

IN CONJUNCTION WITH THE
RIVERSIDE SPORTS HALL OF FAME
MARTIN LUTHER KING HIGH SCHOOL
WELCOMES YOU TO THE 2023
“RAINCROSS TRADITION”
RIVERSIDE CITY TRACK AND FIELD
CHAMPIONSHIPS

Saturday, April 8, 2023 Stadium opens at 7 am

FIELD EVENTS BEGIN AT 8:30 am RUNNING EVENTS BEGIN AT 9 am

At MARTIN LUTHER KING HIGH SCHOOL

Dear Coach;

On behalf of Martin Luther King High School and the Riverside Sports Hall of Fame, I would like to invite you and your team to the seventh revival of the “Raincross Tradition”-the Riverside City Championships. In 2010, we brought this meet back after a 20 year absence. 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 8, 2023!!

John Corona

Meet Director

DIVISIONS

Boys and Girls Varsity

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

Small Schools invited: Notre Dame, Woodcrest Christian, Sherman Indian, CSDR, and Bethel Christian

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**. Please remind your athletes that we will be awarding their medals (if they placed) immediately after their event is over and to be available for presentation of their medal at the awards stand.

FEES

Large Schools-\$200 per team-\$400 for both boys and girls. Small Schools-\$150 per team-\$300 for both boys and girls' teams. We would appreciate getting your check in **BEFORE** April 3 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. Please be sure to make your checks out to **King Track and Field**. **If you send your check in the mail, please address them to Head Track Coach Mat Vasel at King High School-9301 Wood Rd. Riverside, Calif. 92508**

PLEASE BE AWARE---if we have not received your entry fee by the morning of the event, "telling us that the "check is in the mail" will not suffice. We will be asking for a personal check to cover entry fees. We will hold that check for two weeks until such time that we receive your payment through your Boosters/ASB and then we will rip up the check.

ENTRY OF ATHLETES -GET THIS DONE ON TIME PLEASE!!!!

Milesplit is handling the entries for our meet again this year. Please go to the Milesplit.com website and it will link you to the registration page and that's where you enter your athletes. Please look for us under **The Raincross Tradition**. If you have issues, please contact Jeff Oncken at 210-618-6000 and he can guide you through it. You will be allowed 4 entries in the boys and girls varsity sprints (100/200/400/Hurdles); 4 in the field events as well as 6 entries

in the distances. Only one 4 X 100 and 4 X 400 relay from each school may be entered. **DO NOT FAX OR EMAIL YOUR ENTRIES. THEY WILL BE IGNORED.** Entries open on Sunday March 6 at 8 am and close Monday, April 4 at 11:59 pm.

TRACK EVENTS SCHEDULE

We will run the CIF order of events starting with the 4 X 100's. We will seed each heat slowest to fastest and determine our results from there. We have decided to do away with prelim heats. In years past we have run prelims for the 100/200/Straight hurdles but this time of year, we probably want to save the kids legs and not have them run so many more events that prelims would require. Depending on the number of heats, we **MAY** use both sides of the track at the same time. We will also (if needed) be placing the slower heats of the 3200 as well as the Soph-Frosh 4 X 800,(if we run the event) in places we think will help give the athletes better rest periods or to help with the speed of the meet.

UNIFIED SPORTS EVENTS- In honor of North track coach and Special Ed teacher, Charles Leathers, we have been running The Charles Leathers 100 meters for the past few years. We put together this race so that it would fit under the umbrella of the new Unified Sports movement within CIF. Unified Championship School (UCS) events call for a 2- person team including a student of special needs and a general education student of like ability competing against other teams. Their individual times are then added together and that's how places are decided. We hope to expand from 2 events to maybe 4 (4 X 100 Relay and LJ). Though what you have seen the past couple of years is not the true Unified Sports model, it has been a move in the right direction and we hope to continue to build this into the City Championships and beyond. Please take the time to enter any of your UCS kids in these events. We hope that you-your special ed department and your administration will see fit to become participants in the Unified Championship Schools movement as a whole and most specifically in the Raincross Tradition. There will be a CIF UCS event scheduled in mid-May at Trabuco Hills High School where schools and kids compete for All-CIF Honors. Please email Sondra Lough at slough@riversideunified.org for more information or you can call her at 951-789-5690-Ext. 62038. You can also contact me for more information either at this email or at 951-544-1068. Both of us would be glad to talk to you about the possibilities

FACILITIES

We will be competing on the 8 lane all-weather facility at Martin Luther King High School. King has a 5000 seat stadium that also has a synthetic field turf infield. Athletes and spectators can sit on both sides of the stadium. 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 or along the bleachers closest to the track. PLEASE TELL YOUR PARENTS!!!! I am getting tired of having an argument every year with parents that think they are special. 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 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 once they are done with their race. Water is fine but that's it!!!!

SEEDING AND CHECK-IN

VERY IMPORTANT!!!! FOR THE FIRST TIME--we will be running Large School and Small School competitors together!!! For the purposes of entries-check-in and timing, we will be eliminating those designations. Your kids will compete against others -no matter the size of the school-of like times and marks. We WILL STILL AWARD kids as Large School or Small School competitors (we can pull out the Small School kids electronically for their awards) Please remember, coaches will be allowed to enter up to 4 kids in sprint events (100/200/100H/110H/300H/400) and all field events. We will be allowing up to 6 entrants in the distance events. We WILL NOT be condensing or combining heats as it has proven over the years to be just too cumbersome and time intensive. 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 be ready to head to the track after the third and final call to the clerk. Athletes may be substituted in the place of a previously entered competitor) 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—

- ALL UNDERGARMENTS MUST BE A SOLID COLOR

FOOD AND CONCESSIONS

A variety of food and beverage items will be available throughout the meet. 2 complimentary diner 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 Coach Peter's classroom-G-123-behind the stadium.

RESULTS

Results will be posted outside the concession stand on the Northeast end of the stadium. Results will also be posted on Finishedresults.com; Athletic.net and Milesplit 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 8th, 2023!!!!

John Corona
Meet Manager- Raincross Tradition
951-544-1068-(C)
jcorona@riversideunified.org

RUNNING EVENT SCHEDULE

FINAL RUNNING EVENTS- 9 am--CIF ORDER

All races will be run in heats. Fastest heat will be the final heat.

FIELD EVENT SCHEDULE

Girls Pole Vault- 8:30 AM-All Divisions-Boys Pole Vault-All Divisions- to follow

Shot Put- 8:30 AM-Boys (All Divisions)-Girls-(All Divisions)- to follow-4 attempts

Discus- 8:30 AM-Girls (All Divisions)-Boys-(All Divisions) to follow-4 attempts

High Jump-8:30 AM-Girls (All Divisions)-Boys (All Divisions) to follow

Long Jump-8:30 AM -North Pit-Boys (All Divisions)-4 attempts-Triple Jump to follow

Long Jump-8:30 AM-South Pit-Girls (All Divisions)-4 attempts-Triple Jump to follow

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