

6th Annual Arnie Robinson Track & Field Invitational

Hosted by



WHEN: Saturday, April 7, 2018

WHERE: 7250 Mesa College Dr. San Diego, CA 92111

TRACK FACILITY: 9 lane Super X Mondo All-Weather track and runways.
Shot and Discus rings are concrete.
Only 3/16" PYRAMIDS (5MM). A limited amount of spikes will be available to purchase at the entrance.



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 26, 2018 @ 11:59 pm
Meet will be sanctioned by Rancho Bernardo HS

ACCEPTED ENTRIES: See the time schedule below to reference how many athletes are being accepted into each event based on their **verified seed times.**

Accepted Entries will be posted on our website, Finished Results and athletic.net by Friday, March 29, 2018. Our website: [Http://www.gosdemesa.com](http://www.gosdemesa.com). Click on track & field.

Relays – “B” Relay teams will be accepted if there is room. All “A” Relay team entries will have a priority to “B” teams.

ENTRY FEE: \$15 per athlete, \$25 per relay team, \$200 max per gender; \$400 max for both

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!

TIME SCHEDULE: Please see the last page below. The time schedule is likely to change based on entries so please check back for Final Meet Information on Friday March 29, 2018. **On Friday April 6 during the college/open session there will be a rarely contested 4x1600m relay for high school teams.** That is the only high school event taking place that day.

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.

AWARDS: T-shirt = Overall event winner
Medals = Top 3 overall in each event and given at the conclusion of the event.

COACHES MEETING: There will be a coaches meeting at 1:00 at the starting line.

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

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.



SPIKES: 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.

FIELD EVENTS: Each athlete will have 4 throws and 4 jumps, no finals. Starting heights and progressions will be available in the final meet information.

**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.

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.)

TEAM CANOPIES: Teams may put up canopies only on the top rows of the stadium. 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.

PACKET PICK UP: Packet pick-up will be available at 11:00 am on the East Entrance.

ATHLETE CHECK IN: 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.

CONTACT INFO: Sean Ricketts (Meet Director and Mesa Head T/F Coach)
email: sricketts@sdccd.edu
phone: 805-305-8697

PETS: Pets are not allowed at this facility.

RULES: CIF rules will be enforced for the high school session

WATER: Water will be available near the finish line.

**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.

PARKING: Parking is FREE. You may park in Lot 1, 2, 3, 4 and on the street as well.

LODGING:



Four Points by Sheraton San Diego
8110 Aero Drive San Diego CA, 92123
P. 858.810.5606

Discounted Event Rate: \$100 plus 12.7% occupancy tax

Double Beds, Complimentary Parking

Add Full Breakfast Buffett for \$11 per person

Booking Link (Copy and Paste):

www.starwoodmeeting.com/events/start.action?id=1801105979&key=2D49869E



DIRECTIONS:

7250 Mesa College Drive, San Diego, CA 92111

FROM INTERSTATE 15 COMING FROM THE NORTH: Take the 15 South to the 163 South and exit Genesee and turn right. Turn right on Linda Vista Road (2nd light) and turn left on Mesa College Drive and follow into the college

FROM INTERSTATE 5 COMING FROM THE NORTH: Take the 5 South to the 805 South and exit Balboa East and turn right on Convoy which turns into Linda Vista Road. Turn right on Mesa College Drive and follow into the college

FROM INTERSTATE 163 COMING FROM THE NORTH: Take 163 South and exit Balboa West. Turn left on Kearny Mesa Road and then left on Convoy which turns into Linda Vista Road. Turn right on Mesa College Drive and follow into the college

FROM INTERSTATE 805 COMING FROM THE SOUTH: Take 805 North and exit Kearny Villa/Mesa College Drive and turn left onto Mesa College Drive. Follow Mesa College Drive into the college

FROM INTERSTATE 163 COMING FROM THE SOUTH: Take 163 North and exit Genesee West and go right. Go straight to Linda Vista Road (2nd light) and turn right. Turn left at Mesa College Drive and follow into the college

