

7th Annual  
**2010**  
**TOMMIE SMITH**  
**YOUTH TRACK MEET**



[www.youth-movement.org](http://www.youth-movement.org)

Saturday May 22nd

Sunday May 23rd

UC Berkeley, Edwards Stadium



# Saturday Schedule

## Saturday – May 22nd, 2010

Coaches Meetings at 8:00am  
Opening Ceremony at 8:30am

Field Events Schedule– 9:00am (3 attempts – no Finals)  
Competitors must check in at their event sites.

High Jump Sub-Midget – Youth  
Long Jump (Pit #1 Girls) Pee-Wee 4 – Primary 8, Sub-Youth – Youth  
Long Jump (Pit #2 Boys) Pee-Wee 4 – Primary 8, Sub-Youth – Youth  
Mini Javelin Sub-Bantam – Midget  
Shot Put Primary – Open

Track Events Schedule– 9:00am

80M Hurdles Final Sub-Midget - Midget  
100M/110M Hurdles Final Sub-Youth - Open  
400M Run Final Primary - Open  
50M Run Semi PeeWee 4 – PeeWee 6  
100M Run Semi Primary – Open  
3000M Run Final Sub-Midget – Open  
4x800M Relay Final Midget – Open  
50M Run Final PeeWee 4 – PeeWee 6  
100M Run Final Primary – Open



# Sunday Schedule

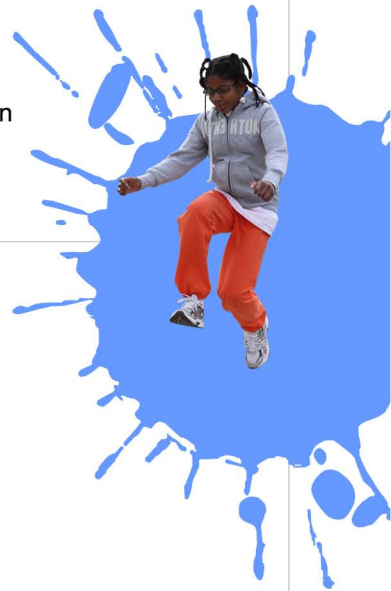
Sunday - May 23rd, 2010

Field Events – 9:00am (3 attempts – No Finals)  
Competitors must check in at their event sites.

High Jump Sub-Bantam & Bantam, Open  
Long Jump (Pit #1) Sub-Bantam – Midget, Open  
Triple Jump (Pit #2) Sub-Youth – Open  
Discus Sub-Midget – Open

Track Events – 9:00am

1500M Race Walk Final Sub Bantam - Midget  
4x100 Relay Final Pee Wee – Open  
\*\*Coaches/Parents 4x100 Relay\*\*  
1500M Run Final Sub-Bantam – Open  
200M Hurdles Final Sub-Youth & Youth  
800M Run Final Sub-Bantam – Open  
200M Run Final Primary – Open  
3000M Race Walk Final Sub Youth - Open  
4x400M Relay Final Bantam – Open





## TOMMIE SMITH BIO

Tommie Smith began life quietly, born to Richard and Dora Smith on June 6, 1944, in Clarksville, Texas, the seventh of 12 children. Tommie Smith survived a life-threatening bout of pneumonia as an infant, which allowed him to carry out the work that God intended for him. Today, his historic achievements make him a nationally and internationally distinguished figure in African American history. He is the only man in the history of track and field to hold eleven world records simultaneously.

Tommie Smith received his Bachelor of Arts degree from San Jose State University in Social Science, with double minors in Military Science and Physical Education. Tommie received his Masters Degree in Sociology from Goddard Cambridge in Boston, Mass. As a college student, Tommie amazingly tied or broke a total of 13 world records in track.

During the historic 19th Olympiad held in Mexico City, in the summer of 1968, Tommie Smith broke the world and Olympic records with a time of 19.83 seconds and became the 200-meter Olympic champion. As the Star Spangled Banner echoed in the wind, at the Mexico City Summer Olympic Games, Tommie Smith and John Carlos stood on the victory podium, draped with their Olympic medals, each raised a clenched fist, covered in a black leather glove in a historic stand for black power, liberation and solidarity. This courageous, unexpected worldwide event propelled Tommie Smith into the spotlight as a human rights spokesman, activist, and symbol of African American pride at home and abroad. Cheered by some, jeered by others, and ignored by many more, Tommie Smith made a commitment to dedicate his life, even at great personal risk, to champion the cause of oppressed people. The story of the "silent gesture" is captured for all time in the 1999 HBO TV documentary, "Fists of Freedom".

