presents the

3rd Annual Hampton-Phillips Classic Relays

July 11 - 12, 2015
9:00 AM - Start of running events
8:30 AM - Start of field events

Granada High School
400 Wall Street
Livermore, CA 94550

Age Division	Year of Birth	Group
6 and under	2009 and up	Group 0
7 -8	2007 - 2008	Group 1
9 - 10	2005 - 2006	Group 2
11 - 12	2003 - 2004	Group 3
13 - 14	2001 - 2002	Group 4
15 - 16	1999 - 2000	Group 5
17 - 18	1997 - 1998*	Group 6

*or 1996 if born after July 26th

LIMITATIONS: Groups 0 - 3 are limited to just 3 events including relays.
Groups 4 - 6 are limited to just 4 events including relays.
Groups 1 - 4 only are allowed in the Mixed Medley Relay.

ENTRY FEES: $4 per event/ $16 per relay

REGISTRATION: Registration should be completed by midnight on July 8th, 2015 on the Coach-O website here: **REGISTER HERE**

AWARDS: Medals will be given for places 1 - 3 overall. Ribbons for places 4 - 8 overall.
Team trophies will be given to top 3 teams after events have been scored.
Individual trophies will be given for the 1st overall finisher in each age group of the 200m and 400m Hurdles.

RAFFLE

There will be raffle drawings throughout both days with the Grand Prize being drawn midday on Sunday

Nike Gift Cards
Jamba Juice Gift Cards
Amazon.com Gift Cards

Physical day-of-meet tickets
1 ticket: $1
6 tickets: $5

Mystery Grand Prize

Online pre-sale tickets (ends 7/10/15)
BUY HERE: **PURCHASE TICKETS**

8 tickets: $5

How the Mixed Sprint Medley Relay works:

The 1st leg of the sprint medley MUST be a Group 1 athlete only, they will run 100 meters

The 2nd leg of the sprint medley MUST be Group 2 or younger only, they will run 100 meters.

The 3rd leg of the sprint medley MUST be Group 3 or younger only, they will run 200 meters

The 4th leg of the sprint medley MUST be Group 4 or younger only, they will run 400 meters

Our Honorary Awards

200 Meter Dash
&
400 Meter Hurdles

The Hampton-Phillips Classic Track Club is named after two former U.S. Olympians, Millard Hampton and Andre Phillips, who competed in the Olympics in the 200 meter dash and the 400 meter high hurdles. In recognition of these two men, those two events will be honored with a trophy for the first place finishers in their respective age group.

Schedule of Events - Saturday

Track Events - 9:00 AM start time

Event		Age Groups	
3000 Meter Run		Group 3 - 6	(11 - 12 thru 17 - 18)
80 Meter Hurdles		Group 3	(11 - 12)
100 Meter Hurdles		Group 4 boys & girls, Group 5 & 6 girls only	(13 - 14 thru 17 - 18)
110 Meter Hurdles		Group 5 & 6 boys only	(15 - 16 and 17 - 18)
*AWD 100 Meter Dash			
100 Meter Wheelchair Race			
Sprint Medley Relay	1st Leg: 100m / 2nd Leg: 100m 3rd Leg: 200m / 4th Leg: 400m	Group 1 - 6	(7 - 8 thru 17 - 18)
1500 Meter Racewalk		Group 2 - 3	(9 - 10 and 11 - 12)
3000 Meter Racewalk		Group 4 - 6	(13 - 14 thru 17 - 18)
50 Meter Dash		5 and under only	
800 Meter Run		Group 4 - 6	(13 - 14 thru 17 - 18)
100 Meter Dash		Group 0 - 3	(6 & Under thru 11 - 12)
400 Meter Dash		Group 0 - 3	(6 & Under thru 11 - 12)
*AWD 200 Meter Dash			
200 Meter Wheelchair Race			
200 Meter Dash		Group 4 - 6	(13 - 14 thru 17 - 18)
4x800 Meter Dash		Group 3 - 6	(11 - 12 thru 17 - 18)

