



13th Annual Sub-Bantam Championships
Pinole Valley High School
2900 Pinole Valley Road
Pinole, CA 94564
June 24, 2017
10:00 a.m.

There's a 50 meter "walker race" for those babies who are not quite full fledged runners yet. Make sure you bring your walker for them to compete. There is no \$7.00 entry fee for these babies. They will receive participation ribbons after their completion of the race.

Welcome to the 13th Annual Sub-Bantam Championships Track and Field Meet of the Pacific Association. For this year Sub-bantams are athletes born 2009 and later. The Youth Committee team members, family and friends, are hosting this meet again. To make this work, your volunteer services are still much needed and greatly appreciated. We want another successful Sub-Bantam Championship meet this year, so again, let's make it happen!!

Athletes must be capable of contesting their event efficiently. We cannot allow exceptionally young children to participate in the longer races and two of the three field events. Therefore, adjustments have been made for most of the meet events. The adjustments are noted next to the particular event below. Please adhere to these when making your athlete entries.

We're offering the 800 meter dash and 1500 meter run for our 7 and 8 year olds only. The shot put will be 2K for this track meet. The mini javelin is also being offered so again coaches, it is imperative that you train your Sub-Bantams in these three field event areas if you are going to have them contest the events! We want no unnecessary accidents.

Please pre-register via www.coacho.com. If you have any questions do not hesitate to contact Joanne Slaton-Camargo at slatoncamargo@gmail.com or call (510) 632-8004 or (510) 301-8399.

Your athlete can participate in up to three events. Awards for this track meet are medals for each age group for each event in each heat or flight. The outstanding male and female athlete of the day will be presented with a trophy at the end of the track meet. (athletes are chosen from the 7-8 year age group only).

Entry fee is \$7 per athlete

Pacific Association
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Pinole Valley High School – Pinole

Saturday June 24, 2017
Registration – 9:00 a.m.
Meet Start – 10:00 a.m.

Events will be run in the order below based on their age group. **Athletes may participate in up to three events.** There are no other age groups except Sub-Bantams involved in this meet. Therefore, we will have scheduled breaks between each event for recovery purposes.

- Awards (medals in each age group, each event given to each athlete after each event and each heat)
- A trophy will be presented at the end of the meet to the outstanding male and female athlete of the track meet. (7-8 year old age group only).

Meet Director: Joanne Slaton-Camargo
slatoncamargo@gmail.com
(510) 632-8004 or (510) 301-8399

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1 and 2 year olds	3 and 4 year olds
Running and field events order	Running and field events order
50 meter	4x100 relay
Long jump	Mini Javelin
100 meter	200 meter
50 meter “walker race”	50 meter
Please bring your own walker	Long jump
exhibition race only	100 meter
no \$7.00 entry fee	400 meter
5 and 6 year olds	7 and 8 year olds
Running and field events order	Running and field events order
4x100 relay	1500 meter run
Long jump	4x100 relay
200 meter	Shot put
Shot put	200 meter
100 meter	Long jump
Mini Javelin	100 meter
400 meter	800 meter
4x400	Mini Javelin
	400 meter
	4x400

**LISTED BELOW IS THE ORDER OF EVENTS FOR THIS TRACK MEET
GIRLS FIRST, THEN BOYS**

We ask that you PLEASE stay away from the front of the finish line. Do not cross in front of the camera. Look out for the barriers. Coaches and parents, please allow your athletes to finish their race and run past the finish line. Do not pick them up at the line as you will be in the way of the camera and we cannot capture times for your athletes. We cannot guarantee but do try to attempt timing the 1-4 year olds. If you are in front of the camera we will miss the times of that entire heat. Therefore, please look out for all the athletes and let the last runner cross before you remove your athletes from the finish line.

FYI: when it comes to the awards, we try to give them by places. However, sometimes the athlete will want a color that matches their uniform or just their favorite color. So please do not get upset with the medal your child comes back with. We are here to make the athletes happy.

We need everyone's help to make this a fun and safe meet. Therefore, please step up and help us make this happen for our little ones. Volunteers are the heart of our event. We cannot do it without ys.

The 10 minute break is needed in order to get the next event ready for the track and rest for our up and coming future athletes.

1500 meter run 7 & 8
4x100 meter relay 3 to 8
relays can be made up of any of the four age groups
listed; no mixed gender, all girls or all boys
10 minute break
200 meter 3 to 8
50 meter 1, 2, 3, 4
50 meter "walker race"
100 meter 1 to 8
800 meter 7 & 8
10 minute break
400 meter 3 to 8
10 minute break
4x400 meter relay 5 to 8
relays can be made up of any of the four age groups
listed; no mixed gender, all girls or all boys