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## 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/](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](mailto:dunajames1@comcast.net) or (510) 367-0420 or Keisha Lowe at [toppacerstrackclub@yahoo.com](mailto: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:**

<b>Age Division</b>	<b>Birth Year</b>
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

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**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.**

<b>Track Event</b>	<b>Type</b>	<b>Age Group and Order</b>
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**

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

<b>Triple Jump (North Pit)</b>	<b>Long Jump (South Pit)</b>	<b>High Jump</b>	<b>Shot Put</b>	<b>Discus</b>	<b>Mini-Javelin</b>
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		

