

Thunder Invitational

Rocklin High School

Rocklin, CA

Saturday, March 25, 2023

We will host Varsity girls/boys. Our track was resurfaced this summer. We will be using a finish-lynx timing system run by Red Cap Timing. We will have a fully stocked snack bar.

Here is a list of the following important information:

- **All entries to the meet will be submitted through**
 - **milesplit.com. Please claim your team and register there**
 - **5 athletes per running event (5 boys, 5 girls)**
 - **4 athletes per field event (4 boys, 4 girls)**
- 9 a.m. start time for field events 9:45am start for running events
- Please no 1/4 inch spikes or longer
- All trials will be run and scored as timed finals
- 3 throws will be followed by 3 final attempts for top 9 competitors in shot and discus
- All long/triple jumpers will have 4 jumps with no finals
- Finish Lynx Timing System provided by Red Cap Timing
- **MEDALS FOR TOP 5 INDIVIDUALS AND RELAYS**
- **TEAM TROPHIES FOR FIRST, SECOND AND THIRD PLACE**
- **\$250 per team (Teams with less than 10 athletes can pay individually \$25 per athlete)**
- 5 athletes per running event. 4 athletes per field event

Email questions or comments to Matt Eckman at meckman@rocklinusd.org