

Rio Rancho Rust Buster Information

DATE: Saturday March 12, 2016

LOCATION: Rio Rancho High School

MEET DIRECTORS: Rick Miller, 505-263-6608 rmiller_41@msn.com Sal Gonzales, 505-603-2110 sal.gonzales@rrps.net

ATHLETE ENTRIES: Entry are due through www.athletic.net no later than March 10th by 9:00pm. Late entries will not be accepted. On the day of the meet you may scratch an athlete from an event but you may not replace that athlete.

ENTRY LIMITATIONS: Teams will be limited to three (3) entries in all individual track and field events and 1 entry in all relays.

ENTRY MARKS: Since this the first meet of the season for most teams, personal bests or scrimmage marks may be used for entries. All athletes with "no time" in a track event will be placed in a slow heat. All athletes with "no mark" in the field events will be ranked at the bottom of the order.

TEAMS ATTENDING: Rio Rancho, Atrisco Heritage, Del Norte, Eldorado, Los Alamos, Manzano, Rio Grande, Volcano Vista,

EVENT CHECK-IN: Athletes in running events will check-in near the track shed in the north east corner of the track to receive hip numbers. Field event athletes will check-in at the event location.

RUNNING EVENTS: All running events will be run as timed finals. Starting Blocks will be provided. If you use your starting blocks you will be responsible for moving to and from starting line(s). All sprints will be run from east to west to the common start/finish line. FAT timing will not be moved due to weather conditions.

WARM-UP AREA: The football stadium and adjacent soccer fields will be used for warm-ups. There is no speaker system in these areas. Athletes will be responsible for check-in before their event begins.

POLE VAULT: Poles will be checked at the event location for weight marking. All coaches shall be responsible for seeing that their athletes are using poles that are correct for their weight. Pole weight limits shall be clearly marked on any pole(s) used by competitors. Poles not correctly marked shall be confiscated by the pole vault official and not returned until completion of the event.

JAVELIN: The Javelin will be contested at the large grass field south of the Track. We will have 2 sectors so that the Boys and Girls events will be held simultaneously.

ATHLETE ENTRY: Athletes may enter via the east or west entrances to the track. Athletes must be dressed in their school issued uniform.

FAN ENTRY: We are asking that all fans enter via the east entrance and park in the Football parking lot. We would like to keep the Track parking lot available for athletes, coaches and fans who need ADA access to our facility.

ADMISSION: \$3 for adults, \$2 for Students, \$2 for Seniors

WEIGH-INS: Weigh-ins will be near the track shed in the north east corner of the track.

SCRATCH MEETING: Scratch meeting will be at 8:00am and held in the Track/Cross Country Fieldhouse located east of the Track near the soccer fields.

FIELD EVENTS: Shot Put, Discus, Javelin, Long Jump and Triple Jump contestants will be given 4 attempts.

STARTING HEIGHTS:

	Girls	Boys
High Jump	4'4"	5'2"
Pole Vault	7'0"	8'6"

MINIMUM MARKS: TBA

	Girls	Boys
Shot Put	25'	35'
Discus	75'	110'
Javelin	75'	115'
Long Jump	12'	17'
Triple Jump	25'	35'

SCORING: Individual events 7-5-4-3-2-1 Relays: 10-8-6-4-2-1

LANE ASSIGNMENTS: Curved 3-4-5-6-7-8-2-1 Straight 5-4-6-3-7-2-8-1

Rio Rancho Rust Buster Schedule

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Track Schedule	Field Schedule
<p>Running events will be on a "rolling schedule" starting with the 4x100m Relay. Running events take priority over field events.</p>	
<p>9:00 Girls 3200m Run Boys 3200m Run --Relay Practice--</p>	<p>9:00 Girls Discus Boys Shot Put Girls Triple Jump Boys Triple Jump Girls Pole Vault Boys High Jump</p>
<p>10:00 Girls 4x100m Relay Boys 4x100m Relay Girls 100m Hurdles Boys 110m Hurdles Girls 100m Dash Boys 100m Dash Girls 1600m Run Boys 1600m Run Girls 4x200m Relay Boys 4x200m Relay Girls 400m Dash Boys 400m Dash Girls 300m Hurdles Boys 300m Hurdles Girls 800m Run Boys 800m Run Girls 1600m MEDLEY Relay Boys 1600m MEDLEY Relay Girls 200m Dash Boys 200m Dash Girls 4x400m Relay Boys 4x400m Relay</p>	<p>10:30 Girls Shot Put Boys Discus Girls Shot Put Girls Long Jump Boys Long Jump Girls High Jump Boys Pole Vault</p> <p>12:00 Girls Javelin Boys javelin</p>