

2024 Sacramento Meet of Champions "Open/Invitational" Information

PARKING: The Los Rios CC District will be charging an event parking fee of \$5.00 to park in the stadium parking lot. State vehicles **with government plates** can park for free. The "Packet Pickup Area" is located at the southwest corner of the stadium and the "Athletes/ Coaches Gate" is located just east of this. Parking passes can be purchased in advance by following this link - [Buy Tickets to Athletic Events Online - American River College \(arcbeavers.com\)](http://arcbeavers.com)

CREDENTIALS: Please pick up your "Credentials Packet" at the "Packet Pickup Area" which is located at the southwest corner of the stadium. Your **CREDENTIALS PACKET WILL BE AVAILABLE FROM 9:00AM UNTIL 6:00 PM**. After 6:00 PM packets will be available at the "Athletes/ Coaches Gate". It will contain your wrist bands, heat sheet(s), final instructions, etc. **All athletes and coaches must show their wrist band at the "Athletes/Coaches Gate" to gain admittance to the stadium. Only athletes and coaches will be allowed to enter through this gate.** All others must enter the stadium through the General Admission Gate on the southwestern side of the stadium.

PLEASE NOTE THAT THE "PARICIPANTS GATE" WILL NOT OPEN BEFORE 9:00 AM.

ENTRY FEES: All entry fees must be paid prior to or at the time of picking up your CREDENTIALS PACKET. School or personal checks will be accepted. **Make all checks payable to "Bella Vista High School" and if paying by a personal check, please indicate the school name on the check. If paying by cash please have exact change.** The entry fees are as follows:

Open and Invitational Sessions

Individual Events --- \$ 15.00

Relay Events --- \$ 40.00

Your official invitation to the meet listing your invited athletes and relay teams was available on our website on April 15th (Monday) and provided the total amount of your entry fees. This includes all scratches made before the "scratch deadline" of April 13th (Saturday) at 9:00 PM. This is the total amount of entry fees your school is responsible for.

NOTE ON PACKET PICKUP AND ATHLETE PARTICIPATION – CIF rules state that athletes must be accompanied by their school coach when competing. This means that athletes and parents cannot pick up the team packet only the coach. If a coach is not present at the meet the athlete will not be allowed to compete even if accompanied by a parent.

SCHEDULE OF EVENTS: See "Meet Schedule" link on the SMOC home page www.sacramentomoc.com.

FACILITIES/SPIKES: The synthetic track and runways at American River College (Sacramento) require 1/4" pyramid spikes. Spikes that are too long or worn down longer spikes may not be used on the track or runways. Spikes will be checked by the Clerk of the Course (CLERK) as the athletes are checked into their respective events. **VS Athletics will not be on site this year to sell spikes due to another commitment.**

IMPLEMENT WEIGH-IN: All weight implements must be weighed in "Weights and Measures Area" at the southeast corner of the stadium (see website map[s]) from 9:30AM to 1:00 PM for the Open Session. Invitational Session implements may be weighed only from 3:00 PM to 6:00 PM.

PARTICIPANTS AREA: All participants must remain off the infield area unless competing in their event. "Team Areas" for participating athletes using shade covers (e.g.; EZ UPS) will be limited to the following areas: (1) the grass area near the southwest corner of the stadium, and (2) top ten (10) stadium seating rows only (on both sides of the track. The warm-up areas are limited to: (1) the grass area near the southwest corner of the stadium and (2) the baseball fields east of the stadium.

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CLERK - TRACK EVENTS: The CLERK check-in for track athletes is located at the northwest corner of the track (see website map). Athletes are responsible for checking in with the CLERK by the last call (15 minutes) for their track event. **If this is not done, an alternate will replace the athlete.** Please have your athlete, or a coach, listening for these calls from the CLERK. The "event call schedule" is provided in Table 1. No audio calls - i.e. FIRST and FINAL calls for events will be provided.

All athletes in track events must check in with the CLERK where they will be assigned lanes, bib numbers will be checked, given hip numbers, and then taken to the race starting area. **You must have a bib number on in order to run.** Athletes should keep their warm-ups on (as necessary) until they report to the starting line.

EVENT OFFICIAL - FIELD EVENTS: All field event athletes (with the exception of the discus) must enter the field through the gate by the CLERK check-in area (see above) to reach the event venue. All competitors and alternates should report to your field event official at the event venue by the first call for the event, but no later than fifteen (15) minutes prior to the start of the event for instructions and warm-up. **Alternates will be invited to replace athletes who do not show up by the final call for a field event fifteen [15] minutes prior to the start of the event.**

Athletes in BOTH track and field events must keep on the time schedule and calls for their event(s). Failure to do so will result in a scratch and an alternate will be checked into the event.

