

## 2010 Schools Participating:

Apache Junction

Apollo

Bradshaw Mtn

Casa Grande

Coconino

Copper Canyon

Deer Valley

Goldwater

Greenway

Ironwood Ridge

La Salle, CA

Maryvale

North Canyon

Pinnacle

Sunnyslope

Sunrise Mtn

Thunderbird

Valley Christian

Gabe Bolton – Becky Swift

Tim Poole

Ron Fuson

Kurt Kieser

Diane Sorden – Tsosie Taylor

Dusty Sullivan

Eric Bolus

Ed Cook – Shayne Lehman

Scott Giddings – Rob Robinson

Gary Forest

Duane Norris

Stephanie Newson – Brandon McNutt

Michelle Hall – Junior Michael

Dana Zupke – Pat Hurley

Erin Knight

Torin Lattie

Carl Riney

Dan Kuiper



## 4th Annual Greenway Track & Field Invitational

When: Saturday, April 10, 2010

Where: Greenway HS- 3930 W. Greenway Rd

Entry Fee: \$300 both teams or \$150 each

Greenway High School is proud to host the 4th Annual Greenway Track & Field Invitational. This state-qualifying meet will offer your athletes a chance to showcase their talents versus a diverse field of competition. The meet will be limited to eighteen teams accepted on a first come basis. Each team may enter up to two athletes per gender per event. Deadline for entry fee is **March 27th**. School checks only, **ABSOLUTELY NO POS**. Please complete the section below, enclose your check payable to "Greenway Track", and return to:

Scott  
c/o Greenway HS  
3930 W. Greenway Rd.  
Phoenix, AZ 85053

YES, our boys' team will participate  \$150

YES, our girls' team will participate  \$150

YES, both teams will participate  \$300

School \_\_\_\_\_ Fax # \_\_\_\_\_

Head Boys Coach \_\_\_\_\_ email \_\_\_\_\_

Head Girls Coach \_\_\_\_\_ email \_\_\_\_\_



## 4th Annual Greenway Track & Field Invitational

April 10<sup>th</sup> 2010

- DATE:** Saturday April 10  
In the event of rain cancellation, there will be no rain date
- TIME:** Coaches Meeting and Shot/Disc Weigh-In 9:30 AM  
Meet Begins 10:30 AM
- PLACE:** Greenway HS  
3930 W. Greenway Rd  
Phoenix, AZ. 85053  
623 915-8500
- ENTRY:** Fee: \$150 per each team (Boys and Girls total \$300)  
Checks Payable to: Greenway Track, send c/o Scott Giddings at Greenway.
- ADMISSION:** Adults - \$3.00; Students and Children - \$2.00; Children under 5 – FREE.
- TRACK:** All-weather, 9 lane track. 1/4" or 1/8" spikes only. Any violation will result in immediate disqualification from the meet.
- All jump event runways and aprons are all-weather. The same spike rules apply as in the track events.
- Blocks will be furnished.
- Shot Put and Discus surfaces are concrete. Weigh-ins will begin at 9:30AM by the entrance to the stadium.
- Each school will provide their own batons, shots and discs.
- NO** tape on the track, cut tennis balls will be provided for the short relays.
- Timing will be electronic and backed up by watches. We will **NOT** slow down the meet for accutrack malfunction. Hand times will be used for that particular event and will not be state qualifying.
- RULES AND REGULATIONS:** All non-participants and coaches must stay away from the finish line at all times during the meet (NO STANDING ALONG THE RAIL). All participants are expected to set up camp and warm up on the outfield of the baseball

field just east of the stadium or in the west side bleachers. (NO CANOPIES IN THE EAST BLEACHERS...OK IN WEST BLEACHERS).  
No athletes, spectators or coaches are allowed on the infield once competition begins unless athletes are competing.

Hurdles will be provided in the warm-up area. National Federation of State High School Association rules will be used.

