



Inaugural Sectional Youth Meet
Saturday, May 12, 2007
College of San Mateo
1700 W. Hillsdale Blvd.
San Mateo, CA 94402

Starting Time – The field events and first running event both start at 9:00 a.m.

Packet Pick-up – begins at 8:00 a.m.

Coaches Meeting – begins at 8:30 a.m. to go over meet rules and day of meet scratches.

Track Equipment – Spikes must be compression (Xmas tree) spikes, no longer than 1/4." Pin spikes will not be allowed, as a condition of our use of the facility. Spikes will be checked when athletes check-in for events – if replacement spikes are needed, they will be available for purchase.

Tents/Canopies – Space is limited and tents/canopies will only be allowed at the top of the bleachers.

Entries

Fees - \$6.00 per athlete

Number of Events – Sub-bantams, Bantams, and Midgets may participate in three events. Youth and Open may participate in four events.

Entries Deadline – Entries must be postmarked or e-mailed by May 7th.

Payment Information – All payments must be:

- Club Check, Certified Check, or Money Order only
- Made payable to: **Community Development Institute**
- Postmarked by May 7th to: East Palo Alto Greyhounds 2007 Track Meet,
2200 Oakwood Drive, East Palo Alto, CA 94303

Meet Directors:

Elizabeth Weiss
650-921-6906
eweiss@epagreyhounds.org

Eric Stuart
510-812-6703
CoachE@epagreyhounds.org

Order of Events

<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 (1988 if 18 after July 30)

Starting Time – The field events and first running event both start at 9:00 a.m.

All races will begin with the youngest age group, first girls, and then boys. Field events have three jumps or throws; no finals.

Awards – Ribbons will be awarded to all participants in each heat. Medals will be awarded for overall winners in each age group.

Track Events are on a rolling schedule, beginning at 9:00 a.m.

1500m Racewalk (Bantam, Midget)
3000m Racewalk (Youth - Open)
100m Dash (Sub-Bantam – Open)
4x800m Relay (Midget – Open)
4x100m Relay (Sub-Bantam – Open)
800m Run (Bantam – Open)
50m Dash (5&under – no pre-registration or timing – ribbons will be awarded)
200m Dash (Sub-Bantam – Open)
80m Hurdles (Midget)
100m Hurdles (Youth, Open Girls)
110m Hurdles (Open Boys)
400m Dash (Sub-Bantam – Open)
1500m Run (Bantam – Open)
4x200m Relay (Sub-Bantam – Open)

Field Events begin at 9:00 a.m. as listed below:

Pit 1 – Girls

Long Jump (Subbantam – Open)
Triple Jump (Youth – Open)

Pit 2 – Boys

Long Jump (Subbantam – Open)
Triple Jump (Youth – Open)

Infield

Shot Put (Bantam – Open)
High Jump (Open – Bantam)

Field Area (behind stands)

Discus (Open – Youth)
Mini-Jav (Midget, Bantam) to follow Discus

Directions, Parking Information and Lodging

Driving Directions:

From I-580

Take I-580 W toward Dublin/Oakland, keep LEFT to take I-238 N toward I-880. (1.8 mi.)

Merge onto I-880 S toward SAN JOSE/SAN MATEO BR. (4.0 mi.)

Merge onto CA-92 W toward SAN MATEO BR. (toll) (15.9 mi.)

Exit at WEST HILLSDALE BLVD exit (0.2 mi), turning RIGHT at the traffic light at the end of the exit ramp onto WEST HILLSDALE BLVD. Proceed up hill through second set of traffic lights. About 200 yards past light, turn right into campus at College of San Mateo sign, then take an IMMEDIATE SHARP RIGHT and follow the road straight until you get to LOT 14 on your right.

From I-880 (traveling North or South)

I-880 S toward CA-92 W and merge onto CA-92 W toward SAN MATEO BR. (toll) (15.9 mi.)

Exit at WEST HILLSDALE BLVD exit (0.2 mi), turning RIGHT at the traffic light at the end of the exit ramp onto WEST HILLSDALE BLVD. Proceed up hill through second set of traffic lights. About 200 yards past light, turn right into campus at College of San Mateo sign, then take an IMMEDIATE SHARP RIGHT and follow the road straight until you get to LOT 14 on your right.

From Highway 280 (traveling North or South):

Take the HIGHWAY 92 exit EAST toward San Mateo. Exit at WEST HILLSDALE BLVD, turning left at the traffic light at the end of the exit ramp onto West Hillsdale Boulevard. Proceed up hill through second and third sets of traffic lights. About 200 yards past light, turn right into campus at College of San Mateo sign, then take an IMMEDIATE SHARP RIGHT and follow the road straight until you get to LOT 14 on your right.

From Highway 101 (traveling North or South):

Take the Highway 92 exit west toward Half Moon Bay. Exit at West Hillsdale Boulevard, turning right at the traffic light at the end of the exit ramp onto West Hillsdale Boulevard. Proceed up hill through second set of traffic lights. About 200 yards past light, turn right into campus at College of San Mateo sign, then take an IMMEDIATE SHARP RIGHT and follow the road straight until you get to LOT 14 on your right.

Parking: Parking for the meet will be available in lots 14, 18, 21, and 22. ***Park in marked stalls only in student parking lots/areas only (parking is free on Saturdays in these areas). Cars parked in staff lots or in unmarked spaces may be ticketed and/or towed.***

Lodging: We have negotiated rates for rooms at the Embassy Suites on May 11th:

Embassy Suites – Burlingame

150 Anza Blvd., Burlingame, CA 94010

Rates: \$129/King \$139/double-double

This is an all-suite hotel and all stays include a full, cooked-to-order breakfast.

To book a room, please call 1-800-EMBASSY and request the rate for East Palo Alto Greyhounds. All rooms in the negotiated block are non-smoking – to request smoking rooms, please call Jon Alexander at 650-342-4600 to check availability for rooms at the East Palo Alto Greyhounds rate

***** Reservations must be made by Friday, April 27th***



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College of San Mateo

May 12, 2007

Name of Team Entering Track Meet

Volunteer(s) working the track meet

Athlete Name	Age Group	80 100 110H	100	200	400	800	1500	1500 3000 RW	4x1	4x2	4x8	LJ	SP	JV	DS	HJ	TJ

_____ athletes x \$6.00 = \$ _____

Sanctioned by USATF

Coach's Name _____ Phone# _____