

DATE: MAY 14 & 15, 2011

LOCATION: LOGAN HIGH SCHOOL, UNION CITY, CA.
1800 H. STREET, UNION CITY, 94587
(Please place above address in MapQuest/GPS for directions from your location)

STARTING TIMES: 8:00 A.M. – FIELD EVENTS (Both Days)
(Rain or Shine) 9:00 A.M. – FIRST RUNNING EVENT (Both Days)

ENTRY FEES: \$4.00 PER EVENT PER ATHLETE
\$16.00 FOR EACH ENTERED RELAY

ENTRY FEE PAYMENT: **FEES MUST BE PAID IN FULL ONLINE BEFORE THE “COACHO” REGISTRATION SYSTEM CLOSURE. OUR REGISTRATION CLOSURE DATE IS MAY 10, 2011. YOUR PAYMENT MUST BE MADE ON OR BEFORE THE CLOSURE DATE. PLEASE DO NOT MAIL FEES AND THERE WILL BE NO ENTRY FEE PAYMENTS AT THE MEET.**
NO REFUNDS!

ENTRY DEAD LINE: **THE ENTRY ELECTRONIC SYSTEM WILL CLOSED AT MIDNIGHT TUESDAY, MAY 10, 2011. NO ENTRIES WILL BE ACCEPTED AFTER COACHO REGISTRATION CLOSURES.**
NO LATE OR AT THE MEET REGISTRATION!
NO EVENT CHANGES AT THE MEET!

AGE GROUPS:

DIVISIONS:	BIRTH YEARS:
SB- SUB-BANTAMS	2003 – EARLIER
B - BANTAMS	2001 – 2002
M - MIDGETS	1999 – 2000
Y - YOUTH	1997 – 1998
O - OPEN	1993 – 1996

INDIVIDUAL AWARDS: 1ST THRU 3RD - MEDALS
(Awards received from finals only) 4TH THRU 6TH - RIBBONS

TEAM TROPHIES: 1ST PLACE GIRL TEAM TROPHY (COMBINED AGES) (SB – Y)
1ST PLACE BOYS TEAM TROPHY (COMBINED AGES) (SB – Y)
1ST PLACE OVERALL TEAM TROPHY (COMBINED BOYS & GIRLS)(SB-Y)

PARENT/COACHES RELAY: THERE WILL BE A 4X100 RELAY FOR PARENTS AND COACHES. ALL MALE OR ALL FEMALE TEAMS ONLY. (MEDALS WILL BE AWARDS FOR THE FIRST PLACE FINISHERS IN THIS EVENT)

MEET INFORMATION: WILL PITTMAN, MEET DIRECTOR – (510) 581-4428
(PLEASE NO CALLS BEFORE 9 A.M. OR AFTER 10 P.M.)

FAX / COLLECT CALLS: NO ENTRIES ACCEPTED BY FAX ,MAIL OR EMAIL & NO COLLECT CALLS WILL BE ACCEPTED.

ENTRY INSTRUCTIONS: ALL ENTRIES MUST BE COMPLETED ONLINE. NO ADDITIONS WILL BE ALLOWED AT THE MEET. THE WEBSITE FOR YOUR ONLINE REGISTRATION IS: www.coacho.com ENTRIES WILL BE ACCEPTED APRIL 10, 2011. YOUR ENTRIES MUST BE IN THE SYSTEM BY TUESDAY, MAY 10, 2011, NO LATER THAN 11:59PM. **NO EXCEPTIONS WILL BE MADE.**

PARKING: PLENTY OF “FREE” PARKING.

FIELD EVENTS: DISCUS / JAVELIN WILL BE HELD ON THE OPEN FIELD BEHIND THE EAST STANDS.

LONG JUMP / TRIPLE JUMP WILL BE HELD AT PITS A & B LOCATED ON THE IN-FIELD.

SHOT PUT WILL BE CONTESTED AT THE EAST END THE FIELD.

HIGH JUMP WILL BE ON THE SURFACED IN-FIELD

WARM-UP AREA: THE WARM-UP AREA IS LOCATED BEHIND THE EAST STANDS.

MEET GUIDELINES: ALL USA TRACK & FIELD RULES WILL APPLY.

SUB-BANTAMS /BANTAMS /MIDGETS (3) EVENTS.
YOUTH AND ABOVE (4) EVENTS

ADVANCEMENT TO FINALS BY BEST TIMES.
MEET TIMING IS FINAL.

NO SHOW FOR A TRIAL = NO FINAL.

LATE ARRIVALS TO FIELD EVENTS MUST START AT THE CURRENT ROUND WITHOUT WARM -UP.

REPORT TO CLERK OF COURSE ON FIRST CALL.
ATHLETES MISSING THEIR HEAT WILL NOT BE MOVED TO AN OPEN LANE IN ANOTHER HEAT, SO BE ON TIME!