Tommie Smith's courageous leadership, talent, and activism have earned him well-deserved acclaim and athletic and humanitarian awards.

Since the games of the XIX Olympiad, Tommie has enjoyed a distinguished career as a coach, educator, athletic director and activist.



We are grateful to our  
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## Acknowledgements

*Honorary Chairman, Move for Health*  
**Dr. Tommie Smith**

**Youth Movement Executive Director**  
Dr. Mark Alexander

**Meet Staff**

Jackie Callender, Meet Director  
Aliya Dibrell, Meet Manager & Timer  
Christopher P. Chatmon, Clerk of Course  
Michael Salem, Starter  
Willie White, Field Events Coordinator  
Jon H. Sylvester, Legal Advisor  
James Long & Martin Wyatt, Meet Announcer  
Ralph Bellany, Referee

**Event Coordinator**  
D. R. Roberts Event Management

**Program Design**  
Isa Abdul-Aziz,  
Imagetek *Rasign*

**Special Thanks**  
Board of Directors and Members of 100 Black Men of the Bay Area, Inc.  
Health & Wellness Committee  
Delois Smith  
Honorable Keith Carson  
U.C. Berkeley Chancellor Robert J. Birgeneau  
Kaiser Permanente  
California Health Care Foundation  
California Endowment  
California Wellness Foundation  
Audree Jones-Taylor, City of Oakland, Parks and Recreation  
Dr. Mark D. Smith  
Dr. A. Eugene Washington  
Dr. Dana Hughes  
Margaret Dixon, Oakland P.A.L.  
Billy Ray Smith  
Brent Douglas  
Barbra Higgins, Bay Area Sports Hall of Fam



*Our heartfelt gratitude goes to our legion of volunteer coaches who  
share their time and talents with the children of our community.*

## Youth Movement

Over the past seven years, the 100 Black Men of the Bay Area has been developing a model health/fitness program called Youth Movement. This model is designed to improve the health and well being of at-risk children in Bay Area cities. This is a two-pronged community-based program that has two primary components:

The first component is a classroom-based program that identifies students who are overweight/obese, or at-risk for developing serious chronic conditions. Local volunteer health professionals assist our coaching staff in assessing the health/fitness of fourth and fifth graders in participating schools according to standardized youth fitness guidelines.

The second component is an after school and weekend program that features athletic training, and the formation of local track & field clubs. Track & field training is held year round, and leads to local competition with other schools and track clubs during late winter and early spring. The 100 Black Men of the Bay Area organizes and sponsors a series of athletic clinics each year from January through May. The local track & field season culminates with the Tommie Smith Youth Track Meet.

Overall, the Youth Movement program's impact on Bay Area Communities has been an unparalleled success. Subsequently, this model is being replicated in Louisville, Kentucky and New Orleans, Louisiana.

### Goals of Youth Movement

- Develop a model community-driven/school based fitness program in Bay Area neighborhoods.
- Improve the fitness test scores of children in participating schools.
- Develop healthy food choice habits among children.
- Establish athletic clubs in Bay Area communities, and revitalize after school youth sports programs.
- Enhance character development in young people.
- Prepare youth for academic success.

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**HEALTHY  
LIFESTYLE**



**Character  
Development**



**ACADEMIC  
SUCCESS**



A photograph of a man and a young child standing outdoors in a grassy area with green foliage in the background. The man is on the left, wearing a grey t-shirt and khaki shorts, holding the child. The child is on the right, wearing a red t-shirt and khaki shorts, and is smiling at the man. The overall mood is warm and affectionate.

# ESCAPE THE GRAVITATIONAL PULL OF THE C O U C H .

It sits silently in the center of the room. Slowly it pulls you closer. Stop. Drop the remote and move away from the couch. By walking, cycling or playing for just 30 minutes a day, you can improve your well being and reduce your risk of disease. At [kaiserpermanente.org](http://kaiserpermanente.org), you'll find thousands of health tips like this. That's because we're committed to your total health. Helping you to live. To enjoy. To thrive.

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