Field Events - 8:30 AM start time

Event	Age Groups	
Shot Put	Group 1 - 6	(7 - 8 thru 17 - 18)
Pole Vault	Group 4 - 6	(13 - 14 thru 17 - 18)
High Jump	Group 2 - 6	(9 - 10 thru 17 - 18)
Javelin	Group 4 - 6	(13 - 14 thru 17 - 18)
*AWD Mini Javelin		
Long Jump	Group 0 - 3	(6 & Under thru 11 - 12)
Triple Jump (immediately following LJ)	Group 4 - 6	(13 - 14 thru 17 - 18)

* = Athletes with disabilities

Hammer Throw is being contested on Friday July 10th @ 4 PM at Chabot College

PLEASE MAKE NOTE OF THE AGE GROUPS THAT RUN IN THE 100m. 200m, 400m, AND 800m.
THEY ARE BEING RUN ON BOTH DAYS..

Schedule of Events - Sunday

Track Events - 9:00 AM start time

Event		Age Groups	
1500 Meter Run		Group 1 - 6	(7 - 8 thru 17 - 18)
200 Meter Hurdles		Group 4	(13 - 14)
400 Meter Hurdles		Group 5 & 6	(15 - 16 and 17 - 18)
4x100 Meter Relay		Group 0 - 6	(6 & Under thru 17 - 18)
800 Meter Run		Group 1 - 3	(7 - 8 thru 11 - 12)
100 Meter Dash		Group 4 - 6	(13 - 14 thru 17 - 18)
200 Meter Dash		Group 0 - 3	(6 & Under thru 11- 12)
400 Meter Dash		Group 4 - 6	(13 - 14 thru 17 - 18)
Parent Coach Relay			
Mixed Sprint Medley Relay	1st Leg: 100m / 2nd Leg: 100m 3rd Leg: 200m / 4th Leg: 400m	Group 1 - 4	(7 - 8 thru 13 - 14)
4x400 Meter Relay		Group 1 - 6	(7- 8 thru 17 - 18)

Remember:

The 1st leg of the sprint medley MUST be a Group 1 athlete only, they will run 100 meters
The 2nd leg of the sprint medley MUST be Group 2 or younger only, they will run 100 meters.
The 3rd leg of the sprint medley MUST be Group 3 or younger only, they will run 200 meters
The 4th leg of the sprint medley MUST be Group 4 or younger only, they will run 400 meters

Field Events - 8:30 AM start time

Event	Age Groups
Discus	Group 3 - 6
Mini Javelin	Group 1 - 3
Long Jump	Group 4 - 6

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Lodging Information

Hampton Inn 2850 Constitution Drive Livermore, CA94551	(925) 606-6400 www.livermore.hamptoninn.com	Microwave Refrigerator Breakfast
Hilton Garden Inn 2801 Constitution Drive Livermore, CA 94551	(925) 292-2000 www.hilton.com	Complimentary internet Microwave Refrigerator
Residence Inn 1000 Airway Boulevard Livermore, CA 94551	(925) 373-1800 www.marriott.com/oaklv	Full Kitchen Breakfast
La Quinta Inn 7700 Southfront Road Livermore, CA 94551	(925) 373-960 www.livermorelodging.com	Complimentary internet Breakfast
Courtyard Marriott 2629 Constitution Drive Livermore, CA 94551	(925) 243-1000 http://www.marriott.com/hotels/travel/oaklm-courtyard-livermore	Complimentary internet

VOLUNTEERS NEEDED

Volunteers are the most vital part of making this event a success for the student athletes we're doing this for. If you are an official, or not, and plan on attending this meet or know someone who may need community service hours, please go to the link in red and look at our volunteer reservation system. There will be full meals and snacks provided for both days for any volunteer who wishes to help out.
We plan on making this just as enjoyable for you too! We have people coming from hundreds of miles away so we appreciate your help tremendously.

VOLUNTEER NOW: goo.gl/nyibzl