



SAC speed factory

PRESENTS:

THE SPEED SHOWCASE

“Rain or Shine the meet will go on...”

Saturday, April 06 2013
Elk Grove High School
9800 Elk Grove Florin Road, Elk Grove, CA 95624

What do you need to know?

- USATF Membership: Not required but desired
- Registration:
 - Registration into the meet must be received by midnight March 31, 2013
 - Clubs / schools register at **Coach O**
 - <http://www.coacho.com/main/index.html>
 - **No same day registration ... no exceptions!**
- Cost:
 - \$6 per athlete
 - Free for spectators
 - Payment will be collected at time of online registration

- Awards: Top 6 in each heat / flight will receive a ribbon (given after each heat / flight is completed). Trophies to overall 1st place finisher in each age group and event. Medals to overall 2nd and 3rd finishers in each age group and event. Top 3 overall finishers trophy or medal can be picked up at the award table after event results have been posted.

Medals can be picked up by coaches or parents

An Overall Team Plaque will be given to the top scoring Team in each age group, this plaque can be picked up following the meet (time permitting) or will be distributed to winning Team Coach at the next meet

- Results: Results will be posted within 30-minutes after each event is over and on the PA/USATF website within 2-days after the meet is completed; field event results will be posted as soon as they are loaded into the computer
- Snack Bar: Snack bar will open at 8:00 am (**Elk Grove High School does not allow BBQs to be used anywhere on campus, not even in parking lots**)
- Access to clerking area: Coaches are encouraged to come with their athletes to the Clerking area for 1 and 2 age groups. Clerking area is only for running events. All field events check in at the field event location
- Access to infield: No coaches on infield except coaches clearly displaying 2013 PA/USATF membership ID cards and assisting 1 and 2 long jumpers setting marks. Coaches must leave when the event begins
- Questions: Contact Alicia Stansbury @ coachastansbury@yahoo.com or (916) 329-5148

Driving Directions

- From Reno: Take I-80 West. Merge onto Capital City Fwy/I-80-BR W via Exit 95 toward Sacramento. Keep left to take Capital City Fwy/I-80-BR W toward Fresno. Capital City Fwy/I-80-BR W becomes CA-99 S. Take the Elk Grove Blvd exit, EXIT 286. Turn left onto Elk Grove Blvd. Turn right onto Elk Grove Florin Rd. End at 9800 ELK GROVE FLORIN RD.
- From Bay Area: Take I-80 East. Keep left to take US-50 E/Capital City Fwy/I-80-BR E toward Sacramento/South Lake Tahoe. Merge onto CA-99 S toward Fresno. Take the Elk Grove Blvd exit, EXIT 286. Turn left onto Elk Grove Blvd. Turn right onto Elk Grove Florin Rd. End at 9800 ELK GROVE FLORIN.
- From Stockton/ Modesto/ Merced/ Fresno: Take I-99 North. Take the Kammerer Rd/Grant Line Rd exit, EXIT 284. Turn right onto Grant Line Rd. Turn left onto E Stockton Blvd. Turn slight right onto Elk Grove Florin Rd. End at 9800 ELK GROVE FLORIN RD.

Meet Timeline

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| • Packet pick-up opens | 8:00 am |
| • Club coach's / Unattached parents meeting (infield) | 8:15 am |
| • Field events begin (Rolling Schedule) | 8:30 am |
| • Running events begin (Rolling Schedule) | 9:00 am |

Age Groups

- 1, 2 and 3 can compete in up to 3 events
- 4 and 5/6 can compete in up to 4 events

Age Group	Birth Year	Age Group	Birth Year
1	2005 or later	4	1999-2000
2	2003 -2004	5/6	1995-1998 (1996 if 18 on or / before July 28)
3	2001-2002		

Order of Events

Depending on number of athletes in each event the 800m and 1500m races may have multiple age groups compete in one heat, during designated time in schedule. Additional races could be combined depending on number of athletes. All field events will begin at 8:30 am. All running events will begin at 9:00 am.

Order of running and field events are Girls then Boys

Running Events

- 3000m Run (3 – 5/6)
- 4x100m Relay (all age groups)
- 80m Hurdles (3)
- 100m Hurdles (4, 5/6 Women)
- 110m Hurdles (5/6 Men)
- 800m Run (all age groups)
- 100m Dash (all age groups)
- 200m Hurdles (4)
- 400m Run (all age groups)
- 1500m Run (all age groups)
- 200m Dash (all age groups)

Field Events

- Discus (5/6, 4, 3)
- Turbo Javelin (3, 2,1)
- Shot Put (2, 3, 4, 5/6, 1)
- Long Jump (1, 2, 3, 4, 5/6) (2 pits – 1 for girls; 1 for boys)
- High Jump (5/6, 3, 4, 2)