



## Rain or Shine

Saturday, 17 April 2010  
Rocklin High School  
5301 Victory Lane, Rocklin, CA 95765

What do you need to know?

Capping athlete participation at 500

Only the first 500 athletes who register will be allowed to compete. Last year over 750 athletes competed in our meet so don't delay your registration. The online registration link will be shut down when we reach our cap.

- USATF Membership: Not required but desired
- Registration:
  - Registration into the meet must be received by midnight April 14
    - Clubs / schools register at **Coach O**
      - [http://coachoregistration.com/meet/info/ca\\_rosevillepal/2010/04-17\\_Roseville\\_PAL\\_Express\\_Track\\_Club\\_Youth\\_Sectional\\_USATF/](http://coachoregistration.com/meet/info/ca_rosevillepal/2010/04-17_Roseville_PAL_Express_Track_Club_Youth_Sectional_USATF/)
  - **No same day registration ... no exceptions!**
- Cost:
  - \$6 per athlete
  - Free for spectators
  - Payment will be collected at time of online registration
- Seeding: We will not pre-seed heats. Best efforts will be made to seed heats the day of the meet so that two athletes from the same club will not be in the same heat. Last heat in each age group will be the fast heat ... to do this we need you to instruct your athlete(s) to let the clerk know they want to be in the fast heat
- Awards: Top 6 in each heat / flight will receive a ribbon (given after each heat is completed); participant ribbon to all who place 7<sup>th</sup> and beyond in each heat
- **Top 3 overall will receive a medal**
  - Events with multiple heats per age group will award medals 30-minutes after the event is over (allows time for combination of heat results). These medals can be picked up by the club coach or a designated club / unattached athlete representative at the finish line (center of track)

- 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 after 12:30 pm
- Meet Records: See if you can break your age-group event meet record!
- Snack Bar: RPAL Express 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 7 am
- Volunteers: *Our club has been challenged this year in securing a facility to hold practices. As a result we are starting our season in mid-March consequently we need to request your support. Please identify 1-3 volunteers from your club who can help out at the meet. Lunch will be provided to volunteers who work till their event area is completed.* Please contact Melissa Arnold (volunteer coordinator) @ [melissa.arnold@att.net](mailto:melissa.arnold@att.net) to let her know what events you can volunteer at
- 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 2010 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) 786-7288

#### 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

#### Hotel Suggestions

- Try [www.hotels.com](http://www.hotels.com) and type in "Rocklin, CA" in the search box

#### Meet Timeline

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|---|---------|
| • Packet pick-up opens                                | 7:30 am |
| • Club coach's / Unattached parents meeting (infield) | 8:30 am |
| • First running / field events begin                  | 9:00 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	2002 or later	Youth	1996-1997
Bantam	2000 -2001	Open	1992-1995 (1991 if 18 on or / before Aug. 2)
Midget	1998-1999		

## Order of Events

Depending on number of athletes in each event the 3000m runs may have all 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 9:00 am.

Something new! We will try a multies event as part of our meet. If you want to compete in the multies you only sign-up for this event. You will then compete as part of the regular meet in your three events. At the end of the meet we will pull the results for the multies together to announce those winners. Multies events are:

- Bantam: high jump, shot put, 200m (girls) / 400m (boys)
- Midget: 80m Hurdles, shot put, high jump
- Youth: 100m Hurdles, shot put, high jump

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

#### **Running Events**

- 3000m Run (Midget – Open Women)
- 80m Hurdles (Midget)
- 100m Hurdles (Youth, I/Open Women)
- 110m Hurdles (Open Men)
- 4x100m Relay (all age groups)
- 100m Dash (all age groups)
- 1500m Run (Bantam – Open)
- 200m Hurdles (Youth)
- 400m Run (all age groups)
- 200m Dash (all age groups)
- 800m Run (Bantam – Open)
- 4x400m Relay (all age groups)

#### **Field Events**

- Turbo Javelin (SB, B, M) open pit from 9 am – 11 am
- Discus (O, Y, M) rolling schedule – begins @ 11 am (thanks to Natomas Youth TC for running this event!)
- Javelin (Y, O) open pit from 1 – 2 pm
- Shot Put (B, M, Y, O) rolling schedule
- Long Jump (SB, B, M, Y, O) (2 pits – 1 for girls; 1 for boys) rolling schedule
  - Triple Jump (Y, O) (follows LJ)
- High Jump (O, Y, M, B) rolling schedule ... if we have any multies athletes in the Youth HJ we will hold the event to allow them to complete their hurdle race first