



### **Rain or Shine**

Saturday, 24 March 2012  
Rocklin High School  
5301 Victory Lane, Rocklin, CA 95765

What do you need to know?

- USATF Membership: Not required but desired
- Registration:
  - Registration into the meet must be received by midnight March 20
    - Clubs / schools register at **Coach O**
      - <http://www.coacho.com/main/index.html>
  - **No same day registration ... no exceptions!**
- Cost:
  - \$6 per athlete
  - Free for spectators
  - Payment will be collected at time of online registration
- Awards: Top 6 in each heat / flight will receive a ribbon (given after each heat is completed)
- Results: Results will be posted within 30-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: RETC will provide a snack bar with hot meal-deals for breakfast & lunch (school does not allow BBQs to be brought on campus); hot breakfast will be served beginning at 9 am
- Access to clerking area: Coaches are encouraged to come with their athletes to the Clerking area for Sub-Bantam and Bantam age groups. Clerking area is only for running events. All field events check in at the location of the field event
- Access to infield: No coaches on infield except coaches clearly displaying 2012 PA/USATF membership ID cards and assisting Sub-Bantam and Bantam long jumpers setting marks. Coaches must leave when the event begins

- Questions: Contact Maura Kent @ [bookoutgen@yahoo.com](mailto:bookoutgen@yahoo.com) or (916) 412-7288

**Driving Directions**

- From Reno: Take I-80 West towards Sacramento. Exit Highway CA 65 North toward Lincoln/Marysville (exit 106). Take the first exit ... Galleria Blvd./Stanford Ranch Rd (exit 307). Merge to the right onto Stanford Ranch Rd. Stay on this road for 3 miles than turn right onto Victory Lane
- From San Francisco: Take I-80 East towards Reno. Exit Highway CA 65 North toward Lincoln/Marysville (exit 106). Take the first exit ... Galleria Blvd./Stanford Ranch Rd (exit 307). Merge to the right onto Stanford Ranch Rd. Stay on this road for 3 miles than turn right onto Victory Lane.
- From Modesto: Take I-99 North. I-99 will merge with Business I-80 as you enter downtown Sacramento. At the merge stay to the far left merging onto I-80 to Reno (basically you'll stay straight on the freeway). Stay on I-80 till you reach Highway 65 exit. Follow directions above from San Francisco

**Meet Timeline**

- Packet pick-up opens 9:00 am
- Club coach's / Unattached parents meeting (infield) 9:30 am
- First running / field events begin 10:00 am

**Age Groups**

- Sub-Bantam, Bantam and Midget can only compete in up to 3 events
- Youth and Open can compete in up to 4 events

Age Group	Birth Year	Age Group	Birth Year
Sub-Bantam	2004 or later	Youth	1998-1999
Bantam	2002 -2003	Open	1996-1997 (1995 if 18 on or / before Aug. 2)
Midget	2000-2001		

**Order of Events**

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. All field events will begin at 10:00 am.

## **Order of running and field events are Girls then Boys**

### **Running Events**

- 80m Hurdles (Midget)
- 100m Hurdles (Youth, I/Open Women)
- 110m Hurdles (Open Men)
- 800m Run (all age groups)
- 100m Dash (all age groups)
- 1500m Run (all age groups)
- 400m Run (all age groups)
- 4x100m Relay (all age groups)
- 200m Dash (all age groups)

### **Field Events**

- Turbo Javelin (SB, B, M) rolling schedule
- Discus (O, Y, M) rolling schedule – begins @ 11:30 am
- Javelin (Y, O) rolling schedule – begins @ 12:30 pm
- Shot Put (B, M, Y, O, SB) rolling schedule
- Long Jump (SB, B, M, Y, O) (2 pits – 1 for girls; 1 for boys) rolling schedule
- High Jump (O, Y, M, B) rolling schedule