



# FALCON TRACK INVITATIONAL

Saturday - Sunday, June 29<sup>th</sup> - 30<sup>th</sup>, 2019

**AMADOR VALLEY HIGH SCHOOL**  
1155 Santa Rita Rd, Pleasanton, CA 94566

**Running Events (begins at 9:00am) Field Events (begins at 8:00am) both days**

**Entry Fees:** \$4 per event per athlete, \$16.00 per relay team,

- REGISTRATION at [www.athletic.net](http://www.athletic.net), fees must be paid in full online before the entries are closed. **No refunds!**

## AGE GROUPS

DIVISIONS		BIRTH YEARS
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

**AWARDS:** MEDALS 1<sup>ST</sup> THRU 3<sup>RD</sup>, RIBBONS 4<sup>TH</sup> THRU 6<sup>TH</sup>.

**MEET CONTACT:** JORGE QUERO, MEET DIRECTOR - 925-209-7520

- Please no calls before 8:00 am or after 9:00 pm)

**ENTRY INSTRUCTIONS:** ALL ENTRIES MUST BE COMPLETED ONLINE.

- No entries or additions will be allowed at the meet.
- All entries must be done through [www.athletic.net](http://www.athletic.net).
- **Entries open on 5/30.** Deadline for entries is **Wednesday 6/26 at 10:00 PM**

**TENTS:** Top rows ONLY in bleachers on both sides of track & on grass areas. Tents out of place will be asked to be moved to authorized areas.

**FIELD EVENTS:**

- Discus / Long Javelin will be held on the baseball field.
- Turbo Javelin will be held on the football field.
- Long Jump / Triple Jump will be held at pits (1 & 2) located on the infield.
- 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 infield.

**WARM-UP AREA:** Softball and baseball field next to the stadium.

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

- Groups 1 - 3 are eligible to compete in (3) events.
- Groups 4 - 6 are eligible to compete in (4) events.
- Advancement to finals are 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 any warm-up.
- Report to Clerk of Course on first call.
- Athletes missing their heat WILL NOT be moved to any open lane in another heat
- All weather track, ¼" spikes are required.
- There will be (4) attempts in each field event, EXCEPT in High Jump. Each 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 coaches and parents must leave the area).
- Awards can be picked up by 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 ENTRY DEADLINE!

**CONCESSIONS:** Snack bar and food trucks will be available, bring coolers with water and snacks.

**RESULTS:** Results will be posted on [www.athletic.net](http://www.athletic.net) at the end of the 2nd day of competition. Results will also be posted to [www.pausatf.org](http://www.pausatf.org), and live results will be available at [www.diablotiming.com](http://www.diablotiming.com).

**FIELD EVENTS:** (SATURDAY JUNE 29<sup>TH</sup>)

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

<b>LONG JUMP</b>	<b>HIGH JUMP</b>	<b>SHOT PUT</b>
GRP 1 GIRLS	GRP 2 GIRLS	GRP 1 GIRLS
GRP 1 BOYS	GRP 2 BOYS	GRP 1 BOYS
GRP 4 GIRLS	GRP 3 GIRLS	GRP 2 GIRLS
GRP 4 BOYS	GRP 3 BOYS	GRP 2 BOYS
GRP 6 GIRLS	GRP 4 GIRLS	GRP 5 GIRLS
GRP 6 BOYS	GRP 4 BOYS	GRP 5 BOYS

<b>MINI JAVELIN</b>	<b>JAVELIN</b>
GRP 3 GIRLS	GRP 4 GIRLS
GRP 3 BOYS	GRP 4 BOYS
GRP 2 GIRLS	GRP 5 GIRLS
GRP 2 BOYS	GRP 5 BOYS
GRP 1 GIRLS	
GRP 1 BOYS	

**RUNNING EVENTS:** (9:00 AM STARTING TIME)

3000m	RUNNING	FINALS	GRP 3-6	
100m	RUNNING	SEMIS	GRP 6-1	
800m	RUNNING	FINALS	GRP 1-6	
1500m	WALKING	FINALS	GRP 2-6	ALL GRPs COMBINED
3000m	WALKING	FINALS	GRP 4-6	ALL GRPs COMBINED
400m	RUNNING	FINALS	GRP 1-6	

**FIELD EVENTS:** (SUNDAY JUNE 30<sup>TH</sup>)

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

<b>LONG JUMP</b>	<b>HIGH JUMP</b>	<b>SHOT PUT</b>
GRP 2 GIRLS	GRP 5 GIRLS	GRP 3 GIRLS
GRP 2 BOYS	GRP 5 BOYS	GRP 3 BOYS
GRP 3 GIRLS	GRP 6 GIRLS	GRP 4 GIRLS
GRP 3 BOYS	GRP 6 BOYS	GRP 4 BOYS
GRP 5 GIRLS		GRP 6 GIRLS
GRP 5 BOYS		GRP 6 BOYS

<b>DISCUS</b>	<b>JAVELIN</b>	<b>TRIPLE JUMP</b>
GRP 3 GIRLS	GRP 6 GIRLS	GRP 4 GIRLS
GRP 3 BOYS	GRP 6 BOYS	GRP 4 BOYS
GRP 4 GIRLS		GRP 5 GIRLS
GRP 4 BOYS		GRP 5 BOYS
GRP 5 GIRLS		GRP 6 GIRLS
GRP 5 BOYS		GRP 6 BOYS
GRP 6 GIRLS		
GRP 6 BOYS		

**RUNNING EVENTS:** (9:00 AM STARTING TIME)

4X100m	RELAY	FINAL	GRP 1-6	
1500m	RUNNING	FINALS	GRP 1-6	
100mH	RUNNING	FINALS	GRP 4-6	GIRLS & BOYS GRP 4 GIRLS GRP 5&6
110mH	RUNNING	FINALS	GRP 5-6	BOYS
200M	RUNNING	FINALS		
4X800	RUNNING	FINALS	GRP 4-6	
100 FINALS	RUNNING	FINALS		
4X400	RELAYS	FINALS	GRP 3-6	