



and



INVITATIONAL

May 2-3, 2015

LOCATION: Contra Costa College, 2600 Mission Bell Drive, San Pablo, CA 94806
TIME: All field events will begin at 8:00 a.m. and running events will begin at 9:00 a.m.
SANCTION: USATF

REGISTRATION & ENTRY FEES: Registration and meet entries should be completed at https://coachoregistration.com/dbi-bin/meetinfo.asp?Web_Site_Id=ca_hercules&Meet_Id=runrebact1501&Team_Id=&. The deadline for all entries is midnight, Tuesday, April 28th.

There will be **NO** day of meet entries! Any changes requested after the entry deadline will incur a **\$10 charge per event**. **NO LATE OR AT THE MEET REGISTRATION! NO EVENT CHANGES AT THE MEET!**

IMPORTANT CHANGE TO THE ORDER OF EVENTS: WE WILL RUN ALL EVENTS STARTING WITH GROUP 5 AND DESCEND DOWN TO GROUP 1. THIS WILL ALLOW US TO MANAGE THE FLOW OF OUR MEET WHILE MAKING SURE ALL ATHLETES "GRP 1" COMPETES. IF YOU HAVE ANY QUESTIONS PLEASE CONTACT COACH JAMES.

All entries made by the deadline should be printed and verified by the entry deadline.

Entry fee is **\$4.00 per event and \$16.00 per relay**. Fees will be required to be paid on line at the completion of your registration. Personal Checks will not be accepted.

CHECK IN: There will be a 1st, 2nd, and Final Call for all events (running and field). Running participants **MUST** check in with the clerk of the course by the Final Call. Field event Participants **MUST** check-in at the event location. Any athlete not checked in by the Final Call, will be scratched from the event.

COACHES MEETING: The Coaches meeting will begin promptly at 8:00am Saturday and Sunday on the field. Every team will need to send one spokesperson for their team. Please submit day event scratches at the meeting.

RESULTS: All results will be placed in a binder by age group at the results table. To help alleviate the congestion at the results table, all results will be available 5 min after the completion of each race at the following web-site:

<http://www.finishedresults.com/hrresults2015/> . We encourage all teams to use your smart phone to view the results. The results will also be available the following week after the meet at <http://www.pausatf.org/indexyouth.html>.

AWARDS: Medals will be awarded to the top 3 overall finishers and ribbons to the 4th - 6th finishers.

CONCESSIONS: Snack bar will be available. No outside barbeque pits will be allowed in or around the track stadium.

MEET GUIDELINES:

- **ALL USA YOUTH TRACK & FIELD RULES WILL APPLY.**
- **GROUPS 1-3 ARE ELIGIBLE FOR (3) EVENTS.**
- **GROUPS 4-6 ARE ELIGIBLE FOR (4) EVENTS**
- **THERE WILL BE NO COACHES ALLOWED IN THE CLERK OF THE COURSE AREA.**
- **LATE ARRIVALS TO FIELD EVENTS MUST START AT THE CURRENT ROUND WITHOUT WARM -UP.**
- **REPORT TO CLERK OF COURSE ON FIRST CALL.**
- **ALL WEATHER TRACK, ¼ SPIKES ARE REQUIRED.**
- **THERE WILL BE (4) ATTEMPTS IN EACH FIELD EVENT. PLACES WILL BE AWARDED ON BEST COMPLETED ATTEMPT.**
- **NO COACHES OR PARENTS ALLOWED ON THE TRACK OR FIELD AREA. EXCEPT TO SETUP Group 1 LONG JUMP MARKS - ONCE EVENT STARTS PARENT/COACH MUST LEAVE FIELD.**
- **AWARDS ARE TO BE PICKED-UP BY COACHES ONLY.**
- **Lost and Found will be at the information booth.**

MEET DIRECTOR: If you have any questions, contact James Moore at coachjames@herculesrunningrebels.com or (510) 367-0420 or Bernard James at toppacerstrackclub@yahoo.com or (925) 565-5924

Tents will be allowed only at the top of the stands.

