



SAC speed factory

PRESENTS:

THE SPEED SHOWCASE IV

“Rain or Shine the meet will go on...”

Saturday, April 02 2016
Elk Grove High School
9800 Elk Grove Florin Road, Elk Grove, CA 95624

What do you need to know?

- USATF Membership: Not required but desired
- Registration:
 - **Meet registration must be completed by midnight on Wednesday, March 30, 2016**
 - Clubs / schools register at **Coach O**
 - <http://www.coacho.com/main/index.html>
 - **No same day registration ... no exceptions!**
- Cost:
 - \$7 per athlete

- Free for spectators
 - Payment will be collected at time of online registration
- Awards: Finishers 1 – 3 in each event (per Group) will receive medals. Finishers 4 – 8 in each event (per Group) will receive ribbons. Medals and/or ribbons can be collected at the award table after the event results have been posted. **Medals and/or Ribbons can be collected by coaches or parents**
 - Results: Results will be posted within 30-minutes after each event is over and on the PA/USATF website within 3-days after the meet is completed; field event results will be posted as soon as they are loaded into the computer
 - Snack Bar: Snack bar will open at 7:30 am (**Elk Grove High School does not allow BBQs to be used anywhere on campus, not even in parking lots**)
 - Access to clerking area: Coaches are encouraged to accompany **Group 1 and 2 AGE GROUPS** to the Clerking area. Clerking area is only for running events. All field events check in at the field event location
 - Access to infield: No coaches on infield except coaches clearly displaying 2016 PA/USATF membership ID cards and assisting Group 1 and 2 field event competitors with setting marks and such. Coaches must leave when the event begins
 - Questions: Contact Alicia Stansbury @ coachastansbury@yahoo.com or (916) 329-5148

Driving Directions

- From Reno: Take I-80 West. Merge onto Capital City Fwy/I-80-BR W via Exit 95 toward Sacramento. Keep left to take Capital City Fwy/I-80-BR W toward Fresno. Capital City Fwy/I-80-BR W becomes CA-99 S. Take the Elk Grove Blvd exit, EXIT 286. Turn left onto Elk Grove Blvd. Turn right onto Elk Grove Florin Rd. End at 9800 ELK GROVE FLORIN RD.
- From Bay Area: Take I-80 East. Keep left to take US-50 E/Capital City Fwy/I-80-BR E toward Sacramento/South Lake Tahoe. Merge onto CA-99 S toward Fresno. Take the Elk Grove Blvd exit, EXIT 286. Turn left onto Elk Grove Blvd. Turn right onto Elk Grove Florin Rd. End at 9800 ELK GROVE FLORIN.
- From Stockton/ Modesto/ Merced/ Fresno: Take I-99 North. Take the Kammerer Rd/Grant Line Rd exit, EXIT 284. Turn right onto Grant Line Rd. Turn left onto E Stockton Blvd. Turn slight right onto Elk Grove Florin Rd. End at 9800 ELK GROVE FLORIN RD.

Meet Timeline

- Packet pick-up opens 7:45 am
- Club coach's / Unattached parents meeting (infield at the 50 yard line) 8:15 am
- Field events begin (Rolling Schedule) 8:30 am
- Running events begin (Rolling Schedule) 8:30 am

Age Groups

- 1, 2 and 3 can compete in up to 3 events
- 4 and 5/6 can compete in up to 4 events

Age Group	Birth Year	Age Group	Birth Year
1	2008 or later	4	2002-2003
2	2006 -2007	5/6	1998-2001 (1999 if born after July 31)
3	2004-2005		

Order of Events

Depending on number of athletes in each event the 800m, 1500m, 3000m races may have multiple age groups compete in heats, during designated time in schedule. Additional races could be combined depending on number of athletes. **All field events will begin at 8:30 am. All running events will begin at 8:30 am.**

Order of running and field events are Females then Males

Running Events

- 3000m Run (3 – 5/6)
- 80m Hurdles (3)
- 100m Hurdles (4, 5/6 Females)
- 110m Hurdles (5/6 Males)
- 800m Run (all age groups)
- 100m Dash (all age groups)
- 400m Run (all age groups)
- 1500m Run (all age groups)
- 200m Dash (all age groups)

Field Events

- Discus (5/6, 4, 3)
- Turbo Javelin (3, 2,1)
- Shot Put (2, 3, 4, 5/6, 1)
- Javelin (4, 5/6)
- Long Jump (1, 2, 3, 4, 5/6) (2 pits – 1 for Females; 1 for Males)
- High Jump (5/6, 3, 4, 2)