

East Bay Heat Track Club

ALL-COMERS MEET

USATF Sanctioned Meet

Finish Lynx Timing

Coach-O Registration

Date: Saturday, March 31, 2012

Time: 8:30 a.m. Field Events and 9:00am Running events (SHARP)

Site: McClymonds High School 2607 Myrtle St. Oakland, CA 94607

Eligibility: Any boy or girl in the following divisions:

<u>Division</u>	<u>Year of Birth</u>	<u>Age</u>
Pre-Subs	2006+	6 and under
Sub-Bantams	2004/2005	8/7
Bantams	2002/2003	10/9
Midgets	2000/2001	12/11
Youth	1998/1999	14/13
Open	1994-1997	15+

Limitations: Pre-Sub Bantams, Sub-Bantam, Bantam and Midgets are limited to three events. Youth and Open are limited to four events.

Pre-Sub Bantam Events: 50m, LJ, Mini Javelin and 4x100R

Entry Fees: \$5.00 per athlete and \$2.00 per spectator. All participants must have an arm band/Stamp to participate.

There will be no day of the meet registration

ORDER OF EVENTS

START TIME **9:00 A.M**

Running Events

- 1500M RW (Bantam/Midget) 3000M RW (Youth/Open)
- 800M - SBG, SBB, BG, BB, MG, MB, YG, YB, Open (May combine age groups)
- 100M (SB – Open)
- 50M (6 and under) **(Pre subbantams only)**
- Medley Relay (100,100,200,400) (SubBantams thru Open)
- 1500M SB thru Open (May combine age groups)
- 400M (SB – Open) (5 athletes per team per age group max)
- Parent/Coach 4X100 RELAY
- 4 X 100M RELAYS (Pre Sub - Open)

START TIME **8:30 A.M**

Field Events

Long Jump - PSBG - Open

Shot Put – SBG - Open

Mini Javelin – Midgets (girls/boys), Bantams (girls/boys), SB (girls/boys), PSB (girls/boys)

Concessions: Snack bar will be available

From Sacramento:

1. Merge onto I-80 W
2. Continue onto I-580 E/I-880 S (signs for Downtown/Oakland/Hayward/Stockton/Alameda/San Jose)
3. Slight left onto I-580 E (signs for Downtown/Oakland/Hayward/Stockton)
4. Take the exit on the left toward San Pablo Ave
5. Turn right onto Watts St
6. Take the 1st right onto Peralta St
7. Take the 1st left onto 35th St
8. Turn right onto San Pablo Ave
9. Turn right onto Myrtle St
10. Destination will be on the right

From San Jose:

1. Turn right to merge onto I-880 N toward Oakland
2. Slight right onto I-980 E (signs for CA-24/Walnut Creek)
3. Take the 17th St exit toward San Pablo Ave
4. Merge onto Castro St
5. Slight left to stay on Castro St
6. Turn left onto San Pablo Ave
7. Take the 1st left onto W Grand Ave
8. Turn right onto Myrtle St
9. Destination will be on the left

From San Francisco:

1. Take I-80 E/Oakland/San Jose
2. Take exit 433 on the left to merge onto I-80 E toward Bay Bridge/Oakland
3. Take exit 8A for I-880 S toward Alameda/San Jose
4. Keep right at the fork; follow signs for W Grand Ave/Maritime St
5. Keep left at the fork, follow signs for Wake Ave/Army Reserve Center and merge onto W Grand Ave
6. Turn left onto Myrtle St
7. Destination will be on the left