

**37th Annual
Oakland Invitational Relays
Saturday, March 26, 2016**



WHEN: Saturday, March 26, 2016 9:00am

LOCATION: Chabot College
25555 Hesperian Blvd, Hayward

RUNNING EVENTS (9am): (revised - 2/7/16)

Sprint Medley (1-1-2-4 Girls / 2-2-4-8 Boys)
4x1600
100H/110H
4x100
3200M
400M
100M
4x800
4x200
300H
200
1600
4x400

FIELD EVENTS:

Long Jump
Triple Jump
Shot Put
Discus
High Jump
Pole Vault

MEET REGISTRATION: Registration should be completed at www.Athletic.Net. All entries must be completed online. The deadline for athlete entries is **9pm, Wednesday, March 23, 2016**.

Schools are allowed unlimited entries in both the individual and relay events. Athletes may compete in no more than four events (including relays, individual track events, and field events). Any questions or problems with your registration, please contact Aliya Dibrell at adibrell@pacbell.net or (510) 220-4721

ENTRY FEES:

- \$10 – Individual Entry
- \$25 – Relay Entry
- \$250 – Max Team Entry (per gender)

Entry fees should be mailed to and postmarked by 3/23/16 to:
Oakland Invitational Relays
PO Box 636
Pinole, CA 94564

AWARDS: 1st – 3rd place finishers will be awarded with a medal and a 2016 Oakland Invitational Relays duffle bag

FACILITY: All-weather 9-lane track

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

PARKING: Plenty of parking is available on campus for a \$2 fee.

RACE SEEDING: The heats will be seeded by entry times, starting with the slower heats working to the faster heats.

FOOD/SOUVENIRS: There will be a snack bar as well as t-shirts available for sale.

RESULTS: Results for all races will be posted following each race as well as at www.adkinstrakwest.com.

OTHER DETAILS:

- All participants must represent their high school and compete in their school issued uniforms
- The meet will be run according to CIF rules and standards

MEET DIRECTOR: Chris Williams