

**Mission Valley Track and Field Club**  
**2011 Sam Cavallaro/ Bob Loggins Sectional**  
**PA/USATF Youth Track and Field Meet**  
**Saturday, May 7, 2011**

**Location:** James Logan High School,

1800 H Street

Union City, CA. 94587

Rain or Shine.

**Meet Timeline:**

- Packet pick-up can begin at 7:00 am
- Field events and Racewalk Events begin 8:00 am
- Walk up Registration from 7:00 to 7:45 am
- Club coach's / Unattached parents meeting (infield @ the Center of the field 50 yard line) 8:00 am

**Track Equipment Requirement:**

¼" pyramid or needle spikes must be worn by all athletes.

**Cost:**

\$6 per athlete (payment can be made via money order or online credit/debit cards only, no club or personal checks accepted) no refunds. Same day registration is \$16 per athlete and will not be accepted after 7:30 am the morning of the meet.

**Awards:**

Medals to the Top 3 overall finishers and Top 6 in each heat / flight will receive a ribbon (given after each heat/flight is completed).

**Results:**

Results will be posted within 30-minutes after each event is over and on the PA/USATF website within 3-days after the meet is completed. The only exception to the posting rule will be for the 100m, 200m and 400m events. Posting will be within an hour of the conclusion of those events.

**Snack Bar:**

Mission Valley Track and Field will provide a snack bar with hot meal-deals for breakfast & lunch.

**Entries:**

All entries must be completed online and no additions will be allowed. The website for your online registration is: [www.ezmeets.com](http://www.ezmeets.com). Entries are being accepted now and your entries must be received by Saturday, April 30, 2011 at 11:59pm. No exceptions will be made! Only scratches can be made after the deadline! Email Denise Warren at [raidermomuc@yahoo.com](mailto:raidermomuc@yahoo.com) to be placed on the team list and to receive your password. Please put MVTFC Entry as the subject of your email.

You may enter and update your entries up until the posted entry deadline.

**Entry Fee Information:**

Entry Fees must be paid BEFORE athletes may compete. Entries submitted without entry fees will not be processed until fees are received. Entry fees must be paid by 11:59pm, Saturday, April 30, 2011.

If payment is not received by 11:59pm on Saturday, April 30, 2011, entries will be considered late and a late payment of \$10 per athlete will be assessed before the athlete will be allowed to compete. There will be no exceptions.

Please make money order, cashier's check payable to Mission Valley Track and Field Club and mail to:

Coach Lee Webb  
1800 H Street  
Union City, CA 94587

**Online payment:**

You may pay your entry fees online with a MasterCard or Visa Credit / Debit Card. Go to [www.logantrackandfield](http://www.logantrackandfield.com) website and select the Online Forms menu and then select the link "**Online MVTFC Sectional Entry Fee Payment**".

You must pay for each individual entered. All of your athletes can enter the meet.

Entry fees are non-refundable, so enter accordingly.

**Relays:**

An unattached athlete may not compete on a relay team (this is a USATF rule); clubs attending the meet are requested to provide 1-2 officials at the time of the relays to assist with relay exchange zone judging (meet at the finish line prior to the start of the first relay); remind your athletes to pull their tape from the track after they complete a relay exchange.

**Seeding:**

Our best efforts will be made to seed heats so that two athletes from the same club will not be in the same heat. Therefore, use your athlete's best mark

in the 2011 season, seeding times / distances are necessary when you register. Last heat of each age group in 100m, 200m and 400m will be designated as the fast heat. If you have an athlete that should be in the fast heat ensure you instruct your athlete to notify the clerk of the course when they check in. In addition, place the athlete's fast known time when entering the running event. We will make every attempt to verify marks.

**Check-In:**

There will be a 1<sup>st</sup>, 2<sup>nd</sup> and Final Call for all running and field events. All participants **MUST** check-in with the clerk of the course or at the field event by the **FINAL CALL**. Any athlete not checked in by the **FINAL CALL**, will be scratched from the event.

**Volunteers:**

Mission Valley Track and Field Club will be providing all volunteers to run this meet. We want coaches and parents to be able to enjoy the meet and focus on coaching & cheering every participant as they compete; **however, if you see an area that is struggling bring it to the attention of the meet director or jump in and help.**

Access to infield: No coaches on infield except coaches clearly displaying 2011 PA/USATF membership ID cards and assisting Sub-Bantam and Bantam Long and High jumpers setting marks. Coaches must leave when the event begins.

