

# Welcome to the NorCal PaceSetters Relays

**We Set the Pace, to win the Race!**

**April 19, 2008**

*2008 Sanctioned PA/USATF Youth T&F Meet*

**LOCATION:** TBA; Relocation to be announced by March 15<sup>th</sup>.

**TIME:** All field events will begin at 8:30am and running events will begin at 9:00am.

**AWARDS:** **Medals to the top 3 overall times & ribbons to 4-6 in individual races and relays.**  
**Trophies to the top 5 finishers in the Invitational Races.**

**ELIGIBLE ATHLETES: Age Division Birth Year**

Sub Bantam	2000 +	Midget	1996 to 1997
Bantam	1998 to 1999	Youth	1994 to 1995

## ORDER OF EVENTS:

### Running Events: 9:00am

4x800 Relay (Midget – Youth)

Shuttle Hurdle Relay (Midget – Youth)

1500M Open (Midgets)

50M (sub-bantam) **(3 athletes per B/G age group)**

800M Open (Midget – Youth)

\*1500M Invitational (Midgets) **One Heat Only**

4x100 Relay (Sub-Bantam – Youth)

\*4x100 Invitational (Midget – Youth) **One Heat Only**

1500M Open (Youth)

100M Open (Bantam – Youth) **(2 athletes per B/G age group)**

\*100M Invitational (Bantam - Youth) **One Heat Only**

Parent/Coach (4x100 Relay) (Men and Womens)

Sprint Medley Relay

(100M, 100M, 200M, 400M) (Bantam – Youth)

4x200M Relay (Sub-Bantam – Youth)

\*1500M Invitational (Youth) **One Heat Only**

Swedish Medley

(100M, 200M, 300M, 400M) (Bantam Only)

4x400 Relay (Midget - Youth)

\*Please enter your top verifiably timed runner for Invitational Race

Only. State the web address where the times can be verified.

If time is not within the top 8 or cannot be verified, he/she will be

seeded in open division. Confirmation of race will be emailed to your

team by April 17<sup>th</sup>.

### Field Events: 8:30am

Long Jump (Sub-Bantam – Youth)

High Jump (Midget – Youth)

Shot Put (Midget – Youth)

Discus (Midget – Youth)

Mini-Javelin (Bantam – Youth)

**REGISTRATION & ENTRIE FEES:** Entry fee is **\$6.00 per athlete. Personal Checks will not be accepted.** There will be a \$25.00 fee added to any returned club checks.

Registration and meet entries should be completed at [www.ezmeets.com](http://www.ezmeets.com). The deadline for entries is midnight, Saturday, **April 12th. No same day registration. Absolutely NO REFUNDS.**

All entries made by the deadline will be returned for verification (via email) immediately. Any changes/ corrections necessary **MUST** be returned via email to Anthony Camargo at [pa.youthentries@yahoo.com](mailto:pa.youthentries@yahoo.com) by **11pm. Monday, April 14th.**

**Pay fees online at [www.norcalpacesetters.com](http://www.norcalpacesetters.com)** OR money order, cashier check or club check to:  
**NorCal Pacesetters,**  
**Attn: LaCrecia Williams**  
**P.O. Box 5578, Vallejo, CA 94591**

Payments should be mailed, fedex, ups, received **by April 15th** to:

**CHECK IN:** There will be a 1st, 2nd, and Final Call for all events (running and field). All participants **MUST** check in with the clerk of the course by the **Final Call**. Any athlete not checked in by the Final Call, will be scratched from the event. Runners check in with the Clerk of the Course located in the Grove under the scoreboard. Field events will be checked in at the event location. The races and field events will begin after the final call.

**COACHES MEETING:** The Coaches meeting will begin promptly at 8:30am in the center of the field. Every team will need to send one spokesperson for their team for day of meet scratches.

**RESULTS:** All results will be posted following each event, by the concession stand. The results will also be available after the meet on the [www.pausatf.org](http://www.pausatf.org) and [www.norcalpacesetters.com](http://www.norcalpacesetters.com).

**CONCESSIONS:** Snack bar will be available.      **TENTS:** Tents will be allowed *only* at the top of the stands.

**MEET DIRECTOR:** If you have any questions, Coach James Williams 707-280-1588 or Asst. Coach Kim Hines 510-333-1531 are available. Please have them paged at the meet.

**DIRECTIONS: TBA**