- PARTICIPATION:** Each team may enter two participants in each event and one relay team. NO ADDS, substitutions are ok and athlete's name should be given at the bullpen. Accutrack names will not be changed unless that athlete makes it to the finals. Meet opens April 1<sup>st</sup> on directathletics.com **All entries MUST be entered online at [www.directathletics.com](http://www.directathletics.com) no later than 6 PM on Wednesday, April 7th.**
- AWARDS:** Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> place finishers in all events (each member of relay teams). Medals will be packaged by school and can be picked up when your team is done at the press box.
- TROPHIES:** Championship, 2<sup>nd</sup>, and 3<sup>rd</sup> place plaques for both Boys and Girls.
- SCORING:** All scoring will be 10-8-6-5-4-3-2-1
- TRACK EVENTS:** The 200m will be run on a full curve.  
The 400m will be run in lanes  
Box alley starts for the 4x800m, 800m, 1600m, and 3200m. In the 4x400m relay a three-turn stagger will be used.
- RELAYS/DISTANCE:** 4 x 100m and 4x 400m will be run in heats during the finals (no prelims). Accutrack times will determine the placers. This should take the wear and tear off our sprinters. 4 x 800m will be one heat boys and one heat girls (18 each). 3200m boys will be in the AM and girls PM. 1600m B/G will have a slower heat in the AM and fast heat in the PM. 800m will be 2 heats in the PM (slower and fast; 4 heats).
- FIELD EVENTS:** Girls/Boys HJ/PV start height TBD at coaches meeting.  
Boys HJ 2" raises until 6'0" and then 1" raises. Girls HJ 2" raises until 5'0" and then 1" raises. Both PV 6" raises.  
Shot Put and Discus: **THREE THROWS** will be allowed with best mark being carried to the finals. Top nine throwers go to finals with **THREE** more throws.  
Long Jump and Triple Jump: **THREE JUMPS** will be allowed with best mark being carried to the finals. Top nine jumpers go to finals with **THREE** more jumps.
- GAMES COMMITTEE:** Scott Giddings, Rob Robinson, Diane Sorden, Kathy Laux, Roy Fenton, Carl Riney.
- LANE ASSIGNMENT:** Lanes will be assigned by seeded times. Fastest nine times go to finals. Heat winners are **NOT** guaranteed to finals.

RUNNING SCHEDULE: We will be on a running schedule. It is **YOUR** responsibility to know the order of events (see schedule of events). We will start promptly at 10:30AM with prelims, and start finals **NO EARLIER THAN 2:30 PM.**

## General Information

Curve Judges and Exchange Inspectors will be used. Infractions will be signaled with a red/white flag.

Athletes must stay in their lanes at the conclusion of their race. Wait for judges to come to you. Do not go to the finish judge.

Athletes must report to the staging area or "bullpen" by the 2<sup>nd</sup> call.

At the staging area athletes will:

- ✓ Receive starting instructions
- ✓ Receive their lane assignment
- ✓ Be checked for proper uniform

If an athlete fails to report by the 3<sup>rd</sup> call, he/she will not be allowed to participate in that event.

The Meet Directors: Scott Giddings and Rob Robinson have the authority to run the meet. Games Committee will make any decision appealed past them.

NFHS rules for uniforms/jewelry will strictly be enforced.

Team tents and camps must be set up in the warm up area of the baseball outfield adjacent to the east side of the stadium or the west side bleachers. **NO** locker room facilities will be available. Restrooms are located next to the OUTSTANDING snack bar. **PLEASE** tell your athletes to not jump the fences into the softball field.

There will be no radios, CD players, Frisbees, Footballs etc. allowed near the track. **NOISE DISRUPTS THE START OF RACES.** Please have your athletes play in the warm-up area.

Heat sheets and results will be posted on the results board just east of the finish line and south of the OUTSTANDING snack bar. Coaches are asked to be patient and wait for the posting. Do not go to the accutrack tent and ask for results.

Final results will be mailed to your school the following week.

T-shirts and assorted track and field equipment will be available for purchase. There will be a snack bar and coaches shall receive "Demon Dollars" to receive food.

## **Schedule of Events (Year of the Girl)**

9:30 AM Coaches meeting (Multi-Purpose building across parking lot south of stadium entrance).  
Shot/Disc weigh in just west of the main entrance of the stadium (next to ticket booth).

10:30 AM Prelims & Distance:  
1. 3200m Boys (Finals, one heat)  
2. HH Boys/Girls (Girls first except in the hurdles)  
3. 100m Girls/Boys  
4. 400m Girls/ Boys  
5. 300m IH Boys/Girls  
6. 200m Girls/ Boys  
7. 1600m Girls/ Boys (Slower Heats)

10:30 AM Field Events: Prelims followed by Finals. Judges will announce finalist and take a  
15 min break between.  
Boys Disc/Girls Shot to Completion  
Girls HJ to Completion  
Boys PV to Completion  
Boys LJ (SW Pit)/Girls TJ (NW Pit) open pit 10:30-Noon, Finals to Follow

**ALL FINALIST FIELD EVENTS WILL BE ANNOUNCED**

1:30 PM Field Events:  
Girls Disc/Boys Shot to Completion  
Boys HJ to Completion  
Girls PV to Completion  
Girls LJ (SW Pit)/Boys TJ (NW Pit) open pit 1:30-3PM, Finals to Follow

**ALL FINALIST FIELD EVENTS WILL BE ANNOUNCED**

2:30 PM Finals  
1. 4 x 800m G/B (One Heat Each)  
2. HH B/G  
3. 100m G/B  
4. 1600m G/B Fast Heats  
5. 4x100m G/B (Two Heats Each)  
6. 400m G/B  
7. 300m IH B/G  
8. 800m G/B (Two Heats Each, Slower followed by Fast)  
9. 200m G/B  
10. 3200m Girls (One Heat)  
11. 4x400m G/B (Two Heats Each)

**6PM Presentation of Team Plagues (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>)**

Please have your athletes clean up camps. Thank you for participating and we hope to see you next year.