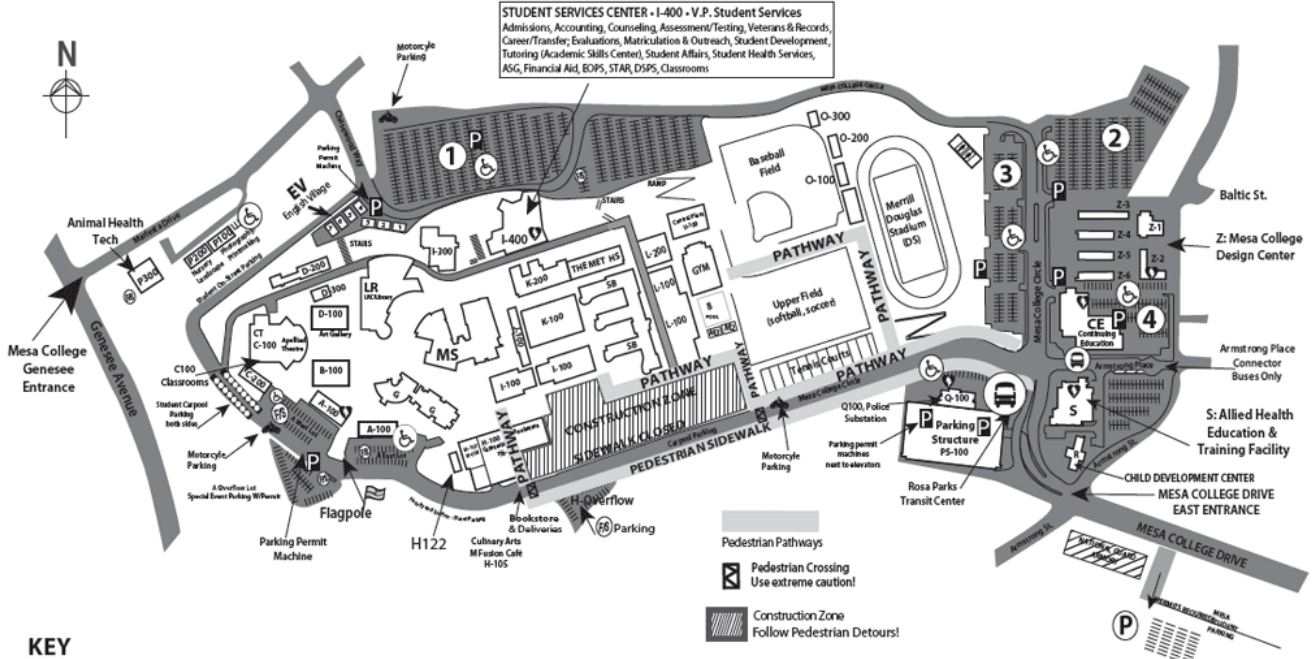
FROM INTERSTATE 8 COMING FROM THE EAST: Take the 8 East to 805 North and exit Kearny Villa/Mesa College Drive. Turn left onto Mesa College Drive and follow into the college

FROM INTERSTATE 8 COMING FROM THE WEST: Take 8 West to 163 North and exit Genesee West and go right. Go straight to Linda Vista Road (2nd light) and turn right. Turn left at Mesa College Drive and follow into the college

SAN DIEGO MESA COLLEGE — Pedestrian Routes/Detours

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

 Mesa College is a smoke-free campus.



