

MARTIN LUTHER KING HIGH SCHOOL

WELCOMES YOU TO THE 2012

RIVERSIDE CITY

TRACK AND FIELD

CHAMPIONSHIPS

Saturday, April 14, 2012 Stadium opens at 12 Noon

At Martin Luther King High School

Dear Coach;

On behalf of Martin Luther King High School, I would like to invite you and your team to the third revival of the Riverside City Championships. In 2010, we brought this meet back after a 20 year absence. Both the 2010 and the 2011 editions were huge successes and we are working toward improving the meet for 2012. We appreciate your participation and your support and we hope that you will be taking part again. Please check out our website for all the information and please send along your contract as soon as possible. Hope to see you on April 14, 2012!!

John Corona

Meet Director

DIVISIONS

Boys and Girls Varsity--- 1 Boys and Girls Soph/Frosh Event- (4 X 800)

Large Schools invited: Arlington, North, King, Poly, Ramona, La Sierra, Norte Vista, Rubidoux, Patriot, Jurupa Valley and Moreno Valley

Small Schools invited: Notre Dame, Woodcrest Christian, Riverside Christian, Sherman Indian, CSDR, Bethel Christian and La Sierra Academy

AWARDS

Custom made patches for first place in all varsity events in both divisions. Custom made medals for places 2 through 5 in every varsity event in Large Schools and places 2 and 3 in Small Schools. We will medal varsity relays places 2 through 4 in the Large Schools and 2 and 3 in Small Schools. Awards are determined by the top performances in each event regardless of heat or flight. THERE WILL BE NO AWARDS FOR INDIVIDUAL HEATS/FLIGHTS. Soph/Frosh medals will be awarded places 1 through 3.

FEES

Large Schools-\$100 per team-\$200 for both boys and girls. Small Schools-\$50 per team-\$100 for both boys and girls' teams. We would appreciate getting your check in BEFORE April 14TH so we can pay our bills. Failure to pay the entry fee by the day of the meet will result in our holding onto your awards until payment is received.

ENTRY OF ATHLETES

EPI Sports is handling the entries for our meet this year. Please go to their website-EPI Sports.com and enter your athletes under Riverside City Championships. You will be allowed 6 entries in the boys and girls varsity sprints (100/200/400/Hurdles) and the field events as well as 8 entries in the distances. Only one 4 X 100 and 4 X 400 relay from each school may be entered. There will be a Soph/Frosh 4 X 800. DO NOT FAX OR EMAIL YOUR ENTRIES. THEY WILL BE IGNORED. Entries open on Sunday March 18th at 8 am and close Monday April 9th at 11pm.

TRACK EVENTS SCHEDULE

We will run CIF order of events with preliminary heats in the 100, 200, and 100/110 hurdles. We will also be placing the slower heats of the 3200 as well as the Soph-Frosh 4 X 800, in places we think we help give the athletes better rest periods or to help with the speed of the

meet. In the 100/110 hurdles; we will run boys first and the girls after them. We will do the same in the 300 hurdles.

FACILITIES

We will be competing on the 8 lane all-weather facility at Martin Luther King High School. King has a 4000 seat stadium that also has a synthetic field turf infield. Athletes and spectators can sit on both side of the stadium though we will be reserving a portion of the bleacher seats by the finish line for spectators. NO radios or boom boxes will be allowed in the stands. The warm-up area will be on the grassy area just north of the stadium.

RUSD MANDATES

Tents will be allowed in the bleachers. However, tents must be set up at the top of the bleachers and NONE may be set up in front of the Press Box. Meet Management will provide zip ties to anchor the tents to the back fence of the bleachers as the wind will pick up through the stadium as the days wears on. Tents can be set up out in the warm-up area outside the stadium.

Only 3/16 inch pyramid needle spikes or less will be allowed on the track and runways. Athletes' spikes will be checked upon entrance to the stadium. 3/16 inch pyramid needle spikes will be available for purchase at the gate and must be in place on the shoes prior to entrance into the facility. If the athlete does not have the proper spike in their shoe, they will be denied entrance. We will disqualify any athlete that goes onto the track with spikes that are not 3/16 pyramid needles or less.

