

# COCONINO HIGH SCHOOL

PRESENTS

## PEAKS CLASSIC INVITATIONAL

May 5, 2012

### 1) SCHEDULE

- a) Coaches Meeting-9:00am
- b) Field Events-9:30am
- c) Preliminary Running Events-11:00am
- d) Finals Running Events-3:00pm

### 2) ENTRIES

- a) All entries due online at <http://www.athletic.net/> by **May 3, 2012 at 9:00pm.**
- b) Only scratches will be allowed, no additions the day of the meet.
- c) Each school will be allowed to submit **three** (3) competitors in each running and field event in both the boy's and girl's teams.
- d) There will be a fast and a slow heat for the finals in the non-lane races.
- e) Each team will be allowed to enter **one** (1) relay team in each relay event.

### 3) ENTRY FEE

- a) \$300 per school-\$150 for a boys team and \$150 for a girls team
- b) Checks payable to: Coconino High School Track & Field Club
- c) Entries should be sent to:
  - i) Coconino High School  
2801 N. Izabel St.  
Flagstaff, AZ 86004
  - ii) Fax-928-773-8247

### 4) GENERAL ADMISSION

- a) \$5.00-for anyone other than student athletes or school coaches

### 5) STUDENT ATHLETE TRACK ETIQUETTE

- a) Spikes should be ¼”.
- b) No electronic devices should be used on or within the track area including cell phones, music devices, and video cameras
- c) No jewelry should be worn while competing in track and field events. Watches and medical alert medals are permitted.
- d) Bobby pins, barrettes, and hair clips, no longer than 2 inches long, may be worn to control hair.
- e) Football field should stay clear of student athletes not competing in upcoming events.

## 6) **FACILITES**

- a) All events will be held at Coconino High School's Cromer Stadium.
- b) Track is constructed of all weather material and in great condition.
- c) All weather 100'runaways in the LJ, TJ, and PV.
- d) New PV and HJ mats and standards.
- e) Separate LJ and TJ pits.
- f) Large all weather take of f area for HJ.
- g) Concrete rings for shot and discus.
- h) Newly remodeled bathroom and concession areas.
- i) Coaches hospitality room with breakfast and lunch foods.
- j) Large grass field for warm-ups directly north of track.
- k) Several food service locations close to the track including: Jack-In-The-Box, Subway, Sizzlers, Little Ceaser's, Taco Bell, Long John Silver's, and Frattelli's Pizza

## 7) **TRACK EVENTS**

- a) Lanes assignments for prelims in the 100, 200, 400, 100/110 HH, and 300 H races
- b) Number of heats will depend on the number of qualifying entries per event.
- c) Qualifying for finals in the running events:
  - i) The eight (8) fastest times in the prelims for the 100, 200, 400, 100/110 HH and 300H will advance to the finals.
  - ii) If there is a malfunction of the electronic time in any of the preliminary heats, then all heats in that event will advance to finals based on hand held times
- d) Bull pen area
  - i) Located at the northeast end of the track
  - ii) All athletes will be required to report to the staging area at the Clerk of the Course to be checked in for each running event.
  - iii) No heat adjustments will be made at the staging area.
- e) 800, 1600 and 3200
  - i) Depending on the number of entries, one (1) or two (2) heats will be run with the fastest times in the second heat.
  - ii) The number of runners in each heat is up to discretion of the Meet Director.
  - iii) Box alley start will be used.
- f) Relays
  - i) 4x100
    - (1) Depending on number of entries, three (3) heats will be used.
    - (2) The fastest teams will be placed in the final heat.
    - (3) Teams will be placed in the lanes with lane one (1) to be the fastest entered time and seeded out according to entered times.
  - ii) 4x400
    - (1) Three turn stagger will be used
    - (2) Depending on number of entries, three (3) heats will be used
    - (3) The fastest team will be placed in the final heat.
    - (4) Teams will be placed in the lanes with lane one (1) to be the fastest entered time and seeded out according to entered times.
  - iii) 4x800

- (1) Depending on number entries, two (2) heats will be used
- (2) Box alley start will be used
- (3) Teams will be placed in the lanes with lane one (1) to be the fastest entered time and seeded out according to entered times.

