

DATE: MAY 14 & 15, 2022 (Up dated 02/04/22)

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: \$5.00 PER EVENT PER ATHLETE
\$20.00 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 10, 2022. 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 DEADLINE: **THE ENTRY ELECTRONIC SYSTEM WILL CLOSE AT MIDNIGHT TUESDAY, MAY 10, 2022. 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)	2014 & LATER
	GROUP #2 (9 – 10)	2012 - 2013
	GROUP #3 (11 – 12)	2010 - 2011
	GROUP #4 (13 – 14)	2008 - 2009
	GROUP #5 (15 – 16)	2006 - 2007
	GROUP #6 (17 – 18)	2004 – 2005

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

TEAM TROPHIES: *1ST PLACE GIRL TEAM TROPHY (COMBINED GROUPS 1-4)*
1ST PLACE BOYS TEAM TROPHY (COMBINED GROUPS 1-4)
1ST PLACE OVERALL TEAM TROPHY (COMBINED BOYS & GIRLS 1-4)

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

MEET INFORMATION: WILL PITTMAN, MEET DIRECTOR – (510) 566-1147 (Cell)
(PLEASE **NO CALLS BEFORE 10 A.M. OR AFTER 9 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 ENTRIES WILL BE ACCEPTED STARTING ON **MARCH 27, 2022**. YOUR ENTRIES MUST BE IN THE SYSTEM BY **TUESDAY, MAY 10, 2022**, NO LATER THAN 11:59PM.

PARKING:

**PARKING LOTS AVAILABLE ON THE 8TH STREET SIDE OF
CAMPUS AND SOME STREET PARKING.**

NEW! ATTENDANT PARKING (\$5) PER DAY PARKING WITH ATTENDANT AVAILABLE ON CAMPUS.

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 PITS (A & B) ON 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 . **NO ONE ALLOWED ON BASEBALL INFIELD. WARM UPS TO BE HELD ON OUT FIELD SECTION ONLY.**

MEET GUIDELINES: ALL USATF RULES WILL APPLY. MEET SANCTIONED BY USATF.

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 ONLY.**

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 GROUP (#1) -MUST LEAVE ONCE COMPLETED.**)

***GROUP #1 WILL JUMP FROM 4 FT. BOARD.**
***GROUPS 2-4 WILL HAVE THE OPTION OF A 4 FT. OR 8 FT. BOARD.**

RUNNING & FIELD EVENT AWARDS CAN ONLY 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 A.S.A.P (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 LIVE SITE)**

PETS: **NO DOGS ALLOWED ON CAMPUS.**

3M TRACK CLUB INVITATIONAL

ORDER OF EVENTS

SATURDAY, MAY 14, 2022

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 (4)
GIRLS

GROUP (4)
BOYS

GROUP (3)
GIRLS

GROUP (3)
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) (ORDER REVERSED THIS EVENT ONLY)
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 15, 2022

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 (1) GIRLS
GROUP (1) BOYS
GROUP (2) GIRLS
GROUP (2) 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) (GIRLS/BOYS)
100M	HURDLES	T/FINAL	GROUP (4) (GIRLS/BOYS)
100M	RUN	FINAL	GROUPS (1 – 4) (ORDER RETURNS TO NORMAL ROTATION)
***	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. There are no team hotels.

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)
HOMEWOOD 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)