presents the

4th Annual Hampton-Phillips Classic Relays

July 9, 2016
8:00 AM - Start of field events
8:30 AM - Start of running events

De Anza High School
5000 Valley View Rd., El Sobrante, CA 94803

Age Division	Year of Birth	Group
6 and under	2010 and up	Group 0
7 - 8 years old	2008 - 2009	Group 1
9 - 10 years old	2006 - 2007	Group 2
11 - 12 years old	2004 - 2005	Group 3
13 - 14 years old	2002 - 2003	Group 4
15 - 16 years old	2000 - 2001	Group 5
17 - 18 years old	1998 - 1999*	Group 6

*or 1997 if born after July 26th

REGISTRATION: Registration should be completed by midnight on July 6th, 2016 on the Coach-O website which can be reached through here: **www.classicrelays.com**

Our Honorary Awards
200 Meter Dash
&
400 Meter Hurdles

The Hampton-Phillips Classic Track Club is named after two former U.S. Olympians, Millard Hampton and Andre Phillips, who competed in the Olympics in the 200 meter dash and the 400 meter high hurdles, respectively. In recognition of these two men, those two events will be honored with a trophy for the overall first place finishers in their respective age group.

Awards

Medals will be given for places 1 - 6 overall. Ribbons will be given for places 7 - 8 overall.
Team trophies will be given to top 3 teams after events have been scored.
Individual trophies will be given for the 1st overall finisher in each age group for the 200m and 400m hurdles.

Limitations

Groups 0 - 3 are limited to just 3 events total including relays.
Groups 4 - 6 are limited to just 4 events including relays.
Groups 1 - 4 only are allowed in the Mixed Medley Relays.

Entry Fees

$4 per event
$16 per relay

Raffle

There will be a raffle on Saturday, mid-day for a Golden State Warriors commemorative "Golden Season" plaque.
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Physical day-of-meet tickets: $1/ 1 ticket or $5/ 7 tickets
Online pre-sale tickets: $5/ 8 tickets (ends 7/8/2016)
www.classicrelays.com

How the Mixed Sprint Medley Relay works:

The 1st leg of the sprint medley MUST be a Group 1 athlete only, they will run 100 meters.
The 2nd leg of the sprint medley MUST be Group 2 or younger only, they will run 100 meters.
The 3rd leg of the sprint medley MUST be Group 3 or younger only, they will run 200 meters.
The 4th leg of the sprint medley relay MUST be Group 4 or younger only, they will run 400 meters.

Volunteers Needed:

Volunteers are the most vital part of making this event a success for the student athletes we're doing this for. If you are a USATF certified official or not, and plan on attending this meet or know someone who may need community service hours, please go to **www.classicrelays.com** and click on the "VOLUNTEER" tab on the top to access our volunteer registration system. There will be full meals and snack provided for both days for ANY volunteer who wishes to help out. We plan on making this just as enjoyable for you too! We have people coming from all different places so we appreciate any help tremendously.

Schedule of Events

Track Events - 8:30 AM start time

4x800 Meter Relay	Group 3 - 6 (ages 11-12 thru 17-18)
3000 Meter Run	Group 3 - 6 (ages 11-12 thru 17-18)
80 Meter Hurdles	Group 3 (ages 11 - 12)
100 Meter Hurdles	Group 4 boys & girls/ Group 5 & 6 girls (ages 13-14 thru 17-18)
110 Meter Hurdles	Group 5 & 6 boys (ages 15-16 thru 17-18)
100 Meter Dash	
Sprint Medley Relay	Group 1 - 6 (ages 7-8 thru 17-18)
4x100 Meter Relay	Group 0 - 6 (ages 0-6 thru 17-18)
4x100 Meter Exhibition Relay	Group 0 - 6 (ages 0-6 thru 17-18)
50 Meter Dash	Ages 5 and under only
200 Meter Dash	
1500 Meter Racewalk	Group 2 - 3 (ages 9-10 thru 11-12)
3000 Meter Racewalk	Group 4 - 6 (ages 13-14 thru 17-18)
200 Meter Hurdles	Group 4 (ages 13 -14)
400 Meter Hurdles	Group 5 & 6 (ages 15-16 thru 17-18)
800 Meter Dash	
Mixed Sprint Medley Relay	Group 1 - 4 (ages 7-8 thru 13-14)
Parent Coach Relay	
400 Meter Dash	
1500 Meter Run	Group 1 - 6 (ages 7-8 thru 17-18)
4x400 Meter Relay	Group 1 - 6 (ages 7-8 thru 17-18)

Field Events - 8:00 AM start time

Shot Put	Group 1 - 6 (ages 7-8 thru 17-18)
Discus	
High Jump	Group 2 - 6 (ages 9-10 thru 17-18)
Javelin	Group 4 - 6 (ages 13-14 thru 17-18)
Mini Javelin	Group 1 - 3 (ages 7-8 thru 11-12)
Long Jump	Group 0 - 3 (ages 0-6 thru 11-12)
Triple Jump (immediately following Long Jump)	Group 4 - 6 (ages 13-14 thru 17-18)