Revolution Express TRACK CLUB

Rocklin High School
5301 Victory Lane, Rocklin, CA 95765

Pictures from July 2021 RETC meet
Pictures from May 2021 RETC meet
Pictures from February 2020 RJT camp
Pictures from April 2019 RETC meet
Pictures from February 2019 RJT camp
Pictures from 2018 RETC meet

Video of 2016 RETC meet

Rain or Shine
Saturday, April 30, 2022

What do you need to know?

To ensure our meet ends by 4 pm … closing registration at 600 athletes. Don't wait to register or you won't get in! Athletic.Net will lock at the 600th athlete

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? This event is licensed by the Amateur Athletic Union of the U.S., Inc.
? All participants must have a current AAU membership.
? AAU membership may not be included as part of the entry fee to the event.
? AAU Youth Athlete membership must be obtained before the competition begins. Be Prepared: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at an event.
Due to background screenings, please allow up to 10 days for adult membersh ips to be processed.
? Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership.

? Registration:
  o Registration into the meet must be received by 8 pm April 26, 2022
      ? Clubs / schools register on Athletic.Net
  o https://www.athletic.net/TrackAndField/meet/443882/register
  o No same day registration … no exceptions!
? Cost:
  o $10 per athlete (Payment will be collected at time of online registration)
  o Free for spectators
? Awards: Medals to overall top 3 finishers in each event. Medals at award table near finish line (on infield) after event results are posted. Medals can be picked up by coaches or parents of unattached athletes
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- ? Results:
  - o Online during the meet at on Athletic.Net by Cal Timing
  - o Field event results will be posted as soon as they are loaded into the computer
  - o Running results will be posted within 30-minutes after each event is over
  - o Overall results will be posted on the Pacific AAU, Athletic.Net and Coach O website within 2-days after the meet is completed
- ? 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 6U, 7, 8, 9 and 10-year olds. Clerking area is only for running events. All field events check in at the location of the field event
  - o This will be a pre-seeded meet so if we run a race with empty lanes … that is why
- ? Access to infield: No coaches on infield except coaches clearly displaying 2022 Pacific AAU membership ID cards and assisting 6U-10 year olds long jumpers or turbo javelin throwers. Coaches may stay on the infield (but not coach) if crowd control for your team is required
- ? Questions: Contact Maura Kent at 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. 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. 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

- ? Hotels in Rocklin or Roseville will all be close for your consideration

Meet Timeline

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

Age Groups

- ? 6U, 7, 8, 9, 10, 11, 12-year olds can only compete in up to 3 events
- ? 13, 14, 15-18-year olds can compete in up to 4 events

Age Group	Birth Year		Age Group	Birth Year
6U Year Olds	2016 or later		11 Year Olds	2011
7 Year Olds	2015		12 Year Olds	2010
8 Year Olds	2014		13 Year Olds	2009
9 Year Olds	2013		14 Year Olds	2008
10 Year Olds	2012		15-18 Year Olds	2004-2007 or 18 after August 1, 2003

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. Order of running and field events are Girls than Boys.

<u>Field Events</u> (begin @ 9:00 am)

Field event athletes who are first to compete at 9:00 am should be checked in at their venue by 8:30 am and warming up as field event officials will begin contesting each event promptly at 9:00 am (don't miss your competition by arriving after it is over!)

- ? Discus (13, 14, 15-16, 17-18, 10, 11, 12-year olds) rolling schedule
- ? Turbo Javelin (10, 11, 12, 6U, 7, 8, 9-year olds) rolling schedule
- ? Javelin (13, 14, 15-18-year olds - all age groups @ once if only a few registered)
- ? Shot Put (15-18, 7, 8, 9, 10, 11, 12, 13, 14-year olds) rolling schedule
    - o 2 pits (1 for girls; 1 for boys)
- ? Long Jump (6U, 7, 8, 9, 10, 11, 12, 13, 14, 15-18-year olds) rolling schedule
    - o 2 pits (1 for girls; 1 for boys)
- ? Triple Jump (15-18, 13, 14-year olds) follows long jump as rolling schedule
- ? High Jump (14, 15-18, 9, 10, 11, 12, 13-year olds) rolling schedule
- ?Pole Vault (15-18, 13, 14-year olds) likely to have all compete at one time @ 9:00 am

<u>Running Events</u> (begin @ 9:00 am)

Race Walkers should be checked in at clerk of the course by 8:30 am. We will start on time so don't miss your event. Rolling schedule for rest of running events.

- ? 1500m/3000m Race Walk … 1 heat for all
    - o 1500m RW: 9, 10, 11, 12-year olds
    - o 3000m RW: 13, 14, 15-18-year olds
- ? 3000m Run (11, 12, 13, 14, 15-18-year olds) … 1-2 heats max
- ? 80m Hurdles (11, 12-year olds)
- ? 100m Hurdles (13, 14 girls/boys, 15-18 girls)
- ? 110m Hurdles (15-18 boys)
- ? 50m dash (4 & under) … No pre-registration required
- ? 50m dash (5-6 year olds who are registered in the meet)
- ? 400m Run (all age groups except 6U year olds)
- ? 100m Dash (all age groups)
- ? 1500m Run (all age groups except 6U year olds)
- ? 4x100m Relay (all age groups)
- ? 200m Dash (all age groups)
- ? 800m Run (all age groups except 6U year olds)
- ? 4x400m Relay (all age groups except 6U year olds)