

# Eastbay Heat Track Club

## ALL-COMERS MEET

This is a USATF Sanctioned Track Meet

**Date:** Saturday, April 16, 2022  
**Time:** 9:30 a.m. Running Events  
9:00 a.m. Field events  
**Site:** Armijo High School  
824 Washington Street  
Fairfield, CA 94533

\*\* All Tents/Tarps allowed at **TOP** of bleachers only and along walkways **AWAY** from the fence

**Eligibility:** Any boy or girl in the following divisions:

<u>Age Division</u>	<u>Year of Birth</u>
8 and Under	2014+ (Group 1)
9 - 10	2012 – 2013 (Group 2)
11 - 12	2010 – 2011 (Group 3)
13 - 14	2008 – 2009 (Group 4)
15 - 16	2006 – 2007 (Group 5)

**Limitations:** 8 & under, 9 – 10, 11 – 12, are limited to three (3) events

13 thru 15 ages are limited to four (4) events

Some running events may be combined based on number of entrants

### ORDER OF EVENTS

START TIME 9:30 A.M.

**Running Events** - (girls first in all age groups)

1. 800 Meters - Groups 2 thru 5
2. 100 Meters - All age groups starting with 8 & under
3. 80MH - Group 3
4. 100MH – Group 4-5
5. Medley Relay (100,100,200, 400) All age groups starting with 8 & under
6. 1500 Meters - All age groups starting with group 2 (Some groups may be combined based on the number of entries)
7. 400 meters – Starting with group 6 down to group 1

START TIME 9:00 A.M

**Field Events** - (girls first in all age groups)

Long Jump - starting with group 5 down the group 1

Shot Put - 8 & under through 15

Mini Jav - 11 – 12, 9 – 10, 8 & under

**Concessions:** Snack bar will be available.

**Entry Fees: \$8.00 per athlete (register and pay online at Athletic.net)  
\$4.00 for spectators (age 17 and up)**

**No Day of meet registration. All teams/athletes must register online at athletic.net  
Gates open at 7:30 a.m.**

**Meet Director:** Traevon Williams (510) 368-0168

**Awards:** Ribbons will be given to all participants per flight and heat.

**Covid -19 Protocols**

1. Spectators are to always wear a mask unless they are eating or drinking.
2. Athletes are to always wear a mask unless they are competing. Once they have finished competing, they must put their mask back on and immediately return to their teams' location.
3. Hand Sanitizer will be readily available to all.
4. There will be medical assistance onsite.

**Check-In:** All participants in running events must check in with the clerk of the course when their event is called. Field event participants must report directly to the official on the field, in charge of their event when it is called. There will be a 1st, 2nd, and final call.

**No coaches/parents are allowed on the field unless they are assisting. Please leave your area like your found it CLEAN!**