

Central Valley Roadrunners

Sectional Meet Information

May 22, 2010

Location

Modesto Jr. College

435 College Ave.

Modesto, CA 95350

Time

7:00 a.m. Hammer Throw

8:00 a.m. Coaches Meeting on infield

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

Directions

From Sacramento

Take CA-99 South to Los Angeles
Exit Carpenter/Briggsmore Ave.
Right on N. Carpenter
Immediate Left on N. 9th St.
Left on Coldwell Ave.
Right on College
Take 1st Right onto North Dr.

From South Bay Area

Take I-680 North towards Sacramento
Exit onto I-580 East towards Stockton
Take CA-132 exit towards I-5 North Modesto
Left at CA-132 E/Vernalis Rd.
Left at N. Carpenter Rd.
Right at Woodland Ave.

Continue onto Coldwell Ave.
Right at College Ave.
Take 1st Right onto North Dr.

From North Bay Area

Take Bay Bridge
Take I-580 East towards Hayward/Stockton
Take CA-132 exit towards I-5 North Modesto
Left at CA-132 E/Vernalis Rd.
Left at N. Carpenter Rd.
Right at Woodland Ave.
Continue onto Coldwell Ave.
Right at College Ave.
Take 1st Right onto North Dr.

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 Mario Camargo at macamargo89@gmail.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 Mario Camargo at macamargo89@gmail.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 Mario Camargo at macamargo89@gmail.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 Mario Camargo @ macamargo89@gmail.com

E-mail with attached Meet Manager file must be date stamped no later than 12 midnight, Tuesday, May 18, 2010.

Entry Fees

Fee is \$6.00 per athlete. No refunds.

Entry Payment

Fees must be paid in full and postmarked by midnight, Tuesday, May 18, 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:

- o Central Valley Roadrunners
- o P.O. Box 5372
- o Modesto, CA 95352

Entry Deadline

Entries will close at midnight Tuesday May 18, 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 7:30 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

- o Medals to be picked up by coaches only (infield area)

Trophies will be given to the overall winners of the 100 meters, 1500 meters, and the Long Jump in all age groups contested.
 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
Hammer Throw	TBD
Discus/Javelin	Infield
Shot Put	TBD
Long Jump	Home side (Girls) Visitor Side (Boys)
High Jump	Right side of field along (scoreboard- Right Field)
Triple Jump	Visitor Side (Contested after Long Jump completes)
Pole Vault	
Turbo Javelin	Infield
Warm Up	Soccer Field (Left field)
Clerk of Course	Soccer Field (Left field)

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.	
5000M Run	Open Men
1500M Race Walk	Bantam, Midget
3000M Race Walk	Youth, Open
4x800M Relay	Midget - Open
80M Hurdles	Midget
100M Hurdles	Youth
110M Hurdles	Open Men
4x100M Relay	All age groups
1500M Run	Bantam - Open
100M Dash	All age groups
50M Dash	Ages 5 and Under
400M Run	All age groups
3000M Run	Midget - Open
200M Hurdles	Youth
400M Hurdles	Open M/W
200M Dash	All age groups
800M Run	Bantam - Open
4x400M	Relay All age groups
Field Events	
All field events start at **7:00 a.m./8:30 a.m.	
**Hammer Throw	
High Jump	Open, Bantam, Midget, Youth
Long Jump	Open, Bantam, Midget, Youth
Triple Jump	Youth, Open
Pole Vault	Youth, Open
Shot Put	Bantam, Open
Discus	Youth, Open, Midget
Turbo Javelin	Midget, Sub-Bantam, Bantam
Javelin	Youth - Open

Note: **Hammer Throw 7:00 a.m. start

Questions

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

