



SPORTS for Exceptional Athletes

**Track & Field Meet
Team Registration Flyer
Winter/Spring Season 2023**

Mail Team Registration Form to:
SPORTS for Exceptional Athletes
8380 Vickers St Suite E
San Diego, CA 92111

Phone: 858-565-S4EA (7432)
Fax: 858-496-7309
E-mail: sds4ea@gmail.com
Website: www.s4ea.org

Sport: S4EA Prelim Track & Field Meet

Date: Saturday, March 4, 2023
Time: 9:00am – 1:00pm
Where: Sweetwater High School
2900 Highland Ave., National City 91950
Fee: \$10.00 for each athlete
Rules: S4EA Track & Field Rules

Monique Henderson Invitational

Sport: S4EA Final Track & Field Meet

Date: Saturday, April 22, 2023
Time: 9:00am – 1:00pm
Where: Sweetwater High School
2900 Highland Ave., National City 91950
Fee: \$10.00 for each athlete
Rules: S4EA Track & Field Rules

Out-of-town teams are invited to the S4EA Preliminary Track & Field Meet on March 4th at Sweetwater High School and the Monique Henderson Invitational S4EA Final Track & Field Meet on April 22nd at Sweetwater High School. Divisions will be made based on times/distances in each event. Athletes may enter 3 events plus 1 relay.

Because of the Coronavirus Pandemic, SPORTS for Exceptional Athletes has taken additional precautions to help stop the spread of the COVID-19 virus. S4EA would like everyone participating in S4EA activities to have been vaccinated. On the Team Registration Form, each athlete & volunteer should sign their name confirming they have read & agree to the risks outlined in the S4EA Waiver of Liability COVID-19 Form as well as our standard S4EA Release Form. During the tournament, S4EA would like to have everyone follow COVID-19 protocol.

The Track Meet Entry Form, Team Registration Form, and Team Registration Fee are due by February 27, 2023. If your team does not have all the signatures by the due date, then bring to the tournament the Team Registration Form with signatures. Your team must though get in the Track Meet Entry Form with your athlete's times/distances by the due date so that your athletes can be put in the proper divisions. Map and final information will be mailed upon receipt of the Track Meet Entry Form.

Tentative Schedule of Events

S4EA Preliminary Track Meet

8:30am - 9:30am	Team Registration
9:30am - 10:00am	Opening Ceremonies/Coaches Meeting
10:00am - 12:30pm	Track & Field Events
11:30am - 1:00pm	Lunch
1:00pm	Teams Depart



S4EA Final Track Meet

8:30am - 9:30am
9:30am - 10:00am
10:00am - 12:30pm
11:30am - 1:00pm
1:00pm



SPORTS for Exceptional Athletes (S4EA) is a sports program serving athletes with and without developmental disabilities ages 5 through adult in San Diego County.

The purpose of SPORTS for Exceptional Athletes is to create enhanced opportunities for people with and without disabilities to interact and form lasting bonds of friendship through shared sports and recreational activities in their community.

For more information, call SPORTS for Exceptional Athletes at 858-565-S4EA (7432).