

The Saints are Marching In...



Stockton Saints



Track and Field Club

Goes PINK

Stockton Saints Track and Field Club hosts
our Sanctioned Sectional PA/USATF Youth T&F Meet

Rain or Shine

Saturday, April 3rd 2010
Bear Creek High School
10555 Thornton Road, Stockton 95209

What do you need to know?

- **Cost:** \$6 per athlete (money order only, no club or personal checks accepted) no refunds
- Mail To: SSTC, 9868 Hickock Drive, Stockton, CA 95209
- **Awards:** Medals to Top 3 overall while Top 6 in each heat / flight will receive a ribbon (given after each heat is completed)
- **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
- **Snack Bar:** SSTC will provide a snack bar with hot meal-deals for breakfast & lunch (**school does not allow BBQs pits to be brought on campus**)
- **Registration:** Online registration must be received by midnight March 31st 2010. Same day registration = \$12 per athlete and not accepted after 7:00 am morning of the meet. Check the SSTC website. (www.eteamz.com/StocktonSaints) to confirm unattached and club entries have been received. Use Club Manager to submit entries via Alicia at stockton saints@yahoo.com.
- **NOTE:** If you have never used Club Manager before contact Charlie Sheppard at charlie.sheppard.home@worldnet.att.net or 408-629.2617 to obtain a copy of the software and instructions how to load and use it on your computer.
- **Relays:** An unattached athlete may not compete on a relay team (this is a USATF rule). Clubs attending the meet are requested to provide a volunteer at the time of the relays to assist with relay exchange zone judging (meet at the finish line prior to the start of the first relay). *Remind your athletes to pull their tape from the track after they complete a relay exchange*
- **Seeding:** Our best efforts will be made to seed heats so that two athletes from the same club will not be in the same heat. Since this is a sectional meet seeding times / distances are not necessary when you register
- Last heat of each age group in 100m, 200m and 400m is fast heat. If you have a youth athlete that should be in the fast heat ensure you instruct your athlete to notify the clerk area when they check in
- **Volunteers:** SSTC will be providing all volunteers to run this meet. We want coaches and parents to be able to focus on coaching & cheering everyone as they compete. However, if you see an area that is struggling bring it to the attention of the meet director or jump in and help
- **Access to infield:** No coaches or parents on infield except coaches clearly displaying 2009-2010 PA/USATF membership ID cards and assisting Sub-Bantam and Bantam long jumpers setting marks. Coaches must leave when the event begins
- **Questions:** Contact Alicia Kirton-Loung @ stockton saints@yahoo.com or (209) 922-4503
- **Dogs:** School does not allow dogs on campus

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Driving Directions

- **From Reno:** Take I-80 West towards Sacramento. Take the exit onto CA-99 S/I-5 S toward Los Angeles/Sacramento Continue to follow I-5 S. Take exit 481 for Eight Mile Rd. Turn left at W Eight Mile Rd. Turn right at Thornton Rd. Bear Creek will be on the Right at the corner of Thornton Road and Whistler Blvd.
- **From San Francisco:** Take I-80 East toward Oakland/Bay Bridge. Take the exit onto I-580 E toward Downtown Oakland/Hayward-Stockton/CA-24. Continue straight onto I-205 E (signs for I-205/Tracy/Stockton). Take the exit onto I-5 N. Take exit 481 for Eight Mile Rd. Turn Right at W Eight Mile Rd. Turn right at Thornton Rd. Bear Creek will be on the Right at the corner of Thornton Road and Whistler Blvd.
- **From Modesto:** Take I-99 North. Take exit 254A to merge onto CA-4 W toward Downtown Stockton/I-5. Take the exit onto I-5 N. Take exit 481 for Eight Mile Rd. Turn Right at W Eight Mile Rd. Turn right at Thornton Rd. Bear Creek will be on the Right at the corner of Thornton Road and Whistler Blvd.

Meet Timeline

- Packet pick-up can begin at 8:00 am
- Club coach's / Unattached parents meeting (infield @ the finish line) 8:30 am
- Running events begin 9:00 am
- Field events begin 9:00 am

Age Groups

Age Group	Birth Year	Age Group	Birth Year
Sub-Bantam	2002 or later	Youth	1996-1997
Bantam	2000-2001	Open	1992-1995 (1991 if 18 on or / before August 4)
Midget	1998-1999		

Order of Events

- Depending on number of athletes in each event the Race Walks and 3000m run may have all age groups compete in one heat, during designated time in schedule. Additional races could be combined depending on number of athletes.

Order of running and field events are Girls then Boys

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Running Events

- 1500m Race Walk (Bantam, Midget)
- 3000m Race Walk (Youth – Open)
- 200m Dash (all age groups)
- 80m Hurdles (Midget)
- 100m Hurdles (Youth, I/Open Women)
- 110m Hurdles (Open Men)
- 4x100m Relay (all age groups)
- 1500m Run (Bantam – Open)
- Roll call of all attending clubs
- Parent/Coach Relay
- 400m Run (all age groups)
- 3000m Run (Midget – Open Women)
- 800m Run (Bantam – Open)
- 100m Dash (all age groups)
- 4x400m Relay (all age groups)

Field Events

- Javelin / Turbo Javelin (Y, O, B, M)
- Discus (O, Y, M)
- Shot Put (B, M, Y, O)
- High Jump (O, Y, M, B)
- Long Jump (all)
- Pole Vault (O)

