

Pinnacle High School
Freshman / Sophomore Invite

Saturday, April 11, 2009

Pinnacle High School
3535 E. Mayo Blvd. Phoenix AZ

GENERAL INFORMATION

OVERVIEW:

The purpose of this invitational, and the intention of the Pinnacle High School track and field staff, is to provide a state-qualifying meet exclusively for freshman and sophomore track and field athletes. The meet will follow the standard high school schedule of events. This meet is not a relay invitational.

ENTRY FEE AND ADMISSION CHARGE:

There will be an entry fee of \$175 each, or \$300 for both boys and girls.
Please mail entry fee payable to:

PINNACLE TRACK BOOSTERS
Mr. Rich Amanati – Athletic Director
3535 E. Mayo Blvd.
Phoenix, AZ 85050

An admission charge of \$2.00 for students, and \$5.00 for adults will be charged at the gate.

START TIMES:

Coaches Meeting	8:00 AM
Field Events	9:00 AM
Track Events	10:00 AM

ENTRIES:

athletic.net Entry deadline 6 PM April 8th.

FACILITIES:

All-weather track and runways. 10 lanes straight-a-way, 8 lanes on the turns.
Quarter inch (1/4) spikes or shorter ONLY!
Starting blocks will be provided.
Each school must provide their own relay batons, shots and discs.
Long Jump, Triple Jump, Pole Vault, Shot, and Discus are located southeast of the track.
Shot Put and Discus surfaces are concrete.

PARTICIPATION:

Each team may enter three athletes per event, per gender, per class for individual events, and one relay team per relay, per gender, per class.

AWARDS:

Medals - 1st thru 3rd place.

Medals can be picked up shortly after the conclusion of the event.

TIMING / SCORING:

Finish Lynx and Meet Manager will be used for timing and scoring. Scoring will be 10-8-6-4-2-1. All heats are finals.

TRACK EVENTS:

200M will be run on a full curve.
400M will be run in lanes.
4x8 – 1600 – 800 – and 3200 will be run from box alleys.
4x4 – three turn stager.

RELAYS:

4x1 – 4x4 – 4x8
Relays can be comprised of both freshman and sophomore athletes.
Each team allowed only one boys 4x1 – 4x4 – 4x8 relay, and one girls 4x1 – 4x4 – 4x8 relay.

FIELD EVENTS:

Implement weigh-ins at 8:30.
High Jump and Pole Vault starting heights will be determined at the coaches meeting.
Shot / Discus – Three preliminary throws with best mark carried to finals.
Long Jump / Triple Jump – Three preliminary jumps with best mark carried to finals.
Top nine jumpers and throwers advance to the finals

EVENTS SCHEDULE:

Meet will follow a running schedule. Please remind your athletes to pay attention to the events as they are being announced and contested. Schedule Of Events posters will be posted on or near track.

HOSPITALITY:

A hospitality room will be available FOR COACHES ONLY.
A concession stand will be open for food and snacks.
Souvenir t-shirts will also be available for purchase.

RULES:

NFHS rules relative to conduct, uniforms, jewelry, electronics, etc. will be strictly enforced.

GAMES COMMITTEE:

Deer Valley - Shadow Mountain- Liberty – Paradise Valley - Pinnacle

Thanks for your interest in attending the Pinnacle High School Frosh / Soph Invitational.

Bob Moretti
Pinnacle High School

Pinnacle High School

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YES, our boys' team will participate \$175

YES, our girls' team will participate \$175

YES, both teams will participate \$300

SCHOOL _____ Fax# _____

BOYS HEAD COACH _____ email _____

GIRLS HEAD COACH _____ email _____

THE MEET WILL BE LIMITED TO 18 TEAMS, ACCEPTED ON A FIRST COME COME BASIS. YOUR E-MAIL WILL SERVE AS CONFORMATION OF YOUR DECISION.

bmoretti@pvschools.net

Bob Moretti 602-449-4031

Fax – 602-449-4006

SCHEDULE OF EVENTS

8:00 AM - COACHES MEETING
8:30 AM - IMPLIMENTS WEIGH-IN
9:00 AM - FIELD EVENTS BEGIN
10:00 AM – RUNNING EVENTS BEGIN

10:00 AM RUNNING EVENTS:

Boys F/S	4x8
Girls F/S	4x8
Boys F	110 Hurdles
Boys S	110 Hurdles
Girls F	110 Hurdles
Girls S	110 Hurdles
Boys F	100
Boys S	100
Girls F	100
Girls S	100
Boys F	1600
Boys S	1600
Girls F	1600
Girls S	1600
Boys F/S	4x1

9:00 AM FIELD EVENTS:

Girls F	Pole Vault
Girls S	Pole Vault
Girls F	High Jump
Girls S	High Jump
Boys F	Shot Put
Boys S	Shot Put
Boys F	Triple Jump
Boys S	Triple Jump
Girls F	Discus
Girls S	Discus

FOLLOWING EVENTS TO BEGIN UPON COMPLETION OF ABOVE EVENTS

Boys F	Pole Vault
Boys S	Pole Vault
Boys F	High Jump

Girls F/S	4x1	Boys S	High Jump
Boys F	400	Girls F	Shot Put
Boys S	400	Girls S	Shot Put
Girls F	400	Girls F	Triple Jump
Girls S	400	Girls S	Triple Jump
Boys F	300 Hurdles	Boys F	Discus
Boys S	300 Hurdles	Boys S	Discus
Girls F	300 Hurdles	Girls F	Long Jump
Girls S	300 Hurdles	Girls S	Long Jump
Boys F	800	Boys F	Long Jump
Boys S	800	Boys S	Long Jump
Girls F	800		
Girls S	800		
Boys F	200		
Boys S	200		
Girls F	200		
Girls S	200		
Boys F	3200		
Boys S	3200		
Girls F	3200		
Girls S	3200		
Boys F/S	4x8		
Girls F/S	4x8		

STARTING HEIGHTS FOR H J AND PV TO BE DETERMINED AT COACHES MEETING