

# **California Golden Bears**

## **2022 All-Comers Track & Field Meet Info**

- Date:** Saturday, January 29, 2022 and February 19, 2022
- Divisions:** Junior High, High School, Open, Masters, male and female athletes  
**All participants must be 13 years of age or older to participate.**
- Rules:** These are USATF Sanctioned meets.
- Entry Fee:** \$15 for one event, \$20 for 2 events. \*Spectators are free.\* This fee is for entry into the meet. It is not a participation fee. No refunds. \*All current University of California Berkeley students are free with a current school ID.\*
- Registration:** 7:30am to **1pm ONLY**. Registration closes promptly at 1pm.
- Medical:** Please note that there will be no medical staff on the track during the meet. Participants are responsible for their own medical supplies. You are competing at your own risk.
- Waivers:** **All participants must sign Waiver of Liability, Assumption of Risk, and Indemnity Agreement. Parents must sign waivers for minors! No exceptions!**  
Forms are online at Calbears.com on the Track & Field page under "Links."
- Field Events:** Throws: Weigh-ins are 7am to 1pm ONLY. **\*Discus & weight throw will be contested only as light allows as per safety ruling by meet management. Cal, as a matter of liability policy, does not provide implements. Please bring your own.\*** Jumps: LJs and TJs will have open pits – All jumps must be contested within the open pit windows.
- Spikes:** **Spikes must be ¼" pyramid or less (9mm). Needle spikes NOT allowed.**
- Field Access:** Only participating athletes, Cal staff and meet administration allowed on the field besides pole vault coaches. All other coaches & fans/friends/family are asked to remain on the outside of the track/in the stands.
- Questions:** [kaylaferron@berkeley.edu](mailto:kaylaferron@berkeley.edu), [dlefever@berkeley.edu](mailto:dlefever@berkeley.edu)
- Weather:** In case of inclement weather, check twitter @Cal\_Track for meet status updates.
- Results:** Posted at the conclusion of each event at [www.recordtiming.com](http://www.recordtiming.com)

## Cal All-Comers 1/29/22 & 2/19/22 Time Schedule & Order of Events

### Field Events

Male division, open to youngest competed first; female division, open to youngest follows

Four attempts per athlete in the [horizontal jumps & throws](#)

8am	Hammer
10am	Pole Vault: 2 mixed-gender flights separated by opening heights of 7' & 10' (i.e., 10' opening competition follows completion of the lower section).
10am	High Jump: 1 mixed-gender flight opening at low and progressing
10am	Shot Put
10:30 am – 1pm	Open Long Jump
11am	Javelin Discus to follow
1:30 – 3:30	Triple Jump
2pm	Weight Throw

### TRACK EVENTS

Male division, open to youngest competed first; female division, open to youngest follows

**9:30am Race Walk - January 29, 2022- 1500m - Womens followed by Mens**  
**February 19, 2022 - 1 mile - Womens followed by Mens**

### **11am start of rolling schedule**

4x100m Relay  
1500m  
60mHH  
1000m (January 29th only)  
400m  
60m  
800m  
300mIH  
200m  
3000m  
4x400m Relay