DIRECTIONS:

FROM THE SOUTH BAY: Take I-880N toward Oakland. Merge onto I-80 E take the El Portal Dr exit. Turn left at El Portal Dr. Turn right at Castro Road. The College will be on your left side.

FROM THE NORTH BAY: Take I-80 west towards San Francisco. Take exit 19A for El Portal Drive. Turn right onto El Portal Drive. Turn right at Castro Road. The college will be on your left side.

ELIGIBLE ATHLETES:

Age Division	Birth Year
GROUP 1	2007 - Earlier
GROUP 2	2005 to 2006
GROUP 3	2003 to 2004
GROUP 4	2001 to 2002
GROUP 5	1999 to 2000

Schedule of Events

Saturday May 3, 2014

Track Events Starting Time: 9:00 A.M. First Call: 8:30 A.M.

Track Event	Type	Age Group and Order
4x800m Relay	T/Final	GROUPS (5-3) GIRLS/BOYS
3000m Run*	T/Final	GROUPS (5-3) GIRLS/BOYS
100M Dash	Semi-Final	GROUPS (5-1) GIRLS/BOYS
800m Run	T/Final	GROUPS (5-1) GIRLS/BOYS
110m Hurdles	T/Final	GROUP (5) MEN
100m Hurdles	T/Final	GROUP (5) WOMEN
100m Hurdles	T/Final	GROUP (4) MEN/WOMEN
80m Hurdles	Final	GROUP (3) GIRL/BOY
400m Dash	T/Final	GROUPS (5-1) GIRLS/BOYS

Field Events Starting Time: 8:00 A.M. First Call: 7:30 A.M.

Long Jump (North Pit)	Long Jump (South Pit)	High Jump	Shot Put	Discus	Mini-Javelin	Javelin
GRP 2 Boys	GRP 1 Boys	GRP 4 Boys	GRP 3 Boys	GRP 3 Girl	GRP 2 Girl	GRP 5 Men
GRP 4 Boys	GRP 4 Girls	GRP 4 Girls	GRP 3 Girls	GRP 5 Boys	GRP 3 Girl	GRP 4 Girl
GRP 5 Boys		GRP 2 Boys	GRP 5 Men	GRP 4 Girls	GRP 1 Girl	GRP 4 Boy
GRP 1 Boys	GRP 5 W	GRP 2 Girls	GRP 4 Boys			GRP 5 W
			GRP 1 Girls			
			GRP 2 Girls			

Schedule of Events

Sunday May 4, 2014

Track Events Starting Time: 9:00 A.M. First Call: 8:30 A.M.

Track Event	Type	Age Group and Order
4x100m Relay	T/Final	GROUPS (5-1) GIRLS/BOYS
3000m Walk*	T/Final	GROUP (4/5 combined) GIRLS/BOYS
1500m Walk*	T/Final	GROUP (2/3 combined) GIRLS/BOYS
200m Run	T/Final	GROUPS (5-1) GIRLS/BOYS
1500M Run	T/Final	GROUPS (5-1) GIRLS/BOYS
200m Hurdles	T/Final	GROUP (4) GIRLS/BOYS
100m Dash	Final	GROUPS (5-1) GIRLS/BOYS
4x400m Relay	T/Final	GROUPS (5-1) GIRLS/BOYS

***3000m and 1500m Walks will be combined**

Field Events Starting Time: 8:30 A.M. First Call: 8:00 A.M.

Triple Jump (North Pit)	Long Jump (South Pit)	High Jump	Shot Put	Discus	Mini-Javelin
GRP 5 Men	GRP 2 Girls	GRP 3 Women	GRP 5 Women	GRP 4 Boys	GRP 3 Boy
GRP 5 Women	GRP 3 Girls	GRP 5 Men	GRP 4 Girls	GRP 5 Girls	GRP 2 Boy
GRP 4 Boys	GRP 3 Boys	GRP 3 Girls	GRP 2 Boys	GRP 3 Boys	GRP 1 Boy
GRP 4 Girls		GRP 3 Boys	GRP 1 Boys		

