



Stockton Saints Annual Track Meet

Date	Time	Site	Age Divisions
March 30 th 2013	8:30 A.M. Start	Bear Creek High School 10555 Thornton Road Stockton, CA 95209	8 and under 9-10 11-12 13-14 15-18
	First Call 30 min before start		

Entry Fee: \$6.00 per athlete. Entry fees are not refundable.

Entry: All entries will be done on-line at Coach-O Entries. All entries must be paid on-line. The on-line registration deadline is **Midnight Wednesday March 27th. (PST)** Corrections may be made by **midnight March 28th, thru the meet director**. After this time, there will be a **\$5 charge per event for changes or additions, including those done at packet pickup**. Scratches are encouraged the morning of the meet. No Mailed, Faxed, E-mail, or day of meet entries will be accepted.

Coach's Meeting: There will be short coach's meeting Saturday March 30th at 8:000 A.M. on the in-field at Bear Creek High School Track.

Entry Limits: **NOTE THE AGE GROUP AND NAME CHANGES EFFECTIVE JANUARY 2013**

Age Group	Birth Year	Maximum Amount of Events
8 and under	2005+	3 events
9-10	2003-2004	3 events
11-12	2001-2002	3 events
13-14	1999-2000	4 events
15-18	1995-1998, 1994 if after July 28 th	4 events

Athletes are not allowed to compete in an older or younger age group
A relay counts as an event (**Unattached athletes cannot form a relay team**)

The 15-18 age groups are no longer allowed any false starts, same as their high school rule. 8 and under, 9-10, 11-12, 13-14 age groups are still allowed one false start.

The Saints are Marching In...



Stockton Saints Track and Field Club

- Facilities:** Eight lanes all weather track. Runway and high jump area are all weather. Shot Put and Discus are concrete. Spikes 3/16 pyramid or less will be allowed. **ABSOLUTELY NO SPIKES ALLOWED ON THE IN-FIELD.** Tents will only be allowed in the top rows of the stands, and on the area around the track. Please do not block the announcers' booth.
- Awards:** Medals will be awarded to the overall first, second and third place finishers in each event, including relays. Ribbons will be awarded to the 4th thru 8th place finishers. (this is not per heat, but per overall finals).
- Rules:** Current USA Track and Field rules will govern. Only competing athletes will be permitted on the track or in-field area, except for medical emergencies. There will be qualified personnel available. Additional medical facilities are within minutes of the school. The local Fire Department Rescue Unit is located across from the school.
- Check in Track:** Two calls will be given for each event. Athletes in running events must report to the clerk of the course, ready to compete, and stay in the area. Athletes must notify the official in charge of their field event, before leaving to report to the clerk for their running event. Athletes must report back to their field event within 5 minutes of completion of their running event.
- Check in Field:** Field event athletes will check in directly to the official in charge of their event. All contestants will be given three trials in each field event, (except the High Jump). The athletes attaining the best nine marks will advance to the finals, for three additional attempts. Each athlete will be given a maximum of 3 warm up attempts prior to the start of the event.
- Results:** Complete results will be available on the Pacific Association website (www.pausatf.org). During the meet, results will be posted at a designated location as soon as possible.
- Contact Us:** Alicia Jones 209-565-9089 or email stocktonsaints@yahoo.com

Absolutely no BBQ pits or dogs allowed on the campus.



Events Schedule

March 30, 2013

TRACK EVENTS – 8:30 am

3000 meter run	11-12 through 15-18	8:30
1500 meter run	8 and under through 15-18	
100 meter	8 and under through 15-18	
**50 meter	5 and under (Easter Egg Race)	
1500 meter race walk	9-10, 11-12	
3000 meter race walk	13-14, 15-18	
4x100 relay	8 and under through 15-18	
**4x100 relay	Throwers Relay	
**4x100 relay	Parent/Coaches Relay	
400 meter	8 and under through 15-18	
80 meter hurdle	11-12 Girls/Boys	
100 meter hurdle	13-14, 15-18 Female	
100 meter hurdle	13-14 Male	
110 meter hurdle	15-18 Male	
800 meter	8 and under through 15-18	
4x200 meter relay	8 and under through 13-14	
4x400 meter relay	15-18	

We reserve the right to start an event 30 minutes before scheduled time

**** do not need to register for these events ****

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FIELD EVENTS – 8:30 am

Event	Age Group	Time	Event	Age Group	Time
High Jump	15-18 Girl/Boy	8:30	Shot Put	8 and under Girl/Boy	8:30
High Jump	13-14 Girl/Boy		Shot Put	9-10 Girl/Boy	
High Jump	11-12 Girl/Boy		Shot Put	11-12 Girl/Boy	
High Jump	9-10 Girl/Boy		Shot Put	13-14 Girl/Boy	
			Shot Put	15-18 Women/Men	
Long Jump	11-12 Girl/Boy	8:30			
Long Jump	9-10 Girl/Boy		Mini Jav	11-12 Girl/Boy	8:30
Long Jump	8 and under Girl/Boy		Mini Jav	9-10 Girl/Boy	
Long Jump	Bantam Boy		Mini Jav	8 and under Girl/Boy	
Long Jump	13-14 Girl/Boy				
Long Jump	15-18 Girl/Boy		Discus	11-12 Girl/Boy	8:30
			Discus	13-14 Girl/Boy	
			Discus	15-18 Women/Men	

NOTE: Coaches please check-in your athletes for all the sprints in the morning as you pick up your packages.