



## **“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:**

<b>Age Division</b>	<b>Birth Year</b>
8 or younger *	2006 +
9 - 10 year olds *	2004 - 2005
11 - 12 year olds *	2002 - 2003
13 - 14 year olds **	2000 - 2001
15 - 16/17-18 year olds **	1996 - 1999 (1995, if born after July 27th)

\* 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). Top 3 overall finishers in each age group and each event will receive medals. **Medals can be picked up by coaches or parents ONLY.**
- Results: Results will be posted upon completion of each event and on the PA/USATF website within 2-days after the meet is completed.
- Snack bar will be available (**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 group 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 group 1 and 2 long jumpers setting marks. Coaches must leave when the event begins.
- Questions: **Contact Jessie Woods : [info@rpmlegacy.com](mailto:info@rpmlegacy.com) or (916) 261-3866**

## **Order of Events**

**Girls will compete first, followed by the Boys**

- **Running Events**

- 4x200m Relay (all age groups)
- 1500m Run (all age groups)
- 100m Dash (all age groups)
- 400m Run (all age groups)
- 50m Tiny Tot Sprint (5 years old and younger)
- 80m Hurdles ( 11-12 age group)
- 100m Hurdles (13-14 girls/boys, 15-18 girls)
- 110m Hurdles (15-18 boys)
- 800m Run (all age groups)
- 4x100m Relay (all age groups)

- **Field Events**

- Turbo Javelin (11-12, 9-10, 8 and under)
- Shot Put (all age groups)
- Long Jump (all age groups; 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