

Rio Rancho Invitational Information

DATE: Saturday April 13, 2019

LOCATION: Rio Rancho High School

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

ATHLETE ENTRIES: Entry are due through www.athletic.net no later than **April 10th** 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: Albuquerque High School, Carlsbad, Del Norte High School, Eldorado High School, Hope Christian, Los Alamos, Manzano High School, Rio Rancho, Sandia High School, Santa Fe High, Santa Fe Prep, St. Pius X, Taos, Volcano Vista High School

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.

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.

Horizontal Jumps: The Long Jump will be contested at the east-facing pit. The Triple Jump will be contested at the west-facing pit.

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: \$5 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. Weigh-ins will begin at 7:30am and end at 8:45am.

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	7'0"	9'0"

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 13, 2019

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> <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 Boys Discus Session 1 Girls Shot Put Girls Long Jump Boys Triple Jump Boys Pole Vault Girls High Jump</p> <p>Session 2 Boys Shot Put (after session 1 is completed) Girls Discus Girls Triple Jump Boys Long Jump Boys High Jump Girls Pole Vault</p> <p>Session 3 Girls Javelin (after session 2 is completed) Boys javelin</p>