



# C. A. Track Club Track Meet

## March 24, 2007

**LOCATION:** Skyline High School, 12250 Skyline Blvd, Oakland

**TIME:** All field events will begin at 8:00am and running events will begin at 9:00am

### ELIGIBLE ATHLETES:

<u>Age Division</u>	<u>Birth Year</u>
Sub Bantam	1999+
Bantam	1997 to 1998
Midget	1995 to 1996
Youth	1993 to 1994
Open	1989 to 1992

### ORDER OF EVENTS:

#### Running Events:

1500M Racewalk (Bantam – Midget)  
3000M Racewalk (Youth – Open)  
4x100 Relay  
1500M  
80H/100H/110H (Midget – Open)  
100M  
800M (Bantam – Open)  
200H (Youth Girls/Boys)  
400M  
★ Coaches/Parent Relay ★  
200M  
3000M (Midget – Open)  
4x400 Relay

#### Field Events (3 attempts):

Long Jump  
Triple Jump (Youth – Open)  
Shot Put (Bantam – Open)  
Discus (Midget, Youth, Open)  
High Jump (Bantam – Open)  
Mini Jav (Bantam, Midget)

**REGISTRATION & ENTRIE FEES:** Registration and meet entries should be completed at [www.ezmeets.com](http://www.ezmeets.com). The deadline for all entries is midnight, Saturday, **March 17<sup>th</sup>**.

There will be **NO** day of meet registration!

All entries made by the deadline will be returned for verification (via email) by Tuesday, March 20<sup>th</sup>. Any changes/corrections necessary **MUST** be returned via email to [adibrell@pacbell.net](mailto:adibrell@pacbell.net) by **5pm Thursday, March 22<sup>nd</sup>**.

Entry fee is **\$6.<sup>00</sup> per athlete**. Personal Checks will not be accepted. Late entries are \$8.00 per athlete. There will be a \$25 fee added to any returned checks.  
Payments should be postmarked **by March 17<sup>th</sup>** to

C. A. Track Club  
360 Grand Ave, Suite 73  
Oakland, CA 94610

**CHECK IN:** There will be a 1<sup>st</sup>, 2<sup>nd</sup>, and Final Call for all events (running and field). All participants **MUST** check in with the clerk of the course by the Final Call. 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 for day of meet scratches.

**RESULTS:** All results will be posted following each event, at the top of the bleachers. The results will also be available after the meet at [www.catrackclub.com](http://www.catrackclub.com).

**AWARDS:** Ribbons will be awarded to all finishers.

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

**MEET DIRECTOR:** If you have any questions, contact Aliya Dibrell at [adibrell@pacbell.net](mailto:adibrell@pacbell.net) or (510) 220-4721

Tents will be allowed only at the top of the stands.

**DIRECTIONS:**

**FROM THE SOUTH BAY:**

Take I-80N toward Oakland. Merge onto I-238E Merge onto I-580W to Oakland. Merge onto CA-13N toward Berkeley. Take the Carson St exit. Turn RIGHT on Redwood Rd. Turn RIGHT onto Skyline Blvd. Take the first LEFT into the school at the light. Parking is past the track on the left.

**FROM THE NORTH BAY:**

Take I-80E towards Oakland. Merge onto I-580E. Take the 35<sup>th</sup> Ave exit. Turn LEFT onto 35<sup>th</sup> Ave which will turn into Redwood Rd. Turn RIGHT onto Skyline Blvd. Take the first LEFT into the school at the light. Parking is past the track on the left.