

All Comer Track and Field Meet

James Logan High School

Saturday

July 14, 2007

DIRECTIONS:

Highway 880 to Alvarado Niles East for approximately 1 ¼ miles to H Street. Turn left, school is on right. Parking lot on school campus or street parking available.

Field events and first running event both start at 9:00 a.m. All races will begin with the youngest age group and the girls will go first. Field events have four jumps or throws; no finals. Events will be run in the order below unless otherwise specified. Sub-bantam, Bantam, and Midget divisions may participate in three events. Youth, Intermediate and Young Women/Men may participate in four events. Concession stand available. **\$5.00 per athlete entry fee.**

If you have any questions please call:

Meet Directors:

Lee Webb at (510) 304-7172 or Joanne Slaton-Camargo at (510) 430-8223

<u>Age Division</u>	<u>Birth Year</u>
Sub Bantam	1999+
Bantam	1997 to 1998
Midget	1995 to 1996
Youth	1993 to 1994
Intermediate	1991 to 1992
Young Wm/Men	1989 to 1990 (1988 if 18 after July 29)

The events are as follows:

4x800 Relay -----	Midget thru Young Women/Men
5000 Meter Run -----	Young Men
3000 Meter Run -----	Midget, Youth, Intermediate Girl, Young Women
200 Meter Dash -----	Subbantam thru Intermediate, Young Women/Men
1500 Meter Racewalk -----	Bantam, Midget
3000 Meter Racewalk -----	Youth, Intermediate, Young Women/Men
800 Meter Run -----	Bantam thru Young Women/Men
100 Meter Dash -----	Subbantams only
400 Meter Hurdles -----	Intermediate, Young Women/Men
200 Meter Hurdles -----	Youth
4x400 Relay -----	Subbantam thru Young Women/Men

Shot Put -----	Bantam, Midget, Youth, Intermediate, Young W/M
Mini Jav -----	Midget, Bantam
Javelin -----	Youth, Intermediate, Young W/M
Discus -----	Young W/M, Intermediate, Youth, Midget
High Jump -----	Bantam, Midget, Youth, Intermediate, Young W/M
Pole Vault -----	Youth, Intermediate, Young Women/Men
Triple Jump -----	Youth, Intermediate, Young Women/Men