

30th Anniversary Oakland Invitational Relays

You are cordially invited to attend the **30th ANNIVERSARY of the OAKLAND INVITATIONAL RELAYS** on April 4, 2009 held at Laney College. This year's event will be like none other! We have many new features and expect that you and your team will experience a superior track and field event!

WHAT'S NEW:

New and Improved Meet Management
8-lane All-Weather Track w/ Fully-Automatic-Timing
Entry Fee Caps & Early Registration Discounts
An Inaugural Event – Rumble Relay (4x100 for throwers)
Split Divisions – Frosh/Soph, Open, and Invitational

REGISTRATION: Registration should be completed at www.EZMeets.com by midnight, March 25th.

PAID BY MARCH 14TH

\$10 per event / \$25 per relay
\$225 – Girls Team Cap
\$225 – Boys Team Cap

PAID AFTER MARCH 14TH

\$10 per event / \$25 per relay
\$250 – Girls Team Cap
\$250 – Boys Team Cap

EVENTS:



4x1600m Relay
F/S – Open – Invitational 100m/110m Hurdles
Sprint Medley Relay
3200m Run
F/S – Open – Invitational 4x100m Relay
F/S – Open – Invitational 4x800m Relay
Rumble Relay
100m Dash
1600m Run
F/S – Open – Invitational 4x200m Relay
F/S Distance Medley – Open Distance Medley – Invitational Distance Medley
F/S – Open – Invitational 4x400m Relay
LJ, TJ, HJ, SP, DT, PV

<http://www.oaklandrelays.org/>

2009 Oakland Invitational Relays Events

Event	Frosh/ Soph	Open	Combined F/S & Open	Invitational	Throwers
100m	NO	NO	YES	NO	NO
1600m	NO	NO	YES	NO	NO
3200m	NO	NO	YES	NO	NO
100/110m Hurd	NO	NO	YES	NO	NO
4x100m	YES	YES	NO	YES Top 8	YES Rumble
4x200m	YES	YES	NO	YES Top 8	NO
4x400m	YES	YES	NO	YES Top 8	NO
4x800m	YES	YES	NO	YES Top 8	NO
4x1600m	NO	NO	YES	NO	NO
Sprint Medley	NO	NO	YES Girls: 1-1-2-4 Boys: 2-2-4-8	NO	NO
Distance Medley	NO	NO	YES 12-4-8-16	NO	NO
High Jump	NO	NO	YES	NO	NO
Pole Vault	NO	NO	YES	NO	NO
Long Jump	NO	NO	YES	NO	NO
Triple Jump	NO	NO	YES	NO	NO
Shot Put	NO	NO	YES	NO	NO
Discus	NO	NO	YES	NO	NO