

Valley Christian Invitational Track & Field Meet

April 18, 2009

@ Benson Field, Valley Christian High School

Entry Fee: \$300 per school. Make checks payable to Valley Christian High School and send by April 7.

Admission: Adults \$3, students \$2.

Facilities: The track at Benson Field has 8 lanes and an all-weather surface, including the jumping runways. **All spikes must be ¼” or less. There may be no tape placed on the track or runways.** Locker room facilities will be available, but each team must provide their own towels and must secure their own valuables.

Restricted Area: Coaches and any other non-participants are to remain clear of the finish line, any field event judging area and off the field. All non-participants must remain in the bleachers.

Qualifying Meet: This meet is a State Qualifying Meet for 1A through 5A.

Scoring: 10-8-6-5-4-3-2-1

Entries: Each school will be allowed at least 4 entries per individual event and one entry per relay. A fifth individual entry is permitted in an event if all 5 exceed the standard. (see standards below)

Entry will be done on-line through **Direct Athletics.com** (see instructions below).

Note – please set up separate teams for men and women with Direct Athletics.

Entries will be due by 9:00 PM (MST) Friday April 17.

Because of this late entry deadline,

scratches only – no adds or replacements on the day of the meet.

Repeat – no changes to entries on the day of the meet.

The **coaches meeting** will be at 9:00 AM. Relay cards will be filled out at that time. See below for the complete meet schedule.

Awards: Medals will be awarded to the top 4 finishers in each event. First, Second and Third place Team trophies will be awarded, based on combined Boys & Girls scores.

Meet Director: Marlin Broek 480-705-8888 x215

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Schedule of Events

9:00 AM Coaches Meeting (relay cards will be filled out at this meeting)

FIELD EVENTS

9:45 AM Boys and Girls Long Jump
Open pit 9:45-12:45 prelims (3 jumps)
Top 9 to finals (3 additional jumps) open pit 1:00-1:45

10:00 AM Boys High Jump, Girls Pole Vault to completion

10:30 AM Girls Shot Put, Boys Discus by assigned flights
Finals to follow immediately after last flight

1:30 PM Boys Pole Vault, Girls High Jump to completion

2:00 PM Boys Shot Put, Girls Discus by assigned flights
Finals to follow immediately after last flight

2:30 PM Boys and Girls Triple Jump
Open pit 2:30-4:30 prelims (3 jumps)
Top 9 to finals (3 additional jumps) open pit 4:45-5:30

TRACK PRLIMS (Boys followed by Girls) Top 4 heat winners and next 4 fastest

11:00 AM High Hurdles Prelims times will advance to finals.

11:30 AM 100M Dash Prelims

12:00 PM 3200M Relay **Final**

12:30 PM 200M Dash Prelims

(note – no prelims for 400M Dash or 300M Hurdles)

TRACK FINALS (Boys followed by Girls)

(times are approximate – we will run the events consecutively)

2:00 PM High Hurdle Finals
100M Dash Finals

2:15 PM 1600M Run Finals (2 sections each if necessary)

2:50 PM 400M Relay Finals (2 or 3 sections each, if necessary)

3:10 PM 400M Dash Finals (6-8 sections as necessary)

3:50 PM 300M Hurdles Finals (5-7 sections as necessary)

4:30 PM 800M Run Finals (2 sections each, if necessary)

4:50 PM 200M Dash Finals

5:00 PM 3200M Run (Boys and Girls will run separately)

5:35 PM 1600M Relay Finals (2 or 3 sections each, if necessary) (3-turn stagger)

6:00 PM Awards Ceremony

Other Notes:

Advancement to finals is as follows: Top 9 will advance in the LJ, TJ, SP, DT. 8 will advance to finals in the 100/200/HH. The 4 best heat winners and the next 4 best times will advance. If there are less than 4 heats, heat winners and the next best times will advance.

The 400M dash, 300M Hurdles and all relays will be finals only, with multiple sections as necessary. The 1600M Relay will use the 3-turn stagger. 800/1600/3200 races will use box alleys.

The Shot Put ring is off the track near the start line for the 100/110 races and the Discus Throw is on the infield near the High Jump. These areas can get quite congested, so we ask that all throwers stay away from these areas unless their flight is currently throwing. Since both the Discus and the bullpen will be on the infield, we ask that all warm-ups be done on the baseball field adjacent to the track. 34.92 ° sectors will be used for both Shot Put and Discus.