**Questions regarding the meet:**

**Contact Coach Lee Webb**

By E-mail: [lwebb@nhusd.k12.ca.us](mailto:lwebb@nhusd.k12.ca.us)

By Phone at (510) 304-7172

By Fax at (510) 475-3947

**Track Rules:**

Logan High School does not allow dogs on campus and do not allow BBQs to be brought on campus or in the parking lot areas. TENTS WILL ONLY BE ALLOWED ON THE TOP ROW OF ALL BLEACHERS.

**Driving Directions:**

**FROM THE NORTH BAY / SACRAMENTO AREA**

**I-80 West** Continue on **I-580 E** toward

**DOWNTOWN/OAKLAND/HAYWARD/STOCKTON/ALAMEDA (I-880)/SAN JOSE.**

Take the **DOWNTOWN OAKLAND** exit onto **I-980 W**. Take the **I-880 S** exit

onto **I-880 S** toward **SAN JOSE**. Take exit **#23/ALVARADO NILES ROAD**. Turn

Left on **ALVARADO NILES RD**. Turn Left on **H ST**. Arrive at **1800 H ST**,

**UNION CITY**, on the Right

**FROM THE SOUTH BAY**

Turn Right to take ramp onto **I-880 N** toward **OAKLAND**. Take exit **#21/DECOTO**

**ROAD/DUMBARTON BR**. Turn Right on **DECOTO RD**. Turn Left on **ALVARADO**

**NILES RD**. Turn Right on **H ST**. Arrive at **1800 H ST**, **UNION CITY**, on the

Right

**Official Mission Valley Track and Field Club Sectional Hotel:**

Crowne Plaza Hotel

32083 Alvarado-Niles Road

Union City, CA. 94587

Reservations: 888-259-8696

Front Desk: (510) 489-2200 Ask for Mark Yosimitsu

**Eligible Athletes:**

<u>Age Division:</u>	<u>Birth Year:</u>
Sub Bantam	2003+
Bantam	2001 to 2002
Midget	1999 to 2000
Youth	1997 to 1998
Open	1993 to 1996    1992 after July 31

**Order of Events:**

**Running Events:**

1500 Race Walk-Bantam/Midget

3000m Race Walk (Youth thru Open)

4x100m Relay (all age groups)  
Open)

1500m (Sub Bantam thru Open)

100m (all age groups)  
groups)

**Field Events (4 attempts)**

Javelin-Youth-Open

Discus (Midget thru Open)

Shot Put (Sub Bantam thru

Triple Jump (Youth & Open)

Long Jump (all age

400m (all age groups)  
Open)

High Jump (Bantam thru

3000m Run (Midget – Open Women)  
Midget)

Mini Javelin (Sub Bantam &

80H/100H/110H (Midget – Open)

Pole Vault (Youth and Open)

♀4x100m Coaches and Parents Relay♂

800m (Bantam thru Open)

200m (all age groups)

200m Hurdles (Youth)

400m Hurdles (Open)

4x400 Relay (Sub Bantam thru Open)

### **Field Events: Estimated Time Schedule**

**8:00 a.m.**

SBG Long Jump  
MG-Shot Put

YG Triple Jump

BB High Jump

Youth /Open Javelin

YG & YB Pole Vault

SBB Turbo Javelin

**9:00 a.m.**

SBB Long Jump  
MB-Shot Put

YB Triple Jump

BB High Jump

MG Discus

BB Turbo Javelin

10:00 a.m.

MG High Jump

YG Shot Put

MG Discus

BB Turbo Javelin

Open Pole Vault

11:00 a.m.

BG Long Jump

BB Long Jump

MB High Jump

YB Shot Put

MB Discus

MG Turbo Javelin

12:00 p.m.

YG High Jump

YG Discus

MB Turbo Javelin

SBB Shot Put

1:00 p.m.

MG Long Jump

MB Long Jump

YB High Jump

BG Shot Put

YB Discus

2:00 p.m.

Open Women High Jump

BB Shot Put

Open Discus

3:00 p.m.

YG Long Jump  
Jump

YB Long Jump

Open Mens High

4:00 p.m.

Open Womens Long Jump

Open Mens Long Jump

USATF Membership:

PA/USATF Board voted all youth athletes must join PA/USATF before they can compete in a sanctioned USATF meet. Join before coming to the meet or at the meet.

NOTE:

If a club is not a registered 2011 club in good standing then all athletes associated with that club will need to transition to another club or compete unattached. If the athlete chooses to compete unattached then they should not wear their club uniform (simple as turning it inside out if necessary).