

**DATE:** MAY 15 & 16, 2010

**LOCATION:** LOGAN HIGH SCHOOL, UNION CITY, CA.  
1800 H. STREET, UNION CITY, 94587  
(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:** \$4.00 PER EVENT PER ATHLETE  
\$16.00 FOR EACH ENTERED RELAY

**ENTRY FEE PAYMENT:** **FEES MUST BE PAID IN FULL AND MAILED TO  
20079 JESSEE COURT, CASTRO VALLEY, CA. 94552.  
ALL PAYMENTS MUST BE POST MARKED BY  
MAY 11, 2010, OR SOONER. PLEASE DO NOT SEND AS REGISTERED  
MAIL THAT REQUIRES A SIGNATURE!  
MAKE PAYMENT TO: 3M TRACK CLUB**

**ENTRY DEAD LINE:** **THE ENTRY ELECTRONIC SYSTEM WILL CLOSED AT MIDNIGHT  
MAY 10, 2010. NO ENTRIES WILL BE ACCEPTED AFTER  
EZ-MEETS CLOSES.**

**NO LATE OR AT THE MEET REGISTRATION!**  
**NO EVENT CHANGES AT THE MEET!**

**AGE GROUPS:**

DIVISIONS:	BIRTH YEARS:
SB- SUB-BANTAMS	2002 – EARLIER
B - BANTAMS	2000 – 2001
M - MIDGETS	1998 – 1999
Y - YOUTH	1996 – 1997
O - OPEN	1994 – 1992

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

**TEAM TROPHIES:** 1<sup>ST</sup> PLACE GIRL TEAM TROPHY (COMBINED AGES) (SB – Y)  
1<sup>ST</sup> PLACE BOYS TEAM TROPHY (COMBINED AGES) (SB – Y)  
1<sup>ST</sup> PLACE OVERALL TEAM TROPHY ( COMBINED BOYS & GIRLS)

**PARENT/COACHES RELAY:** THERE WILL BE A 4X100 RELAY FOR PARENTS AND COACHES. ALL  
MALE OR ALL FEMALE TEAMS ONLY. (MEDALS WILL BE AWARD FOR  
THE FIRST AND SECOND PLACE FINISHERS IN THIS EVENT)

**MEET INFORMATION:** WILL PITTMAN, MEET DIRECTOR – (510) 581-4428  
( PLEASE NO CALLS AFTER 9 P.M.)

**FAX / COLLECT CALLS:** NO ENTRIES ACCEPTED BY FAX ,MAIL 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.ezmeets.com](http://www.ezmeets.com) ENTRIES ARE BEING  
ACCEPTED NOW AND YOUR ENTRIES MUST BE IN THE SYSTEM BY  
MONDAY, MAY 10, 2010, NO LATER THAN 11:59PM. **NO EXCEPTIONS  
WILL BE MADE!** EMAIL MRS. DEBRA HARVEY AT [dyharve@pacbell.net](mailto:dyharve@pacbell.net)  
TO BE PLACED ON THE TEAM LIST AND TO RECEIVE YOUR  
PASSWORD. PLEASE PUT 3M TRACK ENTRY AS THE SUBJECT OF  
YOUR EMAIL. YOU MAY ENTER AND UPDATE YOUR ENTRIES UNTIL  
THE POSTED ENTRY DEADLINE. **PLEASE NOTE: ON THE LAST DAY  
TO SUBMIT ENTIRES, MRS. HARVEY WILL STOP GIVING OUT  
PASSWORDS AT 8 P.M.**

**PARKING:** PLENTY OF “FREE” PARKING.

**FIELD EVENTS:** DISCUS / JAVELIN WILL BE HELD ON THE OPEN FIELD BEHIND THE EAST STANDS.

LONG JUMP / TRIPLE JUMP WILL BE HELD AT PITS A & B LOCATED ON THE IN-FIELD.

SHOT PUT WILL BE CONTESTED AT THE EAST END THE FIELD.

HIGH JUMP WILL BE ON THE SURFACED IN-FIELD

**WARM-UP AREA:** THE WARM-UP AREA IS LOCATED BEHIND THE EAST STANDS.

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

SUB-BANTAMS /BANTAMS /MIDGETS (3) EVENTS.  
YOUTH AND ABOVE (4) EVENTS

ADVANCEMENT TO FINALS 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 WARM -UP.

REPORT TO CLERK OF COURSE ON FIRST CALL.

ALL WEATHER TRACK, ¼ SPIKES ARE REQUIRED.

THERE WILL BE (4) ATTEMPTS IN EACH FIELD EVENT. PLACES WILL BE AWARDED ON BEST COMPLETED ATTEMPT.

NO COACHES OR PARENTS ALLOWED ON THE TRACK OR FIELD AREA. EXCEPT TO SETUP SUB-BANTAM LONG JUMP MARKS - ONCE EVENT STARTS PARENT/COACH MUST LEAVE FIELD.