## 8) **FIELD EVENTS**

### a) Shot and Discus

- i) Participants will be placed in flights with the best flight competing last. The participants in flight will compete in order with the individual with the best mark competing last.
- ii) Each thrower will be given three (3) throws in the prelims.
- iii) All legal marks will be marked.
- iv) After prelims nine (9) throwers with the farthest throws will be taken to the finals immediately following the prelims, for three (3) additional attempts.

### b) Long and triple jump

- i) Prelims events will be open for two (2) hours.
- ii) Each jumper will be given three (3) jumps in the prelims.
- iii) After prelims nine (9) jumpers with the farthest jumps will be taken to the final, immediately following the prelims, for three (3) additional attempts.

### c) Pole Vault

- i) Boy's pole vault will start at **8'0** with 6" raises to 13'0 and then 3" raises.
- ii) Girls pole vault will start at **6'0** with 6" raises to 9'0 and then 3" raises.

### d) High Jump

- i) Boy's high jump will start at **5'4** with 2" raises to 6'2 and then 1" raises
- ii) Girl's high jump will start at **4'4** with 2" raises to 5'0 and then 1" raises

## 9) **SCORING**

- a) Scoring will be on a 10-8-6-5-4-3-2-1 basis.

## 10) **AWARDS**

- a) Team trophy's will be presented to a girl's and boy's team who scores the most points in all combined events.
- b) Medals will be awarded to the top three finishers in each event. Athletes can pick up their awards as events are completed and recorded.
- c) Trophy's will be awarded for outstanding girl and boy athlete, determined by a submitted head coaches vote from each school.

## 11) **CONTACT**

### a) **Meet Director**

Coconino Track & Field Head Coach

Tera Larsen

928-213-1693

[t-LL-84@hotmail.com](mailto:t-LL-84@hotmail.com)

### b) Coconino Athletic Director

George Moate

928-607-6713

Fax: 928-773-8247

# Peaks Classic Invitational Meet Schedule

**9:00am** Coaches meeting in small gym (northwest corner of school)

**9:30am** Boys Pole Vault (Girls follow)  
Boys Long Jump (9:30am-11:30am) Finals follow  
Girls Triple Jump (9:30am-11:30am) Finals follow  
Boys Shot Put (Girls follow) Finals follow  
Girls Discus (Boys follow) finals follow  
Girls High Jump (Boys follow)

**10:00am** Boys 3200 Relay Final  
Girls 3200 Relay Final  
Boys 110HH Prelims  
Girls 100HH Prelims  
Boys 100m Dash Prelims  
Girls 100m Dash Prelims  
Boys 400m Dash Prelims  
Girls 400m Dash Prelims  
Boys 300IH Prelims  
Girls 300IH Prelims  
Boys 200m Dash Prelims  
Girls 200m Dash Prelims

**2:00pm** Girls Long Jump (2:00pm-4:00pm) Finals Follow  
Boys Triple Jump (2:00pm-4:00pm) Finals Follow  
Boys 110HH Finals  
Girls 100HH Finals  
Boys 100m Finals  
Girls 100m Finals  
Boys 1600m Finals  
Girls 1600m Finals  
Boys 4x 100m Finals  
Girls 4x 100m Finals  
Boys 400m Finals  
Girls 400m Finals  
Boys 300IH Finals  
Girls 300IH Finals  
Boys 800m Finals  
Girls 800m Finals  
Boys 200m Finals  
Girls 200m Finals  
Boys 3200m Finals  
Girls 3200m Finals  
Boys 4x400m Finals  
Girls 4x400m Finals