



**2023 RUNNING REBELS X TOMMIE SMITH**  
**I N V I T A T I O N A L**

**May 6 - May 7, 2023**

<b>LOCATION:</b>	Edwards Stadium UC Berkeley
<b>TIME:</b>	<b>Field Events:</b> 8:00am both Days / <b>Running Events:</b> 10am Saturday; 9:30am Sunday
<b>SANCTION:</b>	USATF
<b>REGISTRATION &amp; ENTRY FEES:</b>	Registration and meet entries should be completed on <a href="http://www.Athletic.Net">www.Athletic.Net</a> .
**UC Berkeley Wavier form must be signed and returned at packet pickup.**	
<b>DEADLINE:</b>	The deadline for all entries is <b>Midnight, Tuesday, May 2nd.</b>

There will be **NO** day of meet entries or changes! Any changes requested after the entry deadline until Thursday, 5/4 will incur a **\$10 charge per event. THERE WILL BE NO LATE ENTRIES OR CHANGES ACCEPTED AFTER THURSDAY 5/4!**

All entries made by the deadline should be printed and verified by the entry deadline.

Entry fee is **\$5.00 per event and \$20.00 per relay**. Fees will be required to be paid online at the completion of your registration. Personal Checks will not be accepted.

**NOTE:** This is a 2-day meet. Athletes are required to wear their competitor bib on both days in order to compete. Replacement bibs will be charged \$10.

**SPECTATOR ENTRY FEE:** 1-day pass \$5.00 or 2-day pass \$8.00; children under 5 are free

Gates open at 6:45AM

**Note: Teams will be allowed up to 4 free coaches bands (depending on team size). Coaches must be USATF registered. Unattached athletes will not receive any coaches passes.**

**CHECK IN:** There will be a 1st, 2nd, and Final Call for all events (running and field). Running participants **MUST** check in with the clerk of the course by the Final Call. Field event Participants **MUST** check-in at the event location. Any athlete not checked in by the Final Call, will be scratched from the event.

**COACHES MEETING:** The Coaches meeting will begin promptly at 9:00am Saturday and 8:30am Sunday on the in-field. Every team will need to send one spokesperson from their team.

**Tents will be allowed in designated areas only.**

**RESULTS:** Live results will be available at <http://www.Live.AdkinsTrakWest.com> and [www.Athletic.Net](http://www.Athletic.Net) .

**We encourage all teams and parents to use your smart phone to view the results. The results will also be available the following week after the meet on Athletic.net.**

**AWARDS:** Medals will be awarded to the top 3 overall finishers. Team trophies will be awarded to the Top Girls, Boys, and Overall teams based on the below point structure:

PLACE	INDIVIDUAL	RELAY
1	10	10
2	8	8
3	6	6
4	4	4
5	2	2
6	1	1

**CONCESSIONS:** Snack bar and food trucks will be available. No outside barbeque pits will be allowed in or around the track stadium.

**MEET GUIDELINES:**

- **ALL USA YOUTH TRACK & FIELD RULES WILL APPLY.**
- **GROUPS 1-3 ARE ELIGIBLE FOR (3) EVENTS.**
- **GROUPS 4-6 ARE ELIGIBLE FOR (4) EVENTS**
- **THERE WILL BE NO COACHES ALLOWED IN THE CLERK OF THE COURSE AREA.**
- **LATE ARRIVALS TO FIELD EVENTS MUST START AT THE CURRENT ROUND WITHOUT WARM -UP. THERE WILL BE (4) ATTEMPTS IN EACH FIELD EVENT. PLACES WILL BE AWARDED ON BEST COMPLETED ATTEMPT.**
- **NO COACHES OR PARENTS ALLOWED ON THE TRACK OR FIELD AREA. EXCEPT TO SETUP Group 1 LONG JUMP MARKS - ONCE EVENT STARTS PARENT/COACH MUST LEAVE FIELD.**
- **LOST AND FOUND WILL BE AT THE INFORMATION BOOTH.**

