## **January 14, 2016**

# **ABQ** Convention Center

**No Qualifying Standards** Awards will be given to the top three places

Shot Puts Provided No weighing in will be necessary

#### **Meet Hotel:**

DoubleTree by Hilton Albuquerque 201 Marquette Ave. NW Albuquerque, NM 87102 (505) 247-3344

MCM Eleganté Hotel 2020 Menaul Blvd. NE Albuquerque, NM 87107 (505) 884-2511 \$89.00 plus tax for four to a room

## **Bib Number Pickup:**

Saturday, January 14, noon to 3:30pm In th lobby entrance of the meet

Ticket Price: \$2.00

#### **Questions:**

John P. Haaland 505-280-4931 email: jphaaland44@aol.com

## Time Schedule:

Men will follow women in all events

4x200 Meter Relay Co-ed 4:00pm

60 Meter Hurdles

60 Meter Dash (Special Olympics)

60 Meter Dash 4 x 200 Meter Relay

Mile Run

400 Meter Dash 800 Meter Dash 200 Meter Dash 3200 Meter Run 4 x 400 Meter Relay

Long Jump, Shot Put Pole Vault High Jump after straightaway events Triple Jump will follow the Long Jump



## REGISTERING ON COACHO.COM

- 1. Go to www.coacho.com
- 2. Select Online Registration on the top menu bar. A list of calendar dates and meets will show up.
- 3. Select the meet you are registering for, this will take you to the main meet page for registration. This is not necessarily the Meet's home page, it is just used for registration purposes.
- 4. Select Enter the Meet, the top option on the left menu. You will now be directed to login. If you've never created a CoachO account, you will need to make a new account. If you've used your email on CoachO before, you will have to use that email address and password, you cannot create another account on the same email. If you have forgotten your password, click the forgot password link.

#### To create a new account:

Click Add Account in the top left corner of the screen, it is a red button. Select the type of account you want to setup. When you enter Athlete information, be sure to pay attention to the first box, it is gender and is frequently overlooked. When selecting grade, grades with the HS abbreviation prior to the classification (HS-FR, HS-SO, etc.) are for HS, while FR, SO are for college level athletes. Add all athletes you will be managing for this meet. You will receive an activation code via email for new account verification.

- 5. On the back end of the registration, click the red colored I that is associated with the meet. This will take you to the registration entry page.
- 6. Enter the events you wish to compete in, identifying starting heights, distances and times. If you don't add a mark, you will have No Mark, NM.
- 7. Once you have finished the registration, click submit entry and you will be taken to the payment page. You must pay online for your entry to go in to the meet directors.
- 8. Verify your registration by checking the performance lists on the Main Page for Meet Registration.
- \*To register for relays, you must have a minimum of 4 athletes listed on your team.

