

Rio Rancho Track & Field 2026

Boys Head Coach: Harvey Carreathers (505-980-0254) harvey.carreathers@rrps.net **Girls Head Coach:** Michael Gonzales (505-948-2185) michael.gonzales@rrps.net

Information:

School website via www.rrps.net Select: (schools—High schools—Rio Rancho High School—Athletics—Track & Field)
Team stats via nm.milesplit.com and athletic.net

Varsity Meet Schedule: Details will follow on Website & via email/

March 7 Academy Quad
March 13 Cleveland Invite
March 20-21 Chandler Rotary [Optional]
March 21 Rio Rancho Rust Buster
March 26 Bernalillo Relays
April 11 Rio Rancho Invite
April 14 Marilyn Sepulveda (Invite only)
April 17 Clovis Wildcat Invitational
April 24-25 Richard Harper Invite
April 30-May 1 APS Metro Championships
May 9 District 1-5A Championships
May 15-16 5A State Championships

JV Meet Schedule: Details will follow on Website

March 11 JV Meet @ Cleveland
March 18 JV Meet @ Rio Rancho
March 25 JV Meet @ Cleveland
April 8 JV Meet @ Rio Rancho
April 16 JV Meet @ Community
April 23 Boys JV Metro Championships
April 24 Girls JV Metro Championships

Uniforms:

All athletes will receive a uniform top and bottom. Varsity athletes will also receive a warm-up set. All uniforms must be turned in within 5 days of the last meet. After that date athletes will be added to the school fine list and will be asked to pay the uniform cost + a \$15 late fee. The Late fee will still apply even if the uniform is turned in.

—JV due on April 25th

—Varsity if Last Meet is District due on May 11th

—Varsity if Last Meet is State due on May 18th

Spirit Pack:

Each athlete is required to wear Track and Field spirit wear at all meets. All athletes must purchase a Green cotton Hoodie. Black sweatpants will be required but you can purchase your own. This is a one time purchase and will be part of the meet day attire.

Fundraising:

Students can pay for their Spirit Pack or they can work at fundraisers to pay it off. Students will be working "Fun Runs" for Run-Fit (non-profit organization). Each of the "Fun-Runs" will earn \$33 toward that goal. We will require 15-20 volunteers for each of the event

2/8 Super Bowl Run
3/15 Shamrock Shuffle
4/26 Craving Cookies Run

Shoes:

Quality shoes are essential to preventing injury and can lead to better performance. All athletes should consult their event coach before they purchase shoes.

Communication

SportsYou-app- Code [VL4W-BETN](#) (Turn on notifications)

Practice Schedule:

Monday-Friday

2:30 pm to ~4:30 pm (Sprinters by 3:30)

Saturdays 8:00 to ~10:00**

**JV Athletes, Sprinters, and Throwers usually DO NOT practice on Saturday. Distance Runners and Pole Vaulters practice on Saturdays if we do not have a meet scheduled on a Saturday.

Missed Practice: Athletes are expected to attend all practices. If an athlete is going to miss or be late to practice he/she must inform a member of the coaching staff (DO NOT send a message with another athlete. This is NOT acceptable.) An unexcused absence will result in the athlete missing a meet.

Varsity and Junior Varsity

Positions are determined on a week-by-week basis. The varsity positions will be determined by weekly performance and "throw-offs".

Pictures:

March 6 Picture packets will be distributed. Athletes MUST have a uniform to take a picture.

Letter & Certificate Awards:

To earn a varsity letter an athlete must:

1. Compete in at least 5 Varsity meets or
2. Score at least 1 point at the District Championship or
3. Score 5 Varsity points prior to the District Championship and
4. Complete the season in good standing (turn in all uniforms, compete in all possible meets, and complete the season without penalty.)