



# C. A. Track Club Youth Meet

Saturday, April 13, 2019



**Location:** Skyline High School  
12250 Skyline Blvd Oakland, CA

**License:** This event is licensed by the Amateur Athletic Union (AAU)

- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU Youth Athlete membership must be obtained before the competition begins. There will be no membership registration available at the meet.
- Participants are encouraged to visit the AAU web site to obtain their membership.

**BE PREPARED!** Adult and Non Athlete memberships are no longer instant and cannot be applied for at event. Please allow at least 10 days for membership to be processed. Participants are encouraged to visit the AAU website [www.aausports.org](http://www.aausports.org) to obtain their membership.

**Fee:** \$7 per athlete

## EVENT SCHEDULE:

### Running Events (begins at 8:00am)

- 1500M Racewalk (Age 9 – Age 12)
- 3000M Racewalk (Age 13 – Age 15+)
- 80H/100H/110H (Age 11 – Age 15+)
- 4x100 Relay (All Ages)
- 1500M (Age 7/8 – Age 15+)
- 50M (Age 6↓)
- 100M (Age 15+ - Age 7/8)
- 800M (Age 9 – Age 15+)
- ★Coaches/Parents Relay★
- 400M (Age 15+ - Age 7/8)
- 4x200 Relay (Age 9 – Age 15+)

### Field Events (begins at 8:00am)

- Long Jump (ALL AGES)
- Triple Jump (Age 13 – Age 15+)
- Discus Throw (Age 11 – Age 15+)
- Shot Put (Age 7/8 – Age 15+)
- High Jump (Age 9 – Age 15+)

## AGE GROUPS:

Age	Birth Year
Age 6↓	2012 and before
Age 7/8	2010-2011
Age 9	2009
Age 10	2008
Age 11	2007

Age	Birth Year
Age 12	2006
Age 13	2005
Age 14	2004
Age 15+	2000-2003

**REGISTRATION & ENTRY FEES:** Registration and meet entries should be completed on CoachO.com. **The deadline for all entries is 9pm, Wednesday, April 10<sup>th</sup>.**

**There will be NO DAY OF MEET ENTRIES OR CHANGES!** Review your online entries carefully and make certain they are correct.

All entries made by the deadline should be printed and verified prior to the entry deadline.

Entry fee is \$7.00 per athlete. Fees may be paid online or mailed to the address below. Personal Checks will not be accepted. There will be no changes/entries accepted after the 4/10 deadline!

There will be a \$25 fee added to any returned checks. Payments can be made online during registration or if mailed, should be postmarked by April 10<sup>th</sup> to:

C. A. Track Club  
360 Grand Ave, Suite 73  
Oakland, CA 94610

**ADMISSION:** There will be a \$3 entry fee for all spectators. Children under 6 are free.

**CHECK IN:** There will be a 1<sup>st</sup>, 2<sup>nd</sup>, and Final Call for all events (running and field). All participants **MUST** check in with the clerk of the course or at the field event ready to compete by the Final Call. Any athlete not checked in by the Final Call, will be scratched from the event. There will be NO exceptions!

**WARM-UP AREA:** Warm-ups will be on the baseball fields area. No athlete, coach, or spectator is allowed on the infield during the meet unless you are competing.

**FALSE STARTS:** This meet will utilize the "no false start" rule for Age 15+ division athletes per USATF Rule 302.2(d). Any Age 15+ division athlete who false starts will be disqualified immediately. All other divisions are allowed one false start before disqualification.

**EQUIPMENT:** Starting blocks will be provided by the meet management. Batons and throwing implements should be brought for usage.

**RESULTS:** All results will be posted following each event. Live results will also posted at [www.AdkinsTrakWest.com](http://www.AdkinsTrakWest.com).

**AWARDS:** Medals will be awarded to the top 3 overall finishers

**CONCESSIONS:** Snack bar and Meet Merchandise will be available for purchase.

Tents will be allowed at the **top of the bleachers only**, however, you will NOT be allowed to pitch tents Friday night.