



Moreno Valley Rockets Track Team \

Free Spirit

1st Annual All-Comers Track Meet



Sponsor:	Moreno Valley Rockets Track and Field Team / Free Spirit
Sanctioned:	USATF / Southern California Association
Date:	Saturday, February 11, 2012
Site:	Perris High School 175 East Nuevo Road. Perris, CA 92571-2910
Time:	8:00 A.M.
Meet Director (s):	Glen McKenzie: (951) 536-1308 mvrockets2@gmail.com Michele Phannix: (951) 533-3636 rocksteady36@gmail.com
Meet Website:	www.eteamz.com/mvrockets
Registration:	Pre-registration is not a requirement. Registration will start at 7:00 A.M. and remain open throughout the meet.
Entry Fees:	\$2.00 per individual event and \$8.00 per relay.
ENTRY FEES:	Are to be paid in cash or club check. (NO PERSONAL CHECKS) On returned checks the fee will be \$30.00 plus original fees.
Eligibility:	All athletes must participate in their own group assignment: Sub Bantam: 2004 or later, Bantam: 2002—2003, Midget 2000—2001, Youth 1998—1999, Intermediate: 1996—1997, Young men/women 1994—1995.
Awards:	Ribbons will be given to all participants. At the completion of each running event the ribbons will be given at the finish line. The awards for the field events will be at the field event location.
Check-In:	All participants in the running events will check in with the clerk of the course prior to their event. Field event participants must report to the location of that event and check in directly with the official in charge.
Concession:	A minimum snack bar will be available on site.
Protest:	USATF rules will apply. Protest must be accompanied with \$45.00.
Surface:	All weather Track and Runway, 1/4 Spikes or less / 9 lanes
Note:	NO SEEDS OR COLORED LIQUIDS OF ANY KIND ALLOWED ON THE TRACK/FIELD!!!!

P. O. BOX 7207 | MORENO VALLEY | CA | 92552

ORDER OF EVENTS

Saturday — February 11, 2012 (Start Time 8:00 A.M.)

RUNNING EVENTS - START TIME: 8:00 A.M.

1500M RUN	All Divisions
100M DASH	All Divisions
4 X 100M RELAY	All Divisions
200M DASH	SBG, SBB (Sub Bantams / Ages 5—6 only)
400M DASH	All Divisions
400M HURDLES	IG, YW, IB, YM
200M HURDLES	YG, YB
1500M RACE WALK	BG, BB, MG, MB, YG, YB, IG, IB, YW, YM
4 X 800 RELAY	MG, MB, YG, YB, IG, IB, YW, YM

FIELD EVENTS - START TIME: 8:00 A.M.

Long Jump (1) Pit	SBB, BB, MB, IB, YB, YM,
Long Jump (2) Pit	SBG, BG, MG, IG, YG, YG,
High Jump	BG, BB, MG, MB, YG, YB, IG, IB, YW, YM
Shot Put	IG, IB, YG, YB, SBG, SBB, MG, MB, BG, BB
Mini Javelin	MG, MB, SBG, SBB, BG, BB

MEET WILL BE CONDUCTED RAIN OR SHINE

NO SEEDS OR COLORED LIQUIDS OF ANY KIND ALLOWED ON THE TRACK/FIELD!!!!

DIRECTIONS

From Los Angeles:

Stay on CA-60 E (signs for **Pomona/Riverside**)

Merge onto I-215 S Take exit Take exit **19** for **Nuevo Rd**

Turn left onto W **Nuevo Rd**

Destination will be on the right about 0.6m. Turn into the first parking lot at Perris High School.

From Long Beach:

Take 91 toward Riverside

Take the CA-60 E/215 S exit toward **San Diego/Indio**

Merge onto CA-60 E

Merge onto I-215 S

Take exit 19 for **Nuevo Rd**

Turn left onto W **Nuevo Rd**

Destination will be on the right about 0.6m. Turn into the first parking lot at Perris High School.

From San Diego:

Stay on 15 freeway north and take 215 north (signs for **Moreno Valley/San Bernardino**)

Merge onto I-215 N

Take exit 19 for **Nuevo Rd**

Turn right onto **W Nuevo Rd**

Destination will be on the right about 0.6m. Turn into the first parking lot at Perris High School.