

60th GLENDALE INVITATIONAL

APRIL 24, 2010

Location: Glendale Community College

ENTRY FEE IS: \$100.00 Per Gender Team

Make checks payable to:
Glendale Community College

ENTRY DUE DATE

NOON Wednesday, April 21, 2010

On-line entries – www.athletic.net

Each team may enter 3 per event and one relay. If you have a 4th athlete that meets the entry standard they may be entered. This is non-scoring, AIA state qualifying sanctioned meet.

Contact: Ralph Neighbors 623.385.9333
or Crannie Hysong 623.877.3688

Time Schedule

Field Events

12:00 Noon Pole Vault – Girls
High Jump – Boys
Shot Put – Girls
Discus – Boys
Long Jump – Boys/North Pit
Long Jump – Girls/South Pit
Triple Jump will follow long jump

At the conclusion of each event above the opposite gender will compete. Listen for report calls.

Running Events

1:00PM Continuous schedule – Prelims

100 Hurdles/Girls
110 Hurdles/Boys
100m Dash Girls/Boys
400m Dash Girls/Boys
300Hurdles Girls/Boys
200m Dash Girls/Boys

Steeplechase Girls followed by Boys

Finals in all running events will begin after the completion of the Steeplechase.

Regular order of events – Girls followed by boys

4 X 800 Relay
100/110 Hurdles
100m Dash
1600m Run
4 x 100 Relay
400m Dash
300m Hurdles
800m Run
200 m Dash
3200m Run
4x400 Relay

Entry Standards for 4th entry:

EVENT	BOYS	GIRLS
100	11.70	13.90
200	23.80	28.80
400	55.00	68.00
800	2:16.00	2:40.00
1600	5:00.02	6:00.00
3200	12:15.00	13:35.00
Steeplechase	NONE	NONE
100/110 H	17.00	18.00
300Hurdles	45.00	54.00
Shot Put	36'0"	28'0"
Discus	100'	80'
Long Jump	18'	14'
Triple Jump	35'	27'
Pole Vault	12'	7'6"

Glendale Invitational - HS

Submit Meet Entries Online

This meet is using free online registration at Athletic.net!

Athletic.net is a coach resource, offering free **statistic tracking**, easing **meet registration**, and providing free tools to simplify common coaching tasks.

Follow these 4 steps to get started:

1. Locate your school and sign up for a free coach account

- Go to the website: www.Athletic.net
- Locate your state, and then your school
- Once on your school's page, locate the "**Sign Up Here**" link, click it and follow the instructions
- After you have received the confirmation email, you may proceed to the next section

2. Enter your season calendar

- Use your email address and password to sign into the website, and again locate your school's page
- Click on "**Edit Calendar**" from the Coaches Tool Bar on your school home page
- Where it says "Add meet to the Calendar" select the date **4/24/2010** and click **Continue >**
- For Region, select: **Arizona**
- Click **Select** on line that says: **Glendale Community College, Glendale, Glendale Invitational - HS**
- Review the information and click **Save**
- Repeat this process for the rest of your calendar
- Verify on the "Edit Calendar" page that all your meets have been entered correctly. If you see a mistake, use the Edit button next to the meet to make corrections.

3. Enter past meet results to be used as seed times

Seed times for meet entries are automatically drawn from past meet results. While some meet hosts will accept "override seed marks", which you can enter on the meet registration page, it would be beneficial to enter the marks as results in your past meets. Doing this will ensure that your school's homepage will have current results on it.

- Click "**Enter Meet Results**" from the Coaches Toolbar, on your school's team page
- Add an athlete to the roster (repeat for all athletes)
- Select the gender and the **older meet** from the drop-down menus near the top of the page (you do not want to enter results for the meet you are registering for)
- Select an event to enter results
- In the "Edit/Add Results" box, begin typing the last name of an athlete, type result and place
- Click "**Add**"
- Repeat for each result

4. Register athletes for the Glendale Invitational - HS

- Again on your school's page, click "**Meet Registration**"
- Locate **Glendale Invitational - HS** in the right column and click on it
- Use the boxes on the bottom of the page to add any additional athletes
- Click on either an Athlete or an Event
- Select the athletes you want to compete, the division they are competing in, and verify their seed mark
- Be sure to click the Update button to save your changes after updating the athlete or event
- Remove athletes from an event by selecting the '--' line
- Print your entries for use at the meet