

Laney/EOYDC All-Comers Track & Field Meet
Laney College 90 Fallon St
Oakland, Ca

Date: Saturday, March 13

Time: Gates open at 8:00 am
Field Events start at 9:00am
Running Events Start at 10:00 am

Divisions: Sub-Bantam, Bantam, Midget, Youth & Open
Track & Timing 8 Lane all-weather track with Fully Automatic timing (FAT)
Fee: \$5 for athletes (unlimited events) **NO AWARDS** \$2 for spectators.

NOTE: 1/4 pyramid Spikes required and will be checked at the gates. NO NEEDLE SPIKES ALLOWED. We will not have any spikes for sale. USATF rules are in effect. Snacks and Refreshments will be available. Free packing available. Meet will be conducted rain or shine.

This is a rolling schedule. Girls then Boys

Field Events (Starts at 9 am) There will be 4 attempts in each field events.

Sub-Bantam to Midget will be given 1 _ hour Youth to Open 1 hour at each event before the next age group will be call up. A new age group can be call up if we are done before the time.

Discus - Open, Midget & Youth

Shot Put - Bantam, Midget, Youth & Open

Long Jump - Sub-Bantam, Bantam, Midget, Youth & Open (2 pits girls on one boys on the other)

Triple Jump - to Follows LJ – Youth & Open

High Jump – Open, Youth, Midget & Bantam (**only if we have officials at this event**)

Turbo Javelin – Sub-Bantam, Bantam & Midget

Due to the short notice to put this meet on we will not have Javelin or Pole Vault.

Running Events (Start at 10:00am)

1500m/3000m Race Walk - Bantam to Open

80m Hurdles – Midget

100m Hurdles – Youth – Open Women

110m Hurdles – Open Men

4x100 Relay - all age groups

1500m run – Bantam – Open

100m Dash – all age groups

400m Run – all age groups

3000m Run – Midget to Open Women

800m Run – Bantam to open

4x200 Relay - all age groups

Please contact Maria Castillo with any questions at pa.youthvicechair@yahoo.com or 510-612-6219.