



2023 PARTICIPATION FORM
San Leandro Citywide
Track and Field Meet
Presented by the Jaguar Speed – Run-60
When: May 6, 2023



Where: The Beautiful Burrell Field at the Pacific Sports Complex in San Leandro.
Time: Events begin at 3pm (Late / Same Day Registration starts at 2:30pm at track)
Who: Any Boy or Girl in grades TK through 8th who attend a San Leandro School or live in San Leandro.

Participants may enter 2 running events and 1 field event or 2 field events and 1 running event

Note: All participants may sign up for the relay events

(Check box to select events below – NOTE: ONLY 3 EVENTS AND RELAYS)

| | |
|---|--|
| <input checked="" type="checkbox"/> Track Events <input type="checkbox"/> 800-meter dash (4 th thru 8 th grades) <input type="checkbox"/> 400-meter dash (3 rd thru 8 th grades) <input type="checkbox"/> 50-meter dash (1 st grades and under) <input type="checkbox"/> 100-meter dash (1 st thru 8 th grades) <input type="checkbox"/> 200-meter dash (2 nd thru 8 th grades) *** 4x100 coed relay (2 nd thru 8 th grades) | <input checked="" type="checkbox"/> Field Events <input type="checkbox"/> Javelin Throw (1 st thru 8 th grades) <input type="checkbox"/> Long Jump (all grades) *** 4x100 Parents/Coaches <u>ONLY Fun Run Relay</u> |
| *** Relay participation will be heated/assigned the day of event | |

PARENTS (Guardian) MUST COMPLETE THIS FORM FOR STUDENT TO PARTICIPATE.

RETURN COMPLETED FORM TO YOUR TEACHER OR COACH (**Coaches MUST bring THIS form to the event to get BIB#**).
Early registration ends May 2nd (\$5 entry fee per student - maximum \$10 per family).

Make checks payable to your School

MUST register by May 2nd or Registration Late on the Day of Event- \$10 per student.

Registration Fee is not Refundable

I give permission to: _____ to participate in the San Leandro Citywide Youth Track Meet on Saturday May 6, 2023. I understand that my child must be accompanied by a parent, grandparent, or another responsible adult during the entire time the child is at the event and that the child may not be dropped off unaccompanied by an adult.

My child attends (School): _____ Grade: _____

Child's Address: _____

Relationship to Student: _____ Phone Number: _____

Email: _____

Parent/Guardian Print Your Name: _____

Sign: _____ Date: _____

Complete this form and give it to your PE Teacher or Coach

For questions: Denise Williams-West (Meet Director) * (510) 557-0577 * info@jaguarspeedinc.com



Jaguar Speed Inc – Run-60
San Leandro Citywide
Track and Field Meet



* 60 Minute Run for Life *

We support Ed Code 51210...200 minutes...PE

2023 RULES

1. The Early Entry fee is \$5/per participant or \$10 for multiple siblings. Each School is responsible for collecting the fee and the school gets to keep the fee to help fund health and fitness activities at their school. Money collected at the event (Late Fee \$10) will go to help pay for medals, ribbons, equipment, rentals, supplies, etc.
2. Meet is for San Leandro City Schools boys and girls grades TK-8 **only**.
3. ***Students **MUST** have completed **SL Citywide Participation Form** to participate (***no form substitutes***).
4. ***School appointed Coaches will be responsible for collecting the **Participation/sign-up form** from each of their participating students, then completing the Team Roster in preparation for emailing.
5. Coaches **MUST** email completed *Team Roster(s)* (**roster ONLY**) to info@jaguarspeedinc.com by **midnight May 2nd** to allow time for **Jaguar Speed Inc.** to organize **Team Packets** (i.e. Roster, participants bib #'s, and pins) for pickup by coach at **Registration Table** on the day of the meet.
6. *****Coaches MUST arrive early** with their team's *Signed SL Citywide Participation Forms* to turned them in at the **Registration Table** to get your **Team Packet**. **Note: your team members cannot participate** on the field until they are wearing their Bib#.
7. *****Each team MUST provide** a minimum of **4-Volunteers to help** on meet day with the event.
8. ****Participant's running and field event limits* - a limit of **three (3) events** per athlete, **example: 2 running and 1 field event, or 1 running and 2 field event** . *Note: don't include relay event. Relay is not counted in 3 event limit.*
9. The **50m, 100m, 200m, 400m, 800m Races** will be run according to grade/gender.
10. All relays are finals.
11. ****School's relays race entry limits* for– **limit to three (3) relay teams per school per grade level**. **All RELAYS** may be mixed gender or not, but team members must be all the same grade level. However, you may move a student/athlete up one grade. **Note:** all participants 2nd – 8th grade can **ONLY** participate in **one** relay event.
12. ***For the **50m, 100m, and 200m** running events each *school will be assigned one lane to organize* their team by grades (**behind the Start Line - Low grade to High**). Running Heats will be set at Starting Line.
13. ***For the **400m, and 800m and Relays** each *school will be assigned a CONE at the side of the Start Line* of the event to organize their team by grades (**Low grade to High**).
14. **Field Events** are all finals
 - a. **1 "Practice Try" and 2 "Official Tries"** on throws and jumps.
 - b. All **MUST** check-in prior to **START OF EVENT / Appointed CHECK-IN TIME** (See Schedule of Events)
15. Awards will be given to the top 3 finishers in each event heat.
16. ***NO track spikes or cleats allowed on the field.
17. ***NO starting blocks allowed. Runners are allowed a standing start, a three-point start, or a four-point start.
18. Uniforms are ok.
19. The meet will be run on time.

