

2006 SANTA ROSA EXPRESS

SECTIONAL TRACK & FIELD MEET

Saturday, April 8, 2006

Registration at 8:00 Starts at 9:00

SANTA ROSA HIGH SCHOOL

Ridgway Avenue in Santa Rosa

TRACK EVENTS

Girls then Boys

100m	SB B M Y O
1500m	B M Y O
1500m Racewalk	B M
3000m Racewalk	Y
5000m Racewalk	O
4x800m Relay	M Y O
200m Hurdles	Y
400m Hurdles	O
800m	B M Y O
4x100m Relay	SB B M Y O
400m	SB B M Y O
57.5m Hurdles	B
80m Hurdles	M
100m Hurdles	Y O G
110m Hurdles	O B
3000m	M Y O
200M	SB B M Y O
4x400m Relay	B M Y O

FIELD EVENTS

Girls then Boys

High Jump	O Y M B
Long Jump	SB B M Y O
Triple Jump	Y O
Shot Put	B O M Y
Discus Throw	Y M O
Mini Javelin	M B
Javelin Throw	O Y
Pole Vault	Y O

Triple Jump will start after Long Jump is completed

The Javelin and the Mini Javelin will start at 9:00

When possible, slowest runners in first section, fastest runners in last section. Some events may have girls and boys and/or different age groups in the same events, but ribbons will be awarded separately.

SB B M Three (3) Events Maximum	Y O Four (4) Events Maximum
Sub Bantam 1998 +	Bantam 1996-1997 Midget 1994-1995
Youth 1992-1993	Open 1988-1991 (also 1987 if born after July30st)

ENTRY FEE: \$6.00 per athlete.

Payable to: 'SRX'

MAIL ENTRY BY FRIDAY, MARCH 31st

Please mail by regular mail, not by express mail

Santa Rosa Express Track Club
1730 St. Francis Road Santa Rosa, CA 95409

Meet Director: Bob Shor (707) 539-6787 or AShorSR@aol.com

WE'RE GOING TO HAVE HURDLES FOR BANTAMS! Same height, same spacing as for Midgets but only five (5) hurdles.

Registration starts at 8:00 at the entrance to the track. The first events start at 9:00. In order to participate, athletes must have a Santa Rosa Express sticker on their shirt. Please check in immediately after the first call for each event. Runners check in with the Clerk of the Course located outside the start of the 1500m. Field events will be checked in at the event location. The races and field events will begin right after the final call.

Directions to Santa Rosa High School:

From San Francisco/Oakland and south – US 101 north to College Avenue Exit. Turn right on to College and immediately turn left on to Morgan. At the end turn right onto Ridgway. There will be a parking lot on your left about a block ahead.

From Pleasanton/Vallejo/Napa – I-680 to I-780 to Hwy 29 to Hwy 12 through Sonoma to Santa Rosa. Hwy 12 will become 4th Street. Turn half right on to College Avenue. Turn right on to Mendocino Avenue then left on to Ridgway. Just ahead there will be a parking lot on your right.

From Sacramento/Stockton – I-80 to Hwy 12 (west) to Napa, then Sonoma. See directions just above.

From Eureka – US 101 south to College Avenue Exit. Go under the freeway and immediately turn left on to Morgan. At the end turn right on to Ridgway. There will be a parking lot on your left about a block ahead.

THE SWIM CENTER DOES NOT WANT OUR CARS IN THEIR PARKING AREA

- Depending on the number of racewalkers there might be only one racewalk.
- There are two LJ/TJ runways; one for girls, one for boys. TJ will start when LJ is over.
- The Bantam and Midget Javelin will be on the synthetic infield and the Youth and Open Javelin will be on the field behind the stadium. Both will start at 9:00.

Please, no dogs, no chewing gum and no sunflower seeds in the area.

PLEASE SEND ALL ENTRY FORMS FOR ALL CLUBS BY
REGULAR MAIL. POST MARK NO LATER THAN FRIDAY,
MARCH 31st.

Postmark by Friday, March 31.

Mail to (regular mail only):

Santa Rosa Express
1730 St. Francis Road
Santa Rosa, CA 95409

\$6 per Athletic

Check payable to: SRX

Coach's
Name _____

Phone
Number _____

Email
Address _____

Use the following Entry Form
(or print entries from Club Manger and mail with payment).

