

American River College - Meet Information

25TH ANNUAL BEAVER RELAYS
SATURDAY, MARCH 6, 2010

ENTRIES CLOSE MARCH 3rd AT 4:00PM

Shirts not delivered !!! You must pick them up on meet day.

Entries

- **Relay field events** - You may enter (1-5) athletes in each field event. Do not include any alternates. Five athletes may compete, but no alternates will be allowed in at the event site. PLEASE DON'T ASK!!
- **Relay track events** -
 1. There will be no maximum number of relay teams per school per event, but every "extra" or "B" relay team will cost an additional \$10.00 entry fee above the maximum. (Note – You enter two 4x100 teams and two 4x400 teams and a full compliment of teams in all the other relays. Your entry fee would be \$135.00 + \$10.00 + \$10.00 = \$155.00). To help us to make competitive sections, include a 2010 time for your team if you have run one. If you have not run a particular relay during the 2010 season, do not guess. Do not enter a time. Any "seed" times will be deleted and your team will be put in the slow section.
 2. The **only** event where you can create a **conference team** is the 4x1600, not the hurdles. If you would like to try to create a "conference" relay team it is your responsibility to put together the team ASAP and include it with your entry. The coach that organizes the team should include it with his/her entries and will be charged for it. Attempting to put together teams on meet day will be accepted, but will be charged the late fee.
 3. **New: We have added a 100m dash for your athletes that are not on your 4x100m relay team. No more than four athletes per school please.**
- **Individual events** – You may enter as many athletes as you would like in the men's 10k/women's 5k and **up to 5 athletes** in the 100/110 hurdles and 400 hurdles. Please note the minimum times allowable on the time schedule in the 5k/10k. If your athletes are not finished by the cutoff time, you MUST pull them off the track.
- Seeding for some of the Beaver Relays will not take place until after we pull the sheets from the scratch table in order for us to form the most competitive fields in all of the events. Please make your scratches IMMEDIATELY upon arrival at American River at the scratch table and during the meet with the clerk if they become necessary. Scratch sheets will be pulled from the table 1 hour before the first hurdle event.

ALL RUNNING EVENT ATHLETES AND RELAYS MUST BE CHECKED IN AT LEAST 20 MINUTES BEFORE THEIR EVENT. Failure to check in early will result in the relay team/athlete being scratched and not allowed back in.

****ALL ENTRIES MUST BE DONE THROUGH DIRECT ATHLETICS****

Entries can only be done through this format. No e-mail, fax, mail, or phone entries will be accepted!!! If you need help with your entries please contact us. If you would like your teams to be considered for the "fast" heats of some of the "other" relays (excluding the 4x100 and 4x400) you can e-mail times to Rick Anderson. They must be e-mailed by March 3rd at 4:00pm and they are for seeding only.

THIS IS NOT A METHOD OF ENTRY INTO THE MEET.

Entry process and deadlines

- **Log onto www.directathletics.com**
- Click on the register button associated with the Beaver Relays
- If you do not have this option go to "FIND MEET" and click on the appropriate buttons to search for the meet.
- ***Please add your athlete's names to the relays and make them as accurate as possible for the announcer.***
- Please contact us immediately if you have trouble with your entry form. Call 916-484-8143 for help.
- Submit questions via e-mail to: andersr@arc.losrios.edu
- Entries must be submitted by **Wednesday, March 3, 2010 at 4:00pm. Please be prompt. At 4:01 pm the computer will not let you add any additional entries. Entries will open 10 days prior.**
- **After you have made your entries please print them out and bring them with you.**
- **Entry Confirmation** - Upon arrival, please check the entry table to confirm your entries both in the field and running events. At this time make any scratches you may have at the scratch table. If our sheets are different than what you have, our sheets are correct unless you have a copy of your entries printed out from Direct Athletics.

Entry Fees – payable to "ARC BEAVER RELAYS" or "ARC ATHLETICS"

- Fee Schedule: Running Events (\$10.00 per relay team)
Field event, 5K/10K run, 100/110 hurdles and 400 hurdles, and individuals in conference relays (\$5.00 per athlete per event). Please see attached fee worksheet at the end of this document.
- Maximum Fee*** \$135.00 per team (*men's and women's teams are considered separately*)
Remember – Each second or third, etc relay team above your first in an event is an additional \$10.00 above the "maximum"
Minimum Fee: \$40.00 per team (*men's and women's teams are considered separately*)
- **Your entry fee will not be reduced if you scratch participants from competition. Adding a team or athlete will be allowed on meet day but will be charged \$10.00 in cash per athlete per event (that means \$40.00 in cash for a relay). Get your entries in before the deadline, then scratch your athletes if necessary.**
- Mail your check in advance or bring written proof that the fees have been requested from your college.
Mail checks to the following address:
Track & Field – Beaver Relays
American River College
4700 College Oak Drive
Sacramento, CA 95841

