

DATE: MAY 18 & 19, 2019 (Up dated 01/25/19)

LOCATION: **LANEY COLLEGE** - 900 Fallon Street, Oakland, ca. 94607  
(Near Lake Merritt Bart & Kaiser Convention Center)  
(Please place above address in MapQuest/GPS for directions from your location)

STARTING TIMES: 8:00 A.M. – FIELD EVENTS (Both Days)  
**(Rain or Shine)** 9:00 A.M. – FIRST RUNNING EVENT (Both Days)

ENTRY FEES: \$4.00 PER EVENT PER ATHLETE  
\$16.00 FOR EACH ENTERED RELAY

ENTRY FEE PAYMENT: **FEES MUST BE PAID IN FULL ONLINE BEFORE THE “COACHO” REGISTRATION SYSTEM CLOSURE. OUR REGISTRATION CLOSURE DATE IS TUESDAY, MAY 14, 2019. ALL ENTRY FEES ARE TO BE MADE ONLINE WITH “COACHO” PRIOR TO THE CLOSING DATE. ALL ENTRY FEES THAT YOU LOCK IN ON COACHO ARE FINAL.**

**NO REFUNDS!**  
ENTRY DEAD LINE: **THE ENTRY ELECTRONIC SYSTEM WILL CLOSE AT MIDNIGHT TUESDAY, MAY 14, 2019. NO ENTRIES WILL BE ACCEPTED AFTER COACHO REGISTRATION CLOSURES.**

**NO LATE OR AT THE MEET REGISTRATION!**  
**NO EVENT CHANGES AT THE MEET**

**PLEASE PRINT AND BRING YOUR COACHO RECEIPT TO THE MEET**

AGE GROUPS:	<u>DIVISIONS:</u>	<u>BIRTH YEARS:</u>
	GROUP #1 (8 & under)	2011 & LATER
	GROUP #2 (9 – 10)	2010 - 2009
	GROUP #3 (11 – 12)	2008 - 2007
	GROUP #4 (13 – 14)	2006 - 2005
	GROUP #5 (15 – 16)	2004 - 2003
	GROUP #6 (17 – 18)	2002 - 2001

INDIVIDUAL AWARDS: 1<sup>ST</sup> THRU 3<sup>RD</sup> - MEDALS  
(Awards received from finals only) 4<sup>TH</sup> THRU 6<sup>TH</sup> - RIBBONS

TEAM TROPHIES: 1<sup>ST</sup> PLACE GIRL TEAM TROPHY (COMBINED GROUPS)  
1<sup>ST</sup> PLACE BOYS TEAM TROPHY (COMBINED GROUPS)  
1<sup>ST</sup> PLACE OVERALL TEAM TROPHY (COMBINED BOYS & GIRLS)

PARENT/COACHES RELAY: THERE WILL BE A 4X100 RELAY FOR PARENTS AND COACHES. **ALL MALE OR ALL FEMALE TEAMS ONLY. (MEDALS TO 1<sup>ST</sup> PLACE ONLY)**

MEET INFORMATION: WILL PITTMAN, MEET DIRECTOR – (510) 581-4428  
**( PLEASE NO CALLS BEFORE 9 A.M. OR AFTER 10 P.M.)**

FAX / COLLECT CALLS: **NO ENTRIES ACCEPTED BY FAX, MAIL, TEXT OR EMAIL & NO COLLECT CALLS WILL BE ACCEPTED.**

**ENTRY INSTRUCTIONS:** ALL ENTRIES MUST BE COMPLETED ONLINE. NO ADDITIONS WILL BE ALLOWED AT THE MEET. THE WEBSITE FOR YOUR ONLINE REGISTRATION IS: [www.coacho.com](http://www.coacho.com) ENTRIES WILL BE ACCEPTED STARTING ON **MARCH 31, 2019**. YOUR ENTRIES MUST BE IN THE SYSTEM BY **TUESDAY, MAY 14, 2019**, NO LATER THAN 11:59PM.

PARKING: PARKING LOTS AVAILABLE ON THE 8<sup>TH</sup> STREET SIDE OF CAMPUS AND SOME STREET PARKING.

