



Mission Valley Track and Field Club
2009 Bob Loggins and Sam Cavallaro Sectional
PA/USATF Youth Track and Field Meet
Saturday, May 9, 2009

Location: James Logan High School, 1800 H Street, Union City, CA. 94587. Rain or Shine.

Meet Timeline:

- Packet pick-up can begin at 7:00 am
- Field events and Racewalk Events begin 8:00 am
- Walk up Registration from 7:00 to 7:30 am
- Club coach's / Unattached parents meeting (infield @ the finish line) 7:30am

Track Equipment Requirement: $\frac{1}{4}$ " pyramid or needle spikes must be worn by all athletes.

Cost: \$6 per athlete (payment can be made via money order or online credit/debit cards only, no club or personal checks accepted) no refunds. Same day registration is \$16 per athlete and will not be accepted after 7:30 am the morning of the meet.

Awards: Medals to the Top 3 overall finishers and Top 6 in each heat / flight will receive a ribbon (given after each heat/flight is completed).

Results: Results will be posted within 30-minutes after each event is over and on the PA/USATF website within 3-days after the meet is completed. The only exception to the posting rule will be for the 100m, 200m and 400m events. Posting will be within an hour of the conclusion of those events.

Snack Bar: MVTFC will provide a snack bar with hot meal-deals for breakfast & lunch.

Entries: All entries must be completed online and no additions will be allowed. The website for your online registration is: www.ezmeets.com under MVTFC Loggins/ Cavallaro Sectional. Entries are being accepted now and your entries must be received by Sunday, May 3, 2009 at 11:59pm. No exceptions will be made! Only scratches can be made after the deadline!

Email Debra Harvey at dyharve@pacbell.net to be placed on the team list and to receive your password. Please put MVTFC Entry as the subject of your email. You may enter and update your entries up until the posted entry deadline.

Entry Fee Information: Entry Fees must be paid BEFORE athletes may compete. Entries submitted without entry fees will not be processed until fees are received. Entries fees must be paid by 11:59pm, Sunday, May 3, 2009.

If payment is not received by 11:59pm on May 3, 2009, entries will be considered late and a late payment of \$10 per athlete will be assessed before the athlete will be allowed to compete. There will be no exceptions.

Please make money order or cashier's check payable to MVTFC and mail to:	Online Payment
MVTFC Treasurer c/o MVTFC Sectional P.O. Box 2481 Union City, CA 94587	You may pay your entry fees online with a MasterCard or Visa Credit / Debit Card. Go to www.MVTFC.org website and select the Online Forms menu and then select the link " Online MVTFC Sectional Entry Fee Payment ". Note: A \$15 online processing fee will be automatically added to your entry fee payment.

You must pay for each individual entered. All of your athletes can enter the meet. Entry fees are non-refundable, so enter accordingly. Time permitting all athletes will compete.

Relays: An unattached athlete may not compete on a relay team (this is a USATF rule); clubs attending the meet are requested to provide 1-2 officials at the time of the relays to assist with relay exchange zone judging (meet at the finish line prior to the start of the first relay); remind your athletes to pull their tape from the track after they complete a relay exchange.

Seeding: Our best efforts will be made to seed heats so that two athletes from the same club will not be in the same heat. Therefore, use your athlete's best mark in the 2009 season, seeding times / distances are necessary when you register.

Last heat of each age group in 100m, 200m and 400m will be designated as the fast heat. If you have an athlete that should be in the fast heat ensure you instruct your athlete to notify the clerk of the course when they check in. In addition, place the athlete's fastest known time when entering the running event. We will make every attempt to verify marks.

Check-In: There will be a 1st, 2nd and Final Call for all running and field events. All participants **MUST** check-in with the clerk of the course or at the field event by the **FINAL CALL**. Any athlete not checked in by the **FINAL CALL**, will be scratched from the event.

Volunteers: MVTFC will be providing all volunteers to run this meet. We want coaches and parents to be able to enjoy the meet and focus on coaching & cheering every participant as they compete; however, if you see an area that is struggling bring it to the attention of the meet director or jump in and help.

