



“Start your Engines!!!!”

This is a USATF Sanctioned Track Meet
Sponsored by the Pacific Association

Saturday, March 22, 2014
Cosumnes Oaks High School
8350 Lotz Parkway, Elk Grove, CA 95757

Team Packet Pickup Start Time: 7:30am
Field Events Start Time: 8:30am
Running Events Start Time: 9:00am

**** All Tents/Tarps allowed at TOP of bleachers only and along walkways
AWAY from fence**

Eligibility: Any boy or girl in the following divisions:

Age Division	Birth Year
8 or younger *	2006 +
9 - 10 year olds *	2004 - 2005
11 - 12 year olds *	2002 - 2003
13 - 14 year olds **	2000 - 2001
15 - 16 year olds **	1998 - 1999
17 - 18 year olds **	1996 - 1997

* can compete in up to 3 events. ** can compete in up to 4 events.

USATF Membership: Not required but desired

- Registration:
Registration into the meet must be received by midnight **March 18, 2014**
Clubs / schools register at **Coach O** : <http://www.coacho.com/main/index.html>

No same day registration ... no exceptions!

In order to increase the awareness of the needs in our communities, RPM LEGACY requests a donation of (1) non-perishable food item from each attendee, athlete and/or spectator, to be collected upon entry to track meet. All items collected will be donated to our local food bank. We thank you in advance for your team's participation.

- Cost: \$7/ per athlete ..plus (1) non- perishable food item donation
- Free for spectators with a **strong** request for (1) non-perishable food item donation
- Payment will be collected at time of online registration
- **Awards:** Top 6 in each heat/flight will receive a ribbon (given after each heat/flight is completed).
- Results: Results will be posted within 60 minutes after each event is over and on the PA/USATF website within 2-days after the meet is completed; field event results will be posted as soon as they are loaded into the computer.
- Snack Bar: Snack bar will open at 9:00 am (**Cosumnes Oaks High School does not allow BBQs to be used anywhere on campus, not even in parking lots**)
- Access to clerking area: Coaches are encouraged to come with their athletes to the Clerking area for 1 and 2 age groups. Clerking area is only for running events. All field events check in at the field event location
- Access to infield: No coaches on infield except coaches clearly displaying 2014 PA/USATF membership ID cards and assisting 1 and 2 long jumpers setting marks. Coaches must leave when the event begins.
- Questions: **Contact Jessie Woods : info@rpmlegacy.com or (916) 261-3866**

Meet Timeline

- Depending on number of athletes in each event the 800m and 1500m races may have multiple age groups compete in one heat, during designated time in schedule. Additional races could be combined depending on number of athletes.

Order of Events

Girls will compete first, followed by the Boys

Running Events

- 4x200m Relay (all age groups, starting with 8 and under)
- 1500m Run (11-13, 13-14, 15-16)
- 100m Dash (all age groups)
- 400m Run (all age groups)
- 50m Tiny Tot Sprint (5 years old and younger)
- 80m Hurdles (13-14, 15-16)
- 100m Hurdles (13-14, 15-16)
- 800m Run (all age groups)
- 4x100m Relay (all age groups)

Field Events

- Turbo Javelin (8 and under, 9-10, 11-12)
- Shot Put (all age groups, starting with 8 and under)
- Long Jump (all age groups, starting with 8 and under) (2 pits – 1 for girls; 1 for boys)

NOTE: The following events will NOT be contested:

- 200
- 4x400
- 3000
- Race Walk
- Triple Jump
- Pole Vault
- High Jump
- Javelin
- Discus