



State Farm's



Cibola Scorchers Invitational

PETE PETERSON TRACK AT CIBOLA HIGH
4100 W. 20TH STREET, YUMA, ARIZONA 85364
PHONE – (928) 502-5700

Cibola High School is Holding its First State Qualifying track meet on March 21st, 2009.
This meet is open to ALL Schools in the state of Arizona, as well as Southern California

Entries:

- The entry fee for each team will be \$300 (\$150 for Boys, and \$150 for Girls). Checks will be *made out to "Running Raiders"* (No PO's Please)
- The meet will be open to the first 16 teams (**Schools will have to Notify Coach Mosher at gmosher@yumaed.org of their intent to be in the meet by 3-1-09.**)
- Entries will be done on www.athletic.net
- Timing will be F.A.T., and scoring will be HyTek
- Each school will be allowed two (2) or three (3) entries in the running events and field events (depending on number of teams). There will be a fast heat and a slow heat for non-lane races (depending on entries). Each team will be allowed to enter one (1) relay team in each relay event.

Facilities:

- Cibola High School has an eight (8) lane all-weather track. All-weather surfaces for LJ, TJ, and PV. ¼" Spikes will be enforced. Blocks will be supplied.
- Discus and shot put rings are concrete
- HJ area is all-weather surface. HJ and PV have foam pits

Track Events:

- Lanes will be assigned for the 100, 200, 400, and Hurdle races
- Top 8 performances will advance to finals BY TIME

Field Events:

- Pole Vaulters will need a weight certification form filled out by their coach (in the coach's meeting) and be using a legal pole which is rated at or above their weight
- Shot put and Discus implements will be weighed in before the competition
- LJ, TJ, PV, and HJ will be Open Pit for specified amount of time

Times:

- 8:15 am Coach's meeting
- 9:00am National Anthem followed by Field Events and Prelims

Awards:

- Medals will be awarded to the top three (3) athletes in each event. Trophies to top Boys and Girls team Plaques will be awarded to the Outstanding Male and Female

Admission:

- Price of Admission will be Free for 12 and under, \$2 for students with I.D., \$3 for others

8:15 Coaches Meeting, Classroom adjacent to Track and attached to restrooms.

PRELIMINARIES

Eight Fastest Times Advance

4x800M Relays will be finals. There will be no preliminaries in the 300 Hurdles or the 400M Dash. These events will be timed finals in the afternoon.

9:15 High Hurdles Boys
High Hurdles Girls
100M Dash Boys
100M Dash Girls
4x 800M Relay Boys
4x 800M Relay Girls
200M Dash Boys
200M Dash Girls

****THERE WILL BE A 1 HOUR BREAK BETWEEN PRELIMINARIES AND FINALS FOR WORKERS AND ATHLETES****

FINALS TIMES ARE A GUIDELINE. RACES WILL BE RUN CONSECUTIVELY.

1:00 pm 100M Hurdles Boys
110M Hurdles Girls
100M Dash Boys
100M Dash Girls
2:00 pm 1600M Heat I & II Boys
1600M Heat I & II Girls
2:45 pm 400M Relay Heat I Boys
400M Relay Heat II
400M Relay Heat I Girls
400M Relay Heat II
3:15pm 400M Dash Boys
400M Dash Girls
3:45 pm 300M Int. Hurdles Boys
300M Low Hurdles Girls
4:20 pm 800M Run Heat I Boys
800M Run Heat II
800M Run Heat I Girls
800M Run Heat II
4:50 pm 200M Dash Boys
200M Dash Girls
3200M Run Boys
3200M Run Girls
5:30 pm 1600M Relay Heat I Boys
1600M Relay Heat II
1600M Relay Heat I Girls
1600M Relay Heat II

FIELD EVENTS

Eight (8) to All Finals Depending on the number of schools entered into the meet

Finals start immediately FOLLOWING prelims

9:00- 12:00

Boys Shot Put (Followed by Discus)

Girls Discus (Followed by Shot Put)

Boys High Jump (Followed by Girls High Jump)

Boys and Girls Long Jump (Open Pit for specified time)

Boys and Girls Triple Jump (Open Pit follows Long Jump)

Girls Pole Vault (Followed by Boys)

Starting Heights: (3-Alive Method will be used in HJ and PV)

High Jump: 5' 0" Boys

4' 6" Girls

Pole Vault 8' 0" Boys

6' 6" Girls

Minimum Distances:

Shot Put Boys Only distances of 35' or over will be measured

Discus Boys Only distances of 100' or over will be measured

Shot Put Girls Only distances of 25' or over will be measured

Discus Girls Only distances of 70' or over will be measured