



7th Annual Arnie Robinson Track & Field Invitational

Hosted by



WHEN

Saturday, April 6, 2019

Friday, April 5, 2019 (DMR and SMR ONLY)

WHERE

7250 Mesa College Dr. San Diego, CA 92111

ACCEPTED ENTRIES

Enter only Varsity Athletes and athletes will be accepted based on their **verified seed times and number of heats/flights scheduled**. Accepted Entries will be posted on our website and by Monday, April 1, 2019. Our website: [Http://www.gosdemesa.com](http://www.gosdemesa.com). Click on track & field.

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

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 Saturday March 30, 2019 @ 11:59pm

Meet will be sanctioned by Rancho Bernardo HS

ENTRY FEE

\$20 per athlete, \$30 per relay team, \$250 max per gender, \$500 max for both.

If paying by check please make it out to

Mesa Track and Field Trust

NO LATE ENTRIES OR MEET DAY ENTRIES WILL BE ACCEPTED!

Payment in full is due no later than April 6, 2019. **Payment (cash or check) or signed school PO check request documentation must be provided by the day of the competition.**

Otherwise the team/athletes are not allowed to compete in the meet (i.e., no race packet is given to the coach & the athletes are scratched from the competition).

WARM-UP AREA

All warm-ups must be done on the baseball fields just west of the track. No implements are allowed on the baseball field warm up area (shot put, discus). **COACHES ARE ALLOWED ON THE INFIELD or in the area of competition. One coach per school will be allowed in the designated coaches boxes for the field events.**

Athletes enter the Track via the Clerk of the Course at the Baseball Field and exit at the finish line.

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. **Call Times for each event will be posted at Clerk of the Course.** The Clerk of the Course will be located at the Baseball Field. Athletes will be escorted to their area. Field event 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.

SPIKES

Spikes **MUST** be 3/16 inch or shorter. Pyramid spikes are the only allowable spikes. Pin, XMAS tree or needle spikes will not be allowed. There will be a spike check at the clerk's area during **1st call**, and prior to the start of all applicable field events, please help us with compliance. 3/16 inch Spikes will be for sale at the clerk of the course \$1 per shoe.

¼ inch spikes are allowed only at the High Jump.

STARTING BLOCKS

Only those supplied by meet management are acceptable. We will be using Gill Fusion F10 Starting Blocks.

TRACK SURFACE AND FIELD EVENT AREA SPECIFICATIONS

The running surface and field event venues are surfaced with **Mondo Super X Performance** that was installed in September of 2010

Please make note of the following runway lengths:

Men's PV – 131'

Women's PV – 131'

Men's LJ 164'

Women's LJ 164'

Men's TJ= 137'

Women's TJ= 137'

Javelin= 112'



SPORT

THROWING EVENTS

Each athlete will have 4 throws and 4 jumps, no finals. Starting heights and progressions will be available on meet day.

WEIGHTS AND MEASURES

All teams and athletes must provide their own implements. Athletes must weigh-in all throwing implements.

Implement weigh-in will be located on the North West side in the blue building near the 100m starting area. **No implement will be processed less than 30 min before the start of the event.**

Weigh-ins TBA

THROWING VENUES (One Coach from each school is allowed in the coaches box)

The Discus will take place in the throws area to the west of the track on the upper field. **The Shot Put will take place at the north end of the track.**

Discus Coaches Box– Will be flagged off to the Northside of the Wring.

Shot Put Coaches Box– Will be flagged off to the Northwest side of the Wring.

POLE VAULT (One Coach from each school is allowed in the coaches box)

Pole Vault Coaches Box– Will be flagged off on the infield next to the Pole Vault.

JUMPS (One Coach from each school is allowed in the coaches box)

High Jump Coaches Box– Flagged off next to the portable discus wring on the infield.

Long and Triple Jump Coaches Box– Will be flagged off next to the runaways.

ATHLETE AND COACHES ENTRANCE/PACKET PICKUP

Packets will be available for pick-up at the Team Check-in at 11:00 am. Packet pick-up will be located at East Entrance.

Wrist bands must be secured to each athlete and coach before you will be admitted into the stadium. Packets and their entire contents must be picked up at the same time. Teams are responsible for the distribution of credentials.

SPECTATOR ENTRANCE

Spectators will enter the stadium from the **South Gate. Gates Open at 11AM**

Spectator Fee: General Admission: \$7.00 Students with ID: \$3; Children: 5 and under Free

AWARDS

T-shirt = Overall event winner/Relay Team

Medals = Top 3 overall in each event and given at the conclusion of the event.

COACHES MEETING

There will be a coaches meeting at 1:30 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 and Direct Athletic

TEAM CANOPIES

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.

PETS

Pets are not allowed at this facility.

RULES

This meet will be conducted under CIF rules. No false starts and all Field events will be measured in Feet.

WATER

Water will be available near the finish line. Water will also be available for sale.

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 on Saturdays.

