



## **FULL STRIDE TRACK CLUB**

1<sup>ST</sup> ANNUAL NORTH BAY/EAST BAY RELAYS

APRIL 7, 2007

Rain or Shine

**LOCATION:** PITTSBURG HIGH SCHOOL, 250 SCHOOL STREET, PITTSBURG, CA.

**TIME:** 7:00 Packet pick-up  
8:00 Coaches Meeting (on the infield)  
8:30 Field Events  
9:00 Running Event

**COST:** \$6.00 per Athlete

**REGISTRATION:** Payments must be postmark by March 30, 2007 to:  
Full Stride Track Club  
2516 Bellevue Court  
Fairfield, CA 94534

(Money Orders and Club Checks only, no refunds)

**AWARDS:** Medals top 3 places- Time Final (Top 3 best time per event)  
Ribbons top six in each heat

**SNACK BAR:** Open from 8:00 am – 4:30 pm  
(No BBQ Grills allowed in the stadium or on campus)

**AGE GROUPS:** **Age Group Birth Year Age Group Birth Year**

Sub-Bantam 1999 or later  
Bantam 1997-1998  
Midget 1995-1996  
Youth 1993-1994  
Open 1989-1992

### **DIRECTIONS to Pittsburg High School:**

#### **FROM SAN FRANCISCO BAY AREA**

Merge onto I-580 E toward CA-24 / DOWNTOWN OAKLAND / HAYWARD-STOCKTON	1.6 miles
Merge onto CA-24 E toward WALNUT CREEK.	13.2 miles
Merge onto I-680 N via the exit on the LEFT toward CONCORD / SACRAMENTO.	4.8 miles

Merge onto CA-242 N toward CONCORD / PITTSBURG.	3.1 miles
Merge onto CA-4 E via the exit on the LEFT toward STOCKTON / PITTSBURG.	8.1 miles
Take the RAILROAD AVENUE exit- EXIT 23.	0.5 miles
Take the ramp toward PITTSBURG MARINA.	<0.1 miles
Turn RIGHT onto SCHOOL ST.	0.1 miles
School on Right hand side 250 School St, Pittsburg, CA	

#### SACRAMENTO AREA:

Merge onto I-80 W toward SAN FRANCISCO.	31.7 miles
Merge onto I-680 S via EXIT 40 toward BENICIA / SAN JOSE.	17.6 miles
Merge onto CA-4 E via EXIT 53 toward ANTIOCH / PITTSBURG.	10.5 miles
Take the RAILROAD AVENUE exit- EXIT 23	0.5 miles
Take the ramp toward PITTSBURG MARINA	<0.1 miles
Turn LEFT onto RAILROAD AVE.	0.3 miles
School on Right hand side 250 School St, Pittsburg, CA	

**Parking is available, signs will be posted.**

#### **ORDER OF EVENTS:**

**Order of running and field events are Girls then Boys**

**Limits for the 100, 200 and the 400 meter run are 3 Athletes per team for each age group.**

#### **Running Events**

- 100m Dash (all age groups) FINAL
- 3000m Run (Midget – Open Women)
- 4X100 (all ages groups)
- 1500m Racewalk (Bantam – Midget)
- 3000m Racewalk (Youth )
- 5000m Racewalk (Open)
- 4x800m Relay (Midget – Open)
- 80m Hurdles (Midget)
- 100m Hurdles (Y, OG )
- 110m Hurdles (OB)
- 800m (Bantam – Open)
- 4x200m Relay (all age groups)
- 400m Run (all age groups)
- 1500m Run (Bantam – Open)
- 200m Run (all age groups)
- 4X400m Run (all age groups)

**Field Events** All field events will begin at 8:30 am

- Turbo Javelin (B,M)
- Discus (O, M, Y,)
- Shot Put (B, M, Y, O)
- Long Jump (SB, B, M, Y, O)
- Triple Jump (Y, O) (follows LJ)
- High Jump (O,Y,M,B)
- Pole Vault (O,Y) \*Pittsburg High School Pole Vault Coach will run this event.

The following events may have combined age groups in one heat due to number of athletes registered:

Race Walk  
3000m runs  
4X800  
4X200  
4X400



# NORTH BAY/EAST BAY RELAYS

## Pittsburg High School

### April 7, 2007

Sanctioned by USATF

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Name of Team Entering Track Meet

Athlete Name	Age Group	100	3000	4X100	1500 3000 5000 RW	4x8	80 100 110 H	800	4x2	400	1500	200	4x4	TJ	DS	SP	LJ	TJ	HJ	PV

\_\_\_ Athletes x \$6.00 = \$

Coach's Name  
Phone#