

4th Annual
ARNIE ROBINSON
TRACK & FIELD INVITATIONAL

Saturday April 2, 2016 @ SD Mesa College

Mesa College Info:

- 7250 Mesa College Dr. San Diego, Ca 92111
- Campus map and directions may be located at or See directions and map below
<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:

- **High School:** will be through athletic.net (www.athletic.net). You must set up an account first before adding entries. The deadline to register is Monday March 28, 2016 @ 11:59 pm (before midnight).
- **College Teams:** must enter using Direct Athletics website at <http://www.directathletics.com> . If your team does not have a username or password already set up with direct athletics, you must do so before entering. The deadline to enter is Monday March 28, 2016 @ 11:59 pm (before midnight).
- **Club Teams and Unattached athletes:** must enter through Direct Athletics Website at <http://www.directathletics.com> . If you do not have a username or password already up with direct athletics, you must do so before entering. The deadline to enter is Monday March 28, 2016 @ 11:59 pm (before midnight).

Entry Fees:

- **High School** - \$150 per gender ; \$300 for both
- **College Teams:** \$200 per gender ; \$400 for both
- **Club/Open:** \$20.00 per athlete; \$30 per relay team. MUST pay cash at the entrance on meet day.
- **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 (High School and College Teams ONLY allowed to pay by check).
- **ABSOLUTELY NO LATE ENTRIES OR MEET DAY ENTRIES WILL BE ACCEPTED!**
- Start lists will be posted on our website, *Finished Results* and athletic.net on Thursday, March 31, 2016. 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 9 lane 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 at the entrance.
- Long jump /Triple jump will be run concurrently on side by side runways.

Timing: Timing will be done with FinishLynx fully automatic timing system, Download the Finished Results *LIVE* App: www.finishedresults.com/liveresults

Spike Check: @ Gate

- Please have spikes in shoes ready to be checked at the gate. All spike shoes must have 3/16" pyramids (5mm).
- Spikes are available for purchase at the gate.

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 31.

Coaches, Athletes and Spectator Entry and Fee:

- Coaches/Athletes: Enter through the East side gate next to lot 2.3 and 4.
- Spectators: General Admission: \$5.00 Students with ID: \$2; Children: 5 and under Free: All spectators will enter through the South end gate.

Parking:

- Parking will be available in all lots.

Packet Pick-up:

- Packet pick-up will be available at 7:30 am on the East 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 near the shot put area.
- 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 put, discus, javelins, and hammer.)

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 on the North end on the infield turf.
- 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.

Field Sizes (College): To improve the quality of the meet and assure continued opportunity for each program we have established field limits for all field events and will be limited to the top 27 competitors.

CIF Rules: Will be enforced for high school

Rules: This meet will be conducted under NCAA rules. N false starts and all field events will be measured in metric.

Food Court: Located on the West side between bathrooms and blue building. Bring your money. The food and drinks are amazing!

- Maui Wowi : Hawaiiin Surfshack
- Belinda's – Mexican Cuisine serving breakfast, Lunch and Dinner.

Results:

- Results will be posted at the west end of the stadium during the meet. Complete results will be available at Finished Results, Athletic.net and our website.

Awards: Table located on inside of turf field

- T-shirt = heat winners (High School only)
- Medals = top 3 overall in each event and given at the conclusion of the event.(High School only)
- T-shirts (College/Club/Unattached): Overall event winner

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.

