



FULL STRIDE TRACK CLUB

1ST ANNUAL NORTH BAY/EAST BAY RELAYS

APRIL 7, 2007

Rain or Shine

LOCATION: PITTSBURG HIGH SCHOOL, 250 SCHOOL STREET, PITTSBURG, CA.

TIME: 7:00 Packet pick-up
8:00 Coaches Meeting (on the infield)
8:30 Field Events
9:00 Running Event

COST: \$6.00 per Athlete

REGISTRATION: Payments must be postmark by March 30, 2007 to:
Full Stride Track Club
2516 Bellevue Court
Fairfield, CA 94534

(Money Orders and Club Checks only, no refunds)

AWARDS: Medals top 3 places- Time Final (Top 3 best time per event)
Ribbons top six in each heat

SNACK BAR: Open from 8:00 am – 4:30 pm
(No BBQ Grills allowed in the stadium or on campus)

AGE GROUPS: Age Group Birth Year Age Group Birth Year

Sub-Bantam 1999 or later
Bantam 1997-1998
Midget 1995-1996
Youth 1993-1994
Open 1989-1992

DIRECTIONS to Pittsburg High School:

FROM SAN FRANCISCO BAY AREA

Merge onto I-580 E toward CA-24 / DOWNTOWN OAKLAND / HAYWARD-STOCKTON	1.6 miles
Merge onto CA-24 E toward WALNUT CREEK.	13.2 miles
Merge onto I-680 N via the exit on the LEFT toward CONCORD / SACRAMENTO.	4.8 miles

Merge onto CA-242 N toward CONCORD / PITTSBURG.	3.1 miles
Merge onto CA-4 E via the exit on the LEFT toward STOCKTON / PITTSBURG.	8.1 miles
Take the RAILROAD AVENUE exit- EXIT 23.	0.5 miles
Take the ramp toward PITTSBURG MARINA.	<0.1 miles
Turn RIGHT onto SCHOOL ST.	0.1 miles
School on Right hand side 250 School St, Pittsburg, CA	

SACRAMENTO AREA:

Merge onto I-80 W toward SAN FRANCISCO.	31.7 miles
Merge onto I-680 S via EXIT 40 toward BENICIA / SAN JOSE.	17.6 miles
Merge onto CA-4 E via EXIT 53 toward ANTIOCH / PITTSBURG.	10.5 miles
Take the RAILROAD AVENUE exit- EXIT 23	0.5 miles
Take the ramp toward PITTSBURG MARINA	<0.1 miles
Turn LEFT onto RAILROAD AVE.	0.3 miles
School on Right hand side 250 School St, Pittsburg, CA	

Parking is available, signs will be posted.

ORDER OF EVENTS:

Order of running and field events are Girls then Boys

Limits for the 100, 200 and the 400 meter run are 3 Athletes per team for each age group.

Running Events

- 100m Dash (all age groups) FINAL
- 3000m Run (Midget – Open Women)
- 4X100 (all ages groups)
- 1500m Racewalk (Bantam – Midget)
- 3000m Racewalk (Youth)
- 5000m Racewalk (Open)
- 4x800m Relay (Midget – Open)
- 80m Hurdles (Midget)
- 100m Hurdles (Y, OG)
- 110m Hurdles (OB)
- 800m (Bantam – Open)
- 4x200m Relay (all age groups)
- 400m Run (all age groups)
- 1500m Run (Bantam – Open)
- 200m Run (all age groups)
- 4X400m Run (all age groups)

Field Events All field events will begin at 8:30 am

- Turbo Javelin (B,M)
- Discus (O, M, Y,)
- Shot Put (B, M, Y, O)
- Long Jump (SB, B, M, Y, O)
- Triple Jump (Y, O) (follows LJ)
- High Jump (O,Y,M,B)
- Pole Vault (O,Y) *Pittsburg High School Pole Vault Coach will run this event.

The following events may have combined age groups in one heat due to number of athletes registered:

Race Walk

3000m runs

4X800

4X200

4X400



NORTH BAY/EAST BAY RELAYS
Pittsburg High School
April 7. 2007

Sanctioned by USATF

Name of Team Entering Track Meet

Athletes x \$6.00 = \$

Coach's Name
Phone#