



9th Annual Mesa Hohokam Invitational
(Formerly the Tribune Invitational)
Hosted by Westwood High School

April 20th at Westwood High School 945 W. 8th St. Mesa

Westwood High School is pleased to host another competitive track meet featuring the top teams from the Valley. This document contains important information about the meet. Please read through it carefully and contact me with any questions you might have. **This will be a state qualifying meet.**

Meet Directors:

James Smith (Meet Director) – Westwood Head Track Coach

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Reggie Castro (Site Director) – Westwood Athletic Director

Phone (480) 472-4418

Fax (480) 472-4509

Email: mrcastro@mpsaz.org

Daily Admission:

Adults - \$5.00

Students - \$3.00

Children 12 and under – Free

AIA Passes

Payment

- The Entry fee = \$300 per team (\$150 boys, \$150 girls). ALL PAYMENTS SHOULD BE MADE TO **WESTWOOD HIGH SCHOOL TRACK**. Payment is due by April 2nd, 2012.

Entries:

- All entries must be from a 2012 meet that utilized a F.A.T. electronic timing system. Converted times will not be accepted!
- All entries will be submitted online through Athletic.net. Please ensure that you have entered all of your athletes correctly as we will not be allowing any changes the day of the meet. You must have all of your entries submitted to Athletic.net by 11:59pm on Monday, April 16th, 2012.
- Each school will be allowed to **submit three (3) competitors in each event.**
- There will be no alternates, changes or additions the day of the meet.
- Schools can submit one (1) relay team in each race.

Check in and Arrival:

- Coaches will pick up team packets at **the Coaches meeting at 11:00am in the sports annex classroom.**
- Team camps must be set up in the North bleachers, or, in the grass area of the baseball field, just south of the stadium.

Athletes:

- **Athletes who are not competing will not be allowed on the infield. This will be strictly enforced.** Athletes who are in violation may be disqualified from competition as the discretion of the meet director.
- The track will be open for warm ups until 11:45am on Friday. After that time, all warm-ups must be completed outside of the track on the baseball field/team camp area just south of the stadium.
- Athletes should use the “athlete and coach entrance” located on the southwest end of the stadium, just past the check in tent (see map for further details).
- Trainers will be available in the training room on the Southwest end of the stadium near the start of the 100 meter dash.

Implements

- Athletes **MAY NOT** bring or use their own throwing implements. A large variety of implements will be provided. No exceptions.

Facilities:

- 8 lane all weather track.
- All weather runways for LJ, TJ and PV.
- Concrete shot and Discus rings.
- All weather take off area for HJ.

Scoring and Awards:

- A. The top eight places will be scored as 10-8-6-5-4-3-2-1.
- B. Medals and custom bags will be awarded to the top three athletes / relay teams.
- C. Team awards will be given to the top two boys and girls teams.

Coaches:

- A. Will not be allowed on the infield area.
- B. The hospitality room will be located in the sports annex classroom. The hospitality room will open at 4pm on Friday. Coaches will be provided with a meal ticket that they will present to be allowed access to the hospitality room.

Results:

- A. Results will be posted throughout the meet on the bulletin board near the ticket entrance to the stadium on the southwest end of the home side bleachers (See map).
- B. Official meet results will be posted on athletic.net, mesasports.org, as well as aztrack.com, and the Arizona Interscholastic Association track web page.

Track Events:

- A. Lanes will be assigned for the preliminary races in the 100, 200, 400 and hurdles.
- B. The top 16 times will qualify for finals. The top 9 – 16 qualifiers will run in the first heat, and the top 1 - 8 qualifiers will run in the second heat.
- C. The track event check in area is located on the southwest end of the stadium, near the start of the 100 meters. All athletes must check in to the Clerk of the Course. No heat changes will be made in the staging area.
- D. 800, 1600 and 3200 meter men's and women's will be run separately. Seeds 25+ will run in preliminary session. The top 24 entered athletes will run in one heat of the 1600 and 3200, and 2 heats of the 800m (12 per heat). The number of runners in each heat may be changed by the Meet Director. Box Alley start will be used.
- E. The 1600 meter relay will be run using a 3 turn stagger.
- F. Each team will be allowed to submit one relay team in the 400, 1600 and 3200 relay. 400, & 1600 relays will be run as finals, and all relays will be seeded according to entry time. Only throwers should be entered in Throwers relay.

