

# Queen Creek Invitational Track and Field Meet

**April 21, 2012**

**Queen Creek High School - Home of the Bulldogs**

**22149 E. Ocotillo Rd., Queen Creek, AZ 85242 Phone - 480-987-5973 Fax - 480-882-1276**

Dear Track Coaches

Welcome and thank you for participating in the 2012 Desert Classic Track and Field Invitational on Saturday April 21 2012. Enclosed are the entry procedures for the meet. Please read through the information carefully and contact me if you have any questions. Please enter your athlete's best mark to date this year. **This meet will be a state 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.

**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 bulletin board near the south end-zone. Final results will be mailed to each school within one week of the meet.

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

|              |           |   |
|--------------|-----------|---|
| April 18 Wed | 8:00 p.m. | Entries must be entered into Athletic.net |
| April 21 Sat | 9:00 a.m. | Arrive at QC                              |
|              | 9:30 a.m. | Coaches Meeting                           |
|              | 9:45 a.m. | Running Events, Field Events Begin        |
|              | 7:30 p.m. | Team Awards                               |

## ***Admission Prices***

Adults - \$5.00      Students \$3.00      Children under 6 free      Passes - AIA only

**Entries** - Entries will be entered into Athletic.net. 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 *Athletic.net* before **8:00 p.m. on Wednesday April 18<sup>th</sup>**.
- C. Each team may enter 3 participants in each running event and 1 relay team. In the Field events each team can enter 4 participants with the exception of the pole vault where there is no limit to the number of entries if they can clear 8' for girls and 10' for boys. In the pole vault only 4 participants in can score. Participants may compete in a total of four (4) events.
- D. 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 and 100m-110m hurdle races. The 400m and 300m hurdle races will be finals only. The heats will be seeded by entry times with the fastest times in the last heat.
- 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

**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.

**Order of Events - Field Events- Times on Field events are approximate we will run ahead if we can**

|       |             |   |       |             |   |
|-------|-------------|---|-------|-------------|---|
| Boys  | Triple Jump | Flight 1 - 10:00 – 11:00<br>Flight 2 - 11:00 – 12:00<br>Flight 3 - 12:00 – 1:00<br><b>Finals 1:15 – 1:30</b>    | Girls | Triple Jump | Flight 1 - 2:00 – 3:00<br>Flight 2 - 3:15 – 4:15<br>Flight 3 - 4:30 – 5:30<br><b>Finals 5:45 – 6:30</b> |
| Girls | Long Jump   | Flight 1 - 10:00 – 11:00<br>Flight 2 - 11:00 – 12:00<br>Flight 3 - 12:00 – 1:00<br><b>Finals 1:15 – 1:30</b>    | Boys  | Long Jump   | Flight 1 - 2:00 – 3:00<br>Flight 2 - 3:15 – 4:15<br>Flight 3 - 4:30 – 5:30<br><b>Finals 5:45 – 6:30</b> |
| Boys  | Shot Put    | Flight 1 - 10:00 – 10:45<br>Flight 2 - 11:00 – 11:30<br>Flight 3 - 11:45 – 12:15<br><b>Finals 12:20 – 12:50</b> | Girls | Shot Put    | Flight 1 - 1:00 – 1:45<br>Flight 2 - 2:00 – 2:45<br>Flight 3 - 3:00 – 4:00<br><b>Finals 4:15 – 5:00</b> |
| Girls | Discus      | Flight 1 - 10:00 – 10:45<br>Flight 2 - 11:00 – 11:30<br>Flight 3 - 11:45 – 12:15<br><b>Finals 12:30 – 12:50</b> | Boys  | Discus      | Flight 1 - 1:00 – 1:45<br>Flight 2 - 2:00 – 2:45<br>Flight 3 - 3:00 – 4:00<br><b>Finals 4:15 – 5:00</b> |

**Pole vault weigh-ins Girls 9:15 a.m. Girls PoleVault, 10:00 a.m.**

**Pole vault weigh-ins Boys 10:30 a.m. Boys Pole Vault 11:30 a.m.**

**Boys High Jump 10:00**

**Girls High Jump, 2:00 p.m.**

**Prelims/Finals**

|               |                             |          |
|---------------|-----------------------------|----------|
| Girls         | 3200m <b>Final (Heat 1)</b> | 9:45 AM  |
| Boys          | 3200m <b>Final (Heat 1)</b> | 10:00 AM |
| Girls         | 100m High Hurdles Prelims   | 10:15 AM |
| Boys          | 110m High Hurdles Prelims   | 10:35 AM |
| Girls         | 100m Prelims                | 11:00 PM |
| Boys          | 100m Prelims                | 11:25 AM |
| Girls         | 1600 Heats 1-2 <b>Final</b> | 11:50 PM |
| Boys          | 1600 Heats 1-2 <b>Final</b> | 12:10 PM |
| Girls         | 400m Prelims                | 12:20 PM |
| Boys          | 400m Prelims                | 12:40 PM |
| Girls         | 300m Hurdles Prelims        | 1:00 PM  |
| Boys          | 300m Hurdles Prelims        | 1:20 PM  |
| Girls         | 200m Prelims                | 1:40 PM  |
| Boys          | 200m Prelims                | 2:00 PM  |
| <b>Finals</b> |                             |          |
| Girls         | 4x800 relay                 | 2:15 PM  |
| Boys          | 4x800 relay                 | 2:30 PM  |
| Girls         | 100 HH                      | 2:50 PM  |
| Boys          | 110 HH                      | 3:00 PM  |
| Girls         | 100m                        | 3:10 PM  |
| Boys          | 100m                        | 3:15 PM  |
|               | QC Rising Stars             | 3:30 PM  |
| Girls         | 1600 Heat 3                 | 3:45 PM  |
| Boys          | 1600 Heat 3                 | 3:55 PM  |
| Girls         | 400m Relay Heats 1, 2       | 4:05 PM  |
| Boys          | 400m Relay Heats 1, 2       | 4:20 PM  |
| Girls         | 400m Run                    | 4:35 PM  |
| Boys          | 400m Run                    | 4:40 PM  |
| Girls         | 300m Hurdles                | 4:35 PM  |
| Boys          | 300m Hurdles                | 4:40 PM  |
| Girls         | 800m Run All Heats          | 4:50 PM  |
| Boys          | 800m Run All Heats          | 5:10 PM  |
| Girls         | 200m                        | 5:30 PM  |
| Boys          | 200m                        | 5:35 PM  |
|               | QC Rising Stars             | 5:40 PM  |
| Girls         | 3200m Heat 3                | 6:00 PM  |
| Boys          | 3200m Heat 3                | 6:15 PM  |
| Girls         | 1600m Relay Heats 1, 2      | 6:30 PM  |
| Boys          | 1600m Relay Heats 1, 2      | 6:45 PM  |

Done at 7:30 P.M. WE HOPE. All Times are approximate we will run ahead of schedule if we can.

*Dr. Angela Chomokos, Principal - Paul Reynolds, Asst Principal /AD*