

Metro Region Track Memorandum



Phoenix Union High School District
Alhambra High School

DATE: April 16th 2009

TO: 5A Metro Region Boys' and Girls' Track Coaches and Athletic Directors

FROM: Jaime Rodriguez, Alhambra High School Athletic Director

SUBJECT: 2009 5A METRO REGION DIVISION I & II TRACK AND FIELD REGIONALS

Dates: Wednesday: May 6, 2009 Boys and Girls at Alhambra High School Preliminaries and Field Events / Distance Finals
Friday: May 8, 2009 Boys and Girls @ Alhambra High School Finals and Remaining Field Events/Distance Events

Admission: Adults and Students: \$3.00

Passes: Only AIA and player participation passes and commercial press passes will be honored. School District passes and Coaches' Association passes WILL NOT BE HONORED. This is a 5A Conference Sponsored event.

Meet Director: Jaime Rodriguez

Referee: Wendy Truvillion

Field Judge: Ed Hedges

Games Committee: Paul Bonnett (CHS), Delawn Leggett (CCHS), Dr. Truvillion (MVHS), David Cruickshank (SM) Manuel E. Calderon (District AD)

Schedule of Events: See Attached

Coaches: Coaches may not go on the field after the field events have begun, except in emergencies.

Medical: Schools should bring their own medical kits and supplies. An athletic trainer will be on the infield.

Pyro Timer: Finish Lynx and Timer will be used at the preliminaries and at the finals. If the Lynx fails in any preliminary heat, advancement in all heats in that event will be by place finish.

Water: It is requested that teams bring water and paper cups for their team.

Snack Bar: The Snack Bar will be open to sell snacks and drinks.

Official Rules: National Federation Track and Field Rules and Records will be used.

Tournament Organization: The tournament will be a two-day qualifying meet. The first place finisher in each event will qualify and advance to the State Meet. The procedure for qualifying is as follows: The top eight finishers in each region will be ranked 1 through 48. The region winner and then the next 18 best marks will advance to the State meet. Outside qualifiers will then be seeded into the meet. State will be held at Chandler H.S., **Wed, May 13th, 5A Div I and Thurs., May 14th, 5A Div II**, with finals held **Sat. May 16th**. Mr. Shapiro from Chandler High has sent out information to Head Track Coaches.

Scoring: Individual scoring will be for six places 5AII: 10-8-6-4-2-1 Relay Scoring: 10-8-6-4-2
Individual scoring will be for five places 5AI: 8-6-4-2-1 Relay Scoring: 8-6-4-2

Number of Entries Four (4) entries per event, per team. One (1) Relay team per school per relay event.

Entry Deadline: Monday, May 4th, at 3:00 PM is the entry deadline. Entries are online at www.athletic.net Any entry without time/distance will be entered with NT/ND. Once entries are submitted, only substitutions will be permitted (no additions). Up to Six (6) athletes may be entered in each relay. Any four (4) of the six (6) athletes entered are eligible to run the relay.

2008-2009 5A METRO REGION TRACK AND FIELD REGIONALS (continued)

- Metro Regionals Mtg.** Monday May 4th @ Alhambra High School –**Coaches meeting 5:00 pm in the Principals Conference Room.** Coaches meeting will facilitate scratches and substitutions, confirm advancement process, and answer questions. **Scratches and substitutions only, no additions will be made at this meeting. Only scratches will be allowed the day of the meet.**
- Calendar of events:** See attached.
- Track Facilities:** Alhambra High School has a eight-lane track.
SHORT SPIKES MUST BE WORN (1/4" SPIKES)
Each school shall provide its own batons.
There is access to bathroom facilities at the track.
- Stadium rules:** Boom boxes and two-way radios are not permitted in the stadium. Only athletes participating in a particular event going on at that time will be allowed onto the track. All other athletes need to be in the stands or in the warm-up area. No person will be allowed near the track. Anyone jumping the fence to get onto the track will be disqualified. No electronic devices allowed on the infield or bullpen.
- Track Events:**
- 1) Preliminaries will begin in the 100 & 110 meter hurdles, 100 meter dash, 400 meter dash, 300 meter hurdles and 200 meter dash. Preliminary heats are seeded based on time with the heat winner plus the next fastest times advancing to finals totaling eight athletes.
 - 2) The 200-meter dash will be run around the curve.
 - 3) The 400-meter dash will be run in lanes on the oval using the Olympic start.
 - 4) The 1600-meter will be in one heat should the entries number 18 or fewer- boxed alley start.
 - 5) The 3200-meter will be run in one heat – boxed alley start.
 - 6) Lane race heats will be in 2, 3, or 4 heats as needed. No reseeding of heats will be made.
- Advancement Process:** Preliminary heats are seeded according to times. The heat winner plus the next fastest times will advance.
- High Jump:** Starting heights for this event will be: Boys: 5' 2" with 2" raises to 6' 2", and then 1" raises.
Girls: 4' 0" with 2" raises to 5' 0", then 1" raises.
If athletes are competing in other events, they need to check out with the judge before leaving.
- Shot and Discus:** Field events will be run in flights, with the best efforts in the third flight. Keep your entries in order. Three trials will be allowed with eight qualifying for finals with three additional throws. If athletes are competing in other events, they need to check out with the judge before leaving.
- Long Jump/
Triple Jump:** Boys and Girls: Three trials will be allowed with eight qualifying for finals with three additional jumps. Open pit will be used. If athletes are competing in other events, they need to check out with the judge before leaving.
- Pole Vault:** Starting heights for this even will be: Boys: 8' with 6" raises to 13', and then 3" raises.
Girls: 6' with 6" raises to 10', and then 3" raises.
- Awards:** A championship plaque will be presented to the Boys and Girls' teams scoring the most points in the Region Meet. Medals will be awarded by the Conference for 1st, 2nd, 3rd, and 4th place winners. Awards will be presented immediately following the finals for each event.
- Uniforms:** ONLY SCHOOL ISSUED UNIFORMS MAY BE WORN. All uniforms must be alike. ***The "No Jewelry" rule will be enforced. No rubber wrist bracelets, such as the "livestrong" or any others.***
- Drugs, Alcohol,
Tobacco:** Any coach or competitor using tobacco, alcoholic beverages, or misusing drugs while on the playing area during and athletic contest sponsored by the AIA (or the 5A Metro Region Conference) shall be disqualified from the contest.
- Warm-up:** The track will be open for warm-ups before the meet, and the baseball outfield to the west of the track will be available during the meet. Security will keep all coaches and non-participating athletes off of the track.
- Tents:** May be set up on the East side bleachers or on the west side bleachers north of the 50 yard line and the top 4 rows. No team camps at the finish line.
- Questions:** E-mail **Mary Wimmer @ wimmer@phxhs.k12.az.us**

