

DATE: MAY 14 & 15, 2016  
LOCATION: JAMES LOGAN HIGH SCHOOL  
1800 H STREET, UNION CITY, CA. 94587  
(Please place above address in MapQuest/GPS for directions from your location)

STARTING TIMES: 8:00 A.M. – FIELD EVENTS (Both Days)  
(Rain or Shine) 9:00 A.M. – FIRST RUNNING EVENT (Both Days)

ENTRY FEES: \$4.00 PER EVENT PER ATHLETE  
\$16.00 FOR EACH ENTERED RELAY

ENTRY FEE PAYMENT: **FEES MUST BE PAID IN FULL ONLINE BEFORE THE “COACHO”  
REGISTRATION SYSTEM CLOSURE. OUR REGISTRATION CLOSURE  
DATE IS MONDAY, MAY 09, 2016. ALL ENTRY FEES ARE TO BE MADE  
ONLINE WITH “COACHO” PRIOR TO THE CLOSING DATE.  
ALL ENTRY FEES THAT YOU LOCK IN ON COACHO ARE FINAL.  
NO REFUNDS!**

ENTRY DEAD LINE: **THE ENTRY ELECTRONIC SYSTEM WILL CLOSED AT MIDNIGHT  
MONDAY, MAY 09, 2016. NO ENTRIES WILL BE ACCEPTED AFTER  
COACHO REGISTRATION CLOSURES.**

**NO LATE OR AT THE MEET REGISTRATION!**  
**NO EVENT CHANGES AT THE MEET**  
**PLEASE PRINT AND BRING YOUR COACHO RECEIPT TO THE**

**MEET**

AGE GROUPS:	<u>DIVISIONS:</u>	<u>BIRTH YEARS:</u>
	GROUP #1	2008 & EARLIER
	GROUP #2	2006 - 2007
	GROUP #3	2004 - 2005
	GROUP #4	2002 - 2003
	GROUP #5	2000 - 2001
	GROUP #6	1998 - 1999

INDIVIDUAL AWARDS: 1<sup>ST</sup> THRU 3<sup>RD</sup> - MEDALS  
(Awards received from finals only) 4<sup>TH</sup> THRU 6<sup>TH</sup> - RIBBONS

TEAM TROPHIES: 1<sup>ST</sup> PLACE GIRL TEAM TROPHY (COMBINED GROUPS)  
1<sup>ST</sup> PLACE BOYS TEAM TROPHY (COMBINED GROUPS)  
1<sup>ST</sup> PLACE OVERALL TEAM TROPHY ( COMBINED BOYS & GIRLS)

PARENT/COACHES RELAY: THERE WILL BE A 4X100 RELAY FOR PARENTS AND COACHES. ALL  
MALE OR ALL FEMALE TEAMS ONLY. ( MEDALS TO 1<sup>ST</sup> PLACE ONLY)

MEET INFORMATION: WILL PITTMAN, MEET DIRECTOR – (510) 581-4428  
( PLEASE NO CALLS BEFORE 9 A.M. OR AFTER 10 P.M.)

FAX / COLLECT CALLS: NO ENTRIES ACCEPTED BY FAX ,MAIL OR EMAIL & NO COLLECT  
CALLS WILL BE ACCEPTED.

**ENTRY INSTRUCTIONS:** ALL ENTRIES MUST BE COMPLETED ONLINE. NO ADDITIONS WILL  
BE ALLOWED AT THE MEET. THE WEBSITE FOR YOUR ONLINE  
REGISTRATION IS: [www.coacho.com](http://www.coacho.com) ENTRIES WILL BE ACCEPTED  
STARTING ON APRIL 4, 2016. YOUR ENTRIES MUST BE IN THE  
SYSTEM BY MONDAY, MAY 09, 2016, NO LATER THAN 11:59PM. **NO  
EXCEPTIONS WILL BE MADE.**

PARKING: PLENTY OF PARKING AVAILABLE ACROSS THE STREET FROM THE  
CAMPUS AND BEHIND THE VISITORS STANDS ON CAMPUS.

**TENTS:** TOP (6) ROWS ON BOTH SIDES OF STADIUM & ON GRASS AREAS.

**FIELD EVENTS:** DISCUS / LONG JAVELIN WILL BE HELD ON THE OPEN FIELD BEHIND THE VISITOR STANDS. TURBO JAVELIN WILL BE HELD ON FOOTBALL FIELD.

LONG JUMP / TRIPLE JUMP WILL BE HELD AT PITS ( A & B ) LOCATED ON THE IN-FIELD.

SHOT PUT WILL BE CONTESTED AT THE FAR END OF THE FIELD BEHIND THE OLD CONCESSION STAND AREA.

HIGH JUMP WILL BE ON THE SURFACED IN-FIELD NEAR THE SCORE BOARD

**WARM-UP AREA:** THE WARM-UP AREA IS LOCATED BEHIND THE VISITOR STANDS.

**MEET GUIDELINES:** ALL USA TRACK & FIELD RULES WILL APPLY.

GROUPS (1 – 3) ARE ELIGIBLE TO COMPETE IN (3) EVENTS.  
GROUPS (4 – 6) ARE ELIGIBLE TO COMPETE IN (4) EVENTS

ADVANCEMENT TO FINALS BY BEST TIMES.  
MEET TIMING IS FINAL.

NO SHOW FOR A TRIAL = NO FINAL.

LATE ARRIVALS TO FIELD EVENTS MUST START AT THE CURRENT ROUND WITHOUT WARM – UP.

REPORT TO CLERK OF COURSE ON FIRST CALL.  
**ATHLETES MISSING THEIR HEAT WILL NOT BE MOVED TO AN OPEN LANE IN ANOTHER HEAT, SO BE ON TIME!**

ALL WEATHER TRACK, ¼ SPIKES ARE REQUIRED.

