

Lancer Invite

We are very excited to host the Lancer Invite on April 6th, 2024.

There will be 4 Divisions –

1. Varsity Boys, **(VB)**
2. Varsity Girls, **(VG)**
3. Frosh/Soph Boys **(JVB)** &
4. Frosh/Soph Girls **(JVG)**

Each school will be allowed 3 entries in all events except the 1600m and the 3200m which will be allowed 4 entries. There is only 1 entry per relay (4X800, 4X100 and 4X400)

We will be using athletic.net for team registration and entering athletes.

The entry deadline for your athletes is Wednesday, April 3rd, 2024, at 11:59pm.

Awards: Medals will be issued to the Top 3 teams, and ribbons for 4th - 6th place in all events.

Team Fees: 1 Division \$85, 2nd Division \$160, 3rd Division \$225, All 4 Divisions \$280

If you would like a reduced fee, please reach out to Coach AD about running a Pit or Jumps event.

Make checks or money orders payable:

Rancho Cordova Track & Field

2239 Chase Dr.

Rancho Cordova, CA 95670-2039

Any Team that is unable to mail their entry fee in advance, your entry fee can be accepted when picking-up your Team's packet at the gate.

Prior to the start of the meet, we will have a **Coaches Meeting at 8:00AM**

Field Events Start Time: 8:30am.

Running events Start Time 8:45am.

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On the day of the meet, each school will receive a team packet at the entry gate, which will include heat and lane assignments.

Check in: Athletes in all running events must check in at the clerk, before or immediately following the 3rd call for their event. Athletes in field events should check in at their event, NOT at the clerk.

Warm-ups: Athletes can warm up in the designated warm up areas outside of the stadium on the Baseball Field and hurdles will be located on the field as well. Athletes are **NOT** allowed to warm-up on the infield. The infield will only be open for only half the field ... Our DISCUS is in the infield by the High Jump (start of the 200-meter area) – This will create a lot of athletes on the field by the high jump ... NO Spectators can be on the field...they can watch from the Visitor side stands... NO WARM ups from the 50-yard line towards the Discus...

Results: Results will be posted on the Bathroom entry board.

Any questions or concerns please email me anthonyadavis5@outlook.com or call me or text my cell phone at 916-296-8781 *make sure you put your name and school on your text, so I have an idea who is texting me.