

# RUNNING REBELS & HERCULES TITANS

*Presents:*

## ***March Madness All Comers Track Meet***

Hercules High School  
1900 Refugio Valley Rd, Hercules Ca

**Date:** Saturday, March 12, 2016

**Time:** Gates Open at 8:00 am

Field Events start at 9:00am

Running Events start at 9:45am

**Divisions Contested:** Group 1 through Group 4

**Fully Automatic Timing:** Provided by AdkinsTrak West

**Register at:** <http://coachregistration.com/dbi-bin/calendar.pl>

**Registration Fee:** \$5.00 per athlete

**Spectators Fee:** \$3.00 per person

- Groups 1 through 3 will be allowed to compete in 3 events.
- Group 4 will be allowed to compete in four events

**Awards:** Ribbons will be given to 1<sup>st</sup> – 6<sup>th</sup> 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.

**Concession Stand:** The Hercules High Sports Boosters will be providing food for sale during the meet. *No BBQ grills will be allowed in the stadium or on campus.*

- **Relays Registration will be done the day of the event. All teams must sign up their relays at packet pick up.**

*In order to run an efficient all comers meet, the meet director reserve the right to limit the amount of entries.*

**Questions:** Contact Coach James at 510-367-0420

This is an all comers track meet and I encourage coaches to use this time to get new athletes acclimated to track lingo and protocol. We will be very accommodating as we know the first couple of meets are confusing.

# Event Schedule

**Note: This is a rolling schedule. Girls followed Boys**

## Field Events (9:00am)

- Long Jump- Grp 1 – Grp 4 Boys and Girls
- Shot Put- Grp 1 – Grp 4 Boys and Girls
- Turbo Javelin - Grp 1 – Grp 3 Boys and Girls

\*All field events will be given 3 attempts. No Finals

\* Please bring your own implements for field events. No Implements will be provided at the meet.

## Running Events (9:45am)

- 1500M Run – Grp 2 through Grp 4
- 100M Run- Grp 1 and Grp 2 **ONLY**
- 400M Run- Grp 4 through Grp 1 \* **Running in reverse order top down**
- Sprint Medley Relay (Mixed age groups)
  - 100- (Grp1)
  - 100- (Grp 2)
  - 200- (Grp- 3)
  - 400- (Grp-4)
- 800M Run- Grp 4 through Grp 1 \* **Running in reverse order top down**
- 80M Hurdles- Grp 3
- 100M Hurdles- Grp 4
- 4 x 200 Relay (Mixed age groups)
  - 200- (Grp 1)
  - 200- (Grp 2)
  - 200- (Grp 3)
  - 200- (Grp 4)
- **Note: The Sprint Medley Relay and 4 x 200 Relay will be run with the same gender and must include a runner from each division 1 through 4. Boys will compete with boys and Girls with girls.**

