

NorCal PaceSetters Relays

April 21, 2007

2007 Sanctioned PA/USATF Youth T&F Meet



LOCATION: Contra Costa College
2500 Mission Bell Drive, San Pablo, CA

TIME: All field events will begin at 8:30am and running events will begin at 9:00am.

ELIGIBLE ATHLETES:

Age Division Birth Year

Sub Bantam	1999+
Bantam	1997 to 1998
Midget	1995 to 1996
Youth	1993 to 1994
Open	1989 to 1992

ORDER OF EVENTS:

Running Events: 9:00am

- 1500M Racewalk (Bantam – Midget)
- 3000M Racewalk (Youth - Open)
- Shuttle Hurdle Relay (Midget – Open)
- 4x100 Relay (Sub-Bantam – Open)
- Distance Medley Relay
(800M, 400M, 400M, 800M) (Bantam – Open)
- 50M (sub-bantam)
- 100M (Bantam – Open)
- Invitational 100M (Bantam – Open)
- *Parent/Coach (4 x 100 Relay)* (Men and Womens)
- 3000M (Midget – Open (**Girls**))
- 4x200M Relay (Bantam – Open)
- 1500M (Bantam - Open)
- Sprint Medley Relay
(100M, 100M, 200M, 400M) (Bantam – Open)
- 3000M (Midget – Open (**Boys**))
- 4x400 Relay (Bantam – Open)

Field Events: 8:30am

- Long Jump (Sub-Bantam – Open)
- High Jump (Midget – Open)
- Shot Put (Bantam – Open)
- Discus (Midget – Open)
- Mini-Javelin (Bantam – Midget)
- Javelin (Youth - Open)

REGISTRATION & ENTRIE FEES: Registration and meet entries should be completed at www.ezmeets.com. The deadline for entries is midnight , Sunday, **April 15th**.
No day of registration.

All entries made by the deadline will be returned for verification (via email) by Tuesday, April 17th. Any changes/corrections necessary **MUST** be returned via email to kimhines819@yahoo.com by **10pm. Thursday, April 19th**.

Entry fee is **\$6.00 per athlete**. Late entries are \$8.00 per athlete. **Personal Checks will not be accepted.** There will be a \$40.00 fee added to any returned business checks.

Payable to: NorCal Pacesetters

Payments should be mailed, fedex, ups, but postmarked **by April 14th** to:

Attn: Kim Hines
NorCal Pacesetters
101 W. American Canyon Rd. Ste. 508-180
American Canyon, CA 94503

CHECK IN: There will be a 1st, 2nd, 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. Runners check in with the Clerk of the Course located by the Shot Put area. Field events will be checked in at the event location. The races and field events will begin after the final call.

COACHES MEETING: The Coaches meeting will begin promptly at 8:30am in the coaches designated area. 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, by the concession stand. The results will also be available after the meet at the www.pausaf.org site.

AWARDS: Medals to the top 5 finishers. Ribbons will be awarded to all other finishers.

CONCESSIONS: Snack bar will be available. **TENTS:** Tents will be allowed *only* at the top of the stands.

MEET DIRECTOR: If you have any questions, contact Asst. Coach Kim Hines at kimhines819@yahoo.com or (510) 333-1531 or Coach Haysen at 707-315-8958

DIRECTIONS:

FROM THE SOUTH BAY:

Take I-80W toward Sacramento. Take the El Portal Road exit. Turn LEFT onto El Portal Road and continue to Mission Bell Drive, turn RIGHT. Parking is past the track on the right.

FROM THE SACRAMENTO/NORTH BAY:

Take I-80E towards San Francisco. Take the El Portal Road exit. Turn RIGHT onto El Portal Road and continue to Mission Bell Drive, turn RIGHT. Parking is past the track on the right.

FROM EUREKA:

Take 101 S towards San Francisco. Merge onto I-580 E toward Richmond Bridge/Oakland. Take the exit toward Richmond Pkwy/Point Richmond/I-80 E/Sacramento. Keep RIGHT at the fork in the ramp. Merge onto Castro St. Castro St. becomes Richmond Pkwy. Continue on Richmond Pkwy about 4 miles. Turn RIGHT onto San Pablo Ave. Turn LEFT onto El Portal Road and LEFT onto Mission Bell Drive. Parking is past the track on the right.