

## Rio Rancho Invite Information

**DATE:** Friday March 25, 2016

**LOCATION:** Rio Rancho High School

**MEET DIRECTORS:** Rick Miller, 505-263-6608 [rmiller\\_41@msn.com](mailto:rmiller_41@msn.com) Sal Gonzales, 505-603-2110 [sal.gonzales@rrps.net](mailto:sal.gonzales@rrps.net)

**ATHLETE ENTRIES:** Entry are due through [www.athletic.net](http://www.athletic.net) no later than March 23<sup>rd</sup> by 9:00pm. Late entries will not be accepted. On the day of the meet you may scratch an athlete from an event but you may not replace that athlete.

**ENTRY LIMITATIONS:** Teams will be limited to three (3) entries in all individual track and field events and 1 entry in all relays.

**ENTRY MARKS:** Entry marks must be from the 2016 season. DO NOT use estimates, relay splits or practice marks for entries.

**TEAMS ATTENDING:** Rio Rancho, Albuquerque High, ATC, Bernalillo, Canutillo (EP), Cibola, Highland, Hope Christian, La Cueva, Pojoaque, Sandia, Santa Fe High, Valley, West Mesa,

**EVENT CHECK-IN:** Athletes in running events will check-in near the track shed in the north east corner of the track to receive hip numbers. Field event athletes will check-in at the event location.

**RUNNING EVENTS:** All running events will be run as timed finals. Starting Blocks will be provided. If you use your starting blocks you will be responsible for moving to and from starting line(s).

**WARM-UP AREA:** The football stadium and adjacent soccer fields will be used for warm-ups. There is no speaker system in this area. Athletes will be responsible for check-in before their event begins.

**POLE VAULT:** Poles will be checked at the event location for weight marking. All coaches shall be responsible for seeing that their athletes are using poles that are correct for their weight. Pole weight limits shall be clearly marked on any pole(s) used by competitors. Poles not correctly marked shall be confiscated by the pole vault official and not returned until completion of the event.

**ATHLETE ENTRY:** Athletes may enter via the east or west entrances to the track. Athletes must be dressed in their school issued uniform.

**FAN ENTRY:** We are asking that all fans enter via the east entrance and park in the Football parking lot. We would like to keep the Track parking lot available for athletes, coaches and fans who need ADA access to our facility.

**ADMISSION:** \$3 for adults, \$2 for Students, \$2 for Seniors

**WEIGH-INS:** Weigh-ins will be near the track shed in the north east corner of the track.

**SCRATCH MEETING:**

**STARTING BLOCKS:** will be provided.

**FIELD EVENTS:** Shot Put, Discus, Javelin, Long Jump and Triple Jump contestants will be given 3 attempts with the top 8 qualifying for finals.

**STARTING HEIGHTS:**

	Girls	Boys
High Jump	4'6"	5'6"
Pole Vault	9'6"	7'6"

**MINIMUM MARKS:**

	Girls	Boys
Shot Put	27'	38'
Discus	80'	115'
Javelin	80'	120'
Long Jump	13'	17'
Triple Jump	27'	35'

**SCORING:** Individual events 7-5-4-3-2-1 Relays: 10-8-6-4-2-1

**LANE ASSIGNMENTS:** Curved 3-4-5-6-7-8-2-1 Straight 5-4-6-3-7-2-8-1

## Rio Rancho Invitational Schedule

March 25, 2016

Track Schedule		Field Schedule	
<p>Running events will be on a “rolling schedule” starting with the 4x100m Relay. Running events take priority over field events.</p>		9:00	Boys Discus Girls Shot Put Girls Triple Jump Boys Triple Jump Boys Pole Vault Girls High Jump
9:00	Girls 3200m Run [1 heat] Boys 3200m Run [1 heat] --Relay Practice--	10:30	Boys Shot Put Girls Discus Girls Shot Put Girls Long Jump Boys Long Jump Boys High Jump Girls Pole Vault
10:00	Girls 4x100m Relay [2 heats] Boys 4x100m Relay [2 heats] Girls 100m Hurdles Boys 110m Hurdles Girls 100m Dash Boys 100m Dash Girls 1600m Run Boys 1600m Run Girls 4x200m Relay [2 heats] Boys 4x200m Relay [2 heats] Girls 400m Dash Boys 400m Dash Girls 300m Hurdles Boys 300m Hurdles Girls 800m Run Boys 800m Run Girls 1600m MEDLEY Relay [2 heats] Boys 1600m MEDLEY Relay [2 heats] Girls 200m Dash Boys 200m Dash Girls 4x400m Relay [2 heats] Boys 4x400m Relay [2 heats]	12:00	Girls Javelin Boys javelin