

THIS WEEK IN TRACK AND FIELD (May 12th - May 18th)

Full team practice in **New Stadium** @ Rio after school, all this week except Friday.

All Rio Track athletes are invited and encouraged to continue to train with their Track & Field teammates who have advanced on to The Sac Joaquin Masters Preliminaries and Finals Meet. We have 6 Rio Americano Student Athletes who have advanced to Masters!

Parents interested in checking out the new facilities may do so at end of practice (4:45 p.m. or later).

MONDAY (5/13)

3:15 p.m. Practice @ Rio Track

TUESDAY (5/14)

3:15 p.m. Practice @ Rio Track

WEDNESDAY (5/15)

3:15 p.m. Practice @ Rio Track

THURSDAY (5/16)

2:00 p.m. Practice @ Rio Track

FRIDAY (5/17)

2019 CIF SAC-JOQUIN SECTION/LES SCHWAB TIRES

MASTERS TRACK & FIELD CHAMPIONSHIP - TRIALS

Davis Sr. High School

[See Meet Schedule for Event Times](#)

SATURDAY (5/18)

2019 CIF SAC-JOQUIN SECTION/LES SCHWAB TIRES

MASTERS TRACK & FIELD CHAMPIONSHIP - TRIALS

Davis Sr. High School

[See Meet Schedule for Event Times](#)

RAAB Membership Dues

Final Request! Rio Track is at 50% dues participation, Please pay your RAAB dues as soon as possible! Dues are \$75 per player for one sport, or \$125 for the year for multiple sports. These dues are critical to the success of our Athletic Programs at Rio, paying for coaching stipends, operating expenses, etc. It's a small amount to pay for all that our children receive from the sports programs. [RAAB Membership Dues](#)

Track & Field Banquet

We will have our 2019 Track & Field Banquet on Tuesday May 21st from 6:00 to 8:00 p.m. at Rio. We are finalizing plans and will have more information soon. The plan is to have a picnic style event with families bringing sides. For now, save the date!

2019 CIF SAC-JOQUIN SECTION/LES SCHWAB TIRES MASTERS TRACK & FIELD CHAMPIONSHIP

Friday May 17th & Saturday May 18th at Davis Sr. High School (315 West 14th Street, Davis, CA) The best way to avoid Davis traffic will be to take the Mace exit just after you cross the Causeway and make a right, it will bring you onto Covell Blvd and the Davis High Stadium will be on your left. If you are competing in this meet please verify with your coaches what time you need to check in at the meet. Some students may have Early Dismissal on Friday.

There is no school provided transportation for these meets, please coordinate transportation for your athlete.

Rio Cross Country

With the Track & Field Season coming to a close it is time to start thinking about cross country season. If you are interested in joining the Cross Country team? [Join the Rio Cross Country mailing list](#) to stay informed on important meetings, practice schedules, and more.

Summer conditioning starts June 17th M,W,F 6:00 p.m. meeting in the Bella Bru parking lot. Summer Conditioning is a great way to stay in shape over summer and run with your friends and teammates!

Coaches Gift

Hey Rio Runners! Lauren Calcagno is coordinating the coaches gifts for this season and needs your help! Please meet up with Lauren any day before May 17th at school when you see her to bring your contribution. Any amount you can contribute is greatly appreciated! Thank you so much and see you all at the banquet!