

B# Sharp Track Meet

14 April 2007

Supported by First Light Christian Center



Novato High School
625 Arthur
Novato, CA. 94947

NEW ALL WEATHER STATE OF THE ART TRACK

Start Time: 9:00 am

Coach's Meeting 8:30 a.m.

\$6.00 per athlete

Send money orders or cashier's check payable to:

B SHARP

P.O. Box 6333
Springstowne Station
Vallejo, CA 94591

Fees are non-refundable/Meet will take place rain or shine

Ribbons will be awarded

NO COOKING OR GRILLING ALLOWED ON CAMPUS

For more information:

Contact Coach Pugh @ (707) 208-3558

Email: Lewis.pugh@med.va.gov

Lewis Pugh, Head Coach/Director
LaWanda Young Asst: Coach/Director

Track Events
April 14, 2007

Start Time 9:00 a.m.

Event	Division
3000 Meters	Youth – Open
800 Meters.....	Bantam – Open
80 Meter Hurdles.....	Midgets Only
100 Meter Hurdles.....	Youth Only
100 Meter Dash.....	Sub - Open
1500 Meters.....	Bantam – Open
200 Meter Hurdles.....	Youth Only
400 Meters.....	Sub-open
4x100 Meter Relay.....	Sub-Bantam-Open

200 Meters.....Sub-Bantam-Open
Mixed Sprint Medley (200x100x100x400).....Midget,Bantam,Sub,Youth
4X400 Meter Relay.....Sub - Open

Field Events

Start Time 9:00 a.m.
Shot Put (Bantam-Open)
Long Jump (Subs-Open)
Triple Jump (Youth-Open)
Mini Javelin (Bantam & Midgets only)
High Jump (Bantam-Open)

Divisions

Sub-Bantam – 1999 or later
(3 Events)
Bantam – 1997-1998
(3 Events)
Midget - 1995-1996
(3 Events)
Youth – 1993-1994
(4 Events)

DIRECTIONS:

FROM SAN JOSE AREA: TAKE US-101 NORTH TOWARD SANTA ROSA/EUREKA; TAKE THE ROWLAND BLVD. EXIT, TURN LEFT ON ONTO ROWLAND BLVD; TURN RIGHT ONTO S. NOVATO BLVD; TURN LEFT ONTO ARTHUR ST.

FROM SACRAMENTO AREA: TAKE I-80 WEST. MERGE ONTO CA-37 WEST TOWARD SAN RAFAEL, THEN FOLLOW DIRECTIONS ABOVE.

FROM SAN FRANCISCO AREA: USE DIRECTIONS FROM SAN JOSE.

Club Name _____ **Amount \$** _____ **#of Athletes** _____ **Total = \$** _____