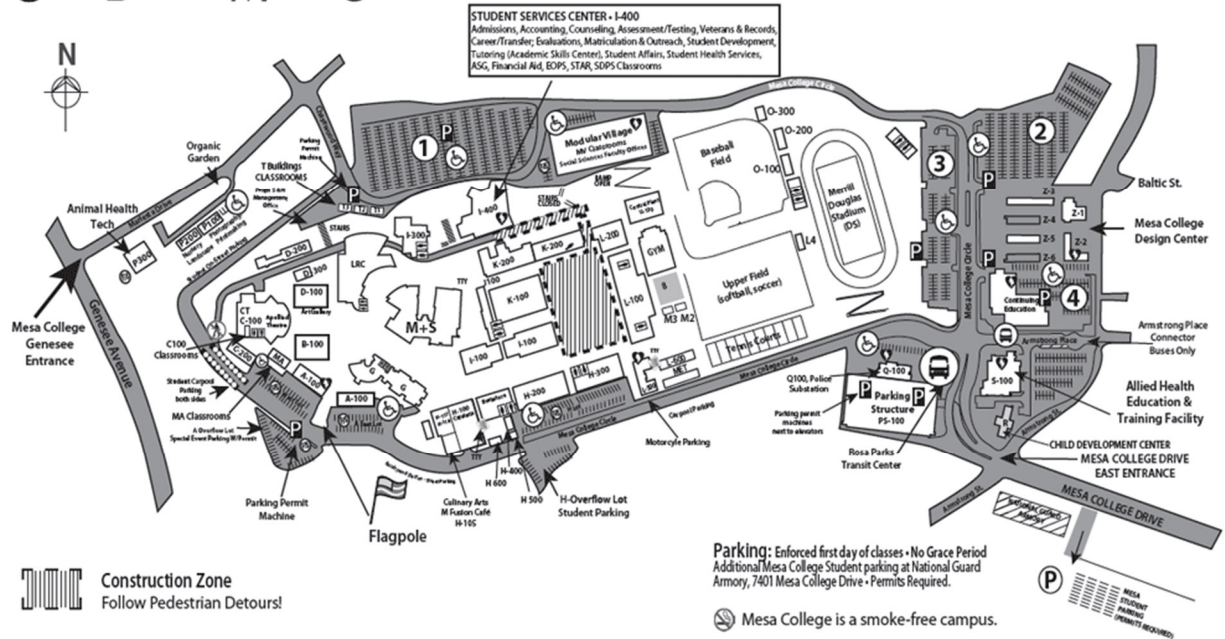
At the top of the freeway ramp turn Left onto Mesa College Drive.

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

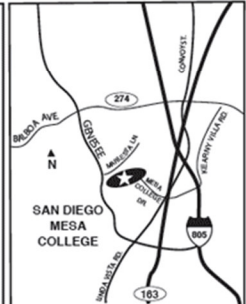
7250 Mesa College Drive, San Diego, CA 92111-4998 • 619-388-2600 • 858-627-2600 • www.sdmesa.edu



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

Mesa College is a smoke-free campus.

KEY				
A-100	Administration, President's V.P. Instruction, V.P. Administrative Services, Communications Services Office	K-100	Classrooms, Stockroom, Receiving, Mailroom, Reprographics	PARKING Enforced first day of classes 1, 2, 3, 4 Student Parking with Permit Faculty/Staff Permit Parking Student Parking also available at National Guard Army, 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 p.m. (Watch for FLEX signs). Parking Permits are required 7 a.m. to 10 p.m., Mon.-Fri. See sdmesa.edu/parking . Permits are not required Saturday, Sunday, or SOCCD holidays. TTY Phones: near call centers L200 and F200 MTS Bus Stop, Routes 41, 44 Student Restrooms HC-ADA Parking AED - automated External Defibrillators Seaway
A-110	V.P. Administrative Services	LRC	Classrooms, Stockroom, Receiving, Mailroom, Reprographics, Library, Audiovisual, Center for Independent Learning, High Tech Center	
A-111	V.P. Student Services	L-100	Physical Education	
B-100	Classrooms	L-200	Handball, Racquetball, W. Rooms	
CT-C100	Classrooms, Appld Theatre	L-500	Classrooms, Athletic Training Room, Campus Nurse, Health Services, MET High School	
C-200	Classrooms, Offices	L-600	Math-Science	
D-100	Fine Arts Classrooms (Gallery, D-101)	L-650	Classrooms (West of A-100)	
D-200, D300	Classrooms	MA	MODULAR VILLAGE - Classrooms	
G-Blgd.	Classrooms, Dean's Office, Mesa Press	MV	Facilities/Athletics Equipment	
H-100	Cafeteria, Bookstore	O-100, O-200	Photography/Printmaking	
H-200	Classrooms	O-300	Nursery/Landscaping, Organic Garden	
H-300	Classrooms	P-100	Animal Health Technology	
I-100	Classrooms	P-200	Police Substation	
I-200	Classrooms	P-300	Parking Structure	
I-400	STUDENT SERVICES CENTER Admissions, Accounting, Counseling, Assessment/Testing, Veterans & Records, Career/Transfer, Evaluations, Matriculation & Outreach, Tutoring, Student Development, Student Affairs, Student Health Services, ASG, Financial Aid, EOPS, STAR, SDSPS, Classrooms	PS-100	Child Development Center	
J-100	Operations, Offices	R	Allied Health Education and Training Facility	
		S-100	Temporary Classrooms	
		T1, T2, T3	Central Plant	
		U-100	Mesa College Design Center: Classrooms	
		Z		



Updated Feb. 2014