

Rio Rancho Invite Information

DATE: Thursday April 2, 2015

LOCATION: University of New Mexico Track and Field Stadium

MEET DIRECTOR: Rick Miller, 505-263-6608 rmiller_41@msn.com

ATHLETE ENTRIES: Entry are due through www.athletic.net no later than Monday March 30, 2015 by 10:00pm. 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.

ENTRY MARKS: All Entry Marks must be from varsity competition in the 2015 season. If an athlete does not have an Entry Mark, enter (NM) for that athlete. DO NOT estimate performance and DO NOT use relay splits.

TEAMS ATTENDING: Rio Rancho, Albuquerque Academy, Albuquerque High, Atrisco Heritage, Cibola, Cleveland, Del Norte, Eldorado, Highland, Hope Christian, La Cueva, Manzano, Pojoaque, Rio Grande, West Mesa, Volcano Vista,

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.

WEIGH-INS: Weigh-ins will be in front of the shed on the south end of the track.

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 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.

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 Invite Time Schedule

April 2, 2015

Track Schedule	Field Schedule
<p>All Events are girls followed by boys unless noted. Running events will be on a “rolling schedule” starting with the 4x100m Relay. Running events take priority over field events.</p> <p>2:30 Track Open for practice</p> <p>2:50 Track Closed</p> <p>3:00 4X100 Meter Relay</p> <p> Girls 100 Meter Hurdles</p> <p> Boys 110 Meter Hurdles</p> <p> 100 Meter Dash</p> <p> 1600 Meter Run</p> <p> 4X200 Meter Relay</p> <p> 400 Meter Dash</p> <p> 300 Meter Hurdles</p> <p> 800 Meter Run</p> <p> 1600 Meter MEDLEY Relay</p> <p> 200 Meter Dash</p> <p> 3200 Meter Run</p> <p> 4X400 Meter Relay</p>	<p>3:00 Girls Discus</p> <p> Boys Shot Put</p> <p> Girls Long Jump</p> <p> Boys Long Jump</p> <p> Girls Pole Vault</p> <p> Boys High Jump</p> <p>5:00 Girls Shot Put</p> <p> Boys Discus</p> <p> Girls Shot Put</p> <p> Girls Triple Jump</p> <p> Boys Triple Jump</p> <p> Girls High Jump</p> <p> Boys Pole Vault</p> <p>7:30 Girls Javelin</p> <p> Boys javelin</p>

FOUL LINES AND STARTING HEIGHTS: Below are the foul lines and starting heights that will be utilized in the field events. Please do not enter athletes who are unable to achieve these standards. Foul lines are put in place to keep the meet on schedule. Judges will not grant “courtesy” measurements.

FOUL LINES

	BOYS	GIRLS
Javelin	125'	85'
Discus	115'	80'
Shot Put	40'	28'
Long Jump	18'	14'
Triple Jump	35'	28'

Starting Heights:

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