



Rain or Shine

Saturday, 27 April 2013
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 April 20, 2013
 - 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). 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 Groups 1 and 2. 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 2013 PA/USATF membership ID cards and assisting Groups 1 and 2 long jumpers setting marks. Coaches must leave when the event begins
- 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 (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

Hotels

- <http://placertourism.com/event/2013TrackYouthMeet>

Meet Timeline

- Packet pick-up opens 8:00 am
- Club coach's / Unattached parents meeting (infield) 8:30 am
- First running / field events begin 9:00 am

Age Groups

- Groups 1, 2 and 3 can only compete in up to 3 events
- Groups 4 and 5/6 can compete in up to 4 events

Age Group	Birth Year	Age Group	Birth Year
Group 1	2005 or later	Group 4	1999-2000
Group 2	2003 -2004	Group 5/6	1995-1998 (1996 if 18 on or / before July 28)
Group 3	2001-2002		

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. All field events will begin at 9:00 am.

Order of running and field events are Girls then Boys

Running Events

- 80m Hurdles (3)
- 100m Hurdles (4, 5/6 Women)
- 110m Hurdles (5/6 Men)
- 800m Run (all age groups)
- 100m Dash (all age groups)
- 1500m Run (2 – 5/6)
- 400m Run (all age groups)
- 4x100m Relay (all age groups)
- 200m Dash (all age groups)
- 3000m Run (3 – 5/6)

Field Events

- Discus (5/6, 4, 3) rolling schedule
- Turbo Javelin (1, 2, 3) rolling schedule; begins after Discus completed
- Javelin (4, 5/6 - all age groups @ once) rolling schedule – begins after Discus completed
- Shot Put (2, 3, 4, 5/6, 1) rolling schedule
- Long Jump (1, 2, 3, 4, 5/6) (2 pits – 1 for girls; 1 for boys) rolling schedule
- High Jump (5/6, 4, 3, 2) rolling schedule