Time Schedule

The time schedule is on the norcal website (<http://www.norcalstat.com>); it is similar to years past with the women's vault first. One major change is the hurdle relays have now been made into individual events. Schools that have 4 athletes finish will have their times added to calculate the winning teams. Also, the 4x1600 will again be contested with both the men and women in one race. If the number of entries warrants a change in the schedule, updated schedules will be available at packet pick-up.

Relay Specifics

Running Events

- Teams will be seeded into sections based on 2010 official times or seed times that you e-mailed.
- There is a 10,000 meter run for men and a 5,000 meter run for women to accommodate teams not fielding relays in the distance events. 10K men **must** be able to finish under 40:00. 5K women **must** be able to finish in under 25:00. Please do not enter your athletes if you know they will be slower than these times. You may enter as many athletes as you would like in these distance events.
- Please note both the women's and men's sprint medleys include 200-200-400-800.

1. For award purposes:

In the 4 x 1600m, the winning team will receive T-shirts, whether they are a 1- college team or 'conference team'. If a 1-college team does not win, then the leading 1-college team will receive award T-shirts.

- Throwers 4x100 relay

You may **not** join together conference teams for this one: **Only one-college teams!** Please keep to the integrity of the event; **only use athletes who are your 'normal meet' participants in at least two of the throwing events** (i.e., a sprinter/javelin thrower **would not** be in the spirit of the event and will not be allowed, nor would a decathlete who does not compete in the shot put, discus or hammer on a regular basis.)

Field Events

- Maximum of 5 entries per school per event. There will be no exceptions in the field events. There will be no substitutions or adds at the event site. Our officials have been instructed not to add or change names.
- **AGAIN THIS YEAR – We will set up flights in the field events. You must compete in your flight. *You do not need to check in until your flight is called.***
- Each individual will receive 3 attempts in the horizontal jumps and in the throws.
- Field event relay team winner is based on the added best 3 marks (or less) of the athletes entered.
- You may enter fewer than 5 athletes in the field events.
- Athletes will be seeded into flights with the other athletes based on their 2010 official marks.
- **We will attempt to accommodate athletes in field events who have overlapping time commitments.**
- High jump starting heights: Men (5'6") Women (4'2")
- Pole vault:
Women – Start at 7'0" Progression: 7'0" - 7'6" - 8'0" - 8'6" – 9'0" – etc.

Men: Start at 10'6"; progression: 10'6" - 11'6" - 12'6" - 13'

We may have a 15-minute break after the 13' vaults. Athletes not planning on entering into competition until 13'6" should check-in early. If all athletes are checked in and wish to skip the break, we will continue vaulting.

Progression after break: 13'6" - 14' - 14'6" - 15'

Site Details

American River College 's synthetic surfaced track and field facility:

- TRACK:** Nine 42" lanes
- LJ, TJ, PV, & HJ:** Synthetic surface; 2 pits will run simultaneously for LJ/TJ. The main runway is on the east side of the stadium.
- SHOT/DISCUS/HAMMER:** Brushed concrete
- JAVELIN:** All JT will take place on the infield using the synthetic approach surface. Practice and warm-ups must be done in the sector **ONLY**.

1/4" MAXIMUM SPIKES on the track, all runways, & the HJ aprons.

Other information

- **Awards** - Beaver Relays T-shirt awards will be given to each member of the 1st place relay team in both the field events and the running events. Plus, the individual winner in the field events will receive a shirt (unless the winner is already on an award winning relay team.) Note the additional information about awards for potential combined college teams.
- **Meet T-shirts** - Beaver Relays T-shirts will be on sale for \$12.00
- **First Aid Facilities** - The ARC training staff will be available for emergencies under the direction of our trainers, Anna August and Gil Bejarano.
- **Dressing Facilities** – Men 's and women's locker facilities are available at ARC. Bring your own towels and provide for the protection of your valuables.
- **Parking** - Parking is available adjacent to the stadium. Enter through the SW stadium gate.

