



June 3, 2017

Luther Burbank High School

3500 Florin Rd. Sacramento, CA 95823

Meet Director: La Donna Aubert (916) 475-7259

Packet Pick Up: 7:00 am

Coaches Meeting: 7:45 am

Field Events: 8:00 am

Running Events: 8:00 am

ALL MEET ENTRIES MUST BE COMPLETED ONLINE AT [www.athletic.net](http://www.athletic.net)

**REGISTRATION CLOSSES AT 12:00 PM ON MAY 31, 2017**

**~NO same day registration !!~      ~ No additions/event changes on day of meet!! ~**

- ◆ USATF membership not required, but should have been acquired by now.
- ◆ \$7 per athlete. No refunds.
- ◆ Athletes are not allowed to compete in older or younger age group
- ◆ Relays count as an event.
- ◆ Unattached athletes are not allowed to form a relay team.
- ◆ Groups 1-4 are allowed 1 false start. Group 5/6 are allowed NO false starts.

AGE GROUPS	BIRTH YEAR	GROUP NUMBER	MAXIMUM EVENTS
8 & Under	2009 and after	Group 1	3
9-10	2007-2008	Group 2	3
11-12	2005-2006	Group 3	3
13-14	2003-2004	Group 4	4
15-18	1999-2002 or 18 after August 1, 1999	Group 5/6	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 ANY OF THE ORNAMENTAL GRASS AREAS ANYWHERE IN AND AROUND THE STADIUM.**

**CLEANLINESS:** Please clean your area before leaving the stadium. Garbage bags have been provided in your team packet. Thanks for the great job you all did last year. It is much appreciated!

**RUNNING EVENTS:** Check in/Clerking Station is located at the North end of the bleachers

**FIELD EVENTS:** Check in for at the field event location.

**LONG JUMP** will be contested at Pits A & B located on the in-field near the scoreboard.

**SHOT PUT** will be contested at Rings A & B 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 in the by the baseball field and grassy area.

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

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

**ALL WEATHER TRACK** 1/4" or 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. Repeated violations of this rule may cause athlete(s) to be disqualified or removed from event(s).

**NO COACHES OR PARENTS IN THE CLERKING/HIPPING AREA.** Repeated violations of this rule may cause athlete(s) to be removed from event(s).

**CONCESSIONS:** A snack bar and heated food, cold drinks, cold treats (Cheesecake on a Stick, ice cream etc) will be available.

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

**RESULTS:** Results will be posted near the concessions area during the meet as soon after the competition as possible. Check the Athletic.net website ([www.athletic.net](http://www.athletic.net)) or Pacific Association website ([www.pausatf.org](http://www.pausatf.org)) for final results approximately 1-2 days after the meet. For close to real time results, visit: [www.adkinstrakwest.com](http://www.adkinstrakwest.com)

**AWARDS:** Medals are awarded to the overall **top three** places in each event. Awards table will be located on the field. Awards will be packaged by Team Name or Unattached Athlete name and available for pick up at the end of the meet by team Coach or Parent of Unattached Athlete only; signature will be required. If Awards package is not picked up, they will be brought to the PAC Meet on June 10, 2017.

**Medical Services & Security:** There will be qualified personnel available and located on the field near the finish line. Additional medical facilities such as the Fire Department Rescue Unit and Police are within minutes of the stadium.

**THANKS for being patient and courteous to our volunteers, we couldn't host this meet without them.**

**Community Service Hours** are available for High School students needing hours. Please have them contact meet director to volunteer.

### TRACK EVENTS

All running events will be contested girls then boys and on a rolling schedule (as soon as one event ends, another will begin.)

EVENT	AGE GROUP	TIME
3000M Run	G/B 3 thru 5/6	8:00
100M Dash	G/B 1 Thru 5/6	
800M Run	G/B 1 Thru 5/6	
1500M Racewalk	G/B 2 and 3	
3000M Racewalk	G/B 4 and 5/6	
4 X 100M Relay	G/B 1 Thru 5/6	
400M Run	G/B 1 Thru 5/6	
1500M Run	G/B 1 Thru 5/6	
200M Run	G/B 1 Thru 5/6	

### FIELD EVENTS

All field events are contested girls and 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.

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