

Eastbay Heat Track Club

Invitational Track and Field MEET

This is a USATF Sanctioned Track Meet Sponsored by Pacific Association

Vallejo High School
840 Nebraska Street
Vallejo, California

Saturday - June 7, 2014
Sunday - June 8, 2014

For all questions regarding the 2014 East Bay Heat Invitational please contact meet director: Traevon Williams -- 510 368-0168 or coachwilliams@eastbayheattrackclub.com

You must complete your registration process before 9 pm, June 5, 2014. If you have meet questions please contact Traevon Williams at above number. If you have registration questions or issues, contact Mario Camargo at macamargo89@gmail.com or 510 504-6778.

Registration Deadline: 9 pm. June 5

Registration Process

- Registration with www.coacho.com for each team or unattached athlete
- Cost per athlete is **\$7 per athlete** entered (no refunds) **additional \$4 per relay**
 - 8 & under, 9-10, 11-12 year old age groups can enter 1-3 events
 - 13-14, 15-16, 17-18 year old age groups can enter 1-4 events
 - Athletes are not allowed to compete in an older or younger age group
 - A relay counts as an event
 - **Unattached athletes cannot form a relay team**

Age Group	Birth Year		Maximum Amount of Events
8 and under	2006 +	Group 1	3 events
9 - 10	2004-2005	Group 2	3 events
11 - 12	2002-2003	Group 3	3 events
13 - 14	2000-2001	Group 4	4 events
15 - 16	1998-1999	Group 5	4 events
17 - 18	1996-1997	Group 6	4 events
	1995 if born after July 27 th		

- No false starts for 15-16 and 17-18 year old age groups. 8 & under, 9-10, 11-12, 13-14 year old age groups are still allowed one false start.

Results Posting

- Results will be posted at a designated location during the meet as soon after the competition as possible. Posted results are for the benefit of everyone so please do not remove them
- After the meet is over, check www.CoachO.com and the Pacific Association website www.pausatf.org for final results

Awards

There are no awards for this meet. We are therefore only charging the per athlete fee of \$7 instead of the \$4 per event fee allowed for 2 day meets

Medical Services & Security

There will be an EMT or other qualified personnel available at all sessions of the championships. Additional medical facilities are within minutes of the stadium and the local Fire Department and Rescue Unit is located minutes from the stadium.

Stadium Rules

- **Tents** – Allowed on the top row of the bleachers only but cannot block the announcer's area. Tents must be broken down and removed from the stadium at the completion of competition each day. School and USATF are not responsible for lost or stolen items;
- **Coolers** – Permitted inside the stadium; however, GLASS CONTAINERS in the coolers ARE NOT PERMITTED. Coolers may be checked at the gate. Please remove any alcohol, tobacco or glass before entering the stadium
- **Food Services** – Food and beverages will be sold throughout the meet. You may bring your own food and drink into the stadium but you may not bring in glass containers. When you leave, you must remove anything you brought in with you. For your convenience, plastic garbage bags and garbage cans will be available throughout the facility for garbage disposal
 - ***BBQs and sunflower seeds are not allowed anywhere on the school campus, not even the parking lot***

Hotels:

Super 8
2070 Solano Avenue
Vallejo
Breakfast, WiFi

Best Western Plus Inn & Suites
1596 Fairgrounds Drive
Vallejo
Breakfast, WiFi

Courtyard by Marriott
1000 Fairgrounds Dr.
Vallejo
WiFi

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SATURDAY – Events Schedule June 7, 2014
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TRACK EVENTS – 9:00 am

1500 meter race walk finals	9-10, 11-12	girls / boys	9:00
3000 meter race walk finals	13-14 through 17-18	girls / boys	
200 meter trials	All age groups starting with 8 & under g/b		
200 meter hurdle finals	13-14	girls / boys	
400 meter hurdle finals	15-16 through 17-18	girls / boys	
800 meter finals	All age groups starting with 8 & under g/b		
200 meter finals	All age groups starting with 8 & under g/b		
4x800 relay finals	11-12 through 17-18	girls / boys	
400 meter run finals	All age groups starting with 8 & under g/b		

- No false starts for 15-16 and 17-18 year old age groups. 8 & under, 9-10, 11-12, 13-14 year old age groups are still allowed one false start.

FIELD EVENTS – 8:30 am

High Jump	11-12 girls / boys	8:30	Long Jump	8 & under g/b	8:30
High Jump	9-10 girls / boys		Long Jump	9-10 girls / boys	
			Long Jump	11-12 girls / boys	
Shot Put	8 & under g / b	8:30	Long Jump	13-14 girls/boys	
Shot Put	9-10 girls / boys				
Shot Put	11-12 girls / boys		Mini Jav	11-12 girls / boys	8:30
Shot Put	13-14 girls / boys		Mini Jav	9-10 girls / boys	
			Mini Jav	8 & under g/b	

Triple Jump	17-18 girls / boys	Following
Triple Jump	15-16 girls / boys	long jump
Triple Jump	13-14 girls / boys	

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SUNDAY - Events Schedule June 8, 2014
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TRACK EVENTS – 9:00 am

1500 meter run finals	All age groups starting with 8 & under	g/b	9:00
100 meter trials	All age groups starting with 8 & under	g/b	
4x100 relay finals	All age groups starting with 8 & under	g/b	
80 meter hurdle finals	11-12 girls, boys		
100 meter hurdle finals	13-14 boys, 15-16 girls, 17-18 girls		
110 meter hurdle finals	15-16 boys, 17-18 boys		
100 meter finals	All age groups starting with 8 & under	g/b	
3000 meter run finals	11-12 through 17-18	girls / boys	
4x400 meter relay finals	All age groups starting with 8 & under	g/b	

- No false starts for 15-16 and 17-18 year old age groups. 8 & under, 9-10, 11-12, 13-14 year old age groups are still allowed one false start.

FIELD EVENTS - 8:30 am

Event	Age Group	Time
Discus	17-18 girls / boys	8:30
Discus	15-16 girls / boys	
Discus	13-14 girls / boys	
Discus	11-12 girls / boys	
Javelin	13-14 girls / boys	8:30
Javelin	15-16 girls / boys	
Javelin	17-18 girls / boys	

Event	Age Group	Time
High Jump	17-18 girls / boys	8:30
High Jump	15-16 girls / boys	
High Jump	13-14 girls / boys	
Long Jump	13-14 girls / boys	8:30
Long Jump	15-16 girls / boys	
Long Jump	17-18 girls / boys	
Shot Put	15-16 girls / boys	8:30
Shot Put	17-18 girls / boys	