



Oakland Invitational Relays

Edwards Stadium/Goldman Field
University of California Berkeley

Saturday, April 3, 2010

ADMISSION: Adults \$7, Students (w/ID) \$5, Seniors \$5

SCHEDULE OF EVENTS: Running events will begin at 9:00am and will be run on a rolling schedule with the Women followed by the Men. Field events will begin at 8:30am.

Sprint Medley Relay

100m/110m Hurdles

3200m

4x100m Relay

4x800m Relay

100m

1600m

4x200m Relay

Distance Medley Relay

200m

4x400m Relay

Long Jump

Triple Jump

High Jump

Shot Put

Discus

Pole Vault

DIVISIONS: There will be Open and Invitational divisions for each event. Top 8 registered entries for each event will compete in the Invitational division and all others in the Open division. If there are less than 9 entries in an event, all participants will compete in the Invitational division.

MEET REGISTRATION: Registration should be completed at <http://ezmeets.com>. The **deadline for athlete entries is midnight, Saturday, March 20, 2010.**

There will be No Day of Meet Registration!

All participating athletes must complete [UC's Waiver of Liability, Assumption of Risk, and Indemnity Agreement](http://www.calbears.com/auto_pdf/p_hotos/s_chools/cal/sports/c-track/auto_pdf/10allcomerswaiver) (http://www.calbears.com/auto_pdf/p_hotos/s_chools/cal/sports/c-track/auto_pdf/10allcomerswaiver)

Any questions or problems with your registration, please contact Aliya Dibrell at adibrell@pacbell.net or (510) 220-4721

ENTRY FEES: \$10 per Individual Entry
\$25 per Relay Entry
\$250 per Male/Female Team

*Early registration discount (\$50 per team) for paid entries received by February 20, 2010.



Entry fees should be made to:

Oakland Athletic League
c/o Oakland Invitational Relays
900 High Street
Oakland, CA 94621

CHECK IN: Athletes and coaches must listen to the Announcer for event calls. All athletes participating in the running events must check in at the Check-in area ON TIME. Once an athlete checks in, they must stay there until escorted to the starting area. No athletes will be allowed to enter the check-in area after the clerks have checked through the heats (Final call). *If athletes are late to check-in, they will be disqualified even if the race has not been run yet.*

First call will be approximately 40 minutes before the event. The second call will be at 30 minutes before the event. Last call is 20 minutes before the event. *If an athlete is not checked in by the last call, they will automatically be scratched.*

COMPETITION RULES: The Oakland Invitational Relays will be governed by CIF Competition rules.

- **False Starts:** This meet will utilize the "no false start" rule. Anyone who false starts will be disqualified immediately.
- **Jewelry:** Athletes will not be allowed to wear any jewelry during their track and field events. (Watches are permitted). If an athlete is caught wearing jewelry, he/she will be disqualified from the event.
- **Zone/ Lane Violations:** Athletes who run out of the zone in any relay or run out of their lane will be disqualified for zone and/or lane violations, respectively.
- **Meet Day Scratches:** If for any reason one or your selected athletes/relays cannot participate in the meet, please notify the Clerk of the Course immediately so that we may enter an alternate. This will ensure full fields in each event. NOTE: THERE WILL BE NO REFUND FOR SCRATCHES MADE AFTER THE ENTRY DEADLINE.
- **Stagers / Relays:** ALLEYS: The 800s, miles, 3200s and distance relays will utilize a three-alley, one-turn staggers with 5-9 individuals per alley. As will be explained by the starter, athletes may break to the pole at the beginning of the backstretch.
- **1600 Relay Stagger:** There will be a "three-turn staggers" for the 1600 meter relay races. This means that the #1 runner will run the entire leg in the team's designated lane, with the #2 runner lining up at the starter's direction in the team's lane. The #2 runner will need to stay in the team's assigned lane until the designated "break point" at the beginning of the backstretch. The 4x200 relay will be run with a two-turn stagger with the first two runners in their designated lanes and the #3 runner breaking at the 400m mark. Women will run 800-meter sprint medley and men the 1600-meter. The 800-meter sprint medley will run the 100-100-200-400 order and the 1600-meter sprint medley will run the 200-200-400-800 order.
- **Starting Heights:** Starting Heights for vertical jumps are as follows:

Open Men's High Jump – 5'4"	Invitational Men's High Jump -5'10"
Open Women's High Jump - 4'0"	Invitational Women's High Jump – 5'2"
Open Men's Pole Vault – 8'0"	Invitational Men's Pole Vault – 11'0"
Open Women's Pole Vault – 7'0"	Invitational Women's Pole Vault – 9'0"
- **Field Event Time Limit:** The NFHS time limits in the field events will be strictly enforced. The only exceptions will be when an athlete obtains an official's permission to leave for another event.



The athlete must return to compete within ten minutes. The high jump or pole vault bar will not be lowered for a returning athlete.

- **Shot and Discus:** All implements must be checked and certified prior to the event. Any implement failing the certification will be Impound until the conclusion of the event.
- **Uniforms:** NFHS requires that all athletes compete in school-issued uniforms that comply with NFHS rules. Athletes not wearing school uniforms may be denied the opportunity to compete by the officials.

RESULTS: Results will be posted 20 minutes after the completion of each event. Protests must be submitted within 20 minutes of the posted result. All protests must be submitted in writing on the attached Protest/Appeal Form.

AWARDS: Awards will be presented 30 minutes after posted results (if there are no protests). 1st through 3rd place open and invitational finishers will receive medals. 1st place Invitational winners will receive a 2010 Oakland Invitational Relay Champion T-Shirt.

MEET PROGRAM/SOUVENIRS: The 2010 Oakland Invitational Relays Program will be available for purchase for \$3 (the Coach's packet will include an official heat sheet).

Meet T-Shirts will also be available for purchase.