Field Events:

If an athlete needs to leave to compete in another event, they must check out with the event judge.

A. Long and Triple Jump:

- Athletes will compete in flights.
- Each athlete will have three preliminary jumps. The top nine will advance to finals.
- Long jumps minimum measurement line Boys 19', Girls 15'
- Triple jump minimum measurement line Boys 39', Girls 30'

B. Pole Vault - Three Alive method will be used

- Men's Vault will start at 11' with 6" raises to 14' then 3" raises
- Women's Vault will start at 7' with 6" raises to 11' then 3" raises.
- A second warm up time period of ten minutes will be allowed for athletes who enter the competition at an exceptional height. The head pole vault judge will determine the height at which this warm up will take place.
- Starting heights may be changed by the Meet Director

C. High Jump - Three Alive method will be used

- Men's High Jump will start at 5'4" with 2" raises to 6'0" then 1" raises.
- Women's High Jump will start at 4' 6" with 2" raises to 5'2" then 1" raises.
- Starting heights may be changed by the Meet Director.

D. Shot and Discus:

- Athletes will compete in flights.
- Each athlete will get three preliminary throws, the top nine will move on to finals where they will receive three more throws.
- Discus minimum measurement line Boys 110ft, Girls 80ft
- Shot Put minimum measurement line Boys 35ft, Girls 27ft
- Westwood High School will provide all of the throwing implements to be used in Shot and Discus competition. These implements will be available for warm up. **NO OTHER IMPLEMENTS WILL BE USED IN COMPETITION.**

Tentative Schedule

Friday Track Preliminaries (Time may be +/- 15 minutes)

- 12:00 - 3200m Girls (Seed 25+)
3200m Boys (Seed 25+)
- 1:00 - 100m Girls Hurdles
110m Boys Hurdles
- 1:30 - 100m Girls
100m Boys
- 2:15 - 1600m Girls (Seed 25+)
1600m Boys (Seed 25+)
- 3:00 - 400m Girls
400m Boys
- 3:45 - 300m Hurdles Girls
300m Hurdles Boys
- 4:15 - 800 m Girls (Seed 25+)
800 m Boys (Seed 25+)
- 4:45 - 200m Girls
200m Boys

Friday Track Finals (Time may be +/- 15 minutes)

- 5:30 - 3200 Relay Girls
3200 Relay Boys
- 6:00 - 100m hurdles Girls
110m hurdles Boys
- 6:15 - 100m Girls
100m Boys
- 6:30 - 1600m Boys (Top 24)
1600m Girls (Top 24)
- 6:45 - 400m relay Heat Boys
400m relay Heat Girls
- 7:15 - 400m Boys
400m Girls
- 7:30 - 300m hurdles Boys
300m hurdles Girls
- 7:45 - 800m Boys (Top 24)
800m Girls (Top 24)
- 8:00 - 200m Boys
200m Girls
- 8:15 - 3200m Boys (Top 24)
3200m Girls (Top 24)
- 8:45 - Throwers Watermelon 400m Relay Boys
Throwers Watermelon 400m Relay Girls
- 9:00 - 1600m relay Heat 1 Boys
1600m relay Heat 1 Girls