Table 1 – Track and Field "Event Report Schedule"

Call Number	Track Events Schedule	Field Events Schedule
First Call	Thirty (30) minutes prior to event	Thirty (30) minutes prior to event
Final Call	Fifteen (15) minutes prior to event	Fifteen (15) minutes prior to event

TRACK AND FIELD ALTERNATES: Should you have an athlete or relay team listed as a track event alternate, they need to report to the CLERK fifteen (15) minutes prior to the scheduled start time for the track event. Should you have an athlete listed as an alternate for a field event, they need to report to the field event official at the event venue no later than fifteen (15) minutes prior to the scheduled start time for the field event.

UNIFORM INSPECTION: The uniforms of all competing athletes will be inspected for compliance with state and national rules. Athletes/relay teams with uniforms violating these rules will not be allowed to compete.

BIB NUMBERS: All athletes must be wearing bib numbers when checking in to their event.

STARTING HEIGHTS: Starting heights will be determined after the fields for the high jump and pole vault have been selected. For the "Open Session" the fields for the throws and long and triple jumps will be broken down into flights. The athletes in each flight will rotate in taking three trials each. Nine (9) athletes will qualify for the finals. Following the same routine, each athlete who qualifies will have three (3) more trials in the finals, in reverse order of their trials performance. For the "Invitational Session" each athlete in the throws and long and triple jumps will be given six (6) attempts. The following starting heights will be used:

Event	Projected Starting Heights	
	Open Session	Invitational Session
Varsity Girls High Jump	4-10	5-00
Varsity Girls Pole Vault	9-00	10-00
Varsity Boys High Jump	5-09	5-11
Varsity Boys Pole Vault	12-00	13-06

FIELD EVENTS TIME LIMIT: The sixty (60) second time limit in all field events will be strictly enforced.

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1600-METER RELAY STAGGERS: AS PREPARATION FOR CHAMPIONSHIP MEETS, THREE (3) TURN 1600-METER RELAY STAGGERS WILL BE USED. THE THREE (3) TURN STAGGER ELIMINATES CONGESTION AT THE FIRST EXCHANGE PASS AND IS USED IN CHAMPIONSHIP MEETS THROUGH THE OLYMPICS.

RELAYS: Batons will be provided by the meet for the Invitational Session only.

AWARDS: There will be no team scoring or team trophy in either the "Open or Invitational Sessions". Varsity Girls, and Varsity Boys medals (e.g., 1.5 inch square gold, silver, and bronze medals for the Open Session and 2.0 inch square gold, silver, and bronze medals for the Invitational Session of the Sacramento Meet of Champions [SMOC logo]) will be awarded as follows.

Open Session Track Events: For individual events with one (1) heat, first place – gold medal, second place – silver medal, and third through sixth place – bronze medals. For individual events with two (2) heats the marks will be combined with first place – gold medal, second place – silver medal, and third through sixth place – bronze medals. For relay events, first place team – gold medals, second place team – silver medals, and third through sixth place team – bronze medals. Open session awards for track events will be given out at the awards area.

Open Session Field Events: First place – gold medal, second place – silver medal, and third through sixth place – bronze medals. Open session awards for field events will be given out at the awards area.

Invitational Session Track and Field Events: The first place finisher in each event (including relays) will receive a 2 inch square gold medal. The next five (5) finishers in each event (including relays) will receive 2 inch square medals (silver for second place and bronze for places three [3] through six [6]). **All invitational session field event medals will be awarded at the event site** with invitational track event medals given out at the awards area.

All running event awards must be picked up at the "Awards Area" located at the south end of the home stands within 15 minutes of completion of the final event of the meet at approximately 8:45 PM.

ADMISSION PRICES: The following admission fees will be charged for spectator's passes that are valid for both the "Open and Invitational Sessions":

General Admission - \$10.00

Children (12 and under) – FREE

PLEASE NOTE THAT THE "SPECTATORS/GENERAL ADMISSION GATE" WILL OPEN AT 10:00 AM.

PASSES: Only working press passes will be honored at the gate.

OFFICIAL PROGRAM: Programs for the "Open Session" and the "Invitational Session" will be available on our website <http://www.sacramentomoc.com/>.

SACRAMENTO MEET OF CHAMPIONS "T" SHIRTS: Sacramento Meet of Champions "T" shirts will be available to purchase at the "mini-track expo area" located near the southwestern side of the stadium.