HIGH SCHOOL SCHEDULE – Morning Session

Girls F/S 1600	9:00
Boys F/S 1600	9:10
Girls F/S 4 x 100 relay	9:18
Boys F/S 4 x 100 relay	9:24
Girls 4 x 100 relay	9:30
Boys 4 x 100 relay	9:36
Girls 1600	9:48
Boys 1600	9:58
Girls 100H	10:08
Boys 100H	10:20
Girls 400	10:30
Boys 400	10:35
Girls F/S 100	10:45
Boys F/S 100	10:53
Girls 100	11:01
Boys 100	11:09
Girls 800	11:17
Boys 800	11:22
Girls 300H	11:35
Boys 300H	11:45
Girls 200	12:00
Boys 200	12:10
Girls 3200	12:20
Boys 3200	12:38
Girls 4 x 400 relay	12:50
Boys 4 x 400 relay	1:00
FIELD EVENTS	TIME
Girls F/S Long Jump	8:00 am
Boys F/S Long Jump	8:00
Girls F/S Shot Put - south end	8:00
Girls High Jump	9:00
Girls Pole Vault	9:00
Boys F/S Shot Put - south end	9:30
Girls Shot Put - north end	9:30
Boys Long Jump	9:30
Girls Long Jump	9:30
Boys Discus	9:30
Boys Shot Put - north end	11:00
Boys High Jump	11:00
Girls Discus	11:00
Boys Pole Vault	11:15
Girls Triple Jump	11:30
Boys Triple Jump	11:30

COLLEGE SCHEDULE/CLUB/UNATTACHED – AFTERNOON SESSION

EVENT	TIME
W STEEPLE CHASE	1:15
M STEEPLE CHASE	1:35
W 4 X 100 RELAY	1:55
M 4 X 100 RELAY	2:00
W 1500	2:05
M 1500	2:20
W 100H	2:35
M 110 HH	2:47
W 400	3:05
M 400	3:20
W 100	3:35
M 100	3:50
W 800	4:25
M 800	4:40
W 400H	5:00
M 400H	5:10
W 200	5:20
M 200	5:35
W 5000	6:05
M 5000	6:30
W 4 X 400 RELAY	6:50
M 4 X 400 RELAY	7:05
M/W 10,000 m	7:15
FIELD EVENTS	TIME
W HAMMER - Men Follow	11:30
M JAVELIN – Women Follow	11:30
W LONG JUMP	12:30
W HIGH JUMP	2:00
W POLE VAULT	2:00
M LONG JUMP	2:30
M DISCUS – WOMEN FOLLOW	2:30
W SHOT PUT – MEN FOLLOW	2:30
M HIGH JUMP	4:00
M POLE VAULT	4:00
W TRIPLE JUMP	4:30
M TRIPLE JUMP	4:30

7250 Mesa College Dr., San Diego, CA. 92111
PARKING IS FREE – NO PERMIT REQUIRED

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. Parking structure will be on your left side. As you proceed through the light you will see stadium parking on your left and right side (parking lots 2, 3 and 4).

Driving on Freeway 163 South

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. Parking structure will be on your left side. As you proceed through the light you will see stadium parking on your left and right side (parking lots 2, 3 and 4)

Driving on I-805 North

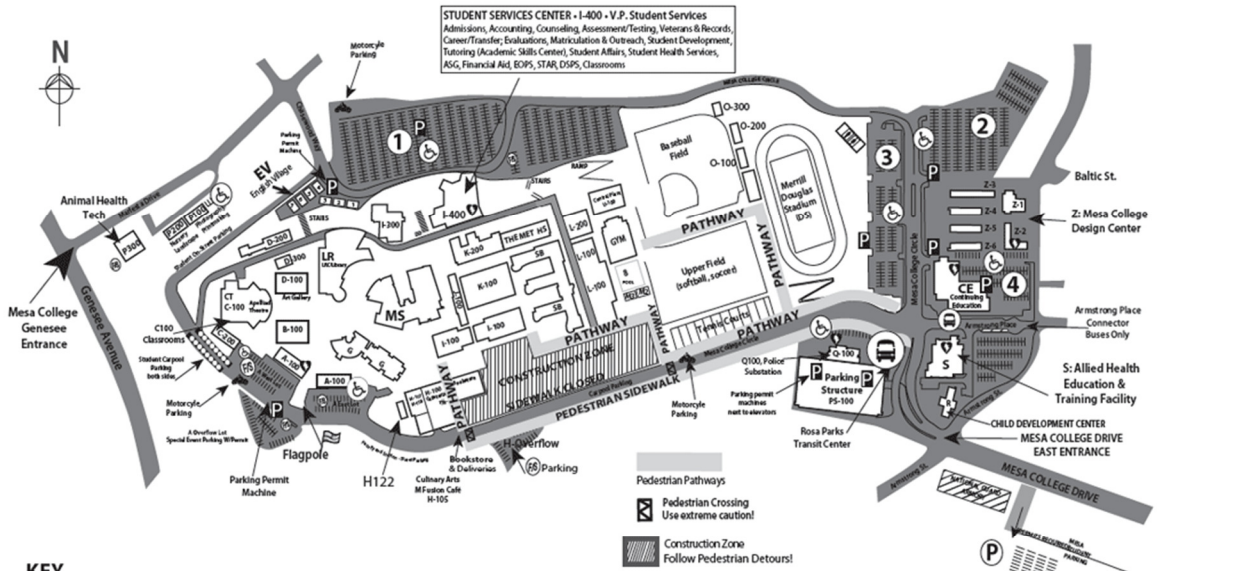
Exit at Mesa College Drive.
At the top of the exit ramp turn left onto Mesa College Drive.
Cross Linda Vista Road, and continue on Mesa College Drive for approximately one half a mile onto the campus. Parking structure will be on your left side. As you proceed through the light you will see stadium parking on your left and right side (parking lots 2, 3 and 4).