THERE WILL BE (4) ATTEMPTS IN EACH FIELD EVENT, **EXCEPT THE HIGH JUMP. HIGH JUMPER WILL GET (3) JUMPS PER HEIGHT CLEARED** . PLACES WILL BE AWARDED ON BEST COMPLETED ATTEMPT.

NO COACHES OR PARENTS ALLOWED ON THE TRACK OR FIELD AREA,( EXCEPT TO SETUP MARKS IN THE LONG JUMP FOR ATHLETES IN GROUP (#1) - ONCE THE EVENT STARTS PARENTS/COACHES MUST LEAVE THE FIELD.)

RUNNING & FIELD EVENT AWARDS CAN BE PICKED-UP BY THE ATHLETE OR COACH

**PLEASE NOTE: ALL AWARDS MUST BE PICKED UP PRIOR TO THE CONCLUSION OF THE MEET. NO AWARDS WILL BE MAILED OR DELIVERED!**

**THERE ARE NO EVENT CHANGES OR REFUNDS AFTER THE DEADLINE.**

**CONCESSIONS:** A SNACK BAR AND HEATED FOOD WILL BE AVAILABLE ON BOTH DAYS.

**RESULTS:** RESULTS WILL BE POSTED ON THE 3M WEBSITE WITHIN (2) DAYS (3mtrackclub.com), AND PLACED ON THE P.A. WEBSITE WITHIN THE WEEK . RESULTS WILL ALSO BE POSTED ON COACHO AND FINISHEDRESULTS.COM.

# 3M TRACK CLUB INVITATIONAL

## **ORDER OF EVENTS**

SATURDAY, MAY 14, 2016

### FIELD EVENTS:

**8:00 A.M. STARTING TIME - (THE FIELD EVENTS LISTED BELOW MAY BE CALLED OUT OF THE LISTED SEQUENCE)**

#### LONG JUMP:

GROUP (4) GIRLS  
GROUP (4) BOYS  
GROUP (1) GIRLS  
GROUP (1) BOYS

#### HIGH JUMP:

GROUP (2) GIRLS  
GROUP (2) BOYS  
GROUP (3) GIRLS  
GROUP (3) BOYS  
GROUP (4) GIRLS  
GROUP (4) BOYS

#### SHOT PUT:

GROUP (1) GIRLS  
GROUP (1) BOYS  
GROUP (2) GIRLS  
GROUP (2) BOYS  
GROUP (4) GIRLS  
GROUP (4) BOYS

#### MINI JAVELIN:

GROUP (3) GIRLS  
GROUP (3) BOYS  
GROUP (2) GIRLS  
GROUP (2) BOYS  
GROUP (1) GIRLS  
GROUP (1) BOYS

### RUNNING EVENTS:

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

4X800	RELAY	T/FINAL	GROUPS (3 - 4)
3000M	RUN	T/FINAL	GROUPS (3 - 4)
100M	RUN	SEMI	GROUPS (1 - 4)
800M	RUN	T/FINAL	GROUPS (1 - 4)
1500M	WALK	T/FINAL	GROUPS (2 - 3)
3000M	WALK	T/FINAL	GROUP (4)
400M	RUN	T/FINAL	GROUPS (1 - 4)

# 3M TRACK CLUB INVITATIONAL

## ORDER OF EVENTS

SUNDAY, MAY 15, 2016

### FIELD EVENTS:

**8:00 A.M. STARTING TIME - (THE FIELD EVENTS LISTED BELOW MAY BE CALLED OUT OF THE LISTED SEQUENCE)**

#### LONG JUMP:

GROUP (2) GIRLS  
GROUP (2) BOYS  
GROUP (3) GIRLS  
GROUP (3) BOYS

#### SHOT PUT:

GROUP (3) GIRLS  
GROUP (3) BOYS  
GROUP (5/6) WOMEN  
GROUP (5/6) MEN

#### JAVELIN:

GROUP (5/6) WOMEN  
GROUP (5/6) MEN  
GROUP (4) GIRLS  
GROUP (4) BOYS

#### DISCUS:

GROUP (4) GIRLS  
GROUP (4) BOYS  
GROUP (3) GIRLS  
GROUP (3) BOYS  
GROUP (5/6) WOMEN  
GROUP (5/6) MEN

#### TRIPLE JUMP:

GROUP (4) GIRLS  
GROUP (4) BOYS

### RUNNING EVENTS:

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

200M	HURDLES	T/FINAL	GROUP ( 4 )
4X100	RELAY	T/FINAL	GROUPS ( 1 - 4 )
1500M	RUN	T/FINAL	GROUPS ( 1 - 6 )
200M	RUN	T/FINAL	GROUPS ( 1 - 6 )
100M	HURDLES	T/FINAL	GROUP ( 4 ) (GIRLS/BOYS)
80M	HURDLES	T/FINAL	GROUP ( 3 )
100M	RUN	FINAL	GROUPS ( 1 - 4 )
***	PARENT / COACHES RELAY	***	WOMEN - MEN
4X400	RELAY	T/FINAL	GROUP ( 1 - 4 )

## **HOTELS IN THE AREA**

Hotels and Motels are listed below for your convenience and preference.

### **HOTELS IN THE AREA:**

**CROWNE PLAZA HOTEL - 510-489-2200**

**HOLIDAY INN EXPRESS - 510-475-0600**

**EXTENDED STAY AMER. - 510-441-9616**

**AMERICA'S BEST VALUE - 510-489-3888**

**COURTYARD NEWARK - 510-792-5200**