

**38<sup>th</sup> Annual  
Oakland Invitational Relays  
Saturday, March 25, 2017**



**WHEN:** Saturday, March 25, 2017

**LOCATION:** Chabot College  
25555 Hesperian Blvd, Hayward

**RUNNING EVENTS (9am):**

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 (8:30am):**

Long Jump  
Triple Jump  
Shot Put  
Discus  
High Jump  
Pole Vault

**MEET REGISTRATION:** Registration should be completed at [www.Athletic.Net](http://www.Athletic.Net). All entries must be completed online. The deadline for athlete entries is **9pm, Wednesday, March 22, 2017**.

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](mailto:adibrell@pacbell.net) or (510) 220-4721

**ENTRY FEES:**

- \$10 – Individual Entry
- \$25 – Relay Entry
- \$250 – Max Team Entry Per Gender (\$500 Max FULL Team)

Entry fees should be mailed to and postmarked by 3/22/17 to:  
Oakland Invitational Relays  
PO Box 636  
Pinole, CA 94564

**AWARDS:** 1<sup>st</sup> – 3<sup>rd</sup> place finishers will be awarded with a medal and a 2017 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 at the meet so that all lanes are filled and scratches removed. Athletes are required to **check in at least 45 minutes prior to their race** to avoid being scratched and return to the clerk for their lane assignment after the race check in has closed. The heats will be seeded by entry times, starting with the slower heats working to the faster heats.

**FOOD/SOUVENIRS:** Food trucks will be available on site as well as t-shirts available for sale.

**RESULTS:** Results for all races will be posted following each race at [www.adkinstrakwest.com](http://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