

# Hampton-Phillips Classic Track Club

Sanctioned through Pacific Association USATF

May 10, 2014

9:00 AM - Running Events

8:30 AM - Field Events

Skyline High School  
12250 Skyline Boulevard  
Oakland, CA 94619

Age Division	Year of Birth	Group
6 - under	2008+	Group 0
7 - 8	2006 - 2007	Group 1
9 - 10	2004 - 2005	Group 2
11 - 12	2002 - 2003	Group 3
13 - 14	2000 - 2001	Group 4
15 - 18	1996 - 1999	Group 5/6

- **LIMITATIONS:** Group 0 through Group 3 are limited to three events. Group 4 and 5/6 are limited to four events.
- **ENTRY FEE:** \$7 per athlete
- **NOTE:** If participating in a mixed medley relay, the athletes can run up but CANNOT run down, i.e. in the mixed sprint medley Group 1 athletes can run the 100m, 200m, or 400m. However a Group 3 or Group 4 athlete cannot run the 100m and Group 4 athletes cannot run the 200m. Also must be same gender. Group 0 athletes may run in place of Group 1 athletes for relays only.
- **REGISTRATION & ENTRY FEES:** Registration and meet entries should be completed at the Coach-O website ([CLICK HERE TO REGISTER](#)) no later than Wednesday, May 7, 2014. There will be NO day of the meet entries or changes! All entries made by the

deadline should be printed for verification purposes. Entry fee is \$7 per athlete. Fees must be paid online after you complete your entries.

- **COACHES MEETING:** There will be a coaches meeting on the infield at 8:00 AM. A representative from each team should be present. Scratches should be made during this time.
- **AWARDS:** Ribbons will be awarded to the 1<sup>st</sup> - 6<sup>th</sup> heat places. Medals will be awarded for 1<sup>st</sup> - 3<sup>rd</sup> overall places for the 1500m and Mini Jav only.
- **CONCESSIONS:** A hearty snack bar featuring Flavors Cinnamon Rolls® will be available, so bring an appetite!

### **ATTENTION COACHES AND PARENTS!!!**

**There will be 2 SEPARATE raffles held. One for an autographed photo of Stephen Curry and another for an official NBA regulation basketball autographed by the entire Golden State Warriors team!**

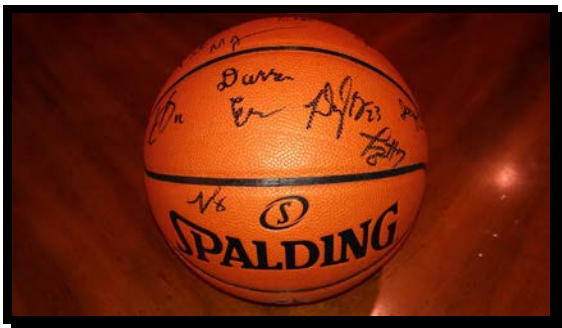
**A representative must be present to win. Drawings will be held at 3:00 PM and 4:00 PM respectively. Pre-sale raffle tickets are available NOW so [CLICK HERE TO PURCHASE TICKETS.](#)**

**\$1 for 1 ticket**

**\$5 for 6 tickets**

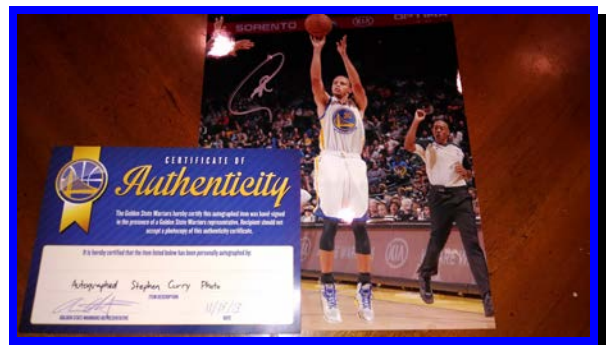
**\$5 for 8 tickets (PRE-SALE ONLY)**

**REMEMBER: On day of meet, bring online receipt to pick up & confirm pre-sale tickets.**



**NBA regulation basketball signed by the entire Golden State Warriors team with Certificate of Authenticity. Imagine this on your mantle.**

**Autographed photo of Stephen Curry, signed with Certificate of Authenticity.**



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May 10, 2014

## SCHEDULE OF EVENTS

TRACK EVENTS - 9:00 AM start time

1500 meter race walk	Group 2, Group 3
3000 meter race walk	Group 4, Group 5/6
4x100 meter relay	Group 0, Group 1, Group 2, Group 3, Group 4, Group 5/6
4x800 meter relay	Group 1, Group 2, Group 3, Group 4, Group 5/6
1500 meter run	Group 1, Group 2, Group 3, Group 4, Group 5/6
Mixed Sprint Medley relay (100, 100, 200, 400)	Group 1(100), Group 2(100), Group 3(200), Group 4(400)
50 meter dash	Ages 5 and under only
400 meter dash	Group 0, Group 1, Group 2, Group 3, Group 4, Group 5/6
100 meter dash	Group 0, Group 1, Group 2, Group 3, Group 4, Group 5/6
Sprint Medley relay (100, 100, 200, 400)	Group 1, Group 2, Group 3, Group 4, Group 5/6
800 meter run	Group 1, Group 2, Group 3, Group 4, Group 5/6
200 meter dash	Group 0, Group 1, Group 2, Group 3, Group 4, Group 5/6
4x100 meter parent/coach relay	
4x200 meter relay	Group 0, Group 1, Group 2, Group 3, Group 4, Group 5/6

FIELD EVENTS - 8:30 AM start time

Long Jump	Group 0	8:30	Shot Put	Group 1	8:30
Long Jump	Group 5/6		Shot Put	Group 2	
Long Jump	Group 4		Shot Put	Group 3	
Long Jump	Group 3		Shot Put	Group 4	
Long Jump	Group 2		Shot Put	Group 5/6	
Long Jump	Group 1				
			Mini Jav	Group 3	8:30
			Mini Jav	Group 2	
			Mini Jav	Group 1	
			Long Tom	Group 4	Following
			Long Tom	Group 5/6	Mini Jav