ALL WEATHER TRACK, ¼ SPIKES ARE REQUIRED.

THERE WILL BE (4) ATTEMPTS IN EACH FIELD EVENT. PLACES WILL BE AWARDED ON BEST COMPLETED ATTEMPT.

NO COACHES OR PARENTS ALLOWED ON THE TRACK OR FIELD AREA. EXCEPT TO SETUP SUB-BANTAM LONG JUMP MARKS - ONCE EVENT STARTS PARENT/COACH MUST LEAVE FIELD.

RUNNING AWARDS ARE TO BE PICKED-UP BY COACHES ONLY. FIELD EVENT AWARDS WILL BE ISSUED AT THE EVENT SITE.

THERE ARE NO EVENT CHANGES OR REFUNDS AFTER THE DEADLINE.

CONCESSIONS: A SNACK BAR AND HEATED FOOD WILL BE AVAILABLE ON BOTH DAYS.

HOTELS: SEE ATTACHED LISTINGS.

3M TRACK CLUB INVITATIONAL

ORDER OF EVENTS

SATURDAY, MAY 14, 2011

FIELD EVENTS:

8:00 A.M. STARTING TIME - (THE FIELD EVENTS LISTED BELOW MAY BE CALLED OUT OF THE LISTED SEQUENCE)

LONG JUMP:

SUB-BANTAM GIRLS
SUB-BANTAM BOYS
YOUTH GIRLS
YOUTH BOYS

HIGH JUMP:

BANTAM GIRLS
BANTAM BOYS
MIDGET GIRLS
MIDGET BOYS

SHOT PUT:

YOUTH GIRLS
YOUTH BOYS
BANTAM GIRLS
BANTAM BOYS
SUB-BANTAM GIRLS
SUB-BANTAM BOYS

DISCUS:

OPEN WOMEN
OPEN MEN
MIDGET GIRLS
MIDGET BOYS

MINI JAVELIN:

MIDGET GIRLS
MIDGET BOYS
BANTAM GIRLS
BANTAM BOYS
SUB-BANTAM GIRLS
SUB-BANTAM BOYS

RUNNING EVENTS:

9:00 A.M. STARTING TIME

4X800	RELAY	T/FINAL	MIDGET – YOUTH
3000M	RUN	T/FINAL	MIDGET – YOUTH
100M	RUN	SEMI	SUB-BANTAM – YOUTH
800M	RUN	T/FINAL	SUB-BANTAM – OPEN
1500M	WALK	T/FINAL	BANTAM – MIDGET
3000M	WALK	T/FINAL	YOUTH
400M	RUN	T/FINAL	BANTAM – YOUTH

3M TRACK CLUB INVITATIONAL

ORDER OF EVENTS

SUNDAY, MAY 15, 2011

FIELD EVENTS:

8:00 A.M. STARTING TIME - (THE FIELD EVENTS LISTED BELOW MAY BE CALLED OUT OF THE LISTED SEQUENCE)

LONG JUMP:

BANTAM GIRLS
BANTAM BOYS
MIDGET GIRLS
MIDGET BOYS

HIGH JUMP:

YOUTH GIRLS
YOUTH BOYS
OPEN WOMEN
OPEN MEN

SHOT PUT:

MIDGET GIRLS
MIDGET BOYS
OPEN WOMEN
OPEN MEN

JAVELIN:

OPEN WOMEN
OPEN MEN
YOUTH GIRLS
YOUTH BOYS

DISCUS:

YOUTH GIRLS
YOUTH BOYS

TRIPLE JUMP:

YOUTH GIRLS
YOUTH BOYS
OPEN WOMEN
OPEN MEN

RUNNING EVENTS:

9:00 A.M. STARTING TIME

200M	HURDLES	T/FINAL	YOUTH
4X100	RELAY	T/FINAL	SUB-BANTAM – YOUTH
1500M	RUN	T/FINAL	BANTAM – OPEN
200M	RUN	T/FINAL	SUB-BANTAM – YOUTH
100M	HURDLES	T/FINAL	YOUTH
80M	HURDLES	T/FINAL	MIDGETS
100M	RUN	FINAL	SUB-BANTAM – YOUTH
***	PARENT / COACHES RELAY	***	WOMEN – MEN
4X400	RELAY	T/FINAL	SUB-BANTAM – YOUTH

HOTELS IN THE AREA

Hotels and Motels are listed below for your convenience and preference.

UNION CITY:

CROWN PLAZA (510) 489-2200

BEST WESTERN (510) 475-0600

SUPER 8 MOTEL (510) 489-3888

MOTEL 6 (510) 489-8333

FREMONT / NEWARK AREA:

PARK INN (510) 795-7995

HILTON HOTEL (510) 490-8390

MARRIOTT HOTEL (510) 794-5900

MOTEL 6 (510) 791-5900

MOTEL 6 (510) 490-4528

E-Z 8 MOTEL (510) 794-7775