



The Contra Costa Cheetahs and the Freedom High School Track and Field Team Invite you to the:

Cheetahs Invitational

Track and Field Meet

a USATF Sanctioned Event

Saturday, March 28, 2015

Freedom High School

1050 Neroly Road

Oakley, CA 94561

Entry Fee:

\$7.00

Starting Time:

Rain or Shine

Field Events

8:30AM

Running Events

9:00 AM

Meet Directors: Cris Houston, Charlotte Sneed—cheetahs@rocketmail.com
925-478-1603

Entry: All athletes 18 years old and younger welcome. USATF Membership not required, but strongly encouraged.

Entry on-line at coachO.com NO REFUNDS

On-line entry deadline is 11:59 PM Monday, March 23, 2014. No changes will be accepted after 8PM on 3/25.

NO DAY-OF-MEET ENTRIES ACCEPTED

Group	Age	Birth Year	Maximum Events
1	8 and under	2007	3 events
2	9 - 10	2005, 2006	3 events
3	11 - 12	2003, 2004	3 events
4	13 - 14	2001, 2002	4 events
5	15 - 16	1999, 2000	4 events
6	17 - 18	1997, 1998 (1996 if born after August 2)	4 events

Results: Results will be posted at a designated location following each event. Results will be available at pausatf.org/youth within 24 hours of the conclusion of the meet.

Awards: Ribbons will be awarded for 1st through 6th place in each heat. Athletes will collect running event awards at the finish line after each heat. Field event awards will be distributed at the field event.

Packet pickup starting at 8:00 AM. Coaches meeting 8:30 on the field.

CHECK IN: There will be a 1st, 2nd, and Final Call for all events . All participants **must** check in with the clerk of the course or at the field event ready to compete before the Final Call. Adjustments will not be made for athletes who have missed their running events.

USATF-Youth Rules will govern all events.

Track Events:

Rolling Schedule

Event	Age groups	Time
1500/3000 Meter Racewalk	2, 3 / 4, 5, 6	9:00AM
80/100/110 Hurdles	3, 4, 5, 6	
1500 Meter Run	1 → 6	
50 Meter**	5 years and younger	
100 Meter Dash	1 → 6	
800 Meter Run	1 → 6	
4 x 100 Meter Relay	1 → 6	
4 x100 M**	Parent/Coaches Relay	
3000M Run	3 → 6	
200 Meter Dash	1 → 6	

** register day of event

Field Events:

Event	Order	Time
Long Jump	4, 5, 6, 1, 2, 3	8:30 AM
Triple Jump	4 → 6	Immediately following Long-Jump
Pole Vault	4 → 6	8:30 AM
High Jump	2 → 6	Immediately following Pole Vault
Shot Put	1 → 6	8:30 AM
Javelin(mini)	4 → 6, 1 → 3 (mini)	8:30 AM
Discus	3 → 6	Immediately following Javelin

Age groups and/or genders may be combined, however results and awards will be by division.

All field events, except vertical jumps, will be 4 attempts, no finals.

Facility Information:

**Freedom High School
1050 Neroly Road
Oakley, CA 94561**

Freedom High School has an 8-lane all-weather track. ¼” or smaller pyramid spikes are allowed. Needle and Christmas tree spikes are forbidden. No food, gum, seeds or beverages other than water are allowed on the track or field.

Freedom High School is a 100% smoke-free campus. Smoking (including electronic cigarettes) is not allowed anywhere on the campus, including the parking lot and adjacent park.

Tents and umbrellas may only be placed on the top row of the bleachers on either side of the track. Freedom's stadium gets very windy. **All tents, umbrellas and other shade devices must be securely tied down.** Meet management reserves the right to remove any unsafe or disruptive device without notice.

The Freedom High School Athletic Boosters will be operating a snack shack serving food and beverages. All proceeds support Freedom High School Athletic Boosters Programs.