



and



---

## INVITATIONAL

May 4-5, 2013

**LOCATION:** Contra Costa College, 2600 Mission Bell Drive, San Pablo, CA 94806

**TIME:** All field events will begin at 8:00 a.m. and running events will begin at 9:00 a.m.

**SANCTION:** USATF

**REGISTRATION & ENTRY FEES:** Registration and meet entries should be completed at [http://www.coachoregistration.com/meet/info/ca\\_hercules/2013/05-04\\_Running\\_Rebels-Top\\_Pacer\\_Track\\_Club\\_3rd\\_Annual\\_Invitational/](http://www.coachoregistration.com/meet/info/ca_hercules/2013/05-04_Running_Rebels-Top_Pacer_Track_Club_3rd_Annual_Invitational/). The deadline for all entries is midnight, Tuesday, April 30th.

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 **\$4.00 per event and \$16.00 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). Running participants **MUST** check in with the clerk of the course by the Final Call. Field Participants **MUST** check in at the event location. 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. Please submit day event scratches at the meeting.

**RESULTS:** All results will be placed in a binder by age group at the results table. To help alleviate the congestion at the results table, all results will be available 5 min after the completion of each race at the following web-site: <http://finishedresults.com/hercules-invite-2013>. We encourage all teams to use your smart phone to view the results. The results will also be available the following week 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 YOUTH TRACK & FIELD RULES WILL APPLY.**
- **GROUPS 1-3 ARE ELIGIBLE FOR (3) EVENTS.**
- **GROUPS 4-6 ARE ELIGIBLE FOR (4) EVENTS**
- **THERE 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 (4) 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.**
- **Lost and Found will be at the announcer's booth.**

**MEET DIRECTOR:** If you have any questions, contact James Moore at [coachjames@herculesrunningrebels.com](mailto:coachjames@herculesrunningrebels.com) or (510) 367-0420 or Bernard James at [toppacertrackclub@yahoo.com](mailto:toppacertrackclub@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.

**ELIGIBLE ATHLETES:**

<b>Age Division</b>	<b>Birth Year</b>
GROUP 1	2005 - Earlier
GROUP 2	2003 to 2004
GROUP 3	2001 to 2002
GROUP 4	1999 to 2000
GROUP 5	1995 to 1998

## Schedule of Events

Saturday May 4, 2013

Track Events Starting Time: 9:00 A.M. First Call: 8:30 A.M.

Track Event	Type	Age Group and Order
4x800m Relay	T/Final	GROUPS (3-5) GIRLS/BOYS
3000m Run*	T/Final	GROUPS (3-5) GIRLS/BOYS
100M Dash	Semi-Final	GROUPS (1-5) GIRLS/BOYS
800m Run	T/Final	GROUPS (1-5) GIRLS/BOYS

### PARENT APRECIATION CEREMONY (ALL TEAMS)

110m Hurdles	T/Final	GROUP (5) MEN
100m Hurdles	T/Final	GROUP (5) WOMEN
100m Hurdles	T/Final	GROUP (4) MEN/WOMEN
80m Hurdles	Final	GROUP (3) GIRL/BOY
400m Dash	T/Final	GROUPS (1-5) GIRLS/BOYS

---

Field Events Starting Time: 8:00 A.M. First Call: 7:30 A.M.

Long Jump (North Pit)	Long Jump (South Pit)	High Jump	Shot Put	Discus	Mini-Javelin	Javelin
GRP 5 Boys	GRP 4 Boys	GRP 2 Boys	GRP 3 Boys	GRP 3 Girl	GRP 1 Girl	GRP 5 Men
GRP 2 Boys	GRP 3 Girls	GRP 2 Girls	GRP 3 Girls	GRP 5 Boys	GRP 2 Girl	GRP 4 Girl
GRP 1 Boys		GRP 4 Boys	GRP 5 Men	GRP 5 Girls	GRP 3 Girl	GRP 4 Boy
GRP 3 Boys	GRP 5 Women	GRP 4 Girls	GRP 4 Boys			GRP 5 W
			GRP 1 Girls			
			GRP 2 Girls			

## Schedule of Events

Sunday May 5, 2012

**Track Events Starting Time: 9:00 A.M. First Call: 8:30 A.M.**

<b>Track Event</b>	<b>Type</b>	<b>Age Group and Order</b>
4x100m Relay	T/Final	GROUPS (1-5) GIRLS/BOYS
3000m Walk*	T/Final	GROUP (4-5) GIRLS/BOYS
1500m Walk*	T/Final	GROUP (2-3) GIRLS/BOYS
200m Run	T/Final	GROUPS (1-5) GIRLS/BOYS
1500M Run	T/Final	GROUPS (1-5) GIRLS/BOYS
200m Hurdles	T/Final	GROUP (4) GIRLS/BOYS
100m Dash	Final	GROUPS (1-5) GIRLS/BOYS
4x400m Relay	T/Final	GROUPS (1-5) GIRLS/BOYS

**\*3000m and 1500m Walks may be combined**

---

**Field Events Starting Time: 8:00 A.M. First Call: 7:30 A.M.**

<b>Triple Jump (North Pit)</b>	<b>Long Jump (South Pit)</b>	<b>High Jump</b>	<b>Shot Put</b>	<b>Discus</b>	<b>Mini-Javelin</b>
GRP 5 Men	GRP 2 Girls	GRP 3 Girls	GRP 5 Women	GRP 4 Boys	GRP 3 Boy
GRP 5 Women	GRP 1 Girls	GRP 5 Women	GRP 4 Girls	GRP 5 Girls	GRP 2 Boy
GRP 4 Boys	GRP 4 Girls	GRP 5 Men	GRP 2 Boys	GRP 3 Boys	GRP 1 Boy
GRP 4 Girls		GRP 3 Boys	GRP 1 Boys		

