## Date:

Saturday $26^{\text {th }}$ of May, 2012
Sunday $27^{\text {th }}$ of May, 2012
G
Location: Sierra High School
1700 Thomas St. Manteca, CA 95337

## Roadrumners

Meet Director: Coach Carl Bryant
ceebeerev@sbcglobal.net or call (209) 765-9840

## Age Groups

| Sub-Bantam <br> Bantam | 2004 or Later <br> 2002 or 2003 |
| :--- | :--- |
| Midget | 2000 or 2001 |
| Youth | 1998 or 1999 |
| Intermediate <br> Open | 1996 or 1997 <br> 1994 thru 1995 |
|  |  |

Packet Pick Up: begins at 7:00 a.m.
Coach Meeting: Infield 7:45am
Starting Time - The field events and first running event both start at 8:30 a.m.

## Snack Bar

There will be a snack bar with breakfast and lunch items available for purchase.

## Sierra High Campus Rules:

- NO PETS (of any kind)
- No seeds of any kind (pumpkin, watermelon, sunflower, etc.)
- No chewy candy of any kind (gum, mumba, starburst, now and later, etc.)
- No food or beverages (other than water) on the track

Number of Events - Sub-bantams, Bantams, and Midgets may participate in three events. Youth and Open may participate in four events.
Only 7-8 year old sub-bantam may enter the 800M, 1500m, Shot put, and Mini-Jav (Turbo Javelin)

## Entries-

Deadline: May 20 ${ }^{\text {th }}$ 9:00PM - All entries must be processed through CoachO Registrations **Please double check entries
Fees - \$4.00 per event \$16 per relay NO DAY OF MEET ENTRIES/NO CHANGES ALLOWED


## Awards

$1^{\text {st }}$ Place Trophies

- 100 m dash
- 1500 m
- Long Jump
- Shot Put

Medals: Given to top 3 overall in each event (field and running)

## Accommodations and Restaurants

Holiday Inn Express: http://hiexress.com

- 179 Commerce Ave. Manteca, CA 95336 (209) 239-5600
- 15688 Harlan Rd. Lathrop CA, 95336 (209) 858-1234

Hampton Inn \& Suite: http://hamptoninn.hilton.com

- 1461 Bass Pro Dr. Manteca, CA 95336 (209) 823-1926
- 103 E. Louis Ave. Lathrop, CA 95330 (209) 982-5070

Fairfield: http://fairfieldinn.com
4342 Salida Blvd. Salida CA (209) 543-2157

## Courtyard Marriott: http://marriott.com

1720 Sisk Rd. Modesto, CA 95350 (209) 577-3825

Spring Hill Suites: http://marriott.com
1901 W. Orangeburg Ave. Modesto, CA 95350 (209)

## Restaurants/Grocery Store:

- Costco 2440 Daniels St. Manteca, CA
- Save Mart 1431 W. Yosemite Ave Manteca, CA
- Wal-Mart 1205 S. Main St Manteca, CA


## Directions

## From **SF/East Bay

**Take Bay Bridge I-80E
Merge onto I-580 E towards Hayward/Stockton
Merge onto I-205 E towards Tracy/Stockton
Merge onto I-5 N towards Sacramento
Exit CA-120 E towards Modesto/Sonora


Exit Airport Rd
Left on Airport Rd
Right on Daniels Dr. (1 ${ }^{\text {st }}$ right from overpass)
Left on Fishback ( $1^{\text {st }}$ left)
Right on Thomas St (2 ${ }^{\text {nd }}$ Right)

## From South Bay

Take I-680 N toward Sacramento
Exit I-580 E towards Stockton
Merge onto I-205 E towards Tracy/Stockton
Merge onto I-5 N towards Sacramento
Exit CA-120 E towards Modesto/Sonora
Exit Airport Rd
Left on Airport Rd
Right on Daniels Dr. (1 ${ }^{\text {st }}$ right from overpass)
Left on Fishback (1 ${ }^{\text {st }}$ left)
Right on Thomas St (2 ${ }^{\text {nd }}$ Right)

