

PHOENIX UNION HIGH SCHOOL DISTRICT RELAYS

FRIDAY, MARCH 2, 2012

TENTATIVE ENTRY INFORMATION

MARYVALE HIGH SCHOOL
3415 N. 59TH AVE, PHOENIX, 85033

BOYS: 56TH ANNUAL

GIRLS: 37TH ANNUAL

GENERAL INFORMATION

It is absolutely imperative that all coaches read and completely understand the following guidelines for this meet and that team members are fully informed as to the rules of operation. In this manner, we can be assured of conducting a quality Invitational meet in keeping with the history of this prestigious event.

PLEASE RESPOND BY THURSDAY, FEBRUARY 23TH TO MS. NORA GUTIERREZ 602-764-1221, IF YOU PLAN TO PARTICIPATE.

A. COMBINED RELAYS CHAMPIONSHIPS:

The meet will be held Friday, March 2nd at **Maryvale High School, 3415 N. 59th Ave, Phoenix, 85033**

B. ENTRY FEE AND ADMISSION CHARGE:

There will be an entry fee of **\$175 each or \$350 both boys and girls.**

Please mail entry fee payable to: PHOENIX UNION HIGH SCHOOL DISTRICT
Ms. Nora Gutierrez - Assistant Superintendent
Phoenix Union High School District
4502 North Central Avenue
Phoenix, AZ 85012

An admission charge of **\$2.00** for students and **\$3.00** for adults will be charged at the gate.

C. RELAY EVENTS:

4X100

4X400

4X800

4X200

SPRINT MEDLEY (100, 100, 200, 400)

MILE MEDLEY (200, 200, 400, 800)

DISTANCE MEDLEY

(1200, 400, 800, 1600)

FIELD EVENTS:

LONG JUMP

TRIPLE JUMP

HIGH JUMP

SHOT PUT

DISCUS

POLE VAULT (2 entries)

INVITATIONAL EVENTS:

100M DASH

100M HURDLES

110M HURDLES

1600M RUN

D. ENTRY LIMITS:

- RELAYS: ONE (1) ENTRY PER TEAM
- FIELD EVENTS: THREE (3) ENTRIES PER TEAM (**PV-2 entries required to score**)
- INVITATIONALS: TWO (2) ENTRIES PER TEAM
- **NOTE: ENTRY TIMES FOR INVITATIONALS MUST BE VERIFIED OR THEY WILL BE SEEDED AS "NT".**
 - Times must be POSTED between the 2009 Region meet and one week prior to Metro Relays entry deadline date, see online entry details)
 - Summer times that can be verified will be accepted
 - NOTE: All times not able to be verified will be entered as NT and seeded accordingly.

C. GAMES ADMINISTRATION:

Athletic Director: Dr. Wendy Truvillion – 602-764-2013
Meet Directors Ms. Nora Gutierrez – Assistant Superintendent
Referee Marlon Porter and Ed Hedge
Games Committee Ms. Nora Gutierrez - PUHSD
Dr. Wendy Truvillion – Maryvale HS
Mary Wimmer- Alhambra Delawn Leggett - Chavez
Paul Bonnett – Central David Cruickshank - South

D. TEAM MEMBERS' AREAS:

All coaches and their team members must remain in an area that is:

1. Away from the Lynx Track equipment at the starting and finish line.
2. Team members must remain on the field until the completion of their event.
3. Coaches are not allowed on the infield - coaches must remain in the stands.

E. STARTING TIMES:

Coaches' Meeting 2:15 p.m.

Field Events 2:30 p.m.

Track Events 3:30 p.m.

NOTE: The meet will be run on a "rolling schedule".

PLEASE LISTEN TO ALL ANNOUNCEMENTS AND CHECK-IN CALLS.

F. DRESSING:

Dressing facilities are limited; come dressed for competition. Out of the valley teams will be notified of dressing facilities through their Athletic Director.

G. MEDICAL:

EACH SCHOOL IS TO PROVIDE THEIR OWN MEDICAL KIT AND SUPPLIES. There will be a **Certified Athletic Trainer available.**

H. ONLINE ENTRIES: Submit meet entries online to www.athletic.net. ONLINE ENTRY OPENS ON Feb 20th. ENTRY DEADLINE IS March 1, AT 6 pm. ALL ENTRIES NOT POSTED BY THE DEADLINE WILL BE ENTERED AS "NT" ON EVENT DAY

I. FACILITIES:

1. Maryvale has an all-weather track. Quarter inch (1/4") or shorter spikes **ONLY** are to be used.
2. Shot and discus circles are cement.
3. The take-off board for the long jump is a 9" board.
4. The take-off board for the triple jump is a 18" board. Additional taped boards can be added upon request
5. Starting blocks will be provided for the all-weather track.
6. Each school must bring its own batons (boys & girls).
7. All running events will be on the track.

