

# Queen Creek Invitational Track and Field Meet

## Queen Creek High School - Home of the Bulldogs

22149 E. Ocotillo Rd., Queen Creek, AZ 85242 Phone - 480-987-5973 Fax - 480-882-1276  
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Queen Creek High School is once again hosting the Queen Creek Track and Field Invitational on Friday April 16, 2010. **This meet will be a 1A/2A/3A/4A/5A qualifying meet.** *Meet Director* – Fred Clare  
Any questions contact Fred Clare at 602-451-9007 or 480-987-5973 ext 5551 or e-mail fclare@qcusd.org  
*Location* - Queen Creek High School 22149 E. Ocotillo Road, Queen Creek Arizona

### RULES AND REGULATIONS

Each team may enter 3 participants in each running event and 1 relay team. In the Field events each team can enter 4 participants. Participants may compete in a total of four (4) events. In field events if there is space available in the field we will fill these from an extra athlete list possibly allowing your team more than 4 in a field event. Email me any names of athletes you would like to be considered for this list along with their entry marks and the meet at which these marks were attained. They must be able to exceed the minimum mark for the event. These names must be emailed to me prior to **8:00 p.m. on Wednesday April 14.**

**All tents and team camps must be set up on the East side of the track or on the practice field West of the West (Home) bleachers**

**All non-participants and coaches must stay away from the finish line at all times during the meet. All participants are expected to stay in the stands. Warm-ups will only be allowed on the soccer field west of the track. There will be hurdles there for hurdlers.**

National Federation of State High School Association rules will be used. Coaches and spectators are to remain in the stands for both prelims and finals. A 1 point deduction from the team could be assessed for violations.

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

All Appeals are to the referee. Judgment calls cannot be appealed. The games committee will make any decision appealed past the referee.

Athletes must compete in school uniform. Relay teams must wear identical uniforms and sweats are OK to wear. If the uniform is improper, the athlete may not be allowed to participate in the event. Sweats will be allowed in the shot and discuss if unable to wear school uniform. We are also a non-smoking facility. Radios, cassette players, Frisbees, and etc., will not be allowed in the track area. No jewelry or offensive tattoo's, as determined by the referee or starter will not be allowed. Tattoos will need to be covered when participating.

Heat sheets and results will be posted on the down by the start of the 100. Final results will be mailed to each school within one week of the meet.

### ***Important Dates and Times***

April 14 Wed	8:00 p.m.	Entries must be entered into Direct Athletics
April 16 Fri	9:00 a.m.	Arrive at QC
	9:30 a.m.	Coaches Meeting
	10:00 a.m.	Running Events, Field Events Begin
	8:30 p.m.	Team Awards

### ***Admission Prices***

Adults - \$4.00      Students \$2.00      Passes - AIA only

### ***First Aid***

Our trainers will be set up in the middle of the field. Our trainers are for injuries only.

### ***Awards***

Medals will be given to the top 4 finishers in each event and to the top 3 teams in relay events. A trophy will be given to the top 2 Women's teams and top 2 Men's teams.

*Dr. Angela Chomokos, Principal*  
*Brian Mabb, Asst Principal - Laurretta Clark, Asst Principal - Paul Reynolds, Asst Principal /AD*

**Entries** - Entries will be entered into Direct Athletics. Instructions are attached.

- A. The entry fee will be \$350 per team (\$175 boys \$175 girls). This fee must be paid to Queen Creek High School Athletics prior to meet day.
- B. Entries must be entered through Direct Athletics **before 8:00 p.m. on Wednesday April 14**. Each team may enter 3 participants in each running event and 1 relay team. In the Field events each team can enter 4 participants. Participants may compete in a total of four (4) events. In field events if there is space available in the field we will fill these from an extra athlete list possibly allowing your team more than 4 in a field event. Email me any names of athletes you would like to be considered for this list along with their entry marks and the meet at which these marks were attained. They must be able to exceed the minimum mark for the event. These names must be emailed to me prior to **8:00 p.m. on Wednesday April 14**.
- C. There will be no changes in entries the day of the meet.

