

California Golden Bears

2012 All-Comers Track & Field Meet and Run for the Dream Qualifier

- Date:** Saturday, January 14
- Divisions:** High School and Open (Junior High, Open, Masters, Men & Women athletes)
All participants must be 13 years of age or older to participate.
- Rules:** Meet will be conducted under USATF rulings
- Entry Fee:** \$5 per athlete, \$3 per spectator (anyone who enters the stadium) paid on arrival
- Registration:** 7am to 2pm ONLY
- Medical:** Please note that there will be no medical staff on the track during the meet. Participants are responsible for their own medical supplies. You are competing at your own risk.
- Waivers:** **All participants must sign Waiver of Liability, Assumption of Risk, and Indemnity Agreement**
Parents must sign waivers for minors! No Exceptions!
Forms are online at Calbears.com on the Track & Field page under "Links".
- Field Events:** Throws: All genders and divisions will throw together. Weigh-ins from 7am to noon ONLY.
Jumps: LJs and TJs will have open pits – All jumps must be contested throughout the 2.5 hour open pit windows. High School and Open divisions are contested separately as noted.
- Facility:** George C. Edwards Stadium at the University of California, Berkeley
Track and runways are Tartan. **Spikes must be under 9mm. Needle spikes NOT allowed.**
- Questions:** trackmeets@berkeley.edu
Go to www.runforthedream.com for more info on the Indoor HS State Meet qualifying events.

REVISED Time Schedule & Order of Events

FIELD EVENTS		TRACK EVENTS (Rolling Schedule)	
8:00am	Hammer Throw Weight Throw to follow hammer	11:00am	4x200m Relay Mile
10:00am	High Jump		60mHH 
10:30am- 1pm	HS Long Jump (West Pit) Open Triple Jump (South Pit)		400m 550m (High School only)
11:00am	Shot Put		60m
11:00pm	Javelin Discus to follow javelin		800m 300mIH
12:00pm	Pole Vault – females min starting height 8'6" Pole Vault – males min starting height 10'0"		200m 2 Mile
1:30pm- 4pm	HS Triple Jump (South Pit) Open Long Jump (West Pit)		4x400m Relay 4x800m Relay

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THIS IS  TRACK & FIELD.