

3rd Annual Marauders Frosh-Soph Track & Field Meet

March 7, 2015

Mira Mesa High School

Coaches,

This meet is meant to be an icebreaker meet for the younger kids in our programs who don't often have the opportunity to compete on Saturdays.

This meet is an opportunity for you to get your younger kids into an early season meet that allows those athletes in your programs a chance to get some invite type experience.

This will not be a meet based on "seed times" and elite athletes only.

Additionally, this meet is not meant to compete with long standing San Diego meets held on the same weekend. There will be a 2 o'clock start time in order to avoid programs having to choose one meet over the other.

Important Meet Fact: There will be no Triple Jump and no Pole Vault

Where: Mira Mesa High School, 10510 Reagan Rd., San Diego 92126

When: March 7, 2015

Time: 2pm- Approx 9pm.

Track: 9-Lane All-Weather Surface (3/16" Needle Spikes)

Runways: Runways are all-weather (no triple jump being offered)

Shot and Discus thrown on concrete rings.

Admission: \$5.00 for adults, \$4.00 for Students and Children Under 12

Medals:

Top 4 in Lane Races

Top 6 in 800-1600-3200

Top 6 in Field Events

Top 3 in Each Relay

Events: All Traditional Dual Meet Events – Plus a Distance Med & Sprint Med

Frosh 4x100(All Frosh)	300LH(Boys 30inch also)
JV 4x100(Frosh-Soph)	200M
1600M	3200M
100/110H(Boys 36 inches)	1600R
400M	Long Jump
DM(1200-400-800-1600)	High Jump
100M	F/S Sprint Med(100-100-200-400)
800M	Shot Put, Discus

Entries: Each Team will be afforded.

1 Entry in Each Relay Event

2 Entries in Each Laned Event

3 Entries in Each Non-Laned Event

3 Entries in Each Field Event

*Feel Free to bring extra athletes. We will fill lanes whenever possible**

Fees: \$125 per team. \$250 for boys and girls. FEES ARE DUE PRIOR TO COMPETING IN THE MEET.

Make Checks Payable To: Mira Mesa Track & Field, 10510 Reagan Rd., San Diego 92126

Entry: I will accept the first 18 Teams that email emiller@sandi.net to confirm entry

Coaches will be emailed a contract for entrance into the meet. (Cancellation Fee will apply).

Athlete Entry: Athletes will be entered via athletic.net

Timing: Fully Automatic Timing using Finishlynx and Hy-Tek.

Results: Will be printed and displayed at the meet, and available on-line at

www.athletic.net and www.sdtrackmag.com.

Thank you for the interest in our meet.

Respectfully,

Eric Miller

Head T & F Coach

Mira Mesa High School