

# **PINOLE VALLEY HIGH SCHOOL**

## **ALL COMER RELAY MEET**

Sanctioned by USATF

**Saturday, March 17, 2007  
8:30 a.m.**

*Pinole Valley High School*

**Pinole, CA**

Meet Director: Deborah Sample  
(510) 395-1779

**\$4.00 per athlete at the gate**

### **Directions:**

*South of Pinole Valley High School:*

Highway 880 North to 80 towards Berkeley/Sacramento. Take the Pinole Valley Road exit. Turn right onto Pinole Valley Road. School is one block down on the right. DO NOT PARK ACROSS THE STREET IN THE LIBRARY PARKING LOT. YOUR CAR WILL BE TICKETED AND TOWED.

*North of Pinole Valley High School:*

Highway 80 West to Pinole Valley Road exit. Turn left onto Pinole Valley Road. School is one the right. DO NOT PARK IN LIBRARY PARKING LOT.

The long jump and first running event both start at 8:30 a.m. All races will begin with the youngest age group and the girls will go first. Field events have three 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, Open and Adult may participate in four events.

**Meet Director:**  
Deborah Sample - (510) 395-1779

<u>Age Division</u>	<u>Birth Year</u>
Subbantam	1999+
Bantam	1997 to 1998
Midget	1995 to 1996
Youth	1993 to 1994
Open	1989 to 1992
Adult	1988 or earlier

The events are as follows:

3000 Meter Run -----	Midget thru Adult
4X100 Relay -----	Subbantam thru Adult
Mixed Medley Relay (800X400X400X800) -----	800-midget, 400-bantam, 400-subbantam, 800-youth
1500 Meter Racewalk -----	Bantam and Midget
3000 Meter Racewalk -----	Youth thru Adult
4X200 Relay -----	Subbantam thru Adult
100 Meter (Maximum 3 athletes per age group per team) -----	Subbantam thru Adult
1500 Meter run -----	Bantam thru Adult
50 Meter (ages 5 and under) -----	Boys/Girls, 5 & under
Mixed Sprint Medley Relay (200X100X100X400) -----	200-midget, 100-bantam, 100-subbantam, 400-youth
400 Meter (Maximum 3 athletes per agegroup per team) -----	Subbantam thru Adult
4X400 Relay -----	Subbantam thru Adult

Long Jump -----	Adult thru Subbantam
Shot Put -----	Bantam thru Adult
Mini Jav -----	Midget and B
Triple Jump ----- (immediately following Long Jump)	Youth, Open, Adult
High Jump* -----	Bantam thru Adult

\* Offered only if coaches/parents want to handle set-up and put-away of high jump equipment