#### **Track Facilities**

- A. 9 lane all weather track. All weather runways in LJ, TJ, and PV.
- B. All weather take off area for HJ.
- C. Concrete shot and discus rings. Foam pits for HJ and PV.

#### **Track Events**

- A. Lanes will be assigned for preliminaries in the 100, 200, 400, and hurdle races.
- B. The Number of heats will depend on the number of qualified entries per event.
- C. The nine (9) finalist will be assigned lanes according to qualifying times in the preliminaries. **The 9 fastest times regardless of place will advance to the finals.**
- D. Bull Pen area: This will be located in the South end of the football field. All athletes will be required to report to the Bull Pen area to the Clerk of the Course. **No Heat adjustments will be made in the staging area.**
- E. 800-1600-3200 meter men's and women's runs and relays will be run separately. Depending on the number of entries (1) or (2) heats will be run with the fastest times in the second heat. The number of runners in each heat can be changed at the Meet Director's discretion. Waterfall or Box alley start will be used.
- F. 1600m relay will use a 3 turn stagger.

#### **Field Events**

- A. Shot and Discus
  1. Participants will be placed in 3 flights with the best flight competing last. The participants will compete in order with the individual best mark competing last.
  2. Each athlete will get 3 preliminary throws. The top 9 will advance to the finals where they will get 3 more throws.
  3. The first throw will be measured and then only attempts over the following distances will be measured  
Men's Shot - 34' Women's Shot - 24'  
Men's Discus - 100' Women's Discus - 70'
  4. All Throwing implements will be provided by QC High School.
- B. Long and Triple Jump
  1. A flight system will be used. Athletes must jump within the flight assigned. If an athlete needs to leave to compete in another event they must check out with the event judge.
  2. The boards for the triple jump are at 24', 28', 32' and 40' from the sand. No other boards will be taped down. The long jump board is 8' from the sand.
  3. Each participant will receive 3 preliminary attempts. The top 9 will advance to the finals. The first attempt will be measured and then only jumps over the following distances will be measured.  
Boys Long Jump - 17' Girls Long Jump 14'  
Boys Triple Jump - 35' Girls Triple Jump 27'
- C. Pole Vault and High Jump – As heights approach qualifying standards heights will be adjusted to match.
  1. Men's Pole Vault will start at 9' w/ 6"raises to 13' and then 3"raises.
  2. Women's Pole Vault will start at 7' w/ 6"raises to 10' and then 3" raises.
  3. Men's High Jump will start at 5'4" w/ 2" raises to 6' and then 1" raises. The 3 alive method will be used.
  4. Women's High Jump will start at 4'2" w/ 2" raises to 5' and then 1" raises. The 3 alive system will be used. The starting heights may be changed at the discretion of the meet director.

**Scoring** - The top 8 places will score. Scoring will be 10-8-6-5-4-3-2-1

*Dr. Angela Chomokos, Principal*  
*Brian Mabb, Asst Principal – Laurretta Clark, Asst Principal - Paul Reynolds, Asst Principal /AD*