TENTS: TOP (5) ROWS ONLY, BOTH SIDES OF STADIUM & ON GRASS AREAS.

**FIELD EVENTS:** DISCUS / LONG JAVELIN WILL BE HELD ON UPPER PLAYING FIELD.  
TURBO JAVELIN WILL BE HELD ON FOOTBALL FIELD.

LONG JUMP / TRIPLE JUMP WILL BE HELD AT  
PITS ( A & B ) LOCATED ON THE IN-FIELD.

SHOT PUT WILL BE CONTESTED AT THE FAR END OF THE FOOTBALL  
FIELD NEAR THE FINISH LINE AREA.

HIGH JUMP WILL BE ON THE SURFACED IN-FIELD.

**WARM-UP AREA:** ON BASEBALL FIELD .

**MEET GUIDELINES:** ALL USA TRACK & FIELD RULES WILL APPLY.

GROUPS (1 – 3) ARE ELIGIBLE TO COMPETE IN (3) EVENTS.  
GROUP (4) ARE ELIGIBLE TO COMPETE IN (4) EVENTS.  
**GROUPS (5-6) ARE ELIGIBLE TO COMPETE IN 200M & 1500M ONLY.**

ADVANCEMENT TO FINALS BY BEST TIMES.  
MEET TIMING IS FINAL.

NO SHOW FOR A TRIAL = NO FINAL.

LATE ARRIVALS TO FIELD EVENTS MUST START  
AT THE CURRENT ROUND WITHOUT WARM – UP.

REPORT TO CLERK OF COURSE ON FIRST CALL.  
**ATHLETES MISSING THEIR HEAT WILL NOT BE MOVED  
TO AN OPEN LANE IN ANOTHER HEAT, SO BE ON TIME!**

ALL WEATHER TRACK, ¼ SPIKES ARE REQUIRED.

THERE WILL BE (4) ATTEMPTS IN EACH FIELD  
EVENT, **EXCEPT THE HIGH JUMP. HIGH JUMPER WILL GET (3)  
JUMPS PER HEIGHT CLEARED** . PLACES WILL BE AWARDED ON BEST  
COMPLETED ATTEMPT.

NO COACHES OR PARENTS ALLOWED ON THE  
TRACK OR FIELD AREA,( EXCEPT TO SETUP MARKS IN THE LONG  
JUMP FOR ATHLETES IN GROUP (#1) - ONCE THE EVENT STARTS  
PARENTS/COACHES MUST LEAVE THE FIELD.)

RUNNING & FIELD EVENT AWARDS CAN BE PICKED-UP BY THE  
COACH OR UNATTACHED ATHLETE PARENT.

**PLEASE NOTE: ALL AWARDS MUST BE PICKED UP PRIOR TO THE  
CONCLUSION OF THE MEET. NO AWARDS WILL BE MAILED OR  
DELIVERED!**

**THERE ARE NO EVENT CHANGES OR REFUNDS AFTER THE DEADLINE.**

**CONCESSIONS:** A SNACK BAR AND HEATED FOOD WILL BE AVAILABLE  
ON BOTH DAYS.

**RESULTS:** RESULTS WILL BE POSTED ON THE 3M WEBSITE WITHIN (2) DAYS  
(3mtrackclub.com), AND PLACED ON THE P.A. WEBSITE WITHIN THE  
WEEK . **RESULTS WILL ALSO BE POSTED ON COACHO AND  
ADKINSTRAKWEST.COM., (IMMEDIATE RESULTS ON THIS SITE)**

