

Umoja Track Club Invitational

Location

Santa Clara High School
3000 Benton St.
Santa Clara, CA 95051

Date/Time

May 1 & 2, 2010, 9:00a – Running and Field Events Start

Registration

All entries must be completed online. The website for your online registration will be CoachO: http://coachoregistration.com/meet/entry/ca_umoja/. Entries must be received no later than April 26, 2009 by 11:59pm; no additions will be accepted after closing date.

Please submit marks (times and distances) for all entered athletes.

This request is vital to seeding and insuring that athletes are given the best opportunity to be successful. Please do not submit NM's for times or distances, thank you. The athletes with the best times submitted in time final events, will be seeded in the last heat.

Special Note:

1. Sub-Bantams: will only be allowed to compete in the 100, 200, 400, long jump, turbo javelin, and 4x100 relay.
2. Sub-Bantams, Bantams, and Midgets are allowed 3 events; Youth and above, 4 events.
3. Intermediate and Young men/women: Will compete together as (Open).
4. There will be **NO REFUNDS**, so please insure that your entries are correct.

Age Groups

Sub-Bantam	2002 or later
Bantam	2000 - 2001
Midget	1998 - 1999
Youth	1996 - 1997
Open	1992 - 1995

Entry Fees

\$4.00 per event per athlete, \$16 for each entered relay

Directions

From Highway 101S exit onto San Tomas Expressway heading south. From Highway 101N take exit 392 to merge onto San Tomas Expressway heading south.

Follow San Tomas Expressway approximately 2.7 miles. Turn right at Benton St. and follow road approximately 0.7 miles to school. School is on the left. Park on the street or school parking lot. Additional school parking across the street and after taking second school driveway.

From I280N exit at Saratoga Ave. and keep right head north on Saratoga Ave. From I280S exit at Saratoga Ave. and turn left onto Saratoga Ave.

Follow Saratoga Ave approximately 1.0 miles. Turn left at San Tomas Expressway. Follow San Tomas Expressway approximately 1.4 miles. Turn left at Benton St. and follow road approximately 0.7 miles to school. School is on the left. Park on the street or school parking lot. Additional school parking across the street and after taking second school driveway.

Meet Guidelines

All USATF rules will apply. Advancement to finals will be based on best times. No shows for trials will be scratched. Late arrivals to field events must start at the current round without warm-up. Report to the Clerk of Course for running events and official at field events on the first call. All weather track, please use 1/4 inch spikes. There will be 4 attempts in each field event. Places will be awarded on best completed attempt. No coaches or parents are allowed on the track or field areas with the exception of Sub-Bantam Long Jump, setting marks only. Running awards to be picked up by coaches only; field events will be issued at the event location. For this year, 2010, rules state that Intermediate and Young runners are no longer allowed a false start, applies to all races. Sub-Bantam, Bantam, Midget and Youth runners are still allowed one false start.

Team Packet pickup

Team packets will be available starting at 7a at the north entrance to the stadium. You will find competitor numbers for each athlete in the Team Packet. All athletes will be required to wear this number on the front of his/her competition uniform. Please retain the issued number for both days of the competition. All athletes must have a number to compete, there will be a charge for replacement numbers.

Awards

Medals will be awarded for 1st - 3rd, and ribbons will be awarded for 4th - 6th place for finals only.

Snack Bar

Heated food available both days (No BBQ Grills allowed in the stadium or on campus)

Logistics

Event

Discus/Javelin
Long Jump/Triple Jump
Shot Put
High Jump
Turbo Javelin
Warm Up
Clerk of Course

Location

in-field, south end of the stadium
pits 1 & 2, east side of the stadium
south end of the stadium
in-field, north end of the stadium
in-field, south end of the stadium
east field, south of the stadium
east field, south of the stadium

Order of Events

All running events will begin with the youngest age division with the girls going first in the order below unless otherwise specified. Running events could be combined depending on the number of athletes. Field events will run in age division order as specified. Each athlete will have four jumps or throws, no finals, and athletes must supply their own implement for shot put and turbo javelin.

Results

Results will be posted within 30 minutes after each event is over and on the PA/USATF website within 2 days after the meet is completed.

Questions

Email Robert Stone at meet.director@umojatrackclub.com.

Hotel Info

The Biltmore Hotel & Suites

2151 Laurelwood Road

Santa Clara, CA 95054

408-988-8411

hotelbiltmore.com

Features

- 4.4 miles from the track meet [Get Directions](#)
- Garden rooms
- Complimentary Japanese/American breakfast buffet
- Complimentary High Speed Internet
- Complimentary parking
- Complimentary Shuttle to and from track meet (upon availability)

Reservations

Rate: \$79 per night double occupancy, \$85 per night triple occupancy

Reservations must be made on an individual basis. Reservations may be made by calling 866-469-9845 or by fax 408-988-6677. Ask for "Umoja Track Club rooms".

Saturday, May 1st, 9a

Running & Field Events Start Time

FIELD EVENTS

Long Jump

Open Women
Open Men
Youth Girls
Youth Boys
Sub-Bantam Girls
Sub-Bantam Boys

High Jump

Bantam Girls
Bantam Boys
Midget Girls
Midget Boys

Shot Put

Youth Girls
Youth Boys
Bantam Girls
Bantam Boys

Discus

Open Women
Open Men
Midget Girls
Midget Boys

* Javelin

Youth Girls
Youth Boys
Open Women

Turbo

Javelin

Midget Girls
Midget Boys

* 600g turbo javelin will be used

RUNNING EVENTS

3000M	Run	Timed Final	Midget to Youth, Open Women
5000M	Run	Timed Final	Open Men
100M	Run	Semi	Sub-Bantam to Open
800M	Run	Timed Final	Bantam to Open
1500M	Walk	Timed Final	Bantam to Midget
3000M	Walk	Timed Final	Youth to Open
400M	Run	Timed Final	Sub-Bantam to Open

Sunday, May 2nd, 9a

Running & Field Events Start Time

FIELD EVENTS

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

Discus

Youth Girls
Youth Boys

Triple Jump

Youth Girls
Youth Boys
Open Women
Open Men

Turbo Javelin

Sub-Bantam Girls
Sub-Bantam Boys
Bantam Girls
Bantam Boys

RUNNING EVENTS

200M	Hurdles	Timed Final	Youth
400M	Hurdles	Timed Final	Open
4X100	Relay	Timed Final	Sub-Bantam to Open
1500M	Run	Timed Final	Bantam to Open
200M	Run	Timed Final	Sub-Bantam to Open
100M	Hurdles	Timed Final	Youth & Open Women
110M	Hurdles	Timed Final	Open Men
80M	Hurdles	Timed Final	Midget
100M	Run	Final	Sub-Bantam to Open
<< Relay	>>	Parent/Coaches	Women/Men
4X400	Relay	Timed Final	Bantam to Open