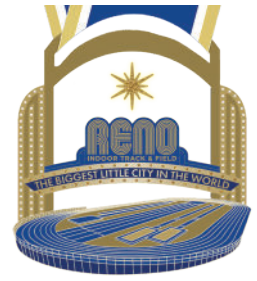




RENO INDOOR TRACK & FIELD HOLIDAY INVITE

rev. 12/10/2024



- Meet Dates: **December 28-29, 2024**
- Meet Location: Reno-Sparks Convention Center
- The meet was changed to 2-days, since not all the event entry caps were achieved.

MEET SCHEDULE

D1=ages 8 & under; D2=ages 9-10; D3=ages 11-12; D4=ages 13-14; D5=ages 15-16; D6=ages 17-18
Girls are designated by G; Boys by B. Open/Masters Women and Men=ages 19-99

SATURDAY- December 28

9am - on the TRACK (Rolling)

- 55Hurdles D3G,D3B, D4G, D4B, D5G, D6G, D5B, D6B followed by
- 60Hurdles Open/Master Women, Open/Master Men

10:30 am

- 55m sprint D1G, D1B, D2G, D2B, D3G, D3B, D4G, D4B, D5G, D5B, D6G, D6B followed by
- 60m sprint Open/Master Women, Open/Master Men

1:30 pm

- 200 sprint D1G,D1B, D2G, D2B, D3G, D3B, D4G, D4B, D5G, D5B, D6G, D6B, Open/Master Women, Open/Master Men

9am - Saturday FIELD EVENTS

- Weight Throw - D5G & D6G & Open/Masters Women flight 1 followed by D5B & D6B & Open/Master Men flight 2

9am

- Triple Jump - D5G and D6G and Open/Master Women flight 1 followed by D5B and D6B and Open/Master Men flight 2

1 pm

- Long Jump - D1G and D2G and D3G- flight 1 followed by D4G and D5G- flight 2 followed by D6G and Open/Master Women - flight 3

1 pm

- Shot Put- D1G and D2G and D3G and D4G and D5G and D6G and Open/Masters Women- flight 1

2:30 pm

- High Jump- D2G and D3G and D4G flight 1 followed by D2B & D3B and D4B & D5B flight 2

1 pm

- Pole Vault- D5G- flight 1 followed by D6G and Open/Master Women flight 2

SUNDAY - December 29

9:00 am - on the TRACK (Rolling)

800m run

- D1G, D1B, D2G, D2B, D3G, D3B, D4G, D4B, D5G,D5B, D6G, D6B followed by Open/Master Women, Open/Master Men

11:00 am

- **1500 Race Walk** male and female together

11:30 am

- **400 run** D1G, D1B, D2G, D2B, D3G, D3B, D4G, D4B, D5G, D5B, D6G, D6B followed by Open/Master Women, Open/Master Men

2:30 pm

- **1500 run** D1G and D2G and D3G- Heat 1, D1B and D2B and D3B-Heat 2, D4G-Heat 3, D4B-Heat 4 followed by

- **1600 run** D5G, D5B, D6G, D6B followed by
- **Mile run** Open/Master Women followed by Open/Master Men

9am Sunday FIELD EVENTS

9 am

- **High Jump** D5G and D6G and Open/Master Women-flight 1 followed by D5B and D6B and Open/Master Men-flight 2

9 am

- **Long Jump** D1B and D2B and D3B-flight 1 D4B and D5B -flight 2, D6B-flight 3 & 4, Open/Master Men- flight 5

9 am

- **Shot Put** D1B and D2B and D3B and D4B- flight 1 followed by D5B and D6B and Open/Master Men-flight 2

9 am

- **Pole Vault** D5B- flight 1, D6B- flight 2, Open/Masters Men- flight 3

MEET SCHEDULE DETAILS - The meet will be conducted on a rolling schedule. It is up to each athlete to know when their event is taking place. The clerk in Hall 4 will have a sound system and will call for each group to report for hiping. If you miss your event there will not be another opportunity to compete in that event. Field event athletes also need to report to the clerk and be escorted onto the field for their event. Field event athletes need to report to the clerk at least 30 minutes before their event.

