

RHMS Invitational at Bel Air High School

Track Entry are due in Runner Card by Wednesday, 2/4/15 @ 10:00 pm.

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Coach Saenz 4-2365

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Coaches

1. Remind your athletes to report to their field event and tell the field events judge that they will return after their running event.
2. Athletes must remain on the stadium or bleachers, they can not be on the field unless they are participating on an upcoming event.
3. Remind athletes to listen to their events being announced, they must check by 2nd call.
4. Athletes at last call will be assigned to their CONE corresponding to the lane they will run.
5. No athlete will be allowed to run after lanes have been assigned and athlete will be scratch.
6. You must provide your own blocks.
7. Scratch Meet will be from 8:00 - 8:30 am in the field house. Coach's meeting will be at 8:40 am at the field house. We will start the meet at 9:00 am.

Track Events

Both Boys and Girls will run at the same time.

Events	Girls	Boys
1	2400 meter (all)	2400 meter (all)
2	100 Hurdles	110 Hurdles
3	400 Relay	400 Relay
4	800 Meters	800 Meters
5	100 Meters	100 Meters
6	300 Hurdles	300 Hurdles
7	800 Relay	800 Relay
8	400 Meters	400 Meters
9`	200 Meters	200 Meters
10	1600 Relay	1600 Relay
11	1600 meters (all)	1600 meters (all)

Field Events

- | | |
|----------------|--------------|
| 1. Discuss | Valley View |
| 2. Shot Put | Eastwood |
| 3. Long Jump | Indian Ridge |
| 4. Triple Jump | Indian Ridge |
| 5. | |

Discuss & Shot Put will be across the street, in Sageland Elementary.

Field Judges

1. Please bring your own measuring tape, shot put, and discuss.
2. Do not scratch any athlete from any field event, if they are running.
3. Athlete must check in with you first, before they go run.
4. Coaches must remain at the field events, until all athletes have finished their event.
5. Coaches not assigned to field events for a time slot, must work track assignments, until they are replaced by their coaching staff.

Field Events: all field events should run at the same time

1. Boys 7th Discuss, Girls 7th Shot Put.
2. Boys 8th Discuss, Girls 8th Shot Put.
3. Boys 7th Shot Put, Girls 7th Discuss
4. Boys 8th Shot Put, Girls 8th Discuss
5. Boys 8th Long Jump, Girls 8th Triple Jump
6. Boys 7th Long Jump, Girls 7th Triple Jump
7. Boys 8th Triple Jump, Girls 8th Long Jump
8. Boys 7th Triple Jump, Girls 7th Long Jump

Exchange Judges & Timers (if needed)

Eastwood

Hurdles

Valley View

Thank You for your cooperation.