

East Bay Heat Track Club

ALL-COMERS MEET

Gates Open at 7:00 a.m.

Register: coacho.com

Date: Saturday, March 26, 2016

Time: 9:00 a.m. Field Events and 9:30 am Running events

Site: Berkeley High, 2180 Allston Way, Berkeley, CA 94704

Eligibility: Any boy or girl in the following divisions:

<u>Division</u>	<u>Year of Birth</u>
Group 1 (8 & Under) (previously Sub bantam)	2008+
Group 2 (9 -10) (previously Bantam)	2006-07
Group 3 (11-12) (previously Midget)	2004-05
Group 4 (13 -14) (previously Youth)	2002-03
Group 5 (15 -16) (previously Intermediate)	2000-01
Group 6 (17-18) (previously Young Men/Women)	1998-1999

Limitations: Groups 8 & under, 9-10 and 11-12 are limited to three events.
Groups 13-14 and 15-18 are limited to four events.

Group 1 – (8 and under) limited to the following events:

50m, LJ, Shot Put, Turbo Jav, 4x1 relay

Entry Fees: \$5.00 per athlete and \$3.00 per spectator. All participants must have an arm band to participate.

ORDER OF EVENTS

- START TIME **9:00 A.M**
-

Field Events

(Girls first then boys in all groups)

Long Jump – Group 6, 5, 4, 3, 2, 1

Shot Put – Group 1, 2, 3, 4, 5, 6

Mini Javelin – Group 4, 3, 2, 1

START TIME **9:30 A.M**

Running Events

(Girls first then boys in all groups)

1. 800M - Group 2 - 6 (May combine groups)
2. 100M Group 2 - 6
3. 50M run (8 and under) **(Group 1 only)**
4. 80M Hurdles
5. 100M Hurdles
6. 110M Hurdles
7. 800M Sprint Medley Relay (100,100,200,400) (Groups 2-6)
8. 1500M Group 2 – 6 (May combine age groups)
9. 300M Group 2 - 6
10. 4 X 100M RELAYS (Group 2 – 6)

Concessions: Snack bar will be available