Starting heights will be announced at the coaches meeting and will be determined by the 2A State Qualifying Standards.

Please keep all team camps in the East bleachers (away from the press box). To help visibility, no tarps or awnings will be allowed in the West bleachers.

There will be a hospitality room available for coaches, officials and bus drivers. Please keep all others (athletes, parents, fans) out.

There will be concessions available for sale, and there are several restaurants nearby.

VCHS is located at 6900 W Galveston Rd, Chandler, AZ. Exit I-10 at Ray Road or Chandler Bl. Go ½ mile east to 56th Street. Galveston Rd. is ½ mile south of Ray Rd. or ½ mile north of Chandler Bl. Turn east on Galveston Rd. and park buses along Galveston Rd. Benson Field is at the end of Galveston Rd.

STANDARDS FOR A 5TH ENTRY

(all 5 entries must exceed the standard to get the 5th entry)

Event	Boys	Girls	Event	Boys	Girls
100M	12.2	14.2	Shot Put	37'0"	26'0"
200M	26.0	30.0	Discus	100'0"	70'0"
400M	58.0	70.0	High Jump	5'4"	4'4"
800M	2:20	3:00	Long Jump	17'0"	13'6"
1600M	5:20	6:40	Triple Jump	36'0"	28'0"
3200M	11:50	14:30	Pole vault	9'6"	7'0"
High Hurdles	18.5	20.0			
300M Hurdles	47.0	56.0			

Please follow the following instructions for submitting entries through Direct Athletics:



How to Submit Online Entries

STEP 1—ACCESSING YOUR DIRECTATHLETICS ACCOUNT

Each coach must have a DirectAthletics username and password for his/her team. If you don't know your username and password, you will be able to create one or retrieve your existing account by following the instructions below. You will use the same account to enter all meets run through DirectAthletics.

If you already have a DirectAthletics account for your Track & Field club, and know your username and password....	If you do NOT know your username and password....
1) Go to www.directathletics.com 2) In the login box, enter your username and password and click Login. (Remember that your password is case-sensitive)	1) Go to www.directathletics.com 2) Click on the link "New User? Click HERE". 3) Follow onscreen instructions. You will be able to create an account online or retrieve forgotten information for an existing account.

****NOTE ABOUT MEN'S AND WOMEN'S ACCOUNTS:** You control only one gender at time, so you will complete the below steps for your Men, and then switch to your Women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account, for example:

Sport: Track & Field

Team: Western Guilford (M)

This indicates that you are controlling the Western Guilford MEN'S team (M=MEN). To switch to your Women's team, you would select "Western Guilford (W)".

STEP 2--SETTING UP YOUR ONLINE ROSTER

Before entering an athlete into a meet, you must add all attending athletes to your roster. If an athlete is already on your roster (from previous seasons or meets) you do not need to add him/her again.

- 1) Upon logging in, click the TEAM tab. (New users will automatically be in the TEAM module)
- 2) If you have used DirectAthletics before, you will see your existing athletes on your roster. New Users should click the green “Add Athletes” link.
- 3) Click the green “Add Athletes” link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time).
- 4) Enter your athletes’ First Name, Last Name, and School Year and click “Submit”.
- 5) You may add, edit or delete athletes on your Team Roster at anytime by clicking the TEAM tab. To add athletes, click the green “Add Athletes” link at any time. To delete or edit athletes, check the box to the left of each athlete(s) and then click the red “Delete Selected” link or the blue “Edit Selected” link respectively.

STEP 3--SUBMITTING ONLINE MEET ENTRIES

Once your athletes are added to your roster, you must submit your entries.

- 1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the meet you wish to enter.
- 2) If prompted, choose an entry method. We HIGHLY Recommend using the NEW, “Enter by Athlete” method.
- 3) Follow onscreen instructions for submitting your entries. You will see a running tally of your entries on the right side of your screen.
- 4) When you are finished with your entries, click the “Finish” link.
- 5) You will see a list of your current, submitted entries. Click the appropriate link to receive an EMAIL confirmation or a PRINTABLE confirmation.
- 6) To edit your existing entries, click the blue Edit Entries button next to the meet name on your Upcoming Meets or complete Schedule.