

# RIO RANCHO

## • TRACK & FIELD •

### Rio Rancho Rust Buster Information

**DATE:** Saturday March 14, 2020

**LOCATION:** Rio Rancho High School

**MEET DIRECTORS:** Sal Gonzales, 505-603-2110 [sal.gonzales@rrps.net](mailto:sal.gonzales@rrps.net) Nate Pino, 505-720-4026 [nate.pino@rrps.net](mailto:nate.pino@rrps.net)

**TEAMS ATTENDING:** [12] Albuquerque High, Amarillo, Belen, Del Norte, Eldorado, Gallup, Kirtland Central, Los Lunas, Manzano, Rio Rancho, Sandia, Volcano Vista,

**ATHLETE ENTRIES:** Entry are due through [www.athletic.net](http://www.athletic.net) no later than **Wednesday March 11<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 FOUR (4) 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 east 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)

	<u>Girls</u>	<u>Boys</u>	
Shot Put	25'	35'	
Discus	75'	110'	
Javelin	80'	115'	
Long Jump	13'	17'	[East Pit]
Triple Jump	25'	35'	[West Pit]

**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, \$3 for Students, \$3 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.

**TEAM CAMPS:** Teams need to set up camp outside of the track field. Please do not set up tents or camps in the bleacher area. This area is set aside for fans.

## Rio Rancho Rust Buster Schedule

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>		9:00	Girls Discus
		Session 1	Boys Shot Put
			Girls Triple Jump
			Boys Long Jump
9:00	Girls 3200m Run		Girls Pole Vault
	Boys 3200m Run		Boys High Jump
	--Relay Practice--		
10:00	Girls 4x100m Relay	Session 2	Girls Shot Put
	Boys 4x100m Relay	(after session	Boys Discus
	Girls 100m Hurdles	1 is completed)	Girls Long Jump
	Boys 110m Hurdles		Boys Triple Jump
	Girls 100m Dash		Girls High Jump
	Boys 100m Dash		Boys Pole Vault
	Girls 1600m Run		
	Boys 1600m Run	Session 3	Girls Javelin
	Girls 4x200m Relay	(after session	Boys javelin
	Boys 4x200m Relay	2 is completed)	
	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		