



Fresno Flyers Spring Forward

Koligian Track Complex(Central HS)
4200 N. Grantland Ave.
Fresno, CA 93723
Saturday, March 23, 2019

Meet Timeline:

- Team packet pickup opens and onsite registration begins 7:30am
- Coaches/parents of unattached athlete's meeting (infield) 8:30am
 - It is highly recommended that each team send a representative
 - Please present event scratches at the meeting
- Field and Running events start time (Rolling Schedule) 9:00am
- Onsite/day of registration ends 9:00am

Registration:

- USATF Membership: Not required (nonmember registrations require signed waivers – see attached waiver form in email or pick up at event)
- Registration Deadline(s): online - March 22, 11:59AM or onsite/day of 9:00AM
- This event is open to Clubs/Schools/Unattached athletes
- Online registration is on: athletic.net
- Cost:
 - \$7.00/athlete to compete
 - \$3.00 general admission (no admission cost for 5 and under)
 - No fee for parking
 - Registration fee(s) will be collected during online registration
 - Additionally, registration will be accepted on the day of event



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Meet Guidelines and Additional Info:

- USA Youth track and field rules will apply.
- No coaches or parents will be allowed in the Clerking area.
- Athletes should report to the Clerking area on the first call **RACE READY**.
- No coaches or parents will be allowed on the track or field area. Minor exceptions may be made if you are assisting your 8 and under athletes with setting up their long jump marks or starting blocks. Once the event starts, the coach/parent must leave the field. There will also be an exception for parents to bring their children to the finish line to compete in the Fun Run - 50m race.
- Clerking area is only for running events, all field events check in at the field event location.
- Lost and found will be at the announcer's booth.
- Tents/Tarps are allowed along the side of bleachers.
- Please ensure that you keep your area clean - trash cans and bags are located throughout the facility.
- There will be an athletic trainer available throughout the day. Emergency medical facilities are within 20 minutes' drive from the facility.

2019 Age Groups/Eligible Athletes:

Age Division	Birth Year
Group 1 (8 and under) *	2011 or after
Group 2 (9 - 10 year olds) *	2009 - 2010
Group 3 (11 - 12 year olds) *	2007 - 2008
Group 4 (13 - 14 year olds) **	2005 - 2006
Group 5 (15 - 16 year olds) **	2003 - 2004
Group 6 (17 - 18 year olds) **	2001 - 2002

* can compete in up to 3 events. ** can compete in up to 4 events.



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Results:

- Results will be posted on the results board/wall (near the clerk of the course) upon completion of each event.
- Refer to the Central Association or Coach O websites for final results within 2 days after the meet is completed.

Awards:

- Medals will be awarded to the top 3 competitors overall in each event (track and field). Coaches/athletes can collect awards at the results/awards table. (Please give us the appropriate amount of time to post results. This is generally 30-55mins after an event concludes.)
- Awards must be claimed at the meet before you leave. We will **NOT** be mailing awards that were not picked up. (An exception will be made if we fail to post results by the time the track meet concludes.)

Concessions:

- Full Concessions will be available at the Meet. No grills are allowed.

Hotel:

- There are a variety of hotels throughout the Fresno/Clovis/Fowler areas that will be able to meet your lodging and convenience needs. Do an internet search of hotels near: Koligian Track Facility, 4200 N Grantland, Fresno, CA. 93723

Nearest addresses to Venue:

Koligian Track Facility is located behind (east of) Deran Koligian Stadium, the searchable address for this facility is: 4200 N Grantland, Fresno, CA. 93723



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Meet Contacts:

Meet Director:
Lynell Glover
Fresno Flyers Track Club, Inc.
email: fresnoflyers@gmail.com
cell: (559)691-0377

Warm-up Area:

- The outlining fields are the designated warm-up area

Track Events (begin at 9:00am):

Note: Depending on the number of athletes in each event, the 800m, 1500m or 3000m races may have multiple age groups compete in one heat. This may apply to other races, as well. Girls will compete first, followed by the boys.

- 3000 m run (age 9 and above)
- 80m Hurdles (11-12 age group)
- 100m Hurdles (13-14 girls/boys, 15-18 girls)
- 4x100m Relay (all age groups)
- 100m Dash (all age groups)
- 800m Run (all age groups)
- 50m Fun Run (6 years old and younger – will check in at finish line)
- 400m Dash (all age groups)
- 1500m run (age 9 and above)
- 200m Dash (all age groups)
- 4X400m Relay (age 9 and above)



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Field Events (begin at 9:00am) open pit:

- *Turbo Javelin (11-12, 9-10, 8 and under)
- Aero Javelin (13-14)
- Shot Put (15-18 through 8 and under)
- Long Jump (all age groups)
- Discus (11-12 through 17-18) – be contested at or after 11:30am
- Triple Jump (13-18) – to be contested at or after 11:30am
- High Jump (15-18 through 11-12 age groups)

The following events will NOT be contested:

- Javelin
- Pole vault
- Hammer Throw