Events Questions Contact

Frank West (Coordinator)

Phone: 510-938-7156

Or email questions to: info@jaguarspeedinc.com

All Other Questions Contact

Denise Williams-West (Director)

Phone: 510-557-0577



Jaguar Speed Inc – Run-60

San Leandro Citywide
Track and Field Meet



* 60 Minute Run for Life *

We support Ed Code 51210...200 minutes...PE

2023 SCHEDULE OF EVENTS

Events Start Times

2:30 – Registration check-in and Warm-up Start

2:45 – Check-in at Long Jump Pit (Field Events)

2:45 – Check-in at Javelin Throw (Field Events)

2:45 – Check-in at Field Events Table near event

Grades 4TH & 5TH

Grades 6th, 7th, 8th

Grades TK, PK, 1st, 2ND, 3RD (see below)

3:00 – **Field Events Start** – Listen for 1st, 2nd and FINAL CALL

3:45 – Check-in for 800m race – Note: Check-in for ALL running events **Located at Start Line of the event**

4:00 – **800m Run** 4th – 8th grades Heat-Finals All Grades, Boys and Girls

Check-in during 800m - **400m Run** 3rd – 8th grades Heat-Finals All Grades, Boys and Girls

Check-in during 400m- **50m Dash** 1st and under Heat-Finals All Grades, Boys and Girls

Check-in during 50m - **100m Dash** 1st – 8th grades Heat-Finals All Grades, Boys and Girls

Check-in during 100m - **200m Run** 2nd – 8th grades Heat-Finals All Grades, Boys and Girls

Check-in after 100m- **Relay 4 X 100** 2nd – 8th grades Heat-Finals All Grades, Boys and Girls

End of meet – **Fun Run 4 X 100 Relay** For Parents/Coaches ONLY - check-in after grade school's relays

Field Events

(3:00 – until 5:15 pm - All Field events – MUST GO TO CHECK-IN AT 2:45-3:10)

| <u>Order</u> | <u>Event</u> | <u>Grades</u> | <u>Awards</u> |
|--------------|---------------|---|--|
| Up First | Long Jump | 4 th & 5 th | All Finals by grades (1 st , 2 nd , 3 rd places) |
| Up second | Long Jump | 2 nd & 3 rd | All Finals by grades (1 st , 2 nd , 3 rd places) |
| Up third | Long Jump | 6 th , 7 th , 8 th | All Finals by grades (1 st , 2 nd , 3 rd places) |
| Up fourth | Long Jump | TK – 1 st | All Finals by grades (1 st , 2 nd , 3 rd , Participation) |
| Up first | Javelin Throw | 6 th , 7 th , 8 th | All Finals by grades (1 st , 2 nd , 3 rd places) |
| Up second | Javelin Throw | 3 rd , 4 th , 5 th | All Finals by grades (1 st , 2 nd , 3 rd places) |
| Up third | Javelin Throw | 1 st & 2 nd | All Finals by grades (1 st , 2 nd , 3 rd , Participation) |

Events Questions Contact

Frank West (Coordinator)

Phone: 510-938-7156

Or email questions to: info@jaquarspeedinc.com

All Other Questions Contact

Denise Williams-West (Director)

Phone: 510-557-0577