

# Welcome to the NorCal PaceSetters Relays

**We Set the Pace, to win the Race!**

**April 19, 2008**

2008 Sanctioned PA/USATF Youth T&F Meet

**LOCATION:** Rodriguez High School, 5000 Red Top Road, Fairfield, CA 94533

**TIME:** All field events will begin at 8:30am and running events will begin at 9:00am.

**AWARDS:** **Medals to the top 3 overall times in individual races and relays.**  
**Trophies to the top 5 finishers in the Invitational Races.**

**ELIGIBLE ATHLETES: Age Division Birth Year**

Sub Bantam - 2000 + Midget - 1996 to 1997

Bantam - 1998 to 1999 Youth - 1994 to 1995

## ORDER OF EVENTS:

### Running Events: 9:00am

4 x 800 Relay (Midget – Youth)

Shuttle Hurdle Relay (Midget – Youth)

1500M Open (Midgets)

50M (sub-bantam) **(3 athletes per B/G age group)**

800M Open (Midget – Youth)

\*1500M Invitational (Midgets) **One Heat Only**

4 x 100 Relay (Sub-Bantam – Youth)

\*4 x 100 Invitational (Midget – Youth) **One Heat Only**

1500M Open (Youth)

100M Open (Bantam – Youth) **(2 athletes per B/G age group)**

\*100M Invitational (Bantam - Youth) **One Heat Only**

Parent/Coach (4 x 100 Relay) (Men and Womens)

Sprint Medley Relay

(100M, 100M, 200M, 400M) (Bantam – Youth)

4 x 200M Relay (Sub-Bantam – Youth)

\*1500M Invitational (Youth) **One Heat Only**

Swedish Medley

(100M, 200M, 300M, 400M) (Bantam Only)

4 x 400 Relay (Midget - Youth)

\*Please enter your top timed runner for Invitational Race Only.

If time is not within the top 8, he/she will be seeded in open division.

Confirmation of race will be emailed to your team by April 15<sup>th</sup>.

### Field Events: 8:30am

Long Jump (Sub-Bantam – Youth)

High Jump (Midget – Youth)

Shot Put (Midget – Youth)

Discus (Midget – Youth)

Mini-Javelin (Bantam – Youth)

**REGISTRATION & ENTRIE FEES:** Entry fee is **\$6.00 per athlete**. **Personal Checks will not be accepted.** There will be a \$25.00 fee added to any returned club checks.

Registration and meet entries should be completed by [www.ezmeets.com](http://www.ezmeets.com). The deadline for entries is midnight, Saturday, **April 12th**. **No same day registration. Absolutely NO REFUNDS.**

All entries made by the deadline will be returned for verification (via email) immediately. Any changes/corrections necessary **MUST** be returned via email to Anthony Camargo [ajcam@sbcglobal.net](mailto:ajcam@sbcglobal.net) by **11pm. Monday, April 14th**.

**Pay by PayPal Online at [www.norcalpacesetters.com](http://www.norcalpacesetters.com) or money order, cashier check or club check payable to: NorCal Pacesetters**

Payments should be mailed, fedex, ups, received **by April 15th** to:  
**NorCal Pacesetters, Attn: LaCrecia Williams**  
**P.O. Box 5578, Vallejo, CA 94591**

**CHECK IN:** There will be a 1st, 2nd, and Final Call for all events (running and field).

All participants **MUST** check in with the clerk of the course by the **Final Call**. Any athlete not checked in by the Final Call, will be scratched from the event. Runners check in with the Clerk of the Course located in the Grove under the scoreboard. Field events will be checked in at the event location. The races and field events will begin after the final call.

**COACHES MEETING:** The Coaches meeting will begin promptly at 8:30am in the center of the field. Every team will need to send one spokesperson for their team for day of meet scratches.

**RESULTS:** All results will be posted following each event, by the concession stand.

The results will also be available after the meet on the [www.pausatf.org](http://www.pausatf.org) and [www.norcalpacesetters.com](http://www.norcalpacesetters.com).

**CONCESSIONS:** Snack bar will be available. **TENTS:** Tents will be allowed *only* at the top of the stands.

**MEET DIRECTOR:** If you have any questions, Coach James Williams 707-280-1588 or Coach Al Hayson 707-315-8958, Asst. Coach Kim Hines 510-333-1531 are available. Please have them paged at the meet.

**DIRECTIONS:**

**From Sacramento:** Take I-80 W toward San Francisco. Take the Red Top Road Exit and turn left. Turn left on WATT RD. and right onto FERMI RD. Enter behind the High School.

**From Oakland:** Take I-80 E toward Sacramento. Take the Red Top Road Exit and turn right. Turn right on WATT RD and right onto FERMI RD. Enter behind the High School.

**From San Jose:** I-880 N. toward OAKLAND. Merge onto MISSION BLVD/CA-262 E. toward I-680/ SACRAMENTO. Merge onto I-680 N. toward SACRAMENTO (Portions toll). Take the exit toward CORDELIA/GREEN VALLEY RD. Turn RIGHT onto CENTRAL WAY. Turn RIGHT onto CORDELIA RD. Turn LEFT onto LOPES RD. Turn RIGHT onto RED TOP RD. Turn left on WATT RD. and right onto FERMI RD. and Enter behind the High School.

**From Santa Rosa:** Take US-101 S. toward San Francisco. Merge onto CA-37 E. toward Vallejo/Napa. Merge onto I-80 E via the exit on the LEFT toward Sacramento. Take the Red Top Road Exit and turn right. Turn right on WATT RD and right onto FERMI RD. Enter behind the High School.