



**EPA Greyhounds / Kiwanis
Al Julian Sectional
Saturday, May 21, 2016
Palo Alto High School
50 Embarcadero Road
Palo Alto, CA 94301**

Meet Director:

Eric Stuart
510-812-6703
coachericstuart@gmail.com

Starting Time – The field events and first running event both start at 8:30 a.m.

Packet Pick-up – begins at 7:00 a.m.

Coaches Meeting – 8:00 a.m. to go over meet rules and day of meet scratches.

Snack Bar

There will be a snack bar with breakfast and lunch items available for purchase.

Number of Events – Groups 0, 1, 2 and 3 may participate in three events. Groups 4 and 5 may participate in four events.

Entries

Deadline: May 18th – All entries must be processed through **Coach-O**.

Fees - \$7.00 per athlete before deadline. **No day of meet entries.**

Age Division

Birth Year

Group 0	2010+
Group 1	2008 to 2009
Group 2	2006 to 2007
Group 3	2004 to 2005
Group 4	2002 to 2003
Group 5	1998 to 2001 (1997 if after 7/31)

Hotels

Crowne Plaza Palo Alto - \$89.00 per night

4290 El Camino Real, Palo Alto, CA 94306

Contact: 650-857-0787 Fax: 650-496-1939

<http://www.cabanapaloalto.com/>

Residence Inn - \$113.00 per night

4460 El Camino Real, Los Altos, CA 94022

650-559-7890

<http://www.marriott.com/reservation/rateListMenu.mi>

Courtyard Marriott - \$123.00 per night

4320 El Camino Real, Los Altos, CA 94022

650-941-9900

<http://www.marriott.com/reservation/rateListMenu.mi>

	6 & under	7-8	9-10	11-12	13-14	15-18
1500 RW			X	X		
3000 RW					X	X
80M Hurd				X		
100M Hurd (Girls)					X	X
100M Hurd (Boys)					X	
110M Hurd (Boys)						X
100M	X	X	X	X	X	X
200M		X	X	X	X	X
400M		X	X	X	X	X
800M		X	X	X	X	X
1500M		X	X	X	X	X
4x100 Relay	X	X	X	X	X	X
4x400 Relay		X	X	X	X	X
Discus				X	X	X
High Jump			X	X	X	X
Long Jump	X	X	X	X	X	X
Shot Put		X	X	X	X	X
Turbo-Jav	X	X	X	X		

Order of Events

Starting Time – The field events and first running event both start at 8:30 a.m. All races will begin with the youngest age group, first girls, and then boys.

Awards – Medals for 1st thru 3rd overall and ribbons for 1st thru 8th per heat.

Track Events are on a rolling schedule, beginning at 8:30 a.m.

1500m Racewalk (Groups 2 - 3)

3000m Racewalk (Groups 4 - 5)

80m Hurdles (Group 3)

100m Hurdles (Group 4 girls & boys & Group 5 girls)

110m Hurdles (Group 5 boys)

800m Run (Groups 1 thru 5)

100m Dash (All age groups)

50m Dash (*5&under – no pre-registration or timing – ribbons will be awarded*)

400m Dash (Groups 1 thru 5)

Parent / Coaches 4x100m Relay

4x100m Relay (All age groups)

1500m Run (Groups 1 thru 5)

200m Dash (Groups 1 thru 5)

4x400m Relay (Groups 1 thru 5))

Field Events begin at 8:30 a.m. in order listed below- girls then boys:

Long Jump (Group 0, 1, 2, 3, 4, 5 – boys/girls on separate pits)

High Jump (Group 2, 3, 4, 5)

Shot Put (Group 3, 2, 1, 5, 4)

Discus (Group 5, 4, 3)

Mini-Javelin (Group 1, 0, 3, 2)