

W E L C O M E

TO ALL ATHLETES, COACHES & PARENTS



JUNE 14, 2014 RENO, NEVADA

DAMONTE RANCH
HIGH SCHOOL



**SILVER STATE
SPORTS COMMISSION**



LOCATION:

DAMONTE RANCH HIGH SCHOOL
10500 RIO WRANGLER PKWY RENO, NEVADA 89511

STARTING TIMES:

8:30 A.M. – FIELD EVENTS (Rain or Shine)
9:00 A.M. – FIRST RUNNING EVENT (Rain or Shine)

ENTRY FEES:

\$7.00 PER ATHLETE
\$20.00 FOR EACH ENTERED RELAY

ENTRY FEE PAYMENT:

FEES MUST BE PAID IN FULL ONLINE BEFORE THE "COACHO" REGISTRATION SYSTEM CLOSURE. OUR REGISTRATION CLOSURE DATE IS JUNE 12, 2014. ALL ENTRY FEES ARE TO BE MADE ONLINE WITH "COACHO" PRIOR TO THE CLOSING DATE. NO REFUNDS!

ENTRY DEAD LINE:

THE ELECTRONIC ENTRY SYSTEM WILL CLOSE AT MIDNIGHT THURSDAY JUNE 12, 2014.
NO ENTRIES WILL BE ACCEPTED AFTER "COACHO" REGISTRATION CLOSURE.
NO LATE OR AT THE MEET REGISTRATION!
NO EVENT CHANGES AT THE MEET!

AGE GROUPS (NEW AGE GROUP ID FORMAT) - DIVISIONS BY BIRTH YEARS:

GROUP #1 (8 & UNDER) 2006 OR LATER
GROUP #2 (9 & 10 YRS) 2004 – 2005
GROUP #3 (11 & 12 YRS) 2002 – 2003
GROUP #4 (13 & 14 YRS) 2000 – 2001
GROUP #5 (15 & 16 YRS) 1998 – 1999
GROUP #6 (17 & 18 YRS) 1996 – 1997 **1995 IF BORN AFTER JULY 28TH

INDIVIDUAL AWARDS:

1ST - 3RD PLACE RECEIVE MEDALS. 4TH - 6TH PLACE RECEIVE RIBBONS

MEET INFORMATION:

BILL HARRISON, MEET DIRECTOR - CALL (775) 334-7256 or PAUL HEGLAR AT (775) 560-0537
(PLEASE NO CALLS BEFORE 9 A.M. OR AFTER 8 P.M.)

ENTRY INSTRUCTIONS:

ALL ENTRIES MUST BE COMPLETED ONLINE. NO ADDITIONS WILL BE ALLOWED AT THE MEET!
THE WEBSITE FOR YOUR ONLINE REGISTRATION IS: www.renotahoetrack.org (there will be a link to COACHO on the home page)
ENTRIES WILL BE ACCEPTED STARTING ON MAY 16, 2014. YOUR ENTRIES MUST BE IN THE SYSTEM BY THURSDAY JUNE 12, 2014.
NO LATER THAN 11:59PM (NO EXCEPTIONS WILL BE MADE)

PARKING:

PLENTY OF PARKING AVAILABLE ON CAMPUS

MEET GUIDELINES:

ALL USA TRACK & FIELD RULES WILL APPLY
ALL RACES ARE FINALS - BEST TIMES WILL DETERMINE PLACES. MEET TIMING IS FINAL.

LATE ARRIVALS TO FIELD EVENTS MUST START AT THE CURRENT ROUND WITHOUT WARM-UP

REPORT TO CLERK OF COURSE ON FIRST CALL. ATHLETES MISSING THEIR HEAT WILL NOT BE MOVED TO AN OPEN LANE IN ANOTHER HEAT, SO BE ON TIME!