ENTRY FEES - As a reminder, all fees are entry fees and not participation fees. Once an entry is submitted payment is required immediately or the entry will not be accepted. Entries are first come first serve in each event per division and when the cap has been reached entries will be closed in that division for that event. There are no refunds. This is an Indoor facility; the meet will occur regardless of weather.

Fees:

- \$12 per youth/high school individual event
- \$24 per open/master individual event.
- Athletes are allowed to compete in four events only.

PHOTOGRAPHER & MANDATORY WAIVER FORM

[COMPLETED & SIGNED PHOTO WAIVER REQUIRED](#) from all participants and parents/guardians of minors BEFORE THE EVENT. This waiver allows us to capture and share images from the event. Photos taken during the meet will be available for purchase at the same link. Questions? 916.412.8008; LisaNottingham@gmail.com; LisaNottingham.com

SPECTATOR FEES

- General admission charge is \$5 per person per day for the meet. All purchases will be online using this QR code or [THIS LINK](#). Payment may be done in advance or at the poster placed at the entrance to the main arena in Hall 4.
- Athletes will be allowed in free with their entry but must report to packet pickup in room D10 to obtain their bib number which will be their entry.
- Coaches who are USATF certified will be allowed in free and must also report to packet pickup to obtain their wrist band for entry. Coaches must be current members of USATF and be three step compliant.



PARKING FEE

There is a \$10 per car parking fee for the lots that surround the Convention Center. Parking is free on the surrounding streets.

CONCESSIONS & MERCHANDISE

There is a fully loaded concession stand in Hall 5 for your enjoyment. There will also be a vendor selling merchandise in Hall 5. **BACKPACKS** Athletes are allowed to bring in personal backpacks which may be subject to search. Personal water bottles are also allowed. No coolers with food and drink are allowed into the facility.

SPIKES

The Reno Convention Center is home to a Mondo track surface. Spikes will be limited to 1/8" or 1/4" pyramid spikes only. No other spikes will be permitted. Meet management also has the right to limit the use of spikes in certain events.

EQUIPMENT

Starting blocks will be provided at the athletic complex. Pole Vaulters must provide their own poles and weight verification forms. Throwers will need to bring their own implement to weights and measures in Room E1 at least two hours before their event.

WARMING UP

General warm-ups will take place in Hall 4. There are mondo sprint lanes available in Hall 4. Only athletes and certified USATF coaches will be allowed in Hall 4. No parents will be allowed in Hall 4 unless you are a certified USATF coach. All other warm-up must be conducted outside the facility. Under no circumstances are athletes allowed to warm up in the lobby, walkways or other halls in the Convention Center. There may be other conventions occurring during our meets and we must not disrupt these conventions. Any athlete or teams not adhering to this policy will be removed from the Convention Center and not allowed to compete in any meets.

SANCTIONING

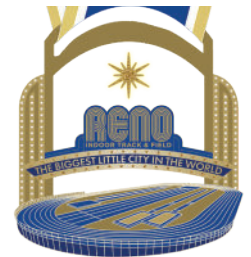
The meet will be sanctioned through USA Track & Field.

ELIGIBILITY

Because there is no official Indoor Track season for the Western US, all high school athletes will compete as unattached athletes. Youth, Open and Masters athletes may compete for their USATF clubs but no team scores will be kept.

AWARDS

The top six athletes in each event will each receive this medal. They can be picked up in the awards area located in room D9. Please allow 30 minutes after the conclusion of your event to pick up your award.



RESULTS

Results for both running and field events will be live and immediately uploaded to the MileSplit website

CODE OF CONDUCT

This meet will be conducted under USATF rules and will be officiated by USATF officials. Any athlete, parent or coach not adhering to the proper code of conduct will be removed from the facility and will not be allowed to compete at this meet or any future meets at this facility. Thank you for displaying proper conduct as we are guests of the Reno Sparks Convention and Visitors Bureau and we do not want to lose our privilege to enjoy this beautiful new track. Proper conduct includes not leaving your trash around the facility. Thank you.

MEET CONTACT: pausatf@aol.com

LOOKING AHEAD TO FUTURE RENO INDOOR TRACK MEETS! SAVE THESE DATES!

February 1-2, 2025: Pacific Association Indoor Track & Field Championships for High School, Open, and Masters athletes; registration opens October 1, 2024.

February 15-17, 2025: President's Invite for Youth, High School, Open, and Masters athletes; registration opens November 1, 2024.