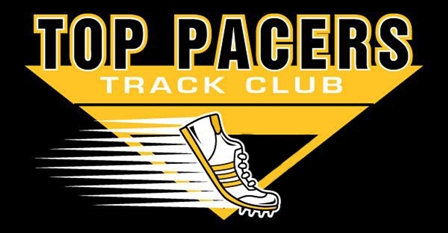
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***and***

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**SECTIONAL TRACK MEET**  
**Saturday, June 19, 2010**

**LOCATION:** Contra Costa College, 2600 Mission Bell Drive, San Pablo, CA 94806   
**TIME:** All field events will begin at 8:00am and running events will begin at 9:00am  
**SANCTION:** USATF

**ELIGIBLE ATHLETES:**

|  |  |
| --- | --- |
| **Age Division** | **Birth Year** |
| Sub Bantam | 2002 to 2003 |
| Bantam | 2000 to 2001 |
| Midget | 1998 to 1999 |
| Youth | 1996 to 1997 |
| Intermediate | 1994 to 1995 |
| Young | 1992 to 1993 |

**ORDER OF EVENTS:**

|  |  |
| --- | --- |
| **Running Events** | **Field Events (3 attempts)** |
| 1500M Racewalk (Sub Bantam - Midget) | Javelin (Youth – Young) |
| 3000M Racewalk (Youth - Young) | Long Jump (Sub-Bantam - Young) |
| 80H/100H/110H (Midget - Young) | Triple Jump (Youth - Young) |
| 4x100 Relay (Sub Bantam - Young) | Shot Put (Sub Bantam - Young) |
| 1500M (Bantam - Young) | Discuss ( Midget – Young) |
| 100M (Sub Bantam - Young) | High Jump (Midget - Young) |
| 400M (Sub Bantam - Young) | Mini Jav (Sub Bantam- Midget) |
| 3000M (Midget - Young) |  |
| 200H (Youth - Young) |  |
| 200M (Sub Bantam - Young) |  |
| 800M (Sub Bantam – Young) |  |
| 4x400 Relay (Bantam - Young) |  |
|  |  |
|  |  |

**REGISTRATION & ENTRY FEES:** Registration and meet entries should be completed at <http://coachoregistration.com/meet/entry/ca_hercules/>. You must enter your USATF member identification number to register. The deadline for all entries is midnight, Tuesday, June 15th.

There will be **NO** day of meet entries! Any changes requested after the entry deadline will incur a $10 charge per event.

***NO LATE OR AT THE MEET REGISTRATION! NO EVENT CHANGES AT THE MEET!***

All entries made by the deadline should be printed and verified by the entry deadline.

Entry fee is **$6.00 per athlete and $5.00 per relay**. Fees will be required to be paid on line at the completion of your registration. Personal Checks will not be accepted.

**CHECK IN:** There will be a 1st, 2nd, and Final Call for all events (running and field). All participants **MUST** check in with the clerk of the course by the Final Call. Any athlete not checked in by the Final Call, will be scratched from the event.

**COACHES MEETING:** The Coaches meeting will begin promptly at 8:00am on the field. Every team will need to send one spokesperson for their team for day of meet scratches.

**RESULTS:** All results will be placed in a binder by age group at the Awards station. The results will also be available after the meet at <http://www.pausatf.org/indexyouth.html> . **AWARDS**: Medals will be awarded to the top 3 overall finishers and ribbons to the 4th - 6th finishers.

**CONCESSIONS:** Snack bar will be available. No outside barbeque pits will be allowed in or around the track stadium.

**MEET GUIDELINES:**

* **ALL USA TRACK & FIELD RULES WILL APPLY. SUB-BANTAMS /BANTAMS /MIDGETS (3) EVENTS. YOUTH AND ABOVE (4) EVENTS.**
* **THEIR WILL BE NO COACHES ALLOWED IN THE CLERK OF THE COURSE AREA.**
* **LATE ARRIVALS TO FIELD EVENTS MUST START AT THE CURRENT ROUND WITHOUT WARM –UP.**
* **REPORT TO CLERK OF COURSE ON FIRST CALL.**
* **ALL WEATHER TRACK, ¼ SPIKES ARE REQUIRED.**
* **THERE WILL BE (3) ATTEMPTS IN EACH FIELD EVENT. PLACES WILL BE AWARDED ON BEST COMPLETED ATTEMPT.**
* **NO COACHES OR PARENTS ALLOWED ON THE TRACK OR FIELD AREA. *EXCEPT TO SETUP SUB-BANTAM LONG JUMP MARKS -* ONCE EVENT STARTS PARENT/COACH MUST LEAVE FIELD.**
* **RUNNING AWARDS ARE TO BE PICKED-UP BY COACHES ONLY. FIELD EVENT AWARDS WILL BE ISSUED AT THE EVENT SITE.**
* **THE FINAL HEAT WILL BE SEEDED AS THE FASTEST HEAT.**

**MEET DIRECTOR:** If you have any questions, contact James Moore at [dunajames1@comcast.net](mailto:dunajames1@comcast.net) or (510) 367-0420 or Keisha Lowe at [toppacerstrackclub@yahoo.com](mailto:toppacerstrackclub@yahoo.com) or (925) 565-5924

**Tents will be allowed only at the top of the stands.**

**DIRECTIONS:**   
**FROM THE SOUTH BAY:** Take I-880N toward Oakland. Merge onto I-80 E take the El Portal Dr exit. Turn left at El Portal Dr. Turn right at Castro Road. The College will be on your left side.

**FROM THE NORTH BAY:** Take I-80 west towards San Francisco. Take exit 19A for El Portal Drive. Turn right onto El Portal Drive. Turn right at Castro Road. The college will be on your left side.