ALL WEATHER TRACK, UP TO 3/16" SPIKES ARE ALLOWED

THERE WILL BE (4) ATTEMPTS IN ALL HORIZONTAL JUMP EVENTS

NO COACHES OR PARENTS ALLOWED ON THE TRACK OR FIELD AREA, (EXCEPT TO SETUP MARKS IN THE LONG JUMP FOR ATHLETES IN AGE GROUPS 1 & 2)

ONCE THE EVENT STARTS PARENTS/COACHES MUST LEAVE THE FIELD

ALL AWARDS CAN BE PICKED UP BY AN ATHLETE OR COACH AT THE AWARDS TABLE

CONCESSIONS:

A SNACK BAR AND HEATED FOOD WILL BE AVAILABLE ON BOTH DAYS

ORDER OF EVENTS:

** SHOT PUT/DISCUS WILL BE CONTESTED AT THE SOUTH END OF THE FIELD

** LONG JUMP AND TRIPLE JUMP - BOYS ON WEST PIT, GIRLS ON EAST PIT

** ALL RUNNING EVENTS (EXCEPT HURDLES) WILL BE GIRLS FIRST THEN BOYS - YOUNGEST TO OLDEST



SATURDAY, JUNE 14, 2014

FIELD EVENTS:

8:30 A.M. STARTING TIME - (THE FIELD EVENTS LISTED BELOW MAY BE CALLED OUT OF THE LISTED SEQUENCE)

LONG JUMP:	HIGH JUMP:	SHOT PUT:	DISCUS:	TRIPLE JUMP:	POLE VAULT:
GROUP (1-6) GIRLS (EAST PIT)	GROUP (2-6) GIRLS (SOUTH PIT)	GROUP (1-6) BOYS (SOUTH RING)	GROUP (4-6) GIRLS (SOUTH RING)	GROUP (5-6) GIRLS (FOLLOWS LJ ON A ROLLING SCHEDULE)	GROUP (4-6) GIRLS (EAST PIT)
GROUP (1-6) BOYS (WEST PIT)	GROUP (2-6) BOYS (AFTER GIRLS)	GROUP (1-6) GIRLS (FOLLOWING BOYS ON A ROLLING SCHEDULE)	GROUP (4-6) BOYS (FOLLOWING GIRLS ON A ROLLING SCHEDULE)	GROUP (5-6) BOYS (FOLLOWS LJ ON A ROLLING SCHEDULE)	GROUP (4-6) BOYS (FOLLOWING GIRLS ON A ROLLING SCHEDULE)

RUNNING EVENTS: (ALL RACES USE FAT TIME)

9:00 A.M. STARTING TIME

3000M RUN	FINALS - AGE GROUPS (4-6)
80M HURDLES	FINALS - AGE GROUP (3) * BOTH BOYS AND GIRLS RACES
100M HURDLES	FINALS - AGE GROUPS (4-6) * GIRLS ONLY
110M HURDLES	FINALS - AGE GROUPS (4-6) * BOYS ONLY
4X100 RELAY	FINALS - AGE GROUPS (1-6) * FINAL RESULTS DETERMINED BY FAT TIMES OVER ALL HEATS
800M	FINALS - AGE GROUPS (1-6)
50M	FINALS - AGE GROUP (1) * FINAL RESULTS DETERMINED BY FAT TIMES OVER ALL HEATS
100M	FINALS - AGE GROUPS (1-6) * FINAL RESULTS DETERMINED BY FAT TIMES OVER ALL HEATS
400M	FINALS - AGE GROUPS (1-6) * FINAL RESULTS DETERMINED BY FAT TIMES OVER ALL HEATS
400M HURDLES	FINALS - AGE GROUPS (5-6)
200M	FINALS - AGE GROUPS (1-6) * FINAL RESULTS DETERMINED BY FAT TIMES OVER ALL HEATS
1600M	FINALS - AGE GROUPS (1-6)
4X400 RELAY	FINALS - AGE GROUPS (1-6) * FINAL RESULTS DETERMINED BY FAT TIMES OVER ALL HEATS