Rio Rancho Invite Information

DATE: Saturday April 8, 2017

LOCATION: Rio Rancho High School

MEET DIRECTORS: Rick Miller, 505-263-6608 rmiller_41@msn.com Sal Gonzales, 505-603-2110 sal.gonzales@rrps.net

ATHLETE ENTRIES: Entry are due through www.athletic.net no later than April 5th 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.

TEAMS ATTENDING: Rio Rancho, Atrisco Heritage, Bernalillo, Del Norte, Hope Christian, La Cueva, Manzano, Pojoaque, Rio Grande, Volcano Vista,

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). All sprints will be run from east to west to the common start/finish line. FAT timing will not be moved due to weather conditions.

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.

JAVELIN: The Javelin will be contested at the large grass field south of the Track.

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: $4 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: Scratch meeting will be at 8:00am and held in the Track/Cross Country Fieldhouse located east of the Track near the soccer fields.

FIELD EVENTS: Shot Put, Discus, Javelin, Long Jump and Triple Jump contestants will be given 4 attempts.

STARTING HEIGHTS:

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

MINIMUM MARKS: Judges will measure ALL first attempts and then the Minimum Mark will be enforced.

	Girls	Boys
Shot Put	27'	38' '
Discus	80'	105'
Javelin	80'	115'
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
April 8, 2017

Track Schedule	Field Schedule

Running events will be on a "rolling schedule" starting with the 4x100m Relay. Running events take priority over field events.
 	
9:00   Girls 3200m Run
             Boys 3200m Run
             --Relay Practice--
10:00   Girls 4x100m Relay
             Boys 4x100m Relay
             Girls 100m Hurdles
             Boys 110m Hurdles
             Girls 100m Dash
             Boys 100m Dash
             Girls 1600m Run
             Boys 1600m Run
             Girls 4x200m Relay
             Boys 4x200m Relay
             Girls 400m Dash
             Boys 400m Dash
             Girls 300m Hurdles
             Boys 300m Hurdles
             Girls 800m Run
             Boys 800m Run
             Girls 1600m MEDLEY Relay
             Boys 1600m MEDLEY Relay
             Girls 200m Dash
             Boys 200m Dash
             Girls 4x400m Relay
             Boys 4x400m Relay
	9:00 Boys Discus
	              Girls Shot Put
	              Girls Triple Jump
	              Boys Triple Jump
	              Boys Pole Vault
	              Girls High Jump
	
	10:30 Boys Shot Put
	              Girls Discus
	              Girls Shot Put
	              Girls Long Jump
	              Boys Long Jump
	              Boys High Jump
	              Girls Pole Vault
	
	12:00 Girls Javelin
	              Boys javelin