

DATE: MAY 17 & 18, 2014

LOCATION: JAMES LOGAN HIGH SCHOOL
1800 H STREET, UNION CITY, CA. 94587
(Please place above address in MapQuest/GPS for directions from your location)

STARTING TIMES: 8:00 A.M. – FIELD EVENTS (Both Days)
(Rain or Shine) 9:00 A.M. – FIRST RUNNING EVENT (Both Days)

ENTRY FEES: \$4.00 PER EVENT PER ATHLETE
\$16.00 FOR EACH ENTERED RELAY

ENTRY FEE PAYMENT: **FEES MUST BE PAID IN FULL ONLINE BEFORE THE “COACHO”
REGISTRATION SYSTEM CLOSURE. OUR REGISTRATION CLOSURE
DATE IS MAY 12, 2014. ALL ENTRY FEES ARE TO BE MADE ONLINE
WITH “COACHO” PRIOR TO THE CLOSING DATE.**

NO REFUNDS!

ENTRY DEAD LINE: **THE ENTRY ELECTRONIC SYSTEM WILL CLOSED AT MIDNIGHT
MONDAY, MAY 12, 2014. NO ENTRIES WILL BE ACCEPTED AFTER
COACHO REGISTRATION CLOSURES.**

NO LATE OR AT THE MEET REGISTRATION!

NO EVENT CHANGES AT THE MEET

PLEASE PRINT AND BRING YOUR COACHO RECEIPT TO THE

MEET

AGE GROUPS:	<u>DIVISIONS:</u>	<u>BIRTH YEARS:</u>
	GROUP #1	2007 – EARLIER
	GROUP #2	2005 – 2006
	GROUP #3	2003 – 2004
	GROUP #4	2001 – 2002
	GROUPS #5 & 6 (COMBINED)	1999 – 1995

INDIVIDUAL AWARDS: 1ST THRU 3RD - MEDALS
(Awards received from finals only) 4TH THRU 6TH - RIBBONS

TEAM TROPHIES: 1ST PLACE GIRL TEAM TROPHY (COMBINED GROUPS) (1-4)
1ST PLACE BOYS TEAM TROPHY (COMBINED GROUPS) (1-4)
1ST PLACE OVERALL TEAM TROPHY (COMBINED BOYS & GIRLS)(1-4)

PARENT/COACHES RELAY: THERE WILL BE A 4X100 RELAY FOR PARENTS AND COACHES. **ALL
MALE OR ALL FEMALE TEAMS ONLY.** (NO MEDALS WILL BE PROVIDED
FOR THIS EVENT)

MEET INFORMATION: WILL PITTMAN, MEET DIRECTOR – (510) 581-4428
(PLEASE NO CALLS BEFORE 9 A.M. OR AFTER 10 P.M.)

FAX / COLLECT CALLS: **NO ENTRIES ACCEPTED BY FAX ,MAIL OR EMAIL & NO COLLECT
CALLS WILL BE ACCEPTED.**

ENTRY INSTRUCTIONS: ALL ENTRIES MUST BE COMPLETED ONLINE. NO ADDITIONS WILL
BE ALLOWED AT THE MEET. THE WEBSITE FOR YOUR ONLINE
REGISTRATION IS: www.coacho.com ENTRIES WILL BE ACCEPTED
STARTING ON **APRIL 7, 2014**. YOUR ENTRIES MUST BE IN THE
SYSTEM BY **MONDAY, MAY 12, 2014**, NO LATER THAN 11:59PM. **NO
EXCEPTIONS WILL BE MADE.**

PARKING: PLENTY OF PARKING AVAILABLE ACROSS THE STREET FROM THE
CAMPUS AND BEHIND THE VISITORS STANDS ON CAMPUS.

FIELD EVENTS: DISCUS / JAVELIN WILL BE HELD ON THE OPEN FIELD BEHIND THE VISITOR STANDS.

LONG JUMP / TRIPLE JUMP WILL BE HELD AT PITS (A & B) LOCATED ON THE IN-FIELD.

SHOT PUT WILL BE CONTESTED AT THE FAR END OF THE FIELD BEHIND THE OLD CONCESSION STAND AREA.

HIGH JUMP WILL BE ON THE SURFACED IN-FIELD

WARM-UP AREA: THE WARM-UP AREA IS LOCATED BEHIND THE VISITOR STANDS.

MEET GUIDELINES: ALL USA TRACK & FIELD RULES WILL APPLY.

GROUPS (1 – 3) ARE ELIGIBLE TO COMPETE IN (3) EVENTS.
GROUPS (4 – 6) ARE ELIGIBLE TO COMPETE IN (4) EVENTS

ADVANCEMENT TO FINALS BY BEST TIMES.
MEET TIMING IS FINAL.

NO SHOW FOR A TRIAL = NO FINAL.

LATE ARRIVALS TO FIELD EVENTS MUST START AT THE CURRENT ROUND WITHOUT WARM – UP.

REPORT TO CLERK OF COURSE ON FIRST CALL.
ATHLETES MISSING THEIR HEAT WILL NOT BE MOVED TO AN OPEN LANE IN ANOTHER HEAT, SO BE ON TIME!

ALL WEATHER TRACK, ¼ SPIKES ARE REQUIRED.