KEY

A-100 Administration,	I-300 Classrooms	LR	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.	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).
A-104 President, V.P. Instruction, V.P. Administrative Services	I-400 STUDENT SERVICES CENTER	L-100 Math+ Science Complex	U-100 Mesa College Design Center			
A-104 Foundation	V.P. Student Services, Admissions, Accounting, Counseling, Assessment/Testing, Career/Transfer, Evaluations, Matriculation & Outreach, Tutoring, Student Devel., Student Affairs, Student Health Services, ASG, Financial Aid, EOPS, STAR, DSPS, Classrooms, Campus Nurse, Health Services	L-200 Physical Education Handball, Raquetball, Wt. Rooms	Z Mesa College Design Center: Classrooms	ATHLETIC FACILITIES	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)	Motorcycle Parking
A-109 Center for Institutional Effectiveness	J-100 Art/Graphic Arts	MS	O-100, O-200 Facilities/Athletics Equipment	M1, M2, M3 Gym	F/S Student Parking also available at National Guard Armory, 7401 Mesa College Drive (permits required)	TTY Phone: near cafeteria
A-110 Communications Services Office	K-100 Classrooms, Stockroom, Receiving, Mailroom, Reprographics	O-100, O-200	P-100 Photography/Printmaking	4 Baseball Field	P Parking Structure PS-100	MTS Bus Stop, Routes 41, 44
B-100 Continuing Ed./Classrooms	K-200 MET High School	P-200 Nursery/Landscaping, Organic Garden	P-200	DS Merrill Douglas Stadium	Police Escort Service 619-388-6405	AED - automated External Defibrillators
CE Continuing Ed./Classrooms		P-300 Animal Health Technology	Q-100 Police Substation	7 Tennis Courts		Stairway
CT/C100 Classrooms, Apollod Theatre		Q-100	PS-100 Parking Structure	8 Swimming Pool		
C-200 Classrooms, Offices		R Child Development Center		10 Upper Field (soccer/softball)		
D-100 Fine Arts Classrooms (Gallery, D-101)		S Allied Health Education/ Training Facility				
D-200, D-300 Classrooms		SB Social & Behavioral Sciences				
D-200, D-300 Classrooms						
EV English Village						
G-Bldg. Classrooms, Deans Office, Mesa Press						
H-100 Cafeteria, Bookstore						
I-100 Classrooms						

Update Dec. 10, 2014

Friday Tentative Schedule April 6, 2018 "College/Open Session"

Time	Event	Gender	Division	# of Heats	Accepted Entries
5:00	4x1600m Relay	G	HS Invite	1	20
5:25	4x1600m Relay	B	HS Invite	1	20

Saturday Tentative Schedule April 7, 2018 "High School Session"

Time	Event	Gender	Division	# of Heats	Accepted Entries
2:00	4x100M Relay	G	HS Open	2	18
2:10	4x100M Relay	G	HS Invite	1	9
2:15	4x100M Relay	B	HS Open	2	18
2:25	4x100M Relay	B	HS Invite	1	9
2:35	Mile	G	HS Open	1	15
2:45	Mile	G	HS Invite	1	15
2:55	Mile	B	HS Open	1	15
3:05	Mile	B	HS Invite	1	15
3:15	100M Hurdles	G	HS Open	3	27
3:25	100M Hurdles	G	HS Invite	1	9
3:35	110M Hurdles	B	HS Open	3	27
3:45	110M Hurdles	B	HS Invite	1	9
3:55	400M	G	HS Open	3	27
4:05	400M	G	HS Invite	1	9
4:10	400M	B	HS Open	3	27
4:20	400M	B	HS Invite	1	9
4:30	100M	G	HS Open	4	36
4:45	100M	G	HS Invite	1	9
4:50	100M	B	HS Open	4	36
5:00	100M	B	HS Invite	1	9
5:05	800M	G	HS Open	2	24
5:15	800M	G	HS Invite	1	9
5:25	800M	B	HS Open	2	24
5:35	800M	B	HS Invite	1	9
5:45	300M Hurdles	G	HS Open	3	27
5:55	300M Hurdles	G	HS Invite	1	9
6:05	300M Hurdles	B	HS Open	3	27
6:15	300M Hurdles	B	HS Invite	1	9
6:25	200M	G	HS Open	3	27
6:35	200M	G	HS Invite	1	9
6:40	200M	B	HS Open	3	27
6:50	200M	B	HS Invite	1	9
6:55	DMR	G	HS Invite	1	15
7:15	DMR	B	HS Invite	1	15
7:35	4x400M Relay	G	HS Open	2	18
7:50	4x400M Relay	G	HS Invite	1	9
8:00	4x400M Relay	B	HS Open	2	18
8:15	4x400M Relay	B	HS Invite	1	9
8:25	2 Mile	G	HS Invite	1	24
8:45	2 Mile	B	HS Invite	1	24

Saturday Tentative Schedule April 7, 2018 "High School Session"

Time	Event	Gender	Division	# of Flights	Accepted Entries
	FIELD EVENTS				
1:00	Long Jump– Boys Follow	G/B	High School	3	30
1:00	Pole Vault– Boys Follow	G/B	High School	3	30
1:00	Discus– Boys Follow	G/B	High School	3	30
4:00	Shot Put– Boys Follow	G/B	High School	3	30
4:00	Triple Jump– Boys Follow	G/B	High School	3	30
4:00	High Jump– Boys Follow	G/B	High School	3	30