RUNNING AWARDS ARE TO BE PICKED-UP BY COACHES ONLY. FIELD EVENT AWARDS WILL BE ISSUED AT THE EVENT SITE.

**THERE ARE NO EVENT CHANGES OR REFUNDS AFTER THE DEADLINE.**

**CONCESSIONS:** A SNACK BAR AND HEATED FOOD WILL BE AVAILABLE ON BOTH DAYS.

**HOTELS:** SEE ATTACHED LISTINGS.

# 3M TRACK CLUB INVITATIONAL

## ORDER OF EVENTS

SATURDAY, MAY 15, 2010

### FIELD EVENTS:

8:00 A.M. STARTING TIME

#### LONG JUMP:

SUB-BANTAM GIRLS  
SUB-BANTAM BOYS  
YOUTH GIRLS  
YOUTH BOYS

#### HIGH JUMP:

BANTAM GIRLS  
BANTAM BOYS  
MIDGET GIRLS  
MIDGET BOYS

#### SHOT PUT:

YOUTH GIRLS  
YOUTH BOYS  
BANTAM GIRLS  
BANTAM BOYS

**THE FIELD EVENTS LISTED BELOW WILL BEGIN IMMEDIATELY AFTER THE COMPLETION OF THE ABOVE EVENTS.**

#### DISCUS:

OPEN WOMEN  
OPEN MEN  
MIDGET GIRLS  
MIDGET BOYS

#### JAVELIN:

YOUTH GIRLS  
YOUTH BOYS  
OPEN MEN  
OPEN WOMEN

#### TURBO JAVELIN:

MIDGET BOYS  
MIDGET GIRLS  
SUB-BANTAM GIRLS  
SUB-BANTAM BOYS

### RUNNING EVENTS:

9:00 A.M. STARTING TIME

4X800	RELAY	T/FINAL	MIDGET – YOUTH
3000M	RUN	T/FINAL	MIDGET – YOUTH
100M	RUN	SEMI	SUB-BANTAM – YOUTH
800M	RUN	T/FINAL	BANTAM – OPEN
1500M	WALK	T/FINAL	BANTAM – MIDGET
3000M	WALK	T/FINAL	YOUTH
400M	RUN	T/FINAL	BANTAM – YOUTH

# 3M TRACK CLUB INVITATIONAL

## ORDER OF EVENTS

SUNDAY, MAY 16, 2010

### FIELD EVENTS:

8:00 A.M. STARTING TIME

#### LONG JUMP:

BANTAM GIRLS  
BANTAM BOYS  
MIDGET GIRLS  
MIDGET BOYS

#### HIGH JUMP:

YOUTH GIRLS  
YOUTH BOYS  
OPEN WOMEN  
OPEN MEN

#### SHOT PUT:

MIDGET GIRLS  
MIDGET BOYS  
OPEN WOMEN  
OPEN MEN

**THE FIELD EVENTS LISTED BELOW WILL BEGIN IMMEDIATELY AFTER THE COMPLETION OF THE ABOVE EVENTS.**

#### TURBO JAVELIN:

BANTAM GIRLS  
BANTAM BOYS

#### DISCUS:

YOUTH GIRLS  
YOUTH BOYS  
OPEN – WOMEN & MEN

#### TRIPLE JUMP:

YOUTH GIRLS  
YOUTH BOYS

### RUNNING EVENTS:

9:00 A.M. STARTING TIME

200M	HURDLES	T/FINAL	YOUTH
4X100	RELAY	T/FINAL	SUB-BANTAM – YOUTH
1500M	RUN	T/FINAL	BANTAM – YOUTH
200M	RUN	T/FINAL	SUB-BANTAM – YOUTH
100M	HURDLES	T/FINAL	YOUTH
80M	HURDLES	T/FINAL	MIDGETS
100M	RUN	FINAL	SUB-BANTAM – YOUTH
***	PARENT / COACHES RELAY	***	WOMEN – MEN
4X400	RELAY	T/FINAL	BANTAM – YOUTH

## **HOTELS IN THE AREA**

Hotels and Motels are listed below for your convenience and preference.

### **UNION CITY:**

**CROWN PLAZA (510) 489-2200**

**BEST WESTERN (510) 475-0600**

**SUPER 8 MOTEL (510) 489-3888**

**MOTEL 6 (510) 489-8333**

### **FREMONT / NEWARK AREA:**

**PARK INN (510) 795-7995**

**HILTON HOTEL (510) 490-8390**

**MARRIOTT HOTEL (510) 794-5900**

**MOTEL 6 (510) 791-5900**

**MOTEL 6 (510) 490-4528**

**E-Z 8 MOTEL (510) 794-7775**