WE'RE BACK IN OAKLAND

OAKLAND

Laney College

March 24, 2018

Invitational

RELAYS

WHEN: Saturday, March 24, 2018

LOCATION: Laney College
900 Fallon St, Oakland

RUNNING EVENTS

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 21, 2018**.

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 ($500 Max FULL Team)

  Entry fees should be mailed to and postmarked by 3/21/18 to:
  Oakland Invitational Relays
  PO Box 636
  Pinole, CA 94564

AWARDS: 1st – 3rd place finishers will be awarded with a medal and a 2018 Oakland Invitational Relays duffle bag

FACILITY: All-weather 8-lane track

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

PARKING: Plenty of free parking is available on campus.

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: Live results for all races will be posted following each race 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