## From Sacramento/Reno

Take I-5 S towards Los Angeles
Exit 120 E towards Tracy/Stockton
Exit CA-120 E towards Modesto/Sonora
Exit Airport Rd
Left on Airport Rd
Right on Daniels Dr. (1 ${ }^{\text {st }}$ right from overpass)
Left on Fishback ( $1^{\text {st }}$ left)
Right on Thomas St (2 ${ }^{\text {nd }}$ Right)

SATURDAY May 26, 2012: Events Schedule
NOTE: Saturday 80/100/110 hurdle events will be run as finals if no heats are required
No false starts for Intermediate girl/boy and Young women/men. Subbantam, bantam, midget and youth age groups are still allowed one false start.

## TRACK EVENTS 8:30AM

3000 meter run finals
200 meter trials
800 meter finals
1500 meter race walk
finals
3000 meter race walk
finals
200 meter finals
80 meter hurdle trials
100 meter hurdle trials
100 meter hurdle trials
110 meter hurdle trials
400 meter run finals

MG, MB, YG, YB, IG, IB, YW
SB-Young
SB-Young
BG, BB, MG, MB
YG, YB, IG, IB, YW, YM
SB-Young
MG, MB
YG, IG, YW
YB
IB, YM
SB-Young

FIELD EVENTS- Saturday 8:30AM

| Event | Age Group | Time |
| :---: | :---: | :---: |
| Javelin | YG/YB | 8:30am |
| Javelin | IG/IB | Rolling Schedule |
| Javelin | YW/YM |  |
| Shot Put | SBG/SBB | 8:30am |
| Shot Put | BG/BB | Rolling Schedule |
| Shot Put | MG/MB |  |
| Shot Put | IG/IB |  |
| Shot Put | YG/YB |  |
| High Jump | YW/YM | 8:30am |
| High Jump | IG/IB | Rolling Schedule |
| High Jump | YG/YB |  |
| High Jump | MG/ MB |  |
| High Jump | BG/BB |  |
| Long Jump | SBG/SBB | 8:30am |
| Long Jump | BG/BB | Rolling Schedule |
| Triple Jump | IG/IB | After Long Jump |
| Triple Jump | YG/YB |  |
| Triple Jump | YW/YM |  |

## SUNDAY June 12, 2011: Events Schedule <br> TRACK EVENTS8:30 am

1500 meter run finals
100 meter trials
**Ages 2-6 50m Race 200 meter hurdle finals 400 meter hurdle finals $4 \times 100$ relay finals $4 \times 800$ relay finals 80 meter hurdle finals 100 meter hurdle finals 100 meter hurdle finals 110 meter hurdle finals 100 meter finals $4 \times 400$ meter relay finals

SB-Young
SB-Young
NO Registration Needed
YG, YB
IG, YW, IB, YM
SBG-Young
MG, MB, YG, YB, IG, IB, YW, YM
MG, MB
YG, IG, YW
YB
IB, YM
SB-Young
SB-Young

8:30
Rolling Schedule
**Finals if needed for all
Hurdle events

FIELD EVENTS- Sunday
8:30AM

| Event | Age Group | Time |
| :--- | :--- | :--- |
| Discuss | YW/YM | $8: 30 \mathrm{am}$ |
| Discuss | MG/MB |  |
| Discuss | IG/IB | Rolling Schedule |
| Discuss | YG/YB |  |
|  |  |  |
| Long Jump | YG/YB | $8: 30 \mathrm{am}$ |
| Long Jump | IG/IB | Rolling Schedule |
| Long Jump | YW/YB |  |
|  |  |  |
| Mini Javelin | Midgets | 8:30am |
| Mini Javelin | BG/BB | Rolling Schedule |
| Mini Javelin | SBG/SBB |  |