PARTICIPATION

A. NUMBER OF EVENTS ALLOWED: **Four events only per individual.**

B. UNIFORMS: All participants must wear school-issued uniforms ACCORDING to AIA Rules. 2009 rules call for one solid color for tights and/or Bike shorts. Also, see Rule 4, Sec. 3, Art. 1 and 4 in the National Rule Book.

C. DISQUALIFICATIONS: Will be enforced for any running infraction, field event infraction, and/or unsportsmanlike actions.

D. WARM-UP AREA: **Band practice area at the north side of the East Gym and behind the VISITOR bleachers. All warm-ups must take place in the warm-up area. NO WARM-UPS WILL BE ALLOWED ON THE TRACK.**

- E. CHECK-IN AREA: White tent on the south side of the track, near the "M" shack. **Teams must report to the check-in tent on the FIRST call, or risk being SCRATCHED.** NOTE: Please listen to all announcements and check-in "calls".

SCORING

- A. Team events will be scored 10, 8, 6, 4, 2, 1.
- B. The following guidelines will be followed for the tie-breakers and awarding of places and points for all field events:
1. The team with the best individual performance in the event will be awarded the higher place and corresponding points.
 2. In case of a TIE, the second best individual performance in the event will determine the higher place and point distribution.
 3. If the TIE remains, the third best individual performance will be used to break the tie, hence corresponding point distribution.
 4. If a TIE occurs in the high jump or the pole vault, the fewer number of misses per team will decide the higher place and point distribution.

SEEDING

1. ALL INVITATIONAL EVENTS WILL BE SEEDED BASED ON VERIFIED ENTRY TIMES. ALL NON-VERIFIED TIMES WILL BE ENTERED AS "NT AND SEEDED ACCORDINGLY.
2. RELAY TIMES WILL BE SEEDED ACCORDING TO ENTRY TIMES. NO VERIFICATION NEEDED.

LANE ASSIGNMENTS

PREFERRED LANE ASSIGNMENTS ARE AS FOLLOWS: 5, 6, 4, 7, 3, 8, 1, 9

INVITATIONAL EVENTS: Heats will be determined by performance entries. Lanes in each heat will be determined by RANDOM draw following PERFORMANCE VERIFICATION.

RELAY EVENTS: Heats and Lanes will be determined by performance entries.

Entries of **9 or less** in any one relay WILL BE run in a single heat and the ORDER of finish will determine the winners.

FIELD EVENTS

Three (3) member teams. Best height or distance of each team will be counted. **In order for a team to score there must be at least 1 attempt by each team member.** Less than three (3) may compete **for outside qualifying marks only, not scoring.**

Participants in the shot put and discus will be allowed four (4) attempts. Participants will be divided into flights. All four (4) trials by each participant in that flight will be concluded before going on to the next flight.

Implement weigh-ins will be from 1:30 - 2:30 p.m. in the East Gym.

Boys **12 lb shot** Girls **4 kilo shot—only (no 8 lbs)**

Long Jump and Triple Jump: Management and organization will be determined at a later date.

Take-off boards are measured 9' and 18' from the pit respectfully. A shorter, taped board may be added upon request.

STARTING HEIGHTS

1. High Jump: Girls 4'0"
 Boys 5'4"

2. Pole Vault: Girls 6'
Boys 9'

TRANSPORTATION

Each school must arrange transportation for their student athletes. BUS parking will be behind the EAST GYM or along the canal fence in the North lot. Security officers will direct bus parking

AWARDS

- **Individual event winners: Shoe Bag - 1st place ; Gold Bag - 2nd place; black shoe bag- 3rd place beige shoe bag**
- **Team scoring winners: Trophies (1st, 2nd, and 3rd) Boys and Girls**

Presentation of awards will be made immediately following the announcement of the official results for each event. Team Championship Trophies will be awarded to the top three (3) girls and boys winning teams at the end of the meet.

MEET APPAREL

Participants must wear school-issued uniforms that comply with the National Federation of State High School Association.

Other than the school-issued uniform, athletes must conform to the following policy established for this meet by the Games Committee:

ACCEPTABLE	Headbands
UNACCEPTABLE	Hair curlers
	Head scarf
	Hats
	Head beads braided into hair
	Ribbons or anything not physically required to keep hair in place
	Earrings or necklace (No jewelry of any kind)
	All electronic devices - (I-PODS, headphones, or boom boxes with speakers in stands or team area)

VENDORS

INDEPENDENTLY OWNED AND OPERATED INFORMATION AND PRODUCT SALES VENDORS WILL BE STAGED BEHIND THE HOME SIDE BLEACHERS FOR YOUR CONVENIENCE.

CONCESSIONS

THE CONCESSION STAND WILL BE AVAILABLE THROUGHOUT THE MEET FOR YOUR CONVENIENCE.