**Order of Events - Field Events**

Girls	Triple Jump (North Pit)	Flight 1 - 10:00 – 10:30 Flight 2 - 10:45 – 11:15 Flight 3 - 11:30 – 12:10 Flight 4 - 12:25 – 12:55 <b>Finals 1:10 – 1:40</b>	Boys	Triple Jump (North Pit)	Flight 1 - 3:30 – 4:15 Flight 2 - 4:30 – 5:15 Flight 3 - 5:30 – 6:00 Flight 4 - 6:15 – 6:45 <b>Finals 7:00 – 7:30</b>
Boys	Long Jump (South Pit)	Flight 1 - 10:00 – 10:30 Flight 2 - 10:45 – 11:15 Flight 3 - 11:30 – 12:10 Flight 4 - 1:50 – 2:30 (North pit) <b>Finals 2:40 – 3:15 (North Pit)</b>	Girls	Long Jump (South Pit)	Flight 1 - 2:00 – 3:00 Flight 2 - 3:15 – 4:15 Flight 3 - 4:30 – 5:15 Flight 4 - 5:30 – 6:10 <b>Finals 6:25 – 7:00</b>
Girls	Shot Put	Flight 1 - 10:00 – 10:40 Flight 2 - 10:55 – 11:25 Flight 3 - 11:40 – 12:10 Flight 4 - 12:25 – 12:45 Flight 5 - 1:00 – 1:30 <b>Finals 1:45 – 2:15</b>	Boys	Shot Put	Flight 1 - 2:30 – 3:40 Flight 2 - 3:55 – 4:25 Flight 3 - 4:40 – 5:10 Flight 4 - 5:25 – 5:55 Flight 5 - 6:10 – 6:45 <b>Finals 7:00 – 7:30</b>
Boys	Discus	Flight 1 - 10:00 – 10:40 Flight 2 - 10:55 – 11:25 Flight 3 - 11:40 – 12:10 Flight 4 - 12:25 – 12:45 Flight 5 - 1:00 – 1:30 <b>Finals 1:45 – 2:15</b>	Girls	Discus	Flight 1 - 2:30 – 3:00 Flight 2 - 3:15 – 3:45 Flight 3 - 4:00 – 4:30 Flight 4 - 4:45 – 5:15 Flight 5 - 4:25 – 5:00 <b>Finals 5:15 – 6:00</b>
Pole vault weigh-ins		9:30 a.m.			
Girls Pole Vault, Boys High Jump		10:00 a.m.			
Boys Pole Vault, Girls High Jump		3:00 p.m.			

**Preliminaries:**

Girls	3200m <b>Final</b> Heat 1 and 2	10:00 AM
Boys	3200m <b>Final</b> Heat 1 and 2	10:30 AM
Girls/Boys	100m High Hurdles	11:00 AM
Girls/Boys	100m	11:50 AM
Girls	1600 Heats 1-2	12:30 PM
Boys	1600 Heats 1-3	12:50 PM
Girls/Boys	400m	1:10 PM
Girls/Boys	300m Hurdles	1:50 PM
Girls	800 Heats 1-3	2:40 PM
Boys	800 Heats 1-3	3:00 PM
Girls/Boys	200m	3:20 PM

**FINALS**

4 x 800	<b>Finals</b> (2 Boys heats 2 Girls heats)	4:30 PM
Girls/Boys	100 HH	5:00 PM
Girls/Boys	100m	5:10 PM
Girls/Boys	1600 Heat 4	5:30 PM
Girls	400m Relay Heats 1, 2, 3	5:50 PM
Boys	400m Relay Heats 1, 2, 3	6:05 PM
Girls/Boys	400m Run	6:20 PM
Girls/Boys	300m Hurdles	6:30 PM
Girls/Boys	800m Run Heat 4	6:45 PM
Girls/Boys	200m	7:05 PM
Girls/Boys	3200m Heat 3	7:20 PM
Girls	1600m Relay Heats 1, 2, 3	7:50 PM
Boys	1600m Relay Heats 1, 2, 3	8:10 PM

Done at 8:30 P.M. WE HOPE. All Times are approximate we will run ahead of schedule if we can.



## 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 <a href="http://www.directathletics.com">www.directathletics.com</a> 2) In the login box, enter your username and password and click Login.  (Remember that your password is case-sensitive)	1) Go to <a href="http://www.directathletics.com">www.directathletics.com</a> 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.

Teams entered as of 3/15/2010

Arcadia	Horizon
Cactus Shadows	La Joya
Catatlina Magnet	Maricopa
Chinle	Mountan View
Coolige	Page
Corona Del Sol	Payson
Desert Ridge	Perry HS
Desert Vista	Prescott
Estrella Foothills	Saguaro Tucson
Flagstaff	Trevor Browne
Florence	Window Rock
Gilbert	Xavier/Bropy Prep
Highland	Skyline
Hopi	Red Mountain
	Mingus Mountain
	Queen Creek