



# INVITATIONAL

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**May 5-6, 2018**

**LOCATION:** Contra Costa College, 2600 Mission Bell Drive, San Pablo, CA 94806

**TIME:** 11pm Saturday; 9am Sunday

**SANCTION:** USATF

**REGISTRATION & ENTRY FEES:** Registration and meet entries should be completed at [CoachoO](#)

**DEADLINE:** The deadline for all entries is **midnight, Tuesday, May 1st.**

There will be **NO** day of meet entries or changes! Any changes requested after the entry deadline will incur a **\$10 charge per event**. **NO LATE OR AT THE MEET REGISTRATION! NO EVENT CHANGES AT THE MEET!**

All entries made by the deadline should be printed and verified by the entry deadline.

Entry fee is **\$4.00 per event and \$16.00 per relay**. Fees will be required to be paid online at the completion of your registration. Personal Checks will not be accepted.

**SPECTATOR ENTRY FEE:** 1-day pass \$3.00 or 2-day pass \$5.00; children under 6 are free

**CHECK IN:** There will be a 1st, 2nd, and Final Call for all events (running and field). Running participants **MUST** check in with the clerk of the course by the Final Call. Field event Participants **MUST** check-in at the event location. Any athlete not checked in by the Final Call, will be scratched from the event.

**COACHES MEETING:** The Coaches meeting will begin promptly at 10:30am Saturday and 8:30am Sunday on the field. Every team will need to send one spokesperson from their team.

**Tents will be allowed only at the top of the stands.**

**RESULTS:** All results will be placed in a binder by age group at the results table. To help alleviate the congestion at the results table, live results will be available at <http://www.adkinstrakwest.com> .

We encourage all teams to use your smart phone to view the results. The results will also be available the following week after the meet at <https://www.pausatf.org/youth/youth-track-field-meet-schedule-and-results/>

**AWARDS:** Medals will be awarded to the top 3 overall finishers and ribbons to the 4th - 6th finishers.

**CONCESSIONS:** Snack bar and food trucks will be available. No outside barbeque pits will be allowed in or around the track stadium.

**MEET GUIDELINES:**

- **ALL USA YOUTH TRACK & FIELD RULES WILL APPLY.**
- **GROUPS 1-3 ARE ELIGIBLE FOR (3) EVENTS.**
- **GROUPS 4-6 ARE ELIGIBLE FOR (4) EVENTS**
- **THERE WILL BE NO COACHES ALLOWED IN THE CLERK OF THE COURSE AREA.**
- **LATE ARRIVALS TO FIELD EVENTS MUST START AT THE CURRENT ROUND WITHOUT WARM -UP.**
- **REPORT TO CLERK OF COURSE ON FIRST CALL.**
- **ALL WEATHER TRACK, ¼ SPIKES ARE REQUIRED.**
- **THERE WILL BE (4) ATTEMPTS IN EACH FIELD EVENT. PLACES WILL BE AWARDED ON BEST COMPLETED ATTEMPT.**
- **NO COACHES OR PARENTS ALLOWED ON THE TRACK OR FIELD AREA. EXCEPT TO SETUP Group 1 LONG JUMP MARKS - ONCE EVENT STARTS PARENT/COACH MUST LEAVE FIELD.**
- **AWARDS ARE TO BE PICKED-UP BY COACHES ONLY.**
- **LOST AND FOUND WILL BE AT THE INFORMATION BOOTH.**

**MEET DIRECTOR:** If you have any questions, contact James Moore at [coachjames@herculesrunningrebels.com](mailto:coachjames@herculesrunningrebels.com) or (510) 367-0420

**DIRECTIONS:**

**FROM THE SOUTH BAY:** Take I-880N toward Oakland. Merge onto I-80 E take the El Portal Dr exit. Turn left at El Portal Dr. Turn right at Castro Road. The College will be on your left side.

**FROM THE NORTH BAY:** Take I-80 west towards San Francisco. Take exit 19A for El Portal Drive. Turn right onto El Portal Drive. Turn right at Castro Road. The college will be on your left side.