THERE WILL BE (4) ATTEMPTS IN EACH FIELD EVENT, **EXCEPT THE HIGH JUMP. HIGH JUMPER WILL GET (3) JUMPS PER HEIGHT CLEARED** . PLACES WILL BE AWARDED ON BEST COMPLETED ATTEMPT.

NO COACHES OR PARENTS ALLOWED ON THE TRACK OR FIELD AREA,(EXCEPT TO SETUP MARKS IN THE LONG JUMP FOR ATHLETES IN GROUP (#1) - ONCE THE EVENT STARTS PARENTS/COACHES MUST LEAVE THE FIELD.)

RUNNING AWARDS CAN BE PICKED-UP BY THE ATHLETE OR COACH. FIELD EVENT AWARDS WILL BE ISSUED AT THE EVENT LOCATION OR CAN BE PICKED UP AT THE AWARDS DESK.

PLEASE NOTE: ALL AWARDS MUST BE PICKED UP PRIOR TO THE CONCLUSION OF THE MEET. NO AWARDS WILL BE MAILED OR DELIVERED!

THERE ARE NO EVENT CHANGES OR REFUNDS AFTER THE DEADLINE.

CONCESSIONS: A SNACK BAR AND HEATED FOOD WILL BE AVAILABLE ON BOTH DAYS.

RESULTS: RESULTS WILL BE POSTED ON THE 3M WEBSITE WITHIN (2) DAY (3mtrackclub.com), AND PLACED ON THE P.A. WEBSITE WITHIN THE WEEK .

HOTELS: SEE ATTACHED LISTINGS.

3M TRACK CLUB INVITATIONAL

ORDER OF EVENTS

SATURDAY, MAY 17, 2014

FIELD EVENTS:

8:00 A.M. STARTING TIME - (THE FIELD EVENTS LISTED BELOW MAY BE CALLED OUT OF THE LISTED SEQUENCE)

LONG JUMP:

GROUP (1) GIRLS
GROUP (1) BOYS
GROUP (4) GIRLS
GROUP (4) BOYS

HIGH JUMP:

GROUP (2) GIRLS
GROUP (2) BOYS
GROUP (3) GIRLS
GROUP (3) BOYS
GROUP (4) GIRLS
GROUP (4) BOYS
GROUP (5/6) GIRLS
GROUP (5/6) BOYS

SHOT PUT:

GROUP (4) GIRLS
GROUP (4) BOYS
GROUP (2) GIRLS
GROUP (2) BOYS
GROUP (1) GIRLS
GROUP (1) BOYS

DISCUS:

GROUP (5/6) WOMEN
GROUP (5/6) MEN
GROUP (3) GIRLS
GROUP (3) BOYS

MINI JAVELIN:

GROUP (1) GIRLS
GROUP (1) BOYS
GROUP (2) GIRLS
GROUP (2) BOYS
GROUP (3) GIRLS
GROUP (3) BOYS

RUNNING EVENTS:

9:00 A.M. STARTING TIME

4X800	RELAY	T/FINAL	GROUPS (3 - 4)
3000M	RUN	T/FINAL	GROUPS (3 - 4)
100M	RUN	SEMI	GROUPS (1 - 4)
800M	RUN	T/FINAL	GROUPS (1 - 4)
1500M	WALK	T/FINAL	GROUPS (2 - 4)
3000M	WALK	T/FINAL	GROUP (4)
400M	RUN	T/FINAL	GROUPS (1 - 4)

3M TRACK CLUB INVITATIONAL

ORDER OF EVENTS

SUNDAY, MAY 18, 2014

FIELD EVENTS:

8:00 A.M. STARTING TIME - (THE FIELD EVENTS LISTED BELOW MAY BE CALLED OUT OF THE LISTED SEQUENCE)

LONG JUMP:

GROUP (2) GIRLS
GROUP (2) BOYS
GROUP (3) GIRLS
GROUP (3) BOYS

SHOT PUT:

GROUP (3) GIRLS
GROUP (3) BOYS
GROUP (5/6) WOMEN
GROUP (5/6) MEN

JAVELIN:

GROUP (5/6) WOMEN
GROUP (5/6) MEN
GROUP (4) GIRLS
GROUP (4) BOYS

DISCUS:

GROUP (4) GIRLS
GROUP (4) BOYS

TRIPLE JUMP:

GROUP (4) GIRLS
GROUP (4) BOYS
GROUP (5/6) WOMEN
GROUP (5/6) MEN

RUNNING EVENTS:

9:00 A.M. STARTING TIME

200M	HURDLES	T/FINAL	GROUP (4)
4X100	RELAY	T/FINAL	GROUPS (1 - 4)
1500M	RUN	T/FINAL	GROUPS (1 - 5)
200M	RUN	T/FINAL	GROUPS (1 - 5)
100M	HURDLES	T/FINAL	GROUP (4)
80M	HURDLES	T/FINAL	GROUP (3)
100M	RUN	FINAL	GROUPS (1 - 4)
***	PARENT / COACHES RELAY	***	WOMEN - MEN
4X400	RELAY	T/FINAL	GROUP (1 - 4)

HOTELS IN THE AREA

Hotels and Motels are listed below for your convenience and preference.

HOTELS IN THE AREA:

CROWNE PLAZA HOTEL - 510-489-2200

HOLIDAY INN EXPRESS - 510-475-0600

EXTENDED STAY AMER. - 510-441-9616

AMERICA'S BEST VALUE - 510-489-3888

COURTYARD NEWARK - 510-792-5200