



# Sectionals

DATE: JUNE 4, 2016  
LOCATION: LUTHER BURBANK HIGH SCHOOL  
3500 FLORIN RD. SACRAMENTO, CA. 95823  
MEET DIRECTOR: La Donna Aubert (916) 475-7259  
Packet Pick Up - 7:00am Coaches Meeting -7:45am  
Field Events - 8:00 am Running events -8:00am  
All entries must be completed online registration will be at  
[www.coacho.com](http://www.coacho.com).

NO LATE REGISTRATION  
NO ADDITIONS OR EVENT CHANGES WILL BE ALLOWED AT THE MEET.  
NO REFUNDS!

Don't wait until the last minute.

*~Registration Deadline: 11:59 pm, June 1<sup>st</sup> ~*

In order to run an efficient all comers meet, the meet director reserves the right to limit the amount of entries and therefore **asks coaches to limit your number of entrants to only 5 per age group in the 100m, 200m, 400m & 800 meter races**. This will assist us in keeping the meet flowing and not get bogged down in these areas. Your assistance is greatly appreciated.

**\*THE ELECTRONIC ENTRY SYSTEM WILL CLOSE AT 11:59 ON WEDNESDAY NIGHT, JUNE 01, 2016. NO ENTRIES WILL BE ACCEPTED AFTER COACH-O REGISTRATION CLOSSES.**

- USATF Membership Not required but desired
- Cost: \$7 per athlete (no refunds)
- 8 & under , 9-10, 11-12 year olds, can enter 1-3 events
- 13-14, 15-18 year olds can enter 1-4 events
- A relay counts as an event
- Athletes are not allowed to compete in an older or younger age group
  - **Unattached athletes cannot form a relay team**
- The 15-18 age groups are no longer allowed any false starts, same as their high school rule. 8 & U, 9-10, 11-12, 13-14 age groups are still allowed one false start

Age Group	Birth Year	Group No.	Maximum Events
8 & Under	2008 and after	1	3
9-10	2006 - 2007	2	3
11-12	2004 - 2005	3	3
13-14	2002 - 2003	4	4
15-16	2000 - 2001	5	4
17- 18	1997 - 1998 (1997 if born after July 31)	6	4

**TENTS & LARGE UMBRELLAS:** Tents & oversized umbrellas are allowed on the **top rows only** (as not to block other's view of competition) of bleachers on both sides of the stadium & some paved areas.

**ABSOLUTELY NO TENTS ON OR IN THE ORNAMENTAL GRASS AREAS ON THE NORTH END OF THE STADIUM AND BEHIND THE BLEACHERS.**

**FIELD EVENTS:**

**LONG JAVELIN** will be held on the large open field behind the concession stand and the bathrooms.

**LONG JUMP / TRIPLE JUMP** will be held at pits (A & B) located on the in-field near the scoreboard.

**SHOT PUT** will be contested at the North end of the field on the visitor's side.

**HIGH JUMP** will be contested on the surfaced in-field at the North end of the track.

**WARM-UP AREA:** The warm-up area is located behind the concessions stand near the Javelin area.

**MEET GUIDELINES:** All **USATF** rules will apply.

**LATE ARRIVALS** to the field events must start at the current round without warm-up.

**ALL WEATHER TRACK,** 3/16" spikes are required. There will 4 attempts in each field event, except High Jump. High Jump will get 3 jumps per height cleared. Places will be awarded for best completed attempt.

**NO COACHES OR PARENTS are allowed on the track area** (except to set up marks in the Long Jump for athletes in group 1.) Once the event starts, parents/coaches **MUST** leave the field.

**CONCESSIONS:** A snack bar and heated food will be available.

**NO GRILL OR B-B-Q'S ALLOWED BY TEAMS & SPECTATORS IN STADIUM OR PARKING LOT!**

**RESULTS POSTING:** Results will be posted at a designated location during the meet as soon after the competition as possible. Check the Pacific Association website ([www.pausatf.org](http://www.pausatf.org)) for final results approximately 2 days after the meet is over.

**AWARDS:** Medals are awarded to the overall **top three places** in each event. Awards will be available for pick up at the Awards table approximately 30-45 minutes after the event. Coaches may pick up awards and athletes may pick up their own awards and will be required to sign for them.

**Medical Services & Security**

There will be qualified personnel available. Additional medical facilities such as the Fire Department Rescue Unit are within minutes of the stadium.

### Track Events

All running races are contested girls then boys. Rolling schedule –as soon as a running event ends, the next will begin.

EVENTS	AGE GROUPS	TIME
4x 800m relay	G/B 3 THRU 6	8:00
3000m Run	G/B 3 THRU 6	
80m Hurdles	G/B 3	
100m Hurdles	G/B 4 THRU 6	
110m hurdles	BOYS 5 & 6	
100m Dash	G/B 1 THRU 6	
400m Run	G/B 1 THRU 6	
1500M Recewalk	2 & 3	
3000m Racewalk	4 THRU 6	
4x100m relay	G/B 1 THRU 6	
1500m run	G/B 1 THRU 6	
200m Hurdles	G/B 4	
400m Hurdles	G/B 5 & 6	
200m Dash	G/B 1 THRU 6	
800m Run	G/B 1 THRU 6	
4x400m Relay	G/B 1 THRU 6	

### Field Events

All field events are contested girls then boys. Events will be contested on a rolling schedule and the next age group will begin as soon as an age group completes. Pay close attention to the order the age groups will be competing so you don't miss your age group.

EVENTS	AGE GROUPS	TIME
Discus	G/B 4, 6, 5	8:00
Long Jump	6, 5, 4, 3, 2, 1 (2 Pits)	8:00
High Jump	G/B 3, 4, 5, 6	8:00
Javelin	G/B 5, 4, 6	8:00
Mini Javelin	G/B 3, 2, 1	8:00
Shot Put	1,2,3,4,5,6 (2 Rings)	8:00
Triple Jump	G/B 4, 5, 6	Right after Long Jump

Because of the upcoming Championship meets, we are trying to accommodate every event. However, we do realize that this will result in a long day and our meet cannot happen without your cooperation and support and will need and do appreciate help from everyone! Please sign yourself or your club up for a volunteer role by contacting **La Donna Aubert** at [ladonna@mpstridersyouthtrackclub.org](mailto:ladonna@mpstridersyouthtrackclub.org). *Rule of thumb: Each team should have 1 volunteer per every 10 athletes submitted to a meet.*

**Special Note for High School Volunteers:**

Please encourage your High School students to inquire & volunteer and earn Community Service Hours for volunteering at our meet. I will sign their Community Service forms if they have them; if they do not, they should let me know and I can provide a form for them.

**VENDORS :** Please request an application via e-mail at:  
[ladonna@mpstridersyouthtrackclub.org](mailto:ladonna@mpstridersyouthtrackclub.org).