

**AAU Pacific Association**  
**Youth Track and Field**  
**Saturday – March 5, 2005**

Castlemont High School – 8601 MacArthur Blvd. - Oakland, CA 94605

8:00 a.m. Breakfast  
 Workshop – Violence Prevention - Guest Speaker \_\_\_\_\_

9:00 a.m. 50 Meters Run  
 100 Meters Run  
 400 Meters Run  
 1500 Meters Run

<b>Field Event Clinic</b>	<b>Trainer(s)</b>
Long Jump	_____
High Jump	_____
Shot Put	_____
Hurdles	_____
Discus	_____
Triple Jump	_____
Javelin	_____
Pole Vault	_____

**Boys and Girls Age Groups**

Primary 1	2000	5 years old	50 meters run
Primary 2	1999	6 years old	50 meters run
Primary 3	1998	7 years old	50 meters run
Primary 4	1997	8 years old	100-200-400-800
Sub-Bantam	1996	9 years old	100-200-400-800-1500
<b>Bantam</b>	<b>1995</b>	<b>10 years old</b>	<b>100-200-400-800-1500</b>
Sub-Midget	1994	11 years old	100-200-400-800-1500
<b>Midget</b>	<b>1993</b>	<b>12 years old</b>	<b>100-200-400-800-1500</b>
Sub-Youth	1992	13 years old	100-200-400-800-1500
<b>Youth</b>	<b>1991</b>	<b>14 years old</b>	<b>100-200-400-800-1500</b>
Intermediate	1990-89	15-16 yrs. old	
Young Men & Women	1988-87	17-18 yrs. old	

**Sponsored:** 100 Black Men of the Bay Area, Dr. Mark Alexandra, Tommie Smith Track Meets Coordinator

**Directions:** www.Mapquest.com

<b>Contact number(s):</b>	Bernard White	510-967-5823	East Bay Clinic Director
	Ralph Belany	510-384-4558	East Bay Clinic Assistant Director
	Marquette Dixon	510-706-9808	East Bay Clinic Assistant Director
	Billy Ray Smith	415-730-5160	West Bay Clinic Director
	Duane Breaux	415-740-7724	West Bay Clinic Assistant Director