

Eastbay Heat Track Club

ALL-COMERS MEET

This is a USATF Sanctioned Track Meet
Sponsored by Pacific Association

Date: Saturday, March 8, 2014
Time: 10:00 a.m. Running Events
9:30 a.m. Field events
Site: McClymonds High School
2607 Myrtle St
Oakland, CA 94607

** All Tents/Tarps allowed at **TOP** of bleachers only and along walkways **AWAY** from fence

Eligibility: Any boy or girl in the following divisions:

Age Division	Year of Birth
8 & under	2006+
9 - 10	2004 - 2005
11 - 12	2002 - 2003
13 - 14	2000 - 2001
15 - 16	1998 - 1999
17 - 18	1996-1997

Limitations: 8 & under, 9 – 10, 11 – 12, are limited to three events
13 thru 18 ages are limited to four events

ORDER OF EVENTS

START TIME 9:00 A.M.

Running Events

1. 800 Meters - All age groups starting with 8 & under
2. 100 Meters - All age groups starting with 8 & under
3. 50 Meter run (6 and under only)
4. Medley Relay (100,100,200, 400) All age groups starting with 8 & under
5. 1500 Meters - All age groups starting with 8 & under
6. 400 meters - All age groups starting with 8 & under
7. 4X100M Relay - All age groups starting with 8 & under

START TIME 9:00 A.M

Field Events

Long Jump - 8 & under through 15 - 18
Shot Put - 8 & under through 15 - 18
Mini Jav - 11 – 12, 9 – 10, 8 & under

The Following events **will not** be contested because of lack of facilities:
Pole Vault, High Jump, Hurdles and Javelin

Concessions: Snack bar will be available.

Entry Fees: \$5.00 per athlete Cash NO CHECKS!!!!
\$2.00 for spectators

Day of meet registration will start at 8:00 a.m. Gates open at 7:30 a.m.

Meet Director: Traevon Williams (510) 368-0168

Awards: Ribbons will be given to all participants

Check In: All participants in running events must check in with the clerk of the course when their Event is called. Field event participants must report directly to the official on the field, in charge of

their event when it is called.

From Vallejo:

Take I-80 W
I-580 E/I-880 S (signs for Downtown/Oakland/Hayward/Stockton/Alameda/San Jose)
Continue to follow I-580 E
Take the exit on the left toward San Pablo Ave
Turn right at Watts St
Take the 1st right onto Peralta St
Take the 1st left onto 35th St
Turn right at San Pablo Ave
Turn right at Myrtle St

From San Jose:

Merge onto I-880 N toward Oakland
Slight right at I-980 E (signs for CA-24/Walnut Creek)
Take the I7th St exit toward San Pablo Ave
Merge onto Castro St
Slight left to stay on Castro St
Turn left at San Pablo Ave
Take the 1st left onto W Grand Ave
Turn right at Myrtle St

From San Francisco:

Merge on to I-80 towards Bay Bridge/Oakland
Take exit 8A for I-880 S towards Alameda/San Jose
Keep right at the fork; follow signs for W Grand Ave/Maritime St
Keep left at the fork; follow signs for Wake Ave/Army Reserve Center and merge onto W Grand Ave
Turn left at Myrtle St

2607 Myrtle St. (track located on backside of school)