

Rio Rancho Invite Information

DATE: Saturday April 4, 2014

LOCATION: University of New Mexico Track and Field Stadium

ENTRY: Entry for the meet will be on www.athletic.net If you are invited to the meet you will be able to enter individuals and team on web site.

LIMITATIONS: Teams both boys and girls will be limited to three (3) entries in all track events, (including distance) all field events and 1 entry for boys and girls in all relays.

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.

EVENT CHECK-IN: Athletes in running events will check-in in front of the shed on the south end of the Stadium 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 grass area south of the stadium and adjacent to the indoor Football practice facility will be used for warm-ups. There is no speaker(s) in this area. Athletes will be responsible for check-in before their event begins.

ENTRY FEES: Entry fee per school is \$100.00 both girls and boys. Please bring check to meet and turn in at time of packet pick-up. If your school has hosted **RIO RANCHO HS**, your fee is waived.

Schedule Events Rio Rancho Invite

8:30	Girls 3200 Meter Run Boys 3200 Meter Run
9:10	Track Open for practice
9:30	Track Closed
9:40	Girls 4X1 Relay Boys 4X1 Relay Boys 110 Meter Hurdles Girls 100 Meter Hurdles Girls 100 Meter Boys 100 Meter Girls 1600 Meter Boys 1600 Meter Girls 4X2 Relay Boys 4X2 Relay Girls 400 Meter Boys 400 Meter Girls 300 Meter Hurdles Boys 300 Meter Hurdles Girls 800 Meter Boys 800 Meter Girls MEDLEY Relay Boys MEDLEY Relay Girls 200 Meter Boys 200 Meter Girls 4X4 Relay Boys 4X4 Relay

Running events starting with the 4X1 Relay will be on a “rolling” time schedule. Events WILL NOT BE DELAYED waiting on missing athletes. If an athlete “misses” their assigned section, they will not be allowed to run. NO EXCEPTIONS!!

Field Event Schedule Rio Rancho Invite

8:00	Girls Discus Boys Shot Put Girls Long Jump Boys Long Jump Girls Pole Vault Boys High Jump
10:00	Girls Shot Put Boys Discus Girls Triple Jump Boys Triple Jump Girls High Jump Boys Pole Vault
12:00	Girls Javelin Boys javelin

All field events will have three (3) attempts only except for vertical jumps.