

2011 American River Invitational

Saturday, April 2, 2011

American River College - Meet Information

ENTRIES CLOSE WEDNESDAY, MARCH 29th AT 5:00PM. Accepted entry list posted on www.norcalstat.com no later than 1:00pm Thursday, March 30th.

NO UNATTACHED ATHLETES – ALL RUNNING EVENT ENTRIES WILL BE ACCEPTED – FIELD EVENT SIZES WILL BE LIMITED. ENTRY MARKS MUST BE FROM 2011 AND BE VERIFIABLE. ANY FALSE MARKS WILL RESULT IN THE ATHLETE BEING SCRATCHED (Also please refer to the NCAA rule regarding false marks)

HORIZONTAL JUMPS AND THROWS WILL RECEIVE 3 ATTEMPTS EACH. ANY ATHLETE WHOSE MARK SURPASSES THE PRESET STANDARD WILL RECEIVE THREE ADDITIONAL ATTEMPTS.

Shirts not delivered !!! You must pick them up on meet day.

ALL RUNNING EVENT ATHLETES AND RELAYS MUST BE CHECKED IN AT LEAST 20 MINUTES BEFORE THEIR EVENT. Failure to check in early will result in the relay team/athlete being scratched and not allowed back in – no exceptions.

****ALL ENTRIES MUST BE DONE THROUGH DIRECT ATHLETICS****

Entries can only be done through this format. No e-mail, fax, mail, or phone entries will be accepted!!! If you need help with your entries please contact us.

Entry process and deadlines

- Log onto www.directathletics.com
- Click on the register button associated with the American River Invitational
- If you do not have this option go to "FIND MEET" and click on the appropriate buttons to search for the meet.
- **Please add your athlete's names to the relays and make them as accurate as possible for the announcer.**
- Please contact us immediately if you have trouble with your entry form. Call 916-484-8143 for help.
- Submit questions via e-mail to: gobvrz@gmail.com
- **After you have made your entries please print them out and bring them with you.**
- **Entry Confirmation** - Upon arrival, please check the entry and make any scratches you may have. If our sheets are different than what you have, our sheets are correct unless you have a copy of your entries printed out from Direct Athletics.
- After 1:00pm on Thursday, March 30 be sure to go to www.norcalstat.com and check your entries. Call Rick Anderson immediately if there are any discrepancies.

Entry Fees – payable to “ARC ATHLETICS”

- Fee Schedule: See worksheet later in this information.
 - Maximum Fee*** \$150.00 per team (*men's and women's teams are considered separately*)
Remember – Each second or third, etc relay team above your first in an event is an additional \$10.00 above the “maximum”
- Minimum Fee: \$40.00 per team (*men's and women's teams are considered separately*)
- Your entry fee will not be reduced if you scratch participants from competition. Adding a team or athlete will be allowed on meet day but will be charged \$10.00 in cash per athlete per event (that means \$40.00 in cash for a relay). Get your entries in before the deadline, then scratch your athletes if necessary. **DO NOT ASK FOR A CHANGE WITHOUT MONEY IN HAND.**
 - Mail your check in advance or bring written proof that the fees have been requested from your college.
Mail checks to the following address: ARC Athletics – Track & Field
American River College
4700 College Oak Drive
Sacramento, CA 95841

Time Schedule

The time schedule is on the norcal website (<http://www.norcalstat.com>). The schedule may change after all entries are received. Make sure your email in Direct Athletics is correct as that will be how I notify you of any changes.

Site Details

American River College's synthetic surfaced track and field facility:

TRACK: Nine 42" lanes, 10 on the home straight.

LJ, TJ, PV, & HJ: Synthetic surface; 2 pits will run simultaneously for LJ/TJ. The main LJ/TJ runway is on the east side of the stadium.

SHOT/DISCUS/HAMMER: Brushed concrete

JAVELIN: All JT will take place on the infield using the south “D” zone. Practice and warm-ups must be done in the sector **ONLY**.

1/4" MAXIMUM SPIKES on the track, all runways, & the HJ aprons.