Access to infield: No coaches on infield except coaches clearly displaying 2009 PA/USATF membership ID cards and assisting Sub-Bantam and Bantam Long and High jumpers setting marks. Coaches must leave when the event begins.

Questions regarding the meet:

Contact Pope Powell

- By E-mail: missionvalleytrackandfield@yahoo.com
- By phone at (510) 861-5398
- By Fax at (415) 554-1552 or (510) 744-6995

Track Rules: LHS does not allow dogs on campus and do not allow BBQs to be brought on campus or in the parking lot areas. **TENTS WILL ONLY BE ALLOWED ON THE TOP ROW OF ALL BLEACHERS.**

Driving Directions:

FROM THE NORTH BAY / SACRAMENTO AREA

I-80 West Continue on **I-580 E** toward DOWNTOWN/OAKLAND/HAYWARD / STOCKTON/ALAMEDA (I-880)/SAN JOSE. Take the DOWNTOWN OAKLAND exit onto **I-980 W**. Take the **I-880 S** exit onto I-880 S toward **SAN JOSE**. Take exit #23/ALVARADO NILES ROAD. Turn Left on **ALVARADO NILES RD**. Turn Left on **H ST**. Arrive at 1800 **H ST**, UNION CITY, on the Right

FROM THE SOUTH BAY

Turn Right to take ramp onto **I-880 N** toward **OAKLAND**. Take exit #21/DECOTO ROAD/DUMBARTON BR. Turn Right on **DECOTO RD**. Turn Left on **ALVARADO NILES RD**. Turn Right on **H ST**. Arrive at 1800 **H ST**, UNION CITY, on the Right

Official MVTFC Sectional Hotel:

Crowne Plaza Hotel

32083 Alvarado-Niles Road

Union City, CA. 94587

Reservations: 888-259-8696

Front Desk: (510) 489-2200

Go directly to their website link for hotel information:

http://www.ichotelsgroup.com/h/d/cp/1/en/hotel/sfouc?&cm_mmc=mdpr- -yellowpages- -cp- -sfouc

Eligible Athletes:

Age Division:

Sub Bantam

Bantam

Midget

Youth

Open

Birth Year:

2001+ or younger

1999 to 2000

1997 to 1998

1995 to 1996

1991 to 1994

Order of Events:

Running Events:

Finals)

1500m Race Walk (Bantam, Midget)

3000m Race Walk (Youth thru Open)

4x100m Relay (all age groups)

1500m (Bantam thru Open)

100m (all age groups)

400m (all age groups)

3000m Run (Midget - Open)

80H/100H/110H (Midget - Open)

♀4x100m Coaches and Parent's
Relay♂

800m (Bantam thru Open)

200m (all age groups)

200m Hurdles (Youth)

400m Hurdles (Open)

Field Events (3 attempts only-No

Javelin / Turbo Javelin (Sub-Bantam thru
Open)

Discuss (Midget thru Open)

Shot Put (Bantam thru Open)

Triple Jump (Youth Only)

Long Jump (all age groups)

High Jump (Bantam thru Open)

Pole Vault (Youth only)

4x400 Relay (Bantam thru Open)

Time	Long Jump Pit #1	Long Jump Pit #2	Triple Jump Pit #1	High Jump Pit #1	Shot Up	Discuss	Turbo Javelin	Javelin	Pole Vault
8 am		SBG	YG	BG	MG			Youth/ Open (All)	YG
9 am		SBB	YB	BB	MB		BG		YB
10 am				MG	YG	MG	BB		
11 am	BG	BB		MB	YB	MB	MG		
12 pm				YG		YG	MB		
1 pm	MG	MB		YB	BG	YB	SBG		
2pm				Open Women	BB	Open (All)	SBB		
3 pm	YB	YB		Open Men					

4 pm	Open Women	Open Men			Open (All)				
5 pm									

USATF Membership: PA/USATF Board voted that beginning with the 2007 T&F season all youth athletes must join PA/USATF before they can compete in a sanctioned USATF meet. Join before coming to the meet or at the meet.

NOTE: If a club is not a registered 2009 club in good standing then all athletes associated with that club will need to transition to another club or compete unattached. If the athlete chooses to compete unattached then they should not wear their club uniform (simple as turning it inside out if necessary).