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. Parking structure will be on your left side. As you proceed through the light you will see stadium parking on your left and right side (parking lots 2, 3 and 4).

SAN DIEGO MESA COLLEGE — Pedestrian Routes/Detours

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



KEY

A-100 Administration	I-300 Classrooms	LRC Library, Audiovisual, Language Center	U-100 Central Plant	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 SDCDD holidays. 1, 2, 3, 4 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 p.m. (look for FLEX signs). Motorcycle Parking TTY Phone: near cafeteria MTS Bus Stop, Routes 41, 44 HC-ADA Parking AED - automated External Defibrillators Stairway Police Escort Service 619-388-6405
A-104 President, V.P. Instruction, V.P. Administrative Services	I-400 STUDENT SERVICES CENTER	L-100 Center Independent Learning	Z Mesa College Design Center: Classrooms		
A-104 Foundation	V.P. Student Services, Admissions, Accounting, Counseling, Assessment/Testing, Veterans & Records, Career/Transfer, Evaluations, Matriculation & Outreach, Student Development, Tutoring (Academic Skills Center), Student Affairs, Student Health Services, ASG, Financial Aid, EOPS, STAR, DSAS, Classrooms	L-200 Handball, Raquetball, Wc. Rooms	ATHLETIC FACILITIES M1, M2, M3 Gym 4 Baseball Field DS Merrill Douglas Stadium 7 Tennis Courts 8 Swimming Pool 10 Upper Field (soccer/softball)		
A-109 Center for Institutional Effectiveness	Admissions, Accounting, Counseling, Assessment/Testing, Veterans & Records, Career/Transfer, Evaluations, Matriculation & Outreach, Tutoring, Student Devel., Student Affairs, Student Health Services, ASG, Financial Aid, EOPS, STAR, DSAS, Classrooms, Campus Nurse, Health Services	MS Math+Science Complex			
A-110 Communications Services Office	J-100 Art/Studio	O-100, O-200 Facilities/Athletics Equipment			
B-100 Classrooms	K-100 Classrooms, Stockroom, Receiving Mailroom, Reprographics	O-300 Photography/Printmaking			
CE Continuing Ed./Classrooms	K-200 Classrooms, Stockroom, Receiving Mailroom, Reprographics	P-100 Nursery/Landscaping, Organic Garden			
CT/C100 Classrooms, Apollod Theatre	K-200 MET High School	P-200 Animal Health Technology			
C-200 Classrooms, Offices		Q-100 Police Substation			
D-100 Fine Arts Classrooms (Gallery, D-101)		PS-100 Parking Structure			
D-200, D-300 Classrooms		R Child Development Center			
EV English Village		S Allied Health Education/ Training Facility			
G-Bldg Classrooms, Death Office, Mesa Press		SB Social & Behavioral Sciences			
H-100 Cafeteria, Bookstore					
I-100 Classrooms					

Update Dec. 16, 2014