# Central Valley Roadrunners
# Sectional Meet Information
# March 27, 2010

**Location**

Sierra High School

1700 Thomas St.

Manteca, CA 95337

**Time**

8:00 a.m. Coaches meeting on infield

8:30 a.m.  Running and Field Events Start

**Directions**

**From Sacramento (approximately 1.5 hours)**

Take CA-99 South towards Los Angeles
Exit CA-120 West towards Manteca/Tracy
Exit Union Rd
Right on Union Rd.
Take 3rd Left onto Wawona St.
Right on Winters Dr.
1st Left onto Thomas St.

**From  South Bay Area (approximately 1.22 hrs)**

Take I-680 North towards Sacramento
Exit onto I-580 East towards Stockton
Continues onto I-205 East towards Tracy/Modesto
Merger onto I-5 North towards Stockton/Sacramento
Exit CA-120 East towards Manteca/Sonora
Exit Airport Way
Left on Airport Way
Take 2nd Right onto Wawona St.

1ˢᵗ Left onto Fishback Rd.
1ˢᵗ Right onto Thomas St.

**From  North Bay Area (approximately 1.28 hrs)**

Take Bay Bridge
Take I-580 East towards Hayward/Stockton
Merger into I-5 North towards Stockton/Sacramento
Exit CA-120 East towards Manteca/Sonora
Exit Airport Way
Left on Airport Way
Take 2ⁿᵈ Right onto Wawona St.
1ˢᵗ Left onto Fishback Rd.
1ˢᵗ Right onto Thomas St.

## Age Groups

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

## Entry Instructions

All entries must be completed with Club Manager. You may forward entries to Maria Castillo **pa.youthvicechair@yahoo.com**using Club Manager 2.0 version. You may enter and update your entries until the posted entry deadline.

To obtain the latest version of Club Manager contact Anthony Camargo at **pa.youthvicechair@yahoo.com**. You will also need a club 4-digit code to enter the meet. It can be located on the PA/USATF website in the Youth drop down list under Club Manager.  If your club is not listed, contact Maria Castillo **pa.youthvicechair@yahoo.com** for a 4-digit code for your club

All 4-digit codes should be in CAPS
All unattached athletes use UNA  as their code
Load all youth athletes, their 2010 USATF numbers, birth date, sex and their best times/marks
Create a Meet Manager file using the Create Meet Manager File  button and save it using your club name or unattached athlete s name.

To reiterate, if you have not yet received the latest version; Club Manager 2.0, please request it immediately. To eliminate the errors/problems we encountered in previous seasons, *YOU CANNOT USE THE 1.2 VERSION!*

E-mail saved Meet Manager File  should include club name to Maria Castillo @ **pa.youthvicechair@yahoo.com**

E-mail with attached Meet Manager file must be date stamped no later than 12 midnight, Wednesday, March 17, 2010

## Entry Fees

Fee is $6.00 per athlete. No refunds.

## Entry Payment

Fees must be paid in full and postmarked by midnight, Wednesday, March 17, 2010.
Pay fees by money order. Make payable to Central Valley Roadrunners .
No refunds
Make sure your money order has the name of your club or unattached athlete on it.
Mail to:
- Central Valley Roadrunners
- P.O. Box 5372
- Modesto, CA 95352

## Entry Deadline

Entries will close at midnight Wednesday, March 17, 2010. No entries will be accepted afterwards. There will be no late or at the meet registration and no event changes at the meet.

## Packet pickup

Packets will be available starting at 7 a.m. at the Main Entrance to the stadium.

## Meet Guidelines

All USATF rules will apply
Field event awards will be issued at the event location

## Awards

The top 6 in each heat/flight will receive a ribbon (@ end of race or flight)

The top 3 overall will receive a medal
- Medals to be picked up by coaches only (infield area)

Results will be posted on the blue board (west side) within 40 minutes after results are tabulated

Field event awards based on best completed attempt

## Snack Bar

Hot food will be available (No BBQ grills allowed in the stadium or on campus)

## Logistics

| Event | Location | |
|---|---|---|
| Discus/Javelin | TBD | |
| Shot Put | TBD | |
| High Jump | TBD | |
| Turbo Javelin | TBD | |
| Warm Up | TBD | |
| Clerk of Course | TBD | |

## Event Guidelines

Sub-Bantams, Bantams, and Midgets are allowed 3 events

Youth and Open are allowed 4 events

All weather track, please use 1/4 inch spikes

Report to the Clerk of Course for running events and official at field event location on the first call

We will not pre-seed heats

All running events will begin with the youngest age division; girls first followed by boys

Running events may be combined depending on the number of athletes

Each athlete will have up to four attempts in each field event

Athletes must supply their own implement for all throwing events

Late arrivals to field events must start at the current round without warm-up

No coaches or parents are allowed on the track or field areas.

## Order of Events

| Running Events: Start Time 8:30 a.m. | |
|---|---|
| 1500M Race Walk | Bantam, Midget |
| 3000M Race Walk | Youth, Open |

| | |
|---|---|
| 4x800M Relay | Midget - Open |
| 80M Hurdles | Midget |
| 100M Hurdles | Youth |
| 4x100M Relay | All age groups |
| 1500M Run | Bantam - Open |
| 100M Dash | All age groups |
| 400M Run | All age groups |
| 3000M Run | Midget - Open |
| 200M Hurdles | Youth |
| 200M Dash | All age groups |
| 800M Run | Bantam -  Open |
| 4x400M | Relay All age groups |
| | |
| **Field Events** | |
| All field events start at 8:30 a.m. | |
| High Jump | Open, Bantam, Midget, Youth |
| Shot Put | Bantam, Open |
| Discus | Youth, Open, Midget |
| Turbo Javelin | Midget, Sub-Bantam, Bantam |
| Javelin | Youth - Open |

**Note: Due to the change in venue, we will now offer the Long Jump for all age groups. We will need volunteers to accomplish this. If you can assist in this area please e-mail me at the address below.**

**Questions**

E-mail Carl Bryant at **ceebeerev@sbcglobal.net** or call (209) 538-7080.