



“Start your Engines!!!!”

Rain or shine...

Saturday, March 21, 2015
Cosumnes Oaks High School
8350 Lotz Parkway, Elk Grove, CA 95757

Meet Timeline

- | | |
|------------------------------------------------------------------|--------|
| • Team packet pickup opens | 7:30am |
| • Club coaches/parents of unattached athlete's meeting (infield) | 8:00am |
| ○ Please send one spokesperson for your team | |
| ○ Please present event scratches at the meeting | |
| • Field events start time (Rolling Schedule) | 8:30am |
| • Running events start (Rolling Schedule) | 9:00am |

Registration

- USATF Membership: Not required, but desired
- Deadline: Meet entries must be received by midnight **March 18, 2015**
- Clubs / schools / Unattached athletes - register at **Coach O**:
 - <http://www.coacho.com/main/index.html>
 - **No same day registration ... no exceptions!**
 - **No event changes at the meet...no exceptions!**
- Cost:
 - \$7 per athlete (**No fee for participants in the 50m Tiny Tot race**)
 - Registration payment will be collected via online registration
 - Free for spectators - FREE PARKING is located throughout the site.

Community Involvement and Support

In order to increase the awareness of **Sickle Cell Anemia Disease, RPM LEGACY requests a donation of a stuffed Panda Bear from each attendee, athlete and/or spectator, to be collected upon entry to the track meet. Your token of love will be donated to Niki's Panda Nation, a local charity formed to bring joy to sick children going through serious medical procedures and infusion for sickle cell disease, chemotherapy and blood transfusions. We thank you in advance for your generous gift to this worthy cause. Please leave your panda bear donation at the team packet pickup booth/area.**

Meet Guidelines and Additional Information

- USA Youth track and field rules will apply.
- No coaches or parents will be allowed in the Clerking area.
- Athlete's should report to the Clerking area on the first call **RACE READY**.
- No coaches or parents will be allowed on the track or field area. An exception will be made if you are assisting your 8 and under athletes with setting up their long jump marks. Once the event starts, the coach/parent must leave the field. There will also be an exception for parents to bring their children to the finish line to compete in the 50m Tiny Tots race.
- Clerking area is only for running events, all field events check in at the field event location.
- Lost and found will be at the announcer's booth.
- Tents/Tarps are allowed at TOP of bleachers only.
- Please ensure that you keep your area clean - trash cans and bags are located throughout the venue.
- There will be an EMT available throughout the day. Additional medical facilities are within minutes from the stadium.

Age Groups/Eligible Athletes

Age Division	Birth Year
8 or younger *	2007 +
9 - 10 year olds *	2005 - 2006
11 - 12 year olds *	2003 - 2004
13 - 14 year olds **	2001 - 2002
15 - 16/17-18 year olds **	1997 - 2000 (1996, if born after July 27th)

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

Warm up area

- Located at the soccer fields, next to the outdoor basketball courts.

Results

- Results will be posted on the results board/wall (near the clerk of the course restroom area) upon completion of each event.
- Refer to the Pacific Association website (www.pausatf.org) for final results within 2 days after the meet is completed.

Awards

- Awards must be claimed at the meet before you leave. We will **NOT** be mailing awards that were not picked up.
- Ribbons will be awarded to 1st through 6th place finishers in each heat for the running events. Athletes will collect running event awards at the finish line after each heat.
- Field event awards will be distributed at the field event. Athletes who check out to compete in an event on the track will return to the field event to claim their award. Awards will be given to 1st through 6th place finishers in each flight.

Concessions

- Snack bar will be available.
- **School does not allow BBQs to be used anywhere on campus, not even in parking lots .**

Hotel

- Holiday Inn - 9175 West Stockton Blvd, Elk Grove, CA 95758.
- Reservations can be made at (916) 478-9000, ask for the RPM Legacy Sprint Cup discount rate (\$99).

Meet Director and Head Coach

- If you have further questions, **Contact Jessie Woods**
 - **email: info@rpmlegacy.com**
 - **cell: (916) 261-3866**

Schedule of Events

Depending on the number of athletes in each event, the 800m and 1500m races may have multiple age groups compete in one heat. Additional races may be combined, depending on the number of athletes. Girls will compete first, followed by the boys.

Track Events

- 1500m Run (all age groups)
- 4x200m Relay (all age groups)
 - **NOTE: This event will be contested using a 2-turn stagger. The race will start at the normal 400m (and 4x100m) starting line. The first baton exchange will take place in the standard 2nd passing zone of the 4x100m relay. The second baton exchange will take place in the normal (lane one, extended) 4x400m relay zone. After that exchange, the runner will be able to break into lane 1 at the 800m break line and make the 3rd exchange in lane one of the 2nd standard 4x100m relay zone.**
- 100m Dash (all age groups)
- 400m Run (all age groups)
- 50m Tiny Tot Sprint (5 years old and younger - Check in at the finish line.)
- 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 (15-18 through 8 and under; 2 rings - one for boys, 1 for girls)
- Long Jump (all age groups; 2 pits - 1 for girls, 1 for boys)

The following events will **NOT** be contested:

- | | |
|-------------|---------------|
| • 200m | • Triple Jump |
| • 4x400m | • Pole Vault |
| • 3000m | • High Jump |
| • Race Walk | • Javelin |
| | • Discus |