NO FOOD, GUM OR DRINKS OTHER THAN WATER ARE ALLOWED ON THE TRACK OR INFIELD AREA. Any athlete in violation of this rule will be disqualified from the meet. This will hold true EVEN IF THE ATHLETE HAS JUST FINISHED THEIR EVENT OR THEIR RACE. Be aware that parents LOVE to hand their kids a bottle of Gatorade or other flavored drinks over the fence Ponce they are done with their race. Water is fine but that's it!!!!

SEEDING AND CHECK-IN

Please remember, coaches will be allowed to enter up to 6 kids in sprint events(100/200/100H/110H/300H/400) and all field events. We will be allowing up to 8 entrants in the distance events. We will seed athletes with like times and performances together in the same heat/flight. This is true except in races where there were prelims. We will be running Large School and Small School together and then our timing company, Finished Results will be sorting out the finishers in each event in each division. Field event athletes will check in at their event while runners check in at the clerk of the course at the

northeast corner of the stadium. Athletes must check in beginning with the first call and after the third and final call to the clerk, we will then seed the heats (this will take a few minutes) and then inform the athletes as to what heat they are in. In this way, we can avoid heats of 3 or 4 athletes. Athletes may be substituted in the place of a previously entered competitor (unless there has been a prelim for that event) but they must compete under the name of the person they are replacing. We can add athletes to the field events BUT that name has to go in BEFORE the meet begins.

REASONS TO DISQUALIFY

Aside From the normal reasons for disqualification (see the NFHS rulebook), meet management will disqualify athletes or teammates of said athletes on the following offenses.

- Warming up on the infield/loitering on the infield
- Coaches on the infield (Pole Vault will have a coaching box available) unless previously identified as a judge or meet official
- Athletes that have food, gum or a flavored drinks on the track or infield
- Athletes that try to compete in spikes other than 3/16 pyramid needles
- Athletes who do not check in at the clerk of the course by the third call.

JUST A REMINDER—

- NO JEWELRY
- ALL UNDERGARMETS MUST BE A SOLID COLOR

FOOD AND CONCESSIONS

A variety of food and beverage items will be available throughout the meet. 2 complementary lunch tickets will be provided for the coaches of each school.

TRAINER

The King High Athletic Trainer and student trainers will be on site. Please bring your own tape and pre-wrap.

COACHES CHECK-IN

Coaches will check in and pick up their information packets in the portable classroom-H-131- to the north end of the stadium.

RESULTS

Results will be posted outside the concession stand on the Northeast end of the stadium. Results will also be posted on Finished Results.com and dyestatecal.com as soon as possible after the meet.

RAINOUT

In the event of rain, call Coach Corona at 951-544-1068 to determine whether the meet will go off or not. In the event of a rainout, there will be no makeup date and we will attempt to refund as much of your entry fee as possible.

Any questions or information, please contact John Corona at the below numbers. Thanks for your consideration and your support in helping us keep this meet a great one! See you on April 14th, 2012!!!!

John Corona

Meet Manager-Riverside City Championships

951-789-5690-Ext. 62028(S)

951-369-8136 (H)

951-544-1068-(C)

jcorona@rusd.k12.ca.us

RUNNING EVENT SCHEDULE

Prelims-G 100 Meters-2pm

Prelims-B 100 meters

Girls 3200-Slow Heat

Prelims-B 110 Highs

Prelims-G-100 Hurdles

Boys 3200-Slow heat

Prelims-G 200 Meters

Prelims-B 200 Meters

FINAL RUNNING EVENTS-5 PM

FIELD EVENT SCHEDULE

Girls Pole Vault-1 PM-All Divisions-Boys Pole Vault-All Divisions- to follow

Shot Put-3 PM-Boys (All Divisions)-Girls-(All Divisions)- to follow-4 attempts

Discus-3 PM-Girls (All Divisions)-Boys-(All Divisions) to follow-4 attempts

High Jump-3 PM-Girls (All Divisions)-Boys (All Divisions) to follow

Long Jump-3 PM-North Pit-Boys (All Divisions)-4 attempts-Triple Jump to follow

Long Jump-3 PM-South Pit-Girls (All Divisions)-4 attempts-Triple Jump to follow

LJ/TJ with have 1 1/2 hour open pits. Time may be extended depending on number of entrants