- **Spectator entry fee** - NONE
- **Housing** - There are a couple of good motels in the area; we would recommend the following:
 - La Quinta Inn, 1-80 & Madison (800) 531-5900 or (916) 348-0900
 - Holiday Inn, 1-80 & Madison (916) 338-5800

We look forward to your participation in the 25th Annual **Beaver Relays** and we wish your athletes the best of success. Please call if you would like more information.

Meet Directors:

Rick Anderson (916) 484-8143

Jeanette Allred-Powless (916) 484-8935

**Cell phone and uniform rules will be
STRICTLY ENFORCED.
Please advise your athletes!!!**

Entry Fee Worksheet

Entry Fees – payable to “ARC BEAVER RELAYS”

- Fee Schedule: Running Events (\$10.00 per relay team)
Field event, 5K/10K run, 100/110 hurdles and 400 hurdles, and individuals in conference relays (\$5.00 **per athlete per event**)
- Maximum Fee*** \$135.00 per team (*men’s and women’s teams are considered separately*)
Remember – Each second or third, etc relay team above your first in an event is an additional \$10.00 above the “maximum”

Minimum Fee: \$40.00 per team (*men’s and women’s teams are considered separately*)

Fee Structure	# entered	Amount	Total
# of athletes in 5k, 10k, HH, IH, 100		X \$5	
# of field event athletes <u>PER EVENT</u>		X \$5	
# of athletes on “conference relays”		X \$5	
# of “A” Relays		X \$10	
SUBTOTAL		Max of \$135 →	
# of “B”, “C”, “D” Relays		X \$10	
TOTAL			

EXAMPLE

Fee Structure	# entered	Amount	Total
# of athletes in 5k, 10k, HH, IH, 100	10	X \$5	\$50
# of field event athletes <u>PER EVENT</u>	5	X \$5	\$25
# of athletes on “conference relays”	2	X \$5	\$10
# of “A” Relays	8	X \$10	\$80
SUBTOTAL		Max of \$135 →	\$165 \$135
# of “B”, “C”, “D” Relays	2	X \$10	\$20
TOTAL			\$155

Beaver Relays

Saturday, March 6, 2010

Beaver Stadium

American River College

Women's Events

10:00 AM SHOT PUT
 10:00 AM DISCUS
 11:00 AM LONG JUMP
 11:30 AM POLE VAULT (7'0" Opening height)
 2:00 PM HAMMER
 2:00 PM HIGH JUMP (main stadium)
 2:00 PM JAVELIN
 2:30 PM TRIPLE JUMP

Men's Events

10:00 AM JAVELIN
 10:00 AM HAMMER (outside stadium)
 11:00 AM LONG JUMP
 11:00 AM HIGH JUMP (main stadium)
 1:00 PM SHOT PUT
 1:00 PM DISCUS
 2:00 PM TRIPLE JUMP
 2:30 PM POLE VAULT (10'6" Opening Height)

10:30 AM 10,000 meter run (under 40:00 ONLY) men section 1
 11:10 AM 5,000 meter run (under 25:00 ONLY) women section 1
 11:40 AM 100 low hurdles (Top 27) women section 1
 11:45 AM section 2
 11:55 AM 110 high hurdles (Top 27) men section 1
 12:00 PM section 2
 12:05 PM section 3
 12:15 PM Distance Medley (1200-400-800-1600) women section 1
 12:35 PM Distance Medley (1200-400-800-1600) men section 1
 12:50 PM 4 x 100 women section 1
 1:05 PM 4 x 100 men section 1
 1:10 PM section 2
 1:25 PM 4 x 800 women section 1
 1:40 PM 4 x 800 men section 1
 1:50 AM 100 meter dash (*athletes not on 4x100) women section ?
 100 meter dash (*athletes not on 4x100) men section ?
 1:55 PM Community 1 Mile Run men & women

Official's Lunch Break

2:35 PM 400 low hurdles (Top 27) women section 1
 2:40 PM section 2
 2:50 PM 400 intermediate hurdles (Top 27) men section 1
 2:55 PM section 2
 3:00 PM section 3
 3:10 PM sprint medley (200-200-400-800) women section 1
 3:30 PM sprint medley (200-200-400-800) men section 1
 3:55 PM 4 x 200 women section 1
 4:07 PM 4 x 200 men section 1
 4:12 PM section 2
 4:18 PM 4 x 1600 women & men section 1
 4:45 PM 4 x 100 throwers= relay women section 1
 4:55 PM 4 x 100 throwers= relay men section 1
 5:00 PM 4 x 400 women section 1
 5:10 PM section 2
 5:20 PM 4 x 400 men section 1
 5:28 PM section 2
 5:35 PM section 3

