

DATE: MAY 16 & 17, 2009

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

STARTING TIMES: 8:00 A.M. – FIELD EVENTS (Both Days)
(Rain or Shine) 8:00 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 AND MAILED TO
20079 JESSEE COURT, CASTRO VALLEY, CA. 94552.
ALL PAYMENTS MUST BE POST MARKED BY
MAY 12, 2009, OR SOONER. PLEASE DO NOT SEND AS REGISTERED
MAIL THAT REQUIRES A SIGNATURE!**

ENTRY DEAD LINE: **MAY 11, 2009. THE ELECTRONIC SYSTEM WILL
CLOSED AT MIDNIGHT MAY 11, 2009. NO ENTRIES
WILL BE ACCEPTED AFTER EZ-MEETS CLOSES.**

NO LATE OR AT THE MEET REGISTRATION!
NO EVENT CHANGES AT THE MEET!

AGE GROUPS:

DIVISIONS:	BIRTH YEARS:
SB- SUB-BANTAMS	2001 – EARLIER
B - BANTAMS	1999 – 2000
M - MIDGETS	1997 – 1998
Y - YOUTH	1995 – 1996
O - OPEN	1994 – 18 yrs.

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)

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

MEET INFORMATION: WILL PITTMAN, MEET DIRECTOR – (510) 581-4428
(PLEASE NO CALLS AFTER 9 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.ezmeets.com ENTRIES ARE BEING
ACCEPTED NOW AND YOUR ENTRIES MUST BE IN THE SYSTEM BY
SATURDAY, MAY 11, 2009, NO LATER THAN 11:59PM. **NO EXCEPTIONS
WILL BE MADE!** EMAIL MRS. DEBRA HARVEY AT dyharve@pacbell.net
TO BE PLACED ON THE TEAM LIST AND TO RECEIVE YOUR
PASSWORD. PLEASE PUT 3M TRACK ENTRY AS THE SUBJECT OF
YOUR EMAIL. YOU MAY ENTER AND UPDATE YOUR ENTRIES UNTIL
THE POSTED ENTRY DEADLINE. **PLEASE NOTE: ON THE LAST DAY
TO SUBMIT ENTIRES, MRS. HARVEY WILL STOP GIVING OUT
PASSWORDS AT 7 P.M.**

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.

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 16, 2009

FIELD EVENTS:

8:00 A.M. STARTING TIME

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

DISCUS:

OPEN WOMEN
OPEN MEN
MIDGET GIRLS
MIDGET BOYS

JAVELIN:

YOUTH GIRLS
YOUTH BOYS
OPEN MEN
OPEN WOMEN

TURBO JAVELIN:

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

RUNNING EVENTS:

8:00 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	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 17, 2009

FIELD EVENTS:

8:00 A.M. STARTING TIME

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

TURBO JAVELIN:

BANTAM BOYS
BANTAM GIRLS

DISCUS:

YOUTH GIRLS
YOUTH BOYS

TRIPLE JUMP:

YOUTH GIRLS
YOUTH BOYS
OPEN – WOMEN & MEN

RUNNING EVENTS:

8:00 A.M. STARTING TIME

200M	HURDLES	T/FINAL	YOUTH
4X100	RELAY	T/FINAL	SUB-BANTAM – YOUTH
1500M	RUN	T/FINAL	BANTAM – YOUTH
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	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