

River Valley League Championships 2023

UPDATED April 18, 2023

TRAINERS—we need RVL schools to ask their trainers to attend

1. All entries need to be in Finished Results by 6:30 pm of seeding meeting on **Thursday, April 20**, meeting at **Patriot HS**.

Note: If an athlete is a flake and hasn't shown up to practice, DO NOT enter them—they are not going to show up. Sign up your committed athletes—we've had finals where many lanes end up empty.

2. **Patriot** will be responsible for wrist bands for coaches and event personnel
3. T-Shirt sales—**Patriot HS**
4. Snack Bar—**Patriot HS**
5. **Seeding: Varsity ONLY:** each team receives 4 entries, with 4+ added into available spots After seeding meeting, you can change or add as openings occur.
6. **Deadline to have ALL entries in Finished Results will be noon on Saturday, April 22.**
7. RVL standings will be determined at RVL Championships, rather than at dual meets

RVL Finals at Patriot H.S., April 26 (Wednesday)

Time: **1 p.m.** field events; **3 p.m.** track events (end time around **8 pm**)

Entrance: **Ticket Price: \$6 for adults; \$4 for students (\$3 with ID) Children under 12, free**

Spikes: 3/16 needle or pyramid--as long as they are 3/16 size

Schools: Division 1 **CIF-SS Prelims at Trabuco Hills HS:** Patriot
Division 2 **CIF-SS Prelims at Ventura HS:** Arlington, Hillcrest, Norte Vista, Ramona
Division 3 **CIF-SS Prelims at Yorba Linda HS:** La Sierra

Duties: **Arlington:** Triple Jump, Shot Put
La Sierra: PV, High Jump
Hillcrest: Long Jump, Medals/Patches
Norte Vista: Shot Put, Discus
Patriot: Clerk, Hurdle crew, Discus
Ramona: PV, Seeding entries & heats

Wristbands: **Patriot** provides wristbands for coaches to be on the field on the April 20 seeding meeting

Announcer: **Will Jacobsmeyer**

Timing: Finished Results

Logistics: Athletes/team set-up: **old jump area, softball field**

Coaches with wristbands (NOT parents) allowed on the field, unless coach is a parent

Check In: Location of the **CLERK** of the course: Near the finish area
Athlete needs to check in **at least 15 minutes** before track & field events!
Heat & Lane numbers will be finalized at the clerk staging area
Important to check in at least 15 minutes prior to events!
Athletes will be scratched if not checked in at least 15 min. prior to event
—**Sticker on to the left hip AND tuck in your jersey!!!**
Field event athletes need to check in at their events 15 minutes prior

Attempts: Shot Put & Discus events get **4 attempts**, events are finals.
Long Jump & Triple Jump athletes get **4 attempts**, events are finals.
High Jump & Pole Vault **3 attempts** at each height.

Entries: Varsity: each team receives 4 entries, with 4+ added into available spots
No JV or Frosh-Soph categories at RVL Finals, but feel free to enter JV
and FS athletes as varsity :)

Marks: Track marks preferably from any meet electronically timed;
Field marks from any meet

Seeding Meeting: **April 20 (Thursday) 8 pm at Patriot HS, Sports Café by the auditorium**

Seeding: Varsity: each team receives 4 entries, with 4+ added into available spots
No JV or Frosh-Soph categories at RVL Finals

**Deadline to have ALL entries in Finished Results
will be noon on Saturday, April 22.**

Restrooms: One set of restrooms; possible port-a-potties

Medals: Varsity: First place patches
Second and Third and place medals

Hillcrest coaches are responsible for bringing the patches and medals!

Order of Track Events (event order begins at 4 pm)

ATHLETES WILL BE DISQUALIFIED for HANGING OUT ON THE TRACK AREA!!!

Go back to cool down area when you are done for your cool down

Track Events (CIF order, except for hurdles): Top seeds are in the **last heat**—all heats count!

Girls, Boys 4x100	Girls, Boys 800
Girls, Boys 1600	Boys, Girls 300 Hurdles
Boys 110 Hurdles, Girls 100 Hurdles	Girls, Boys 200
Girls, Boys 400	Girls, Boys 3200
Girls, Boys 100	Girls, Boys 4x400

Order of Field Events (event order) Top seeds are in the **last flight**—all flights count!

Competition begins at 2 pm.; warm-ups **begin at 1:30 pm** (Event judges—BE at the events by 1:30 pm!)

V	Girls	High Jump	Final	Opening height 4-2
V	Boys	Pole Vault	Final	Opening height 9-0?-see agenda on next page
V	G/B	Long Jump	Final	Open pit (4 jumps per athlete) Girls on one pit, boys on the other
V	Girls	Discus	Final	4 attempts, measure past 70 feet
V	Boys	Shot Put 12lb	Final	4 attempts, measure past 35 feet

Competition begins at 4:30 pm; warm-ups **begin at 4:15 pm**

V	Boys	High Jump	Final	Opening height 5-2
V	Girls	Pole Vault	Final	Opening height 7-0?-see agenda on next page
V	G/B	Triple Jump	Final	Open pit (4 jumps per athlete) Girls on one pit, boys on the other
V	Boys	Discus	Final	4 attempts, measure past 90 feet
V	Girls	Shot Put 4K	Final	4 attempts, measure past 25 feet

CIF: --1st place in varsity events automatically qualifies for CIF
--2nd & 3rd place, plus at-large must make qualifying times per CIF guidelines.

RVL Finals 2024: **Ramona HS, Riverside**

River Valley League Championships 2023

RVL Finals at Patriot H.S., April 26 (Wednesday)

Seeding Meeting Agenda, Thursday, April 20, 6:30 pm:

- 1) **Time change to 1 pm for field events and 3 pm for track events?**
- 2) RVL Standings (try to change format for 2024)
- 3) Event duties/medals/T-Shirts
- 4) Trainers available
- 5) Wristbands for coaches
- 6) Warm-up and Cool-down is in the grass field

Bring your own fluids

Bathrooms???

NO family spectators on the field!!!

- 7) CIF Qualifying/Marks
- 8) Pole Vault and High Jump event openings

Since CIF qualifying at D3 is 8-6 for boys PV and 6-6 for girls PV

Do we want to change the opening height to 8-0 and 6-0?

HJ CIF qualifying for D3 is 5-5 (boys) and 4-5 (girls), so no change needed

Field events: LJ, TJ, HJ, PV, Discus, SP

Track events: 100, 200, 400, 100/110H, 300H, 800, 1600, 3200