SUPERVISION

ALL STUDENT-ATHLETES MUST BE SUPERVISED BY AN ADULT STAFF MEMBER EACH INDIVIDUAL SCHOOL WILL BE RESPONSIBLE FOR THE BEHAVIOR OF THEIR ATHLETES.

PHOENIX UNION HIGH SCHOOL DISTRICT RELAYS

FRIDAY, MARCH 2, 2012

MARYVALE HIGH SCHOOL
3415 N. 59TH AVE, PHOENIX, 85033

BOYS' 56TH ANNUAL

GIRLS' 38TH ANNUAL

ORDER OF EVENTS

2:15 p.m. COACHES' MEETING - ELECTRONIC (Electronic Notes will be email by Thursday, March 3rd; Packet pick-up will be in the press box upon arrival onto the campus)

2:30 p.m. Boys' Team Pole Vault followed by Girls' Team Pole Vault
Boys' Team Discus followed by Girls' Team Discus
Girls' Team Shot Put followed by Boys' Team Shot Put
Boys' Team High Jump Followed by Girls' Team High Jump

FLIGHTS BY SCHOOL

3:00 p.m. Boys' Team Long Jump followed by Girls' Team Long Jump - North pit
Girls' Team Triple Jump followed by Boys' Team Triple Jump – South pit

3:30 p.m. Boys' 4 x 200m Relay Heats – in Lanes
Girls' 4 x 200m Relay Heats – in Lanes
Invitational 110m Hurdles – Boys *Heats – in Lanes*
Invitational 100m Hurdles – Girls *Heats – in Lanes*
Boys' 3200m Relay (4 x 800m) Waterfall Start or Box Alley
Girls' 3200m Relay (4 x 800m) Waterfall Start or Box Alley
Boys' 4 x 100m Relay Heats – in Lanes
Girls' 4 x 100m Relay Heats – in Lanes
Boys' Distance Medley (1200, 400, 800, 1600) Waterfall Start or Box Alley
Girls' Distance Medley (1200, 400, 800, 1600) Waterfall Start or Box Alley
Invitational 100m Dash – Boys *Heats – in Lanes*
Invitational 100m Dash – Girls *Heats – in Lanes*
BOYS' Mile Medley (800, 200, 200, 400) Waterfall Start or Box Alley
GIRLS' Mile Medley (800, 200, 200, 400) Waterfall Start or Box Alley
10-15 MIN BREAK
Invitational 1600 m Run – Boys *Waterfall Start or Box Alley*
Boys' Sprint Medley (100, 100, 200, 400) Heats – in Lanes
Girls' Sprint Medley (100, 100, 200, 400) Heats – in Lanes
Invitational 1600 m Run –Girls *Waterfall Start or Box Alley*

Boys' 1600m Relay (4 x 400) (3 turn stagger)	Heats – in Lanes
Girls' 1600m Relay (4 x 400) (3 turn stagger)	Heats – in Lanes

NOTE: The running order of the Distance Medley and the Mile Medley Relays has been changed from the regular running order so the events may start with a waterfall start to avoid heats.

PUHSD Relays - Online Entry Instructions

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

1. Locate your team and sign up for a free coach account (if you don't have one.)

- Go to www.Athletic.net
- Go to the appropriate level under Track & Field (HS, MS, College, or Club)
- Locate your state, then your team
- On your team page, click "**Sign Up Here**" in the "Info for Coaches" box
- After receiving the confirmation email, proceed to step 2

2. Enter your season calendar

- Sign into www.Athletic.net with your email and password, and click your team name in the left navigation menu
- Click "**Edit Calendar**" on the Coach Tools bar near the top of your team page
- Next to "T&F Meet" select the date **3/2/2012** and click **Add Meet by Date >**
- For Region, select: **Arizona**
- Click **Select** on line that says: **Maryvale HS , Phoenix, PUHSD Relays**
- Review the information and click **Save**
- Repeat for the rest of your calendar
- Verify meets on the "Edit Calendar" page. Click "Edit" next to a meet to correct.

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

Seed times for entries are automatically drawn from past results. Some hosts will accept "override seed marks" entered on the meet registration page, but it is best to enter the marks as results in your past meets.

- Click "**Enter Meet Results**" from the Coach Tools bar, on your team page
- Add an athlete to the roster (repeat for all athletes)
- Select a gender and an **older meet** from the drop-downs near the top
- Select an event
- In the "Edit/Add Results" box, enter the last name of athlete, result and place
- Click "**Add**"
- Repeat for each result

4. Register athletes for the PUHSD Relays

- Back on your team page, click "**PUHSD Relays**" in the calendar.
- Click **Register Athletes**
- Add additional athletes at the bottom of the page

- Click on either an Athlete or an Event
- Select the athletes you want to compete, division , and verify seed mark
- Click the Update button to save changes
- Print your entries for use at the meet