

Oakland Invitational Relays

Laney College, Oakland
Saturday, March 23, 2019

MEET SCHEDULE

RUNNING EVENTS:

Running events will begin at 9:00am and will be run on a rolling schedule with the Girls followed by the Boys.

Sprint Medley Relay (Girls: 1-1-2-4, Boys: 2-2-4-8)

4x1600m Relay

100m/110m Hurdles

4x100m Relay

3200m

400m

100m

4x800m Relay

4x200m Relay

300m Hurdles

200m

1600m

4x400m Relay

FIELD EVENTS (4 attempts – No Finals):

Field events will begin at 8:30am

Girls LJ (4 flights)	8:30am
Boys LJ (4 flights)	8:30am
Girls Shot Put (4 flights)	8:30am
Boys Shot Put (4 flights)	Immediately following girls
Girls Discus(4 flights)	Immediately following boys
Boys Discus (4 flights)	8:30am
Girls TJ (2 flights)	20 mins after LJ
Boys TJ – (2 flights)	20 mins after LJ
Girls HJ	9:00am
Boys HJ	Immediately following girls
Girls Pole Vault	Immediately following boys
Boys Pole Vault	8:30am

DIVISIONS: There will be one division for all participating athletes.

PACKET PICK UP: Packets will be available at the Coach/Athlete Gate. Only coaches will be issued packets. Packets will include team entries, athlete bibs, and final instructions. Programs will be available for sale.



SPECTATOR GATE: There will be one way into the stadium for spectators. General admission is \$7, \$5 with a student ID.

WARM-UP AREA/TRACK & FIELD ACCESS: Only athletes with uniforms on will be allowed on the infield during the races (No Coaches!). The warm up field will be on the baseball field behind the track.

CHECK IN: Athletes and coaches must listen to the Announcer for event calls. All athletes participating in running events must check in at the Check-in area ON TIME. Heats will be seeded and athletes hipped after the final call. Athletes not checked in by the final call will be scratched from the event.

Running events will be seeded by entry times, starting with the slower heats working to the faster heats. The heats will be seeded during the meet and will only include athletes that have checked in prior to the close of the event.

Electronics and food/drinks will not be permitted in the check-in area or on the in-field. **Athlete bibs are required for competition.**

COACHES CORNER: A Coaches corner will be available to coaches throughout the day. You must have a Coaches Pass to access. The Coaches Corner will have refreshments available and

WEIGHTS & MEASURES: Throwing implements must be weighed in prior to the start of the events (8:30am). All implements will become property of the meet, transported to the event, and available to all competitors until the close of the throwing events. The weigh in will be located between the track and baseball fields.

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.
- **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:** THERE WILL BE NO REFUND FOR SCRATCHES MADE.
- **Race Stagers:** ALLEYS: The 1600, 3200 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.
- **Relay Stagers:** 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:
 - Girls High Jump - 3'6"
 - Boys High Jump - 4'6"
 - Boys Pole Vault - 8'0"
 - Girls Pole Vault - 5'0"



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- **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 thirty (30) minutes. The high jump or pole vault bar will not be lowered for a returning athlete.
 - **Shot and Discus:** Athletes must provide their own implements. All implements must be checked and certified 45 minutes 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.
 - **Spikes:** ¼" or smaller pyramid or needle spikes are allowed. Spikes will be available for purchase.

RESULTS: Results will be posted 30 minutes after the completion of each event. Results will also be posted live to www.adkinstrakwest.com throughout the day. Protests must be submitted within 30 minutes of the posted result. All protests must be submitted to the Press Box in writing on the meet Protest/Appeal Form.

AWARDS: 1st – 3rd place finishers will be awarded with a medal. Relay Champions will also be awarded a 2019 Oakland Invitational Relays Champion bag

CLEAN-UP & SUPERVISION – Make sure your athletes conduct themselves in a respectable manner. Remind them to be careful when crossing the track as we have races going on all the time. Please have them clean up their team area when they leave the meet. Trash cans and trash bags will be available.