

PINOLE VALLEY HIGH SCHOOL

ALL COMER RELAY MEET

Sanctioned by USATF

Saturday, March 17, 2007
8:30 a.m.

Pinole Valley High School

Pinole, CA

Meet Director: Deborah Sample
(510) 395-1779

\$4.00 per athlete at the gate

Directions:

South of Pinole Valley High School:

Highway 880 North to 80 towards Berkeley/Sacramento. Take the Pinole Valley Road exit. Turn right onto Pinole Valley Road. School is one block down on the right. **DO NOT PARK ACROSS THE STREET IN THE LIBRARY PARKING LOT. YOUR CAR WILL BE TICKETED AND TOWED.**

North of Pinole Valley High School:

Highway 80 West to Pinole Valley Road exit. Turn left onto Pinole Valley Road. School is one the right. **DO NOT PARK IN LIBRARY PARKING LOT.**

The long jump and first running event both start at 8:30 a.m. All races will begin with the youngest age group and the girls will go first. Field events have three jumps or throws; no finals. Events will be run in the order below unless otherwise specified. Sub-bantam, Bantam, and Midget divisions may participate in three events. Youth, Open and Adult may participate in four events.

Meet Director:

Deborah Sample - (510) 395-1779

<u>Age Division</u>	<u>Birth Year</u>
Subbantam	1999+
Bantam	1997 to 1998
Midget	1995 to 1996
Youth	1993 to 1994
Open	1989 to 1992
Adult	1988 or earlier

The events are as follows:

3000 Meter Run -----	Midget thru Adult
4X100 Relay -----	Subbantam thru Adult
Mixed Medley Relay (800X400X400X800) -----	800-midget, 400-bantam, 400-subbantam, 800-youth
1500 Meter Racewalk -----	Bantam and Midget
3000 Meter Racewalk -----	Youth thru Adult
4X200 Relay -----	Subbantam thru Adult
100 Meter (Maximum 3 athletes per age group per team) -----	Subbantam thru Adult
1500 Meter run -----	Bantam thru Adult
50 Meter (ages 5 and under) -----	Boys/Girls, 5 & under
Mixed Sprint Medley Relay (200X100X100X400) -----	200-midget, 100-bantam, 100-subbantam, 400-youth
400 Meter (Maximum 3 athletes per agegroup per team) -----	Subbantam thru Adult
4X400 Relay -----	Subbantam thru Adult

Long Jump -----	Adult thru Subbantam
Shot Put -----	Bantam thru Adult
Mini Jav -----	Midget and B
Triple Jump -----	Youth, Open, Adult
(immediately following Long Jump)	
High Jump* -----	Bantam thru Adult

* Offered only if coaches/parents want to handle set-up and put-away of high jump equipment