**ELIGIBLE ATHLETES:**

<b>Age Division</b>	<b>Birth Year</b>
GROUP 1	2010 - Earlier
GROUP 2	2008 to 2009
GROUP 3	2006 to 2007
GROUP 4	2004 to 2005
GROUP 5/6	2000 to 2003

# SCHEDULE OF EVENTS

**Saturday May 5, 2018**

**Track Events Starting Time: 11:00 A.M. First Call: 10:30 A.M.**

<b>Track Event</b>	<b>Type</b>	<b>Age Group and Order</b>
4x800m Relay	T/Final	GROUPS (3-5) GIRLS/BOYS
3000m Run	T/Final	GROUPS (3-5) GIRLS/BOYS
100M Dash	Semi-Final	GROUPS (5-1) GIRLS/BOYS
800m Run	T/Final	GROUPS (5-1) GIRLS/BOYS
110m Hurdles	T/Final	GROUP (5) MEN
100m Hurdles	T/Final	GROUP (5) WOMEN
100m Hurdles	T/Final	GROUP (4) BOYS/GIRLS
80m Hurdles	Final	GROUP (3) GIRL/BOY

**Field Events Starting Time: 11:00 A.M. First Call: 10:30 A.M.**

<b>Long Jump (North Pit)</b>	<b>Long Jump (South Pit)</b>	<b>High Jump</b>	<b>Shot Put</b>	<b>Discus</b>	<b>Mini-Javelin</b>	<b>Javelin</b>
GRP 2 Boys	GRP 1 Girls	GRP 4 Boys	GRP 3 Boys	GRP 3 Girl	GRP 2 Girl	GRP 5 Men
GRP 4 Boys	GRP 4 Girls	GRP 4 Girls	GRP 3 Girls	GRP 5 Boys	GRP 3 Girl	GRP 4 Girl
GRP 5 Boys		GRP 2 Boys	GRP 5 Men	GRP 4 Girls	GRP 1 Girl	GRP 4 Boy
GRP 1 Boys	GRP 5 W	GRP 2 Girls	GRP 4 Boys			GRP 5 W
			GRP 1 Girls			
			GRP 2 Girls			

# SCHEDULE OF EVENTS

Sunday May 6, 2018

Track Events Starting Time: 9:00 A.M. First Call: 8:30 A.M.

Track Event	Type	Age Group and Order
400m Dash	T/Final	GROUPS (5-1) GIRLS/BOYS
4x100m Relay	T/Final	GROUPS (5-1) GIRLS/BOYS
3000m Walk*	T/Final	GROUP (4/5 combined) GIRLS/BOYS
1500m Walk*	T/Final	GROUP (2/3 combined) GIRLS/BOYS

**\*3000m and 1500m Walks will be combined**

200m Run	T/Final	GROUPS (5-1) GIRLS/BOYS
1500M Run	T/Final	GROUPS (5-1) GIRLS/BOYS

## COACHES/PARENT RELAY

200m Hurdles	T/Final	GROUP (4) GIRLS/BOYS
100m Dash	Final	GROUPS (5-1) GIRLS/BOYS
4x400m Relay	T/Final	GROUPS (5-1) GIRLS/BOYS

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Field Events Starting Time: 8:30 A.M. First Call: 8:00 A.M.

Triple Jump (North Pit)	Long Jump (South Pit)	High Jump	Shot Put	Discus	Mini-Javelin
GRP 5 Men	GRP 2 Girls	GRP 5 Women	GRP 5 Women	GRP 4 Boys	GRP 3 Boy
GRP 5 Women	GRP 3 Girls	GRP 5 Men	GRP 4 Girls	GRP 5 Girls	GRP 2 Boy
GRP 4 Boys	GRP 3 Boys	GRP 3 Girls	GRP 2 Boys	GRP 3 Boys	GRP 1 Boy
GRP 4 Girls		GRP 3 Boys	GRP 1 Boys		