CONTACT INFO

Sean Ricketts (Meet Director and Mesa Head T/F Coach)

email: sricketts@sdccd.edu phone: 805-305-8697

FOOD VENDORS - Bring money for delicious food and snacks

Gringas Tacos – taco catering, selling tacos, rice, beans and drinks

Kona Ice – selling shaved ice, snacks, and drinks



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

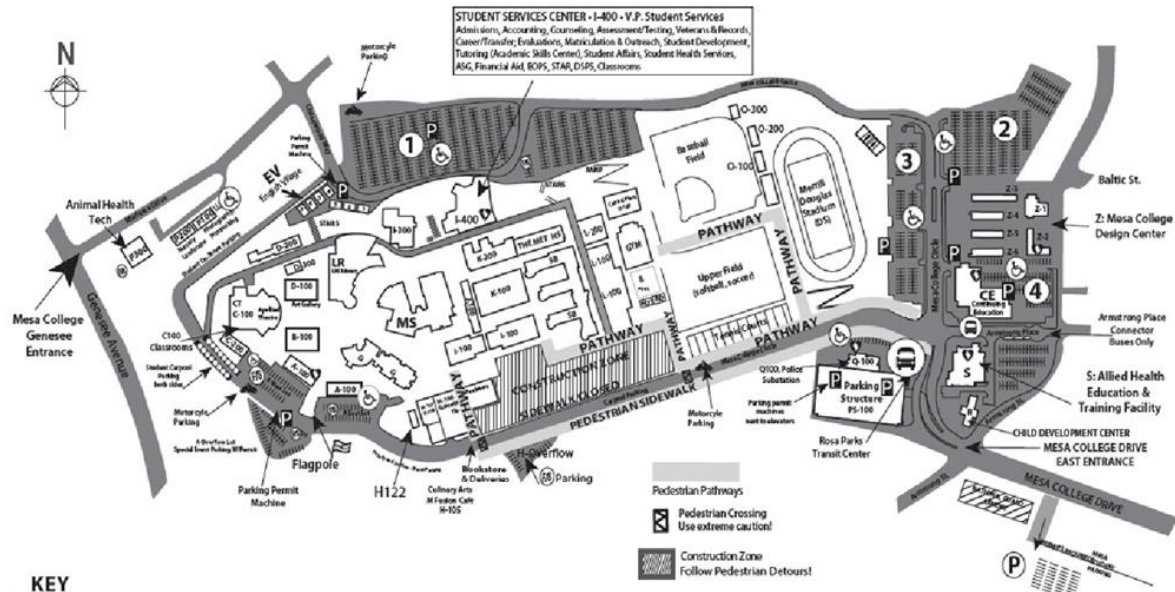




SAN DIEGO MESA COLLEGE — Pedestrian Routes/Detours

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

Mesa College is a smoke-free campus.



KEY

A-100 Administration	I-300 Classrooms	LRC Library, Audiovisual	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 SDCED holidays. 1, 2, 3, 4 Student Parking with Permit, Faculty/Staff Permit Parking Student Parking also available at National Guard Armory, 7801 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 HGADA Parking AED - automated External Defibrillator Stairway Police Escort Service 619-388-6406
A-104 President, V.P. Instruction	I-400 STUDENT SERVICES CENTER	Center Independent Learning	Z Mesa College Design Center		
A-102 V.P. Administrative Services	V.P. Student Services	Physical Education			
A-104 Foundation	Admissions, Accounting, Counseling, Assessment/Testing, Veterans & Records	Handball, Raquetball, Wt. Rooms			
A-109 Center for Institutional Effectiveness	Assessment/Testing, Veterans & Records, Career/Transfer/Evaluations, Manipulation & Outreach, Tutoring, Student Dev't, Student Affairs				
A-110 Communications Services Office	Student Health Services, ASG, Financial Aid, ECOP, STAR, DSPS, Classrooms, Campus Nurse, Health Services				
CE Continuing Ed./Classrooms	Articulation Classrooms				
CTC100 Classrooms, Apollon Theatre	K-100 Classrooms, Stockroom, Receiving, Mail Room, Reprographics				
C-200 Classrooms, Offices	K-200 MET High School				
D-100 Fine Arts Classrooms (Gallery DA-101)					
D-200, D-300 Classrooms					
EV English Village					
G-Bldgs. Classrooms, Dean's Office, Mesa Press					
H-100 Cafeteria, Bookstore					
I-100 Classrooms					



Arnie Robinson Invite Tentative High School Time Schedule

Friday 4/5/19	Event	Gender	Division	# of Heats
TBA	Sprint Medley Relay	G	HS	1
TBA	Sprint Medley Relay	B	HS	1
5:35	4x1600m Relay	G	HS	1
6:00	4x1600m Relay	B	HS	1
Saturday 4/6/19	Event	Gender	Division	# of Heats
2:00	4x100M Relay	G	HS	2
2:10	4x100M Relay	B	HS	2
2:20	Mile	G	HS	3
2:35	Mile	B	HS	3
3:00	100M Hurdles	G	HS	3
3:15	110M Hurdles	B	HS	3
3:35	400M	G	HS	6
3:50	400M	B	HS	6
4:15	100M	G	HS	7
4:35	100M	B	HS	7
4:55	800M	G	HS	3
5:05	800M	B	HS	3
5:25	300M Hurdles	G	HS	4
5:40	300M Hurdles	B	HS	4
6:00	200M	G	HS	7
6:20	200M	B	HS	7
6:40	DMR	G	HS	1
7:00	DMR	B	HS	1
7:20	4x400M Relay	G	HS	2
7:35	4x400M Relay	B	HS	2
7:50	2 Mile	G	HS	1
8:05	2 Mile	B	HS	1
FIELD EVENTS	Event	Gender	Division	Flights
12:00	Girls Discus	G	HS	3
1:00	Girls Long Jump	G	HS	2
1:00	Boys Long Jump	B	HS	3
TBA	Girls Triple Jump to follow LJ	G	HS	2
TBA	Boys Triple Jump to follow LJ	B	HS	2
1:00	Girls Pole Vault	G	HS	2
1:00	Boys Pole Vault	B	HS	2
2:00	Boys Discus	B	HS	3
3:00	Girls Shot Put	G	HS	3
3:00	Girls High Jump	G	HS	2
5:00	Boys High Jump	B	HS	2
5:00	Boys Shot Put	B	HS	3

