



**MORENO VALLEY ROCKETS TRACK TEAM
ALL-COMERS 1st ANNUAL AAU TRACK MEET**



- Sponsor:** Moreno Valley Rockets Track Team
- Sanctioned:** Amateur Athletic Union
- Date:** **March 29, 2014**
- Site:** Citrus Hill High School
18150 Wood Road
Perris, CA 92570
- Time:** 8:00 A.M.
- Meet Director:** Michiele Phannix 951-533-3636
mphannix@mvrockets.com
- Meet Website:** www.MorenoValleyRockets.com
- Register:** www.meetregister.com Start date: March 3, 2014- End date: March 26, 2014
- Entry Fees:** \$2.00 per athlete and \$8.00 per relay **CASH/ CLUB CHECKS ONLY**
Team entries are to be paid online at www.meetregister.com
- Eligibility:** This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
■ All participants must have a current AAU membership.
■ AAU membership may not be included as part of the entry fee to the event.
■ AAU Youth Athlete membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection.
Be Prepared: Adult and Non Athlete memberships are no longer instant and cannot be applied for an event. Please allow 10 days for membership to be processed.
■ Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership All athletes must have AAU membership in their club or un-attached
- Awards:** Ribbons will be given to all participants in each heat at the completion of their running events at the finish line. Field events awards will be distributed at the completion of their field events at the location.
- Results:** Meet Results: Will be provided On-Line at www.meetregister.com and www.aausocal.org
- Check In:** All athletes must check in at the location of the event
- Concession:** A snack bar will be available on site
- Protest:** USATF rules will apply. Protest must be accompanied with \$35.00
- Surface:** All-weather Track and Runaway. ¼ spikes or less /9 lanes
- Notes:** **NO SEEDS OR COLORED LIQUIDS OF ANY KIND ALLOWED ON THE TRACK/FIELD!!!**

ORDER OF EVENTS

Saturday ---March 29, 2014 Start time 8:00 A.M.

RUNNING EVENTS

START TIME 8:00 A.M.

1500 RUN	ALL DIVISIONS (EXCEPT 5-6 YEARS OLD)
100M DASH	ALL DIVISIONS
4 X 100M RELAY	ALL DIVISIONS
200M DASH	(AGES 5-6 ONLY)
400M DASH	ALL DIVISIONS (EXCEPT 5-6 YEARS OLD)
400M HURDLES	15-16 BOYS AND GIRLS/17-18 BOYS AND GIRLS
200M HURDLES	13-14 BOYS AND GIRLS
1500M RACEWALK	9-10/ 11-12 /13-14/ 15-16/ 17-18/AGES /BOYS GIRLS
4 X 800M RELAY	11-12/ 13-14/ 15-16/17-18/ AGES/ BOYS AND GIRLS

FIELD EVENTS

START TIME 9:00 A.M.

Long Jump pit (1)	13-14 /11-12/9-10/ 5-6 boys ages
Long Jump pit (2)	13-14/11-12/9-10/ 5-6 girls ages
High Jump	9-10/11-12/13/14 boys and girls ages
Shot Put	15-16/13-14/11-12/9-10 boys and girls ages
Mini Javelin	9-10/11-12/ 5-6 boys and girls ages
Mini Javelin (600g)	13-14 boys and girls only

AGE GROUPS

Eight & Under	2006 & Later
Nine Year Old	2005
Ten Year Old	2004
Eleven Year Old	2003
Twelve Year Old	2002
Thirteen Year Old	2001
Fourteen Year Old	2000
Fifteen–Sixteen Year Old	1998-1999
Seventeen–Eighteen Year Old	1996-1997

DIRECTIONS

FROM LOS ANGELES/LONG BEACH, CA

Take CA-91 E.

8. Take the exit toward Van Buren Blvd/Arlington.

0.3 mi

9. Turn left onto Indiana Ave.

0.1 mi

10. Take the 1st right onto Van Buren Blvd.

THRIFTY is on the corner

If you reach Gibson St you've gone about 0.2 miles too far

7.4 mi

11. Turn right onto Wood Rd.

Wood Rd is 0.1 miles past Prairie Way

CIRCLE K is on the right

If you reach Bountiful St you've gone about 0.2 miles too far

2.1 mi

12. 18150 WOOD RD is on the left.

Your destination turn left onto Markham St

Track is on your right hand side of the street with parking

SAN DIEGO/TEMECULA CA

Merge onto I-15 N via the exit on the left.

51.2 mi

6.

Keep right to take I-215 N toward Riverside/San Bernardino.

22.3 mi

7.

Take the Ramona Expwy exit, EXIT 22, toward Cajalco Expwy.

0.2 mi

8.

Turn left onto Ramona Expwy.

If you reach I-215 N you've gone about 0.2 miles too far

0.05 mi

9.

Ramona Expwy becomes Cajalco Expwy.

0.7 mi

10.

Cajalco Expwy becomes Cajalco Rd.

4.1 mi

11.

Turn right onto Wood Rd.

Wood Rd is 0.4 miles past Cole Ave

If you reach Extravaganza Ln you've gone about 0.6 miles too far

1.4 mi

12.

18150 WOOD RD is on the right.

Turn right onto Markham track on your right hand side with parking





