



and



INVITATIONAL

May 21-22, 2011

LOCATION: Contra Costa College, 2600 Mission Bell Drive, San Pablo, CA 94806
TIME: All field events will begin at 8:00 a.m. and running events will begin at 9:00 a.m.
SANCTION: USATF

REGISTRATION & ENTRY FEES: Registration and meet entries should be completed at http://coachoregistration.com/meet/entry/ca_hercules/. The deadline for all entries is midnight, Tuesday, May 17th.

There will be **NO** day of meet entries! Any changes requested after the entry deadline will incur a \$10 charge per event.

NO LATE OR AT THE MEET REGISTRATION! NO EVENT CHANGES AT THE MEET!

All entries made by the deadline should be printed and verified by the entry deadline.

Entry fee is **\$4.00 per event and \$16.00 per relay**. Fees will be required to be paid online at the completion of your registration. Personal Checks will not be accepted.

CHECK IN: There will be a 1st, 2nd, and Final Call for all events (running and field). Running participants **MUST** check in with the clerk of the course by the Final Call. Field Participants **MUST** check in at the event location. 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 placed in a binder by age group at the Awards station. The results will also be available after the meet at <http://www.pausatf.org/indexyouth.html> .

AWARDS: Medals will be awarded to the top 3 overall finishers and ribbons to the 4th - 6th finishers.

CONCESSIONS: Snack bar will be available. No outside barbeque pits will be allowed in or around the track stadium.

MEET GUIDELINES:

- **ALL USA TRACK & FIELD RULES WILL APPLY. SUB-BANTAMS /BANTAMS /MIDGETS (3) EVENTS. YOUTH AND ABOVE (4) EVENTS.**
- **THERE WILL BE NO COACHES ALLOWED IN THE CLERK OF THE COURSE AREA.**
- **LATE ARRIVALS TO FIELD EVENTS MUST START AT THE CURRENT ROUND WITHOUT WARM -UP.**
- **REPORT TO CLERK OF COURSE ON FIRST CALL.**
- **ALL WEATHER TRACK, ¼ SPIKES ARE REQUIRED.**
- **THERE WILL BE (4) ATTEMPTS IN EACH FIELD EVENT. PLACES WILL BE AWARDED ON BEST COMPLETED ATTEMPT.**
- **NO COACHES OR PARENTS ALLOWED ON THE TRACK OR FIELD AREA. EXCEPT TO SETUP SUB-BANTAM LONG JUMP MARKS - ONCE EVENT STARTS PARENT/COACH MUST LEAVE FIELD.**
- **RUNNING AWARDS ARE TO BE PICKED-UP BY COACHES ONLY. FIELD EVENT AWARDS WILL BE ISSUED AT THE EVENT SITE.**

MEET DIRECTOR: If you have any questions, contact James Moore at dunajames1@comcast.net or (510) 367-0420 or Keisha Lowe at toppacerstrackclub@yahoo.com or (925) 565-5924

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

DIRECTIONS:

FROM THE SOUTH BAY: Take I-880N toward Oakland. Merge onto I-80 E take the El Portal Dr exit. Turn left at El Portal Dr. Turn right at Castro Road. The College will be on your left side.

FROM THE NORTH BAY: Take I-80 west towards San Francisco. Take exit 19A for El Portal Drive. Turn right onto El Portal Drive. Turn right at Castro Road. The college will be on your left side.

ELIGIBLE ATHLETES:

Age Division	Birth Year
Sub Bantam	2003 to 2004
Bantam	2001 to 2002
Midget	1999 to 2000
Youth	1997 to 1998
Open	1993 to 1996

Schedule of Events

Saturday May 20, 2011

Track Events Starting Time: 9:00 A.M. First Call: 8:30 A.M.

Track Event	Type	Age Group and Order
4x800m Relay	T/Final	MG,MB,YG,YB
3000m Run*	T/Final	MG,MB,YG,YB,OPEN M,OPEN W
100M Dash	Semi-Final	SBG,SBB,BG,BB,MG,MB,YG,YB,OPEN W,OPEN M
800m Run	T/Final	SBG,SBB,BG,BB,MG,MB,YG,YB,OPEN W,OPEN M

PARENT APRECIATION CEREMONY (ALL TEAMS)

110m Hurdles	T/Final	Open
100m Hurdles	T/Final	Open
100m Hurdles	T/Final	YB,YG
80m Hurdles	Final	MB,MG
400m Dash	T/Final	SBG,SBB,BG,BB,MG,MB,YG,YB,OPEN W,OPEN M

Field Events Starting Time: 8:00 A.M. First Call: 7:30 A.M.

Long Jump (North Pit)	Long Jump (South Pit)	High Jump	Shot Put	Discus	Mini-Javelin	Javelin
Open M	Youth B	Bantam B	Midget B	Midget G	SB Girl	Open M
Bantam B	Midget G	Bantam G	Midget G	Open B	Bantam G	Youth G
SB Boy	Open M	Youth B	Open M	Open G	Midget G	Youth B
Midget B	Open W	Youth G	Youth B			Open W

Schedule of Events

Sunday May 21, 2011

Track Events Starting Time: 9:00 A.M. First Call: 8:30 A.M.

Track Event	Type	Age Group and Order
4x100m Relay	T/Final	SBG,SBB,BG,BB,MG,MB,YG,YB
3000m Walk*	T/Final	MG,MB,YG,YB,IG,IB,YW,YM
1500m Walk*	T/Final	BG,SBB,BG,BB,MG,MB,YG,YB,OPEN
200m Run	T/Final	BG,BG,MG,MB,YG,YB,OPEN
1500M Run	T/Final	BG,BB,MG,MB,YG,YB,OPEN
200m Hurdles	T/Final	YB, YG
100m Dash	Final	SBG,SBB,BG,BB,MG,MB,YG,YB,OPEN
4x400m Relay	T/Final	SBG,SBB,BG,BB,MG,MB,YG,YB,OPEN

***3000m and 1500m Walks may be combined**

Field Events Starting Time: 8:00 A.M. First Call: 7:30 A.M.

Triple Jump (North Pit)	Long Jump (South Pit)	High Jump	Shot Put	Discus	Mini-Javelin
Open M	Bantam G	Midget G	Open W	Youth B	Midget B
Open W	SB Girl G	Open W	Youth G	Youth G	Bantam B
Youth B	Youth G	Open M	Bantam B	Midget B	SB Boy
Youth G		Midget B	SB Boy		
			Bantam G		
			SB Girl		

