



Rain or Shine

Saturday, 30 April 2016
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 10 pm April 27, 2016
 - Clubs / schools register at **Athletic.Net**
 - View this video if you aren't familiar with registration via Athletic.Net
 - http://www.athletic.net/TrackAndField/School.aspx?SchoolID=28809#PageHelp_1345
 - **No same day registration ... no exceptions!**
- Cost:
 - \$7 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). Medals to overall top 3 finishers in each event. If an event has more than one heat then ribbons will be given in the heat and top 3 medalists can pick up their medals at award table near finish line (on infield) after event results are posted. Medals can be picked up by coaches or parents
- 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; hot breakfast will be served beginning at 8 am (**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 6&U, 7-8 and 9-10 year olds. Clerking area is only for running events. All field events check in at the location of the field event
 - This will be a pre-seeded meet so if we run a race with empty lanes ... that is why
- Access to infield: No coaches on infield except coaches clearly displaying 2016 PA/USATF membership ID cards and assisting 6U, 7-8 and 9-10 year olds long jumpers or turbo javelin throwers. Coaches may stay on the infield (but not coach) if crowd control for your team is required
- Questions: Contact Maura Kent @ 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. 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. 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

Hotels

When you book your hotel, please let them know you are coming for the RETC T&F meet. Thanks!

- <http://placertourism.com/events/2016RevolutionExpressTrackMeet>
- Best Western Roseville Inn
 - 220 Harding Blvd., Roseville
 - (916) 782-4434
 - Ask for USATF discount rate of \$79 a night (set up by Nancy Smith)

Meet Timeline

- Packet pick-up opens 7:30 am
- Club coach's / Unattached parents meeting (infield) 8:00 am
- First field events begin 8:30 am
- First running event begins 8:30 am

Age Groups

- 5-6, 7-8, 9-10 and 11-12 year olds can only compete in up to 3 events
- 13-14, 15-16 and 17-18 year olds can compete in up to 4 events

| Age Group | Birth Year |
|----------------|---------------|
| 5-6 Year Olds | 2010 or later |
| 7-8 Year Olds | 2008-2009 |
| 9-10 Year Olds | 2006-2007 |

| Age Group | Birth Year |
|-----------------|---|
| 11-12 Year Olds | 2004-2005 |
| 13-14 Year Olds | 2002-2003 |
| 15-18 Year Olds | 1998-2001 or 18 after August 1, 1997 |

Order of Events

Depending on number of athletes in each event of the 800m, 1500m and 3000m 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 running and field events are Girls than Boys.

Field Events (begin @ 8:30 am)

Field event athletes who are first to compete at 8:30 am should be checked in at their venue by 8 am and warming up as field event officials will begin contesting each event promptly at 8:30 am (don't miss your competition by arriving after it is over!)

- Discus (15-18, 13-14, 11-12 year olds) rolling schedule
- Turbo Javelin (11-12, 5-6, 7-8, 9-10 year olds) rolling schedule
- Javelin (13-14, 15-18 year olds - all age groups @ once if only a few registered)
- Shot Put (9-10, 11-12, 13-14, 15-18, 7-8, 5-6 year olds) rolling schedule
- Long Jump (5-6, 7-8, 9-10, 11-12, 13-14, 15-18 year olds) rolling schedule
 - 2 pits – 1 for girls; 1 for boys
- Triple Jump (15-18, 13-14 year olds) follows long jump as rolling schedule
- High Jump (15-18, 13-14, 11-12, 9-10) rolling schedule
- Pole Vault (13-14, 15-16, 17-18) likely to have all compete at one time @ 8:30 am

Running Events (begin @ 8:30 am)

Race Walkers should be checked in at clerk of the course by 8:10 am. We will start on time so don't miss your event. After schedule published we were asked to add the Race Walk & 4x400m Relay. So we are adding the Race Walk half an hour before our posted running event start times. 3000m's are still expected to start at 9 am or as soon as the Race Walk is over ... whichever occurs first. 4x400m Relay was added to the end of the schedule.

- **8:30 am** - 1500m/3000m Race Walk (9-10 to 15-18 year olds) ... 1 heat for all
- **9:00 am** - 3000m Run (11-12, 13-14, 15-18 year olds) ... 1-2 heats max
- Rolling schedule for rest of events
- 80m Hurdles (11-12 year olds)
- 100m Hurdles (13-14 girls/boys, 15-18 girls)
- 110m Hurdles (15-18 boys)
- 50m dash (4 & under) ... No pre-registration required
- 50m dash (5-6 year olds who are registered in the meet)
- 400m Run (all age groups)
- 100m Dash (all age groups)
- 1500m Run (all age groups except 5-6 year olds)
- 4x100m Relay (all age groups)
- 200m Dash (all age groups)
- 800m Run (all age groups except 5-6 year olds)
- 4x400m Relay (all age groups except 5-6 year olds)