Other information

- **Awards** – AR Invitational T-shirt awards will be given to the **WINNER** in all running and field events.
- **Meet T-shirts** – AR Invitational T-shirts will be on sale for \$15.00 or 3 for \$40.
- **First Aid Facilities** - The ARC training staff will be available for emergencies under the direction of our trainers, Anna August and Gil Bejarano.
- **Dressing Facilities** – Men's and women's locker facilities are available at ARC. Bring your own towels and provide for the protection of your valuables.
- **Parking** – Free parking is available adjacent to the stadium. Enter through the SW stadium gate.
- **Spectator entry fee** - \$5 general admission, \$3 students and seniors, children under 6 free
- **Housing** - There are a couple of good hotels in the area; we would recommend the following:
Crown plaza, 1-80 & Madison (916) 338-5800 – \$69.00 per room

We look forward to your participation in the 3rd **Annual American River Invitational** and we wish your athletes the best of success. Please call if you would like more information.

Meet Directors:

Rick Anderson (916) 484-8143

Jeanette Allred-Powless (916) 484-8935

ENTRY FEE WORKSHEET

Entry Fees – payable to “ARC ATHLETICS”

- Fee Schedule: Running Events (\$10.00 per relay team), “B” teams extra (\$5.00 ***per athlete per event***)
- Maximum Fee*** \$150.00 per team (*men’s and women’s teams are considered separately*)
Remember – Each second or third, etc relay team above your first in an event is an additional \$10.00 above the “maximum”

Minimum Fee: \$40.00 per team (*men’s and women’s teams are considered separately*)

Fee Structure	# entered	Amount	Total
# of field/running event athletes <i>PER EVENT</i>		X \$5	
# of “A” Relays		X \$10	
SUBTOTAL		Max of \$150 →	
# of “B”, “C”, “D” Relays		X \$10	
TOTAL			

EXAMPLE

Fee Structure	# entered	Amount	Total
# of field/running event athletes <i>PER EVENT</i>	35	X \$5	\$175
# of “A” Relays	2	X \$10	\$20
SUBTOTAL		Max of \$150 →	\$195 \$150
# of “B”, “C”, “D” Relays	2	X \$10	\$20
TOTAL			\$170

American River
Invitational

Saturday April 2nd, 2011

APPROX

	Running Events	Field Events
		Women
11:30	W 3000m Steeplechase	11:00 Hammer
	M 3000m Steeplechase	11:00 High Jump - men follow
Rolling schedule	W 4x100m Relay	11:00 Long Jump
after first event	M 4x100m Relay	1:15 Javelin - time approx, follow M JT
	W 1500m Run	1:30 Shot Put - time approx, follow W HT
	M 1500m Run	2:00 Triple Jump - time approx, follow W LJ
	W 100m Hurdles	3:00 Pole Vault - time approx, follow M PV
	M 110m Hurdles	3:30 Discus – time approx, follow W SP
	W 400m Dash	
	M 400m Dash	Men
	W 100m Dash	11:00 Javelin
	M 100m Dash	11:00 Long Jump
	W 800m Run	11:00 Pole Vault
	M 800m Run	11:00 Discus
	W 400m Hurdles	1:30 Hammer - time approx = follow M DT
	M 400m Hurdles	1:30 High Jump - time approx, follow W HJ
	W 200m Dash	2:00 Triple Jump, time approx, follow M LJ
	M 200m Dash	3:30 Shot Put – time approx, follow M HT
	W 5000m Run	
	M 5000m Run	
	W 4x400m Relay	
	M 4x400m Relay	
7:30pm	Approx time for end of running	

****Time schedule
subject to change
depending on number
of entries, running
events will not start
before 11:30am**

MAKE SURE YOUR EMAIL ADDRESS IS CORRECT IN DIRECT ATHLETICS

FIELD EVENT ENTRIES
WILL BE LIMITED

**NO
UNATTACHED
ATHLETES**

Minimum Marks for Extra Three Throws/Jumps

Calculated at 97% of State "A" Standard for each event

	Men	Women
Long Jump	6.76m/22-2 ¼	5.15m/16-10 ¾
Triple Jump	13.73m/45-0 ½	10.47m/34-4 ¼
Javelin	51.48m/168-11	33.14m/108-9
Discus	43.92m/144-1	36.68m/120-4
Shot	13.95m/45-9 ¼	11.29m/37-0 ½
Hammer	45.72m/150-0	40.40m/132-6