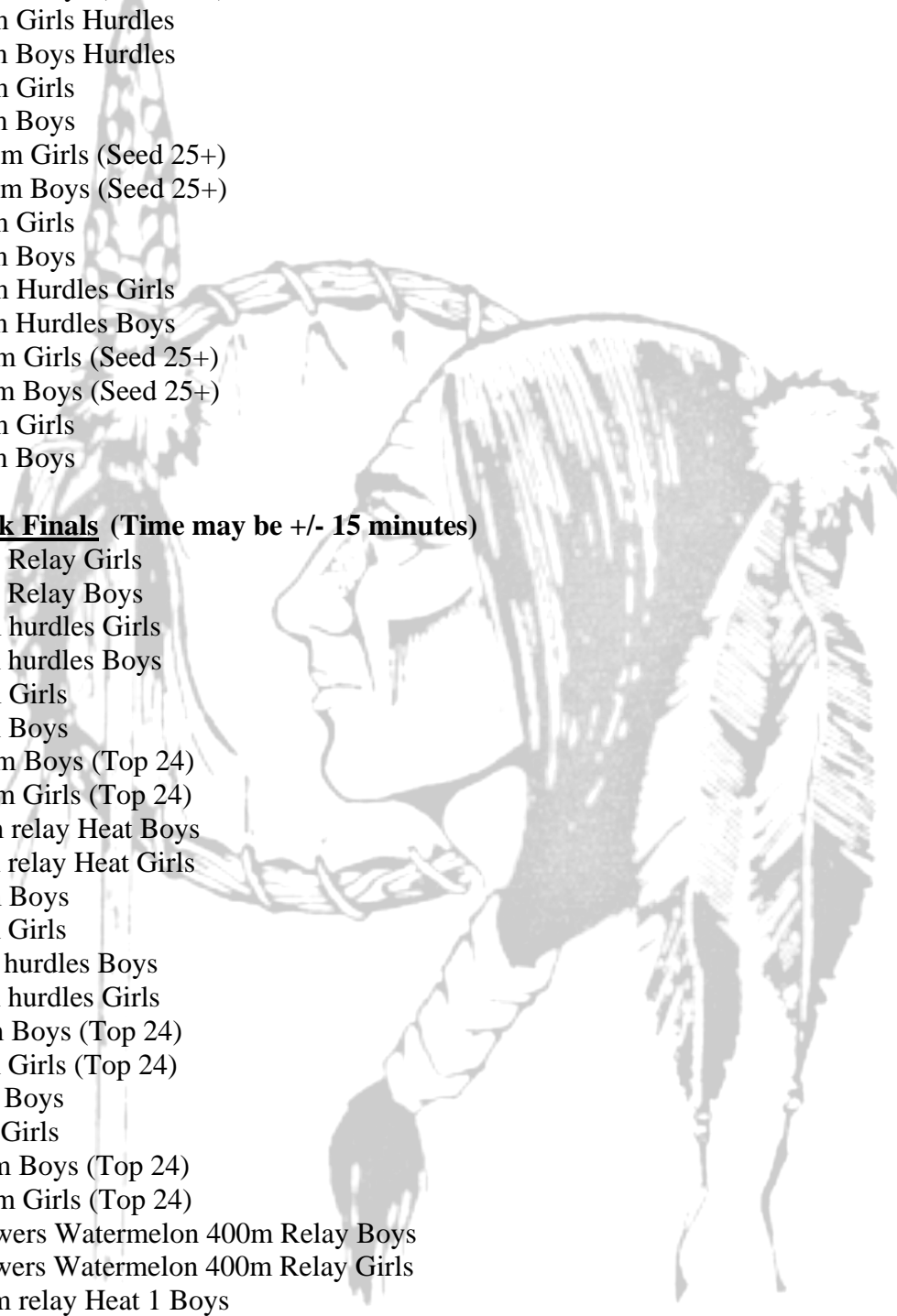
Field Events

Friday: 11:30am

- Girls Long Jump
Boys Triple Jump
Girls Pole Vault (7' start height)
Boys Discus
Girls Shot Put
Boys High Jump (5'4" start height)

Friday: 4:30pm

- Boys Long Jump
Girls Triple Jump
Boys Pole Vault (12' start height)
Girls Discus
Boys Shot Put
Girls High Jump (4'6" start height)



2012 Mesa Hohokam Teams

Aqua Fria

Boulder Creek

Brophy/Xavier

Campo Verde

Casa Grande

Chandler

Desert Ridge

Desert Vista

Dobson

Gilbert

Hamilton

Highland

McClintock

Mesa

Notre Dame Prep

Red Mountain

Saint Mary's

Skyline

Westwood

Williams Field

