

Eastbay Heat Track Club

ALL-COMERS MEET

This is a USATF Sanctioned Track Meet
Sponsored by Pacific Association

Date: Saturday, March 9, 2013

Time: 10:00 a.m. Running Events
9:30 a.m. Field events

Site: McClymonds High School
2607 Myrtle St
Oakland, CA 94607

** All Tents/Tarps allowed at **TOP** of bleachers only and along walk ways **AWAY** from fence

Eligibility: Any boy or girl in the following divisions:

<u>Age Division</u>	<u>Year of Birth</u>
8 & under	2005+
9 - 10	2003 - 2004
11 - 12	2001 - 2002
13 - 14	1999 - 2000
15 - 18	1995 - 1998
	1994 if born after July 28th

Limitations: 8 & under, 9 – 10, 11 – 12, are limited to three events
13 – 14 and 15 – 18 are limited to four events

ORDER OF EVENTS

START TIME **10 A.M.**

Running Events

1. 800 Meters - All age groups starting with 8 & under
2. 100 Meters - All age groups starting with 8 & under
3. 50 Meter run (6 and under only)
4. Medley Relay (100,100,200, 400) All age groups starting with 8 & under
5. 1500 Meters - All age groups starting with 8 & under
6. 400 meters - All age groups starting with 8 & under
7. 4X100M Relay - All age groups starting with 8 & under

Field Events

START TIME **9:30 A.M**

- Long Jump - 8 & under through 15 - 18
Shot Put - 8 & under through 15 - 18
Mini Jav - 11 – 12, 9 – 10, 8 & under

The Following events **will not** be contested because of lack of facilities:

Pole Vault, High Jump and Hurdles

Concessions: **Snack bar will be available.**

Entry Fees: \$5.00 per athlete. Cash NO CHECKS!!!!

\$5.00 for athletes

Coaches will be admitted free with current 2013 USATF badge

\$1.00 for spectators

Day of meet registration will start at 8:00 a.m. Gates open at 7:30 a.m.

Meet Director: Traevon Williams (510) 368-0168

Awards: Ribbons will be given to all participants

Check In: All participants in running events must check in with the clerk of the course when their Event is called. Field event participants must report directly to the official on the field, in charge of their event when it is called.

From Vallejo:

- Take I-80 W
- I-580 E/I-880 S (signs for Downtown/Oakland/Hayward/Stockton/Alameda/San Jose)
- Continue to follow I-580 E
- Take the exit on the left toward San Pablo Ave
- Turn right at Watts St
- Take the 1st right onto Peralta St
- Take the 1st left onto 35th St
- Turn right at San Pablo Ave
- Turn right at Myrtle St

From San Jose:

- Merge onto I-880 N toward Oakland
- Slight right at I-980 E (signs for CA-24/Walnut Creek)
- Take the 17th St exit toward San Pablo Ave
- Merge onto Castro St
- Slight left to stay on Castro St
- Turn left at San Pablo Ave
- Take the 1st left onto W Grand Ave
- Turn right at Myrtle St

From San Francisco:

- Merge on to I-80 towards Bay Bridge/Oakland
- Take exit 8A for I-880 S towards Alameda/San Jose
- Keep right at the fork; follow signs for W Grand Ave/Maritime St
- Keep left at the fork, follow signs for Wake Ave/Army Reserve Center and merge onto W Grand Ave
- Turn left at Myrtle St

- 2607 Myrtle St. (track located on backside of school)