

## Rio Rancho Rust Buster Information

**DATE:** Saturday March 16, 2019

**LOCATION:** Rio Rancho High School

**MEET DIRECTORS:** Rick Miller, 505-263-6608 [rick.miller@rrps.net](mailto:rick.miller@rrps.net) Sal Gonzales, 505-603-2110 [sal.gonzales@rrps.net](mailto:sal.gonzales@rrps.net)

**TEAMS ATTENDING:** (12) Atrisco Heritage Academy, Bernalillo, Capital, Cibola High School, Highland High School, Hope Christian, La Cueva High School, Pecos, Rio Grande High School, Rio Rancho, Valley High School, West Mesa High School

**ATHLETE ENTRIES:** Entry are due through [www.athletic.net](http://www.athletic.net) no later than **Wednesday March 13<sup>th</sup> by 9:00pm**. Late entries will not be accepted. On the day of the meet you may scratch an athlete from an individual event but you may not replace that athlete. You may change athletes in your relays.

**ENTRY LIMITATIONS:** Teams will be limited to **FIVE (5)** entries in all individual track and field events and (1) entry in all relays.

**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.

**ENTRY MARKS:** Since this is the first meet of the season for most teams, personal bests or scrimmage marks can be used for entries. All athletes with "no time" in a track event will be placed in a slow heat. All athletes with "no mark" in the field events will be ranked at the bottom of the order.

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

**TRACK EVENTS:** All track events will be contested as timed finals. Track events take priority over Field Events. Starting Blocks will be provided. If you use your own 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.

**WEIGH-INS:** Weigh-ins will be near the track shed in the northeast corner of the track starting at 8:00am.

**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. We will have 2 sectors so that the Boys and Girls events will be held simultaneously.

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

**STARTING HEIGHTS:**

	Girls	Boys
High Jump	4'4"	5'2"
Pole Vault	7'0"	8'6"

**MINIMUM MARKS:** (All first attempts will be marked. Minimum marks will be enforced for attempts 2-4)

	Girls	Boys
Shot Put	25'	35'
Discus	75'	110'
Javelin	75'	115'
Long Jump	12'	17'
Triple Jump	25'	35'

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

**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:** \$5 for adults, \$2 for Students, \$2 for Seniors

**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

**HEAT SHEETS & LANE ASSIGNMENTS:** Lane and Heat assignments will be posted on the track near the start of each event. Inform your athletes of this fact and encourage them to take responsibility for knowing their specific assignments. This process makes the clerking process more efficient.

## Rio Rancho Rust Buster Schedule

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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. Meet management may go to a rolling schedule for the entire meet if weather is an issue.</p> <p>9:00            Girls 3200m Run  Boys 3200m Run  --Relay Practice--</p> <p>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</p>	<p>9:00            Girls Discus  Session 1        Boys Shot Put  Girls Triple Jump  Boys Triple Jump  Girls Pole Vault  Boys High Jump</p> <p>Session 2        Girls Shot Put  (after session    Boys Discus  1 is completed) Girls Long Jump  Boys Long Jump  Girls High Jump  Boys Pole Vault</p> <p>Session 3        Girls Javelin  (after session    Boys javelin  2 is completed)</p>