

California Golden Bears

2023 All-Comers Track & Field Meet Info

- Date:** Saturday, February 4, 2023 and February 18, 2023
- 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:** \$10 for one event, \$20 for 2 events. **Limit 2 events MAX.**
Spectators are \$5.00 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:** **Registration is through DirectAthletics.com**
All Comers #1: January 1st, 2023 to February 2nd, 2023. Registration for All Comers #1 closes at 11:59pm on February 2nd.
All Comers #2: January 1st, 2023 to February 16th. Registration for All Comers #2 closes at 11:59pm on February 16th.
ONLINE REGISTRATION ONLY THROUGH DIRECT ATHLETICS!!!! NO DAY OF REGISTRATION AVAILABLE.
- Entrance:** Gate "F" on Frank Schlessinger Way (North side of Edwards track by Tennis)
- 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!**
Waivers can be signed either online (direct athletics) or brought in person.
Link to [Waivers](#)
- 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, 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 or <https://www.rttimingsolutions.com/results.html>

Cal All-Comers 2/4/23 & 2/18/23 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.

Throws: Weigh-ins are 7am to 1pm ONLY.

Jumps: LJs and TJs will have open pits – All jumps must be contested within the open pit windows.

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 lowest entry and progressing
10am	Shot Put
10:30 am – 1pm	Open Long Jump (Triple Jump to Follow)
11am	Javelin
	Discus to follow
2pm	Weight Throw

TRACK EVENTS

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

9:30am Race Walk - February 4, 2023- 1500m - Womens followed by Mens
February 18, 2023 - 1 mile - Womens followed by Mens

10:30am start of rolling schedule

3000m
4x100m Relay
1000m (**February 4th only**), 1500m (**February 18th only**)
60mHH
400m
60m
800m
300mIH
200m
4x400m Relay

Participants' Name (Please Print): _____

UNIVERSITY OF CALIFORNIA, BERKELEY DEPARTMENTS OF INTERCOLLEGIATE ATHLETICS & RECREATIONAL SPORTS

COVID Acknowledgement (it is advised to wear a mask at all times except when competing)

____ I hereby attest that that I have not tested positive for covid in the past 10 days or had any of the following symptoms: fever, muscle pain, cough, shortness of breath, loss of taste/smell, dizziness, unusual headache, sore throat any contact with anyone who has tested positive in the past 10 days

____ I have not had contact with anyone who has tested positive in the past 10 days

Waiver of Liability, Assumption of Risk, and Indemnity Agreement

Waiver: In consideration of permission to use, today and on all future dates, the property, facilities, staff, equipment and services of the Departments of Intercollegiate Athletics and Recreational Sports, I, for myself, my heirs, personal representatives or assigns, **do hereby release, waive, discharge, and covenant not to sue** The Regents of the University of California, its directors, officers, employees, and agents from liability **from any and all claims including the negligence of the Departments of Intercollegiate Athletics and Recreational Sports** resulting in personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, participation in activities, classes, observation, and use of facilities, premises or equipment.

Signature of Parent/Guardian of Minor

Date

Signature of User

Date

Assumption of Risks: This use of University property, facilities, staff, equipment, and/or services carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The Departments of Intercollegiate Athletics and Recreational Sports have facilities for and provide for activities such as social events, community outreach, clinics, classes, camps, and competitions. Some of these involve situations, environments, or activities that may lead to illness, physical injuries, and psychological stress or damage.

The specific risks vary from one activity to another, but the risks range from 1) minor injuries such as scratches, bruises, sprains, and embarrassment 2) major injuries such as joint or back injuries, heart attacks, head injuries, and psychological trauma 3) catastrophic injuries including paralysis and death.

I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent in the activities made possible by the _____ . I hereby assert that my participation is voluntary and that I knowingly assume all such risks.

Indemnification and Hold Harmless: I also agree to INDEMNIFY AND HOLD The Regents of the University of California HARMLESS from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney's fees brought as a result of my involvement in the at the University of California-Berkeley, and to reimburse them for any such expenses incurred.

Severability: The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgement of Understanding: I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and **understand that I am giving up substantial rights, including my right to sue.** I acknowledge that I am signing the agreement freely and voluntarily, and **intend by my signature to be a complete and unconditional release of all liability** to the greatest extent allowed by law.

Signature of Parent/Guardian of Minor

Date

Signature of User

Date

Participant's Age (if minor) _____