



C. A. Track Club Track Meet

March 24, 2007

LOCATION: Skyline High School, 12250 Skyline Blvd, Oakland

TIME: All field events will begin at 8:00am and running events will begin at 9:00am

ELIGIBLE ATHLETES:

<u>Age Division</u>	<u>Birth Year</u>
Sub Bantam	1999+
Bantam	1997 to 1998
Midget	1995 to 1996
Youth	1993 to 1994
Open	1989 to 1992

ORDER OF EVENTS:

Running Events:

1500M Racewalk (Bantam – Midget)
3000M Racewalk (Youth – Open)
4x100 Relay
1500M
80H/100H/110H (Midget – Open)
100M
800M (Bantam – Open)
200H (Youth Girls/Boys)
400M
★ Coaches/Parent Relay ★
200M
3000M (Midget – Open)
4x400 Relay

Field Events (3 attempts):

Long Jump
Triple Jump (Youth – Open)
Shot Put (Bantam – Open)
Discus (Midget, Youth, Open)
High Jump (Bantam – Open)
Mini Jav (Bantam, Midget)

REGISTRATION & ENTRIE FEES: Registration and meet entries should be completed at www.ezmeets.com. The deadline for all entries is midnight, Saturday, **March 17th**.

There will be **NO** day of meet registration!

All entries made by the deadline will be returned for verification (via email) by Tuesday, March 20th. Any changes/corrections necessary **MUST** be returned via email to adibrell@pacbell.net by **5pm Thursday, March 22nd**.

Entry fee is **\$6.⁰⁰ per athlete**. Personal Checks will not be accepted. Late entries are \$8.00 per athlete. There will be a \$25 fee added to any returned checks. Payments should be postmarked **by March 17th** to

C. A. Track Club
360 Grand Ave, Suite 73
Oakland, CA 94610

CHECK IN: There will be a 1st, 2nd, and Final Call for all events (running and field). All participants **MUST** check in with the clerk of the course by the Final Call. Any athlete not checked in by the Final Call, will be scratched from the event.

COACHES MEETING: The Coaches meeting will begin promptly at 8:00am on the field. Every team will need to send one spokesperson for their team for day of meet scratches.

RESULTS: All results will be posted following each event, at the top of the bleachers. The results will also be available after the meet at www.catrackclub.com.

AWARDS: Ribbons will be awarded to all finishers.

CONCESSIONS: Snack bar will be available.

MEET DIRECTOR: If you have any questions, contact Aliya Dibrell at adibrell@pacbell.net or (510) 220-4721

Tents will be allowed only at the top of the stands.

DIRECTIONS:

FROM THE SOUTH BAY:

Take I-880N toward Oakland. Merge onto I-238E Merge onto I-580W to Oakland. Merge onto CA-13N toward Berkeley. Take the Carson St exit. Turn RIGHT on Redwood Rd. Turn RIGHT onto Skyline Blvd. Take the first LEFT into the school at the light. Parking is past the track on the left.

FROM THE NORTH BAY:

Take I-80E towards Oakland. Merge onto I-580E. Take the 35th Ave exit. Turn LEFT onto 35th Ave which will turn into Redwood Rd. Turn RIGHT onto Skyline Blvd. Take the first LEFT into the school at the light. Parking is past the track on the left.