Wednesday, May 6, 2009

Preliminaries

(Implementing State Format)

- 2:45 p.m. Coaches' Meeting (site TBA)
- 2:45 p.m. **Field Events Warm-up will begin once AIA officials are at event.**
- 3:30 p.m. (All field events are finals)
Pole Vault – All girls followed by boys for both 5AII and 5AI
High Jump – Girls 5AII followed by Boys 5AI
Long Jump – Boys 5AII followed by Girls 5AI
Triple Jump – Girls 5AII followed by Boys 5AI
- Discus – Boys 5AI followed by Girls 5AII
Shot Put – Boys 5AII followed by Girls 5AI

TO FOLLOW

- 5:00 p.m. 3200 m Relay – Boys 5AI followed by Girls 5AII
- 110 m Hurdles – Boys 5 AII
110 m Hurdles – Boys 5 AI
- 100 m Hurdles – Girls 5 AII
100 m Hurdles – Girls 5 AI
- 100 m – Boys 5 AII
100 m – Boys 5 AI
100 m – Girls 5 AII
100 m – Girls 5 AI
- 1600 m – Boys 5 AII
1600 m – Girls 5 AI
- 400 m – Boys 5 AII
400 m – Boys 5 AI
400 m – Girls 5 AII
400 m – Girls 5 AI
- 300 m Hurdles – Boys 5 AII
300 m Hurdles – Boys 5 AI
300 m Hurdles – Girls 5 AII
300 m Hurdles – Girls 5 AI
- 800 m – Boys 5 AII
800 m – Girls 5 AI
- 200 m – Boys 5 AII & 5 AI
200 m – Girls 5 AII & 5 AI
- 3200 m – Boys 5 AI
3200 m – Girls 5 AII

Friday, May 8, 2009

Finals

- 2:45 p.m. Coaches' Meeting
2:45 p.m. **Field Events Warm-up will begin once AIA officials are at event.**
- 3:30 p.m. High Jump – Girls 5AI followed by Boys 5AII
Long Jump – Boys 5AI followed by Girls 5AII
Triple Jump – Boys 5AII followed by Girls 5AI
Discus – Boys 5AII followed by Girls 5AI
Shot Put – Boys 5 AI followed by Girls 5 AII
- 5:00 p.m. 3200 m Relay Boys 5 AII
3200 m Relay Girls 5 AI
- 110 m Hurdles - Boys 5 AII
110 m Hurdles – Boys 5 AI
100 m Hurdles – Girls 5 AII
100 m Hurdles – Girls 5 AI
- 100 m – Boys 5 AII
100 m – Boys 5 AI
100 m – Girls 5 AII
100 m – Girls 5 AI
- 1600 m –Boys 5 AI
1600 m - Girls 5 AII
- 400 m Relay – Boys 5 AII
400 m Relay – Boys 5 AI
400 m Relay – Girls 5 AII
400 m Relay – Girls 5 AI
- 400 m – Boys 5 AII
400 m – Boys 5 AI
400 m – Girls 5 AII
400 m – Girls 5 AI
- 300 m Hurdles – Boys 5 AII
300 m Hurdles – Boys 5 AI
300 m Hurdles – Girls 5 AII
300 m Hurdles – Girls 5 AI
- 800 m – Boys 5 AI
800 m – Girls 5 AII
- 200 m – Boys 5 AII
200 m – Boys 5 AI
200 m – Girls 5 AII
200 m – Girls 5 AI
- 3200 m – Boys 5 AII
3200 m – Girls 5 AI
- 1600 m Relay – Boys 5 AII
1600 m Relay – Boys 5 AI
1600 m Relay – Girls 5 AII
1600 m Relay – Girls 5 AI