



**HERCULES**  
*Running Rebels*

# INVITATIONAL

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**May 4-5, 2019**

**LOCATION CHANGE:**

**Hercules High School  
1900 Refugio Valley RD, Hercules, CA 94547**

**TIME:** Field Events: 8:00am both Days / Running Events 11am Saturday; 9:30am Sunday

**SANCTION:** USATF

**REGISTRATION & ENTRY FEES:** Registration and meet entries should be completed on [www.coacho.com](http://www.coacho.com).

**DEADLINE:** The deadline for all entries is **midnight, Tuesday, April 30th**.

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.

Field events will be run in flights and made available on [adkinstrakwest.com](http://adkinstrakwest.com) prior to the meet. Be sure to check the flights your athletes are in and have them check in on time! Athletes will not be allowed to compete in subsequent flights if they have missed their assigned flight.

**COACHES MEETING:** The Coaches meeting will begin promptly at 10:00am Saturday and 8:30am Sunday on the in 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 after the conclusion of the meet on Athletic.net, CoachO.com, and the PA USATF sites.

**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:**

Age Division	Birth Year
GROUP 1	2011 - Earlier
GROUP 2	2009 to 2010
GROUP 3	2007 to 2008
GROUP 4	2005 to 2006
GROUP 5/6	2001 to 2004

# SCHEDULE OF EVENTS

**Saturday May 4, 2019**

**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: 8:00 A.M. First Call: 7:30 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 Men	GRP 5 Women	GRP 2 Boys	GRP 5 Men	GRP 4 Girls	GRP 1 Girl	GRP 4 Boy
GRP 1 Boys		GRP 2 Girls	GRP 4 Boys	GRP 4 Boys		GRP 5 Women
			GRP 1 Girls	GRP 5 Girls		
			GRP 2 Girls	GRP 3 Boys		

# SCHEDULE OF EVENTS

Sunday May 5, 2019

**Track Events Starting Time: 9:30 A.M. First Call: 9:00 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: 8:00 A.M. First Call: 7:30 A.M.**

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