



# 2020 Rockin' Rubidoux Invitational

**Friday Night March 13<sup>th</sup>, 2020**

An early-season, single division meet designed to allow your athletes to get good early marks and run relay races for potential qualifying marks. A fun and exciting meet on a brand new track, under the lights with music being played during the meet!!

**Where:** Rubidoux High School  
4250 Opal St, Jurupa Valley, CA 92508 (Track is off of Pacific Ave)

**Contact:** Richard.Torbert@jUSD.k12.ca.us

**When:** Friday March 13<sup>th</sup>, 2020                      4:00 pm – 9:00 pm  
Field Event start: 4:00 pm                      Track Event Start: 5:00 pm

**Cost:** \$175 per Gender / **\$350 max per school** \$15 per athlete/ \$45 per Relay

Make Checks payable to: Rubidoux HS Track and Field

**Entries and Results:** All entries must be done at **FinishedResults.com** **Entry Deadline is Sunday March 8 at 8pm!** Late entries will result in a \$50 charge to the team.

Only one open division, no need to worry about Var, JV or Frosh/Soph entries. Teams will be allowed to enter up to 6 athletes per gender per non-relay event and up to 2 teams per gender per relay race.

Live Results available on the Finished Results app on meet day and will be posted at FinishedResults.com at the conclusion of the meet.

**Awards:** Medals will be awarded to the top 3 relay teams and top 5 athletes in non-relay races

**Spectator Entry Fee:** \$5 per person, children under 5 are Free

**Events:**

4x100m	Long Jump
Distance Medley Relay	Triple Jump
100m	Shot Put
1600m	Discus
200m	High Jump
4x800m	
110HH / 100mH	
4x400m	

**Field Event Specifics:**

4:00 pm start for the following events  
Boys and Girls Long Jump (90 min open pit 3 attempts)  
Boys Discus Throw (4 attempts)  
Girls Shot Put (4 throws)  
Girls High Jump (opening height 4'0")

Boys Shot put and Girls Discus will begin immediately after the conclusion of the opposite gender throwing

6:00 pm start for the following events  
Boys and Girls Triple Jump (90 min open pit 3 attempts)  
Boys High Jump (opening height 5'0")

**Stadium Specifics**

Spike length: Only 3/16' spike will be allowed into the track area. Spikes will be on sale at the meet.

Coach access: Teams will receive a Coach's wristband which will allow access to the infield if a coach needs to consult with meet management. Otherwise, coaches will not be allowed onto the infield of the track. Each team will receive 3 coaches' wristbands per gender for entry into the stadium. Please do not ask for extra coaches' wristbands.

Clerk of the Course: The clerk area will be located at the North end of the Home stands near the warm-up area gate and the track entry gate. Please make sure athletes pay attention to the meet progression and check in to their event on time.

Warm-up area: Warm-up area will be behind the home stands of the stadium to the north of the throwing area. Athletes may finish their warm-up on the infield after they have checked in for their event.

Team tents and team area: Teams may set up in the stands or in the designated area outside of the stadium. Team tents are only allowed in the top 5 rows of the stands but not in front of the press box.

Athlete entry: Athletes will be given wristbands for access to the stadium and track area. Track entrance will be restricted to the gate adjacent to the Clerk of the Course.