# 3M TRACK CLUB INVITATIONAL

## ORDER OF EVENTS

SATURDAY, MAY 18, 2019

**PLEASE NOTE: THERE ARE NO FIELD EVENTS FOR GROUPS 5 & 6!**

### FIELD EVENTS:

**8:00 A.M. STARTING TIME - (THE FIELD EVENTS LISTED BELOW MAY BE CALLED OUT OF THE LISTED SEQUENCE)**

#### LONG JUMP:

GROUP (1) GIRLS  
GROUP (1) BOYS  
GROUP (4) GIRLS  
GROUP (4) BOYS

#### HIGH JUMP:

GROUP (2) GIRLS  
GROUP (2) BOYS  
GROUP (3) GIRLS  
GROUP (3) BOYS  
GROUP (4) GIRLS  
GROUP (4) BOYS

#### SHOT PUT:

GROUP (1) GIRLS  
GROUP (1) BOYS  
GROUP (2) GIRLS  
GROUP (2) BOYS

#### MINI JAVELIN:

GROUP (3) GIRLS  
GROUP (3) BOYS  
GROUP (2) GIRLS  
GROUP (2) BOYS  
GROUP (1) GIRLS  
GROUP (1) BOYS

### RUNNING EVENTS:

**9:00 A.M. STARTING TIME**

4X800	RELAY	T/FINAL	GROUPS (3 – 4)
3000M	RUN	T/FINAL	GROUPS (3 – 4)
100M	RUN	SEMI	GROUPS (4 – 1) <b>(ORDER REVERSED THIS EVENT ONLY)</b>
800M	RUN	T/FINAL	GROUPS (1 – 4)
1500M	WALK	T/FINAL	GROUPS (2 – 3)
3000M	WALK	T/FINAL	GROUP (4)
400M	RUN	T/FINAL	GROUPS (1 – 4)

# 3M TRACK CLUB INVITATIONAL

## ORDER OF EVENTS

SUNDAY, MAY 19, 2019

**PLEASE NOTE: THERE ARE NO FIELD EVENTS FOR GROUPS 5 & 6!**

### FIELD EVENTS:

**8:00 A.M. STARTING TIME - (THE FIELD EVENTS LISTED BELOW MAY BE CALLED OUT OF THE LISTED SEQUENCE)**

#### LONG JUMP:

GROUP (2) GIRLS  
GROUP (2) BOYS  
GROUP (3) GIRLS  
GROUP (3) BOYS

#### SHOT PUT:

GROUP (4) GIRLS  
GROUP (4) BOYS  
GROUP (3) GIRLS  
GROUP (3) GIRLS

#### JAVELIN:

GROUP (4) GIRLS  
GROUP (4) BOYS

#### DISCUS:

GROUP (3) GIRLS  
GROUP (3) BOYS  
GROUP (4) GIRLS  
GROUP (4) BOYS

#### TRIPLE JUMP:

GROUP (4) GIRLS  
GROUP (4) BOYS

### RUNNING EVENTS:

**9:00 A.M. STARTING TIME**

200M	HURDLES	T/FINAL	GROUP ( 4 )
4X100	RELAY	T/FINAL	GROUPS ( 1 – 4 )
1500M	RUN	T/FINAL	GROUPS ( 1 – 6 )
200M	RUN	T/FINAL	GROUPS ( 1 – 6 )
80M	HURDLES	T/FINAL	GROUP ( 3 )
100M	HURDLES	T/FINAL	GROUP ( 4 ) (GIRLS/BOYS)
100M	RUN	FINAL	GROUPS ( 1 – 4 ) <b>(ORDER RETURNS TO NORMAL ROTATION)</b>
***	PARENT / COACHES RELAY	***	WOMEN – MEN
4X400	RELAY	T/FINAL	GROUP ( 1 – 4 )

## **HOTELS IN THE AREA**

Hotels and Motels are listed below for your convenience and preference.

### **HOTELS IN THE AREA:**

- EXTENDED STAY AMERICA (Alameda) -510-769-7000 (1.6 miles from site)**
- HAWTHORN SUITES BY WYNDHAM(Alameda) -510-522-1000 (1.6 miles from site)**
- EXTENDED STAY AMERICA (Alameda) - 1-877-432-9997 (9 miles from site)**
- BEST WESTERN PLUS BAYSIDE (Oakland) - 510-356-2450 (1.1 miles from site)**
- EXECUTIVE INN SUITES (Oakland) - 510-296-3733 (1.2 miles from site)**
- HOMWOOD SUITES BY HILTON (Oakland - 510-663-2700 (8 miles from site)**
- OAKLAND MARRIOTT CITY CENTER - 510-451-4000 (7 miles from site)**
- MOTEL 6 EMBARCADERO (Oakland) -510-436-0103 (1.2 miles from site)**
- HAMPTON INN & SUITES (Alameda) -510-521-4500 (2.0 miles from site)**