



## Rain or Shine

Saturday, 18 April 2009  
Oakmont High School  
1710 Cirby Way, Roseville 95661

### What do you need to know?

- **USATF Membership:** All athletes competing in this meet **must be 2009 USATF member** if they are a member of a club. Unattached athletes do not need to be a USATF member. Use this competition as an opportunity to learn about USATF to determine if you'd like to join
  - USATF membership applications will be available
- **Registration:**
  - Registration into the meet must be received by midnight April 12
    - Register at [www.athletic.net](http://www.athletic.net)
    - Check the RETC website ([www.eteamz.com/RosevilleExpress](http://www.eteamz.com/RosevilleExpress)) to confirm unattached and club entries have been received
      - Entries will not be accepted until registration fees are received
  - Same day registration allowed for unattached athletes only; pre registration is preferred
- **Cost:**
  - \$6 per athlete (send your registration fees to RETC, 1442 Deerfield Circle, Roseville, CA 95747)
  - There will be no refunds so ensure your entries are correct
- **Relays:** An unattached athlete may not compete on a relay team (this is a USATF rule)
- **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); **Top 3 overall will receive a medal**; participant ribbon to all who place 7<sup>th</sup> and beyond in each heat
  - 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
- **Finish line photography:** \$10 per photo ... all races will be available (cash or check); photo ordering will be located at top of home bleachers next to press box
- **Meet Records:** Using the results from the 2008 RETC sponsored meet ... RETC now has established meet records for you to break!
- **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 7 am
- **Volunteers:** RETC will be providing all volunteers to run this meet
- **Pole vault coaches box:** One coach per club will be allowed on the infield as long as they stay confined to the coach's box
- **Access to clerking area:** Only athletes are allowed in the clerking area. This is the 7<sup>th</sup> meet of the 2009 season and by this time an athlete needs to be able to navigate the Clerk of the Course

process without a parent or coach. Clerking area is only for running & race walking events. All field events are to check in at the location of the field event

- Access to infield: No coaches on infield except coaches clearly displaying 2009 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 Douglas Blvd. Stay in the right of the two left-turn lanes. Immediately after you turn left onto Sunrise Blvd. take the fly over exit on your right (this is actually an exit on the freeway overpass. If you miss the flyover then take first right after crossing the freeway (Sunrise Blvd.). Either option drops you on Sunrise Blvd. Turn left on Cirby and school will be down the road on the right hand side of the street.
- From San Francisco: Take I-80 East towards Reno. When you enter the outskirts of Sacramento stay to the right and take the I-80 Reno split. (If you stay on Business I-80 through Sacramento you'll add 20-30 minutes to your commute.) Exit on Auburn / Riverside Blvd. exit. There is a different Auburn Blvd. exit in Sacramento ... do not take that one! Take the Auburn exit that is combined with Riverside Blvd. At this exit stay in the right-hand lane like you are going to go onto Auburn Blvd. Instead of exiting right or left on Auburn go straight and end up on a frontage road that parallels I-80. Turn right on Cirby Way and the school will be down the road on your right side.
- 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 Auburn/Riverside exit. Follow directions above from San Francisco

#### Hotel Suggestions

- See hotel flier for specific details – when you register ensure you state you are coming for the Roseville Express Track Club meet to obtain your discounted hotel rates
  - Best Western Roseville Inn (916-782-4434)
  - Orchid Suites (916-784-2222)
  - Holiday Inn Express & Suites (916-774-6060)
- **Free spaghetti dinner** for all USATF families staying at one of the above hotels for the meet. Pasta dinner will be held at Orchid Suites
  - RSVP to Art Hernandez or Scott Canon @ 916-784-2222

#### Meet Timeline

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|---|---------|
| • Packet pick-up                                      | 8:00 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	2001 or later	Youth	1995-1996
Bantam	1999-2000	Open	1991-1994 (1990 if 18 on or / before Aug. 2)
Midget	1997-1998		

Order of Events
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Depending on number of athletes in each event the Race Walks and 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. With the 2009 season Sub-Bantams can participate in the turbo javelin event.

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

#### **Running Events**

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

#### **Field Events**

- Javelin / Turbo Javelin (Y, O, SB, B, M) –held in baseball field behind track
- Discus (O, M, Y)
- Shot Put (B, M, Y, O)
- Long Jump (SB, B, M, Y, O) (2 pits – 1 for girls; 1 for boys)
  - Triple Jump (Y, O) (follows LJ)
- High Jump (O, Y, M, B)
- Pole Vault (Y, O)