**MEET DIRECTOR:** If you have any questions, contact James Moore at [coachjames@herculesrunningrebels.com](mailto:coachjames@herculesrunningrebels.com) or (510) 367-0420

**ELIGIBLE ATHLETES:**

Age Division	Birth Year
GROUP 1	2015 - LATER
GROUP 2	2013 to 2014
GROUP 3	2011 to 2012
GROUP 4	2009 to 2010
GROUP 5/6	2005 to 2008



# SCHEDULE OF EVENTS

Saturday May 6, 2023

**TOMMIE SMITH OPENING PARADE – 9:30AM**

**Track Events Starting Time: 10:00 A.M. First Call: 9:30 A.M.**

Track Event	Type	Age Group and Order
4x800m Relay	T/Final	GROUPS (3-5/6) GIRLS/BOYS
3000m Run	T/Final	GROUPS (3-5/6) GIRLS/BOYS
100M Dash	Semi-Final	GROUPS (5/6-1) GIRLS/BOYS
50m Run		Age 6 & Under
800m Run	T/Final	GROUPS (5/6-1) GIRLS/BOYS
110m Hurdles	T/Final	GROUP (5/6) MEN
100m Hurdles	T/Final	GROUP (5/6) WOMEN
100m Hurdles	T/Final	GROUP (4) BOYS/GIRLS
80m Hurdles	T/Final	GROUP (3) GIRL/BOY
400m Dash	T/Final	GROUPS (5/6-1) GIRLS/BOYS

**Field Events Starting Time: 8:00 A.M. First Call: 7:30 A.M.**

Long Jump (North Pit)	Long Jump (South Pit)	High Jump	Shot Put	Discus	Mini-Javelin	Javelin
GRP 2 Boys	GRP 1 Girls	GRP 4 Boys	GRP 3 Boys	GRP 3 Girls	GRP 2 Girls	GRP 5/6 Men
GRP 4 Boys	GRP 4 Girls	GRP 4 Girls	GRP 3 Girls	GRP 5/6 Men	GRP 3 Girls	GRP 4 Girls
GRP 5/6 Men	GRP 5/6 W	GRP 2 Boys	GRP 5/6 Men	GRP 4 Girls	GRP 1 Girls	GRP 4 Boys
GRP 1 Boys		GRP 2 Girls	GRP 4 Boys			GRP 5/6 W
			GRP 1 Girls			
			GRP 2 Girls			



# SCHEDULE OF EVENTS

Sunday May 7, 2023

**Track Events Starting Time: 9:30 A.M. First Call: 9:00 A.M.**

Track Event	Type	Age Group and Order
4x100m Relay	T/Final	GROUPS (5/6-1) GIRLS/BOYS
3000m Walk*	T/Final	GROUPS 4-5/6 GIRLS/BOYS
1500m Walk*	T/Final	GROUPS 2-3 GIRLS/BOYS
<b>*3000m and 1500m Walks will be combined</b>		
200m Run	T/Final	GROUPS (5/6-1) GIRLS/BOYS
1500M Run	T/Final	GROUPS (5/6-1) GIRLS/BOYS
200m Hurdles	T/Final	GROUP (4) GIRLS/BOYS
100m Dash	Final	GROUPS (5/6-1) GIRLS/BOYS
4x400m Relay	T/Final	GROUPS (5/6-1) GIRLS/BOYS

**Field Events Starting Time: 8:00 A.M. First Call: 7:30 A.M.**

Triple Jump (North Pit)	Long Jump (South Pit)	High Jump	Shot Put	Discus	Mini-Javelin
GRP 5/6 Men	GRP 2 Girls	GRP 5/6 W	GRP 5/6 W	GRP 4 Boys	GRP 3 Boys
GRP 5/6 W	GRP 3 Girls	GRP 5/6 Men	GRP 4 Girls	GRP 5/6 W	GRP 2 Boys
GRP 4 Boys	GRP 3 Boys	GRP 3 Girls	GRP 2 Boys	GRP 3 Boys	GRP 1 Boys
GRP 4 Girls		GRP 3 Boys	GRP 1 Boys		