

2012 Southeast Valley Track and Field Championship

May 2 and 4th at Queen Creek High School

Queen Creek High School 22149 E. Ocotillo Rd., Queen Creek, AZ 85242

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Dear A.D./Track Coach:

We look forward to hosting the new Southeast Valley Championship this year. With the Changes in the AIA this year this is a brand new concept. We believe this meet can be a good team event to finish off the year for many of our athletes. We will have 3 Groups with the schools grouped according to size. We will have team awards and medals for each Group. Please look over the time schedule let me know if you have any questions. **When you enter your athletes on Athletic.net it is extremely important to enter you athletes by event in the proper Group.**

For questions contact Fred Clare at cell 602-451-9007 or by e-mail fclare@qcusd.org

Location - Queen Creek High School

Dates – Wed, May 2nd and Friday May 4th, 2011

Cost – The cost will be \$175 for each boys and girls team or \$350 for the school. If you have a small team the charge will be \$10 per athlete entered.

Schools Attending

Group A	Group B	Group C
Basha	AJ	Canyon State
Desert Ridge	Campo Verde	Combs
Gilbert	Casa Grande	Coolidge
Hamilton	Higley	Florence
Highland	Maricopa	Santa Cruz
Mesa	Perry	Seton
Mesquite	Poston Butte	Tempe Prep
Mountain View	Queen Creek	Valley Christian
Red Mtn	Williams Field	
Skyline		
Westwood		

Time Schedule

Wednesday

1:00-1:30 Arrive (Do not come early)
1:45 Coaches Meeting
2:00 Events begin
9:30 End

Friday

2:30 Arrive (Do not come early)
3:00 Coaches Meeting
3:30 Events begin
9:00 End

Admission Prices

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

Entries

A. Entries will need to be entered on-line at Athletic.net **no later than Friday April 27th at 12:00 P.M.** You must be sure you put your athletes in the **proper Group for each event you enter them into.** See the list above for your Group. If your athlete has an exceptional mark and you would like them to be in a division higher you may do so but your athlete forfeits the right to earn a Group medal in that event. You must compete in

your Group to earn a medal in that event. The meet Director must be notified before the day of the meet of such entries.

- B. Each school will be allowed to submit four (4) competitors in each running and field event. Each team will be allowed to enter one (1) relay team in each relay event.

Track Facilities

- A. 9 lane all weather track. Flats or spikes of ¼ inch or less may be worn.
B. The HJ approach area is a urethane all weather surface. Flats or spikes of ¼ inch or less may be worn.
C. Concrete shot and discus rings. No spikes may be worn.
D. All weather runways in LJ, TJ, and PV. Flats or spikes of ¼ inch or less may be worn.
E. Starting Blocks will be provided.

Track Events

- A. On first call all competitors must report to the Clerk of the Course located on the south end of the in-field. All track event competitors must check in with the Clerk of the Course.
- First Call will be given 15 minutes before the start of the event.
 - Second call will be given 10 minutes before the start of the event.
 - Third and final call will be given 5 minutes before the start of the event

Runners in all lane races are to return to the finish line after the completion of the race and wait until dismissed by the head finish judge.

Running events take precedence over field events.

- B. In lane events there may be multiple heats depending on the number of entries.
- The 9 fastest times will advance to the finals.
 - Failure of the automatic timing system in any one of the qualifying heats for the same event will mean that hand held times for that heat will be converted to FAT.
- C. Bull Pen area: This will be located in the south end of the in-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.**
- D. In the 800-1600-3200 meter men's and women's runs, the meet director will determine how many heats will be run. The fastest entries will be seeded in last heat. A box alley start will be used.
- F. The 400m relay will use a two turn stagger. Each team will be assigned a lane for the entire race. All relay exchange zones are yellow to yellow triangles. Do not throw the baton at the conclusion of the race.
- G. The 1600m relay will use a 3 turn stagger. The first runner must run in his or her lane for the entire race. The exchange zone between runner #1 and #2 is between the blue arrows in the team's assigned lane. The second runner must receive the baton in his/her assigned lane and run in that assigned lane around the first curve. After passing the break line (also marked with orange cones) runner #2 can cut to the inside lane, provided he/she has a one-stride advance of the runner whose path he/she may cross. The starter will shuffle the third and fourth runners as their teammate comes off the final curve.
- H. The 3200m relay will use a box alley. The starter will shuffle the second, third and fourth runners as their teammate comes off the final curve.

Field Events

- A. Competitors must adhere to the time limits as stated in the Federation Rules. The time limit for competitors excused to compete in another event shall be 15 minutes. Competitors should make a reasonable effort to return to their event as soon as possible. Communication with the field event judge and the clerk of the course is critical.
- B. Competitors must report to their event judge on the second call. If a competitor fails to report for the final call he/she will not be permitted to participate in that event.
- C. Seeding is based on the reverse order of the distances and heights listed on the entry forms. The best performances will be placed in the last flight.
- D. Shot and Discus

- 1. Participants will be placed into flights.
- 2. Each athlete will get 3 preliminary throws. The top 9 will advance to the finals where they will get 3 more throws.
- 3. All Throwing implements must be weighed from 3:00 to 3:30 p.m. and then left on the rack for the entire competition and any athlete may use them.

E. Long and Triple Jump

- 1. Participants will be placed into flights. Athletes must jump within the flight Assigned flight. If an athlete needs to leave to compete in another event they must check out with the event judge. The time limit for competitors excused to compete in another event shall be 15 minutes. They will be scratched if they have not returned within the 15 minutes allowed.
- 2. Each participant will receive 3 preliminary attempts. The top 9 will advance to the finals where they will receive 3 more attempts.

C. Pole Vault and High Jump

- 1. Men's Pole Vault will start at 9' w/ 6" raises to 12' and then 3" raises.
- 2. Women's Pole Vault will start at 6'6" w/ 6" raises to 10' and then 3" raises.
- 3. Men's High Jump will start at 5'6" w/ 2" raises to 6'2" and then 1" raises. The 3 alive method will be used.
- 4. Women's High Jump will start at 4'4" w/ 2" raises to 5'2" and then 1" raises. The 3 alive system will be used

Scoring

We will fill all 9 lanes for the finals, but only the top 8 will be scored
The top 8 places will score. Scoring will be 10-8-6-5-4-3-2-1
The top 7 relays will be scored 10-8-6-4-3-2-1

Awards

Medals will be given to the top 3 finishers in the each event and to the top team in relay events in each Division. A Plaque will be awarded to the top Women's team and top Men's team in each Division. Awards will be handed out during and at the conclusion of the event.

Advancement to State

This is a state qualifying meet. All marks will be submitted to the state for qualification.

Schedule of Events

All Times are approximate. We will run ahead of Schedule if we can.

Wednesday, May 2, 2012

Preliminaries and Finals

Field Events Finals

- 3:30 **Long Jump Final – Girls**
GA Flight 1 - 3:00-4:00
GA Flight 2 - 4:15-4:45
GA Finals – 5:00 - 5:30
GB Flight 1 – 5:45-6:15
GC Flight 1– 6:30-7:00
GB-GC Finals 7:10-7:40
- 3:00 **Shot Put Final –Boys**
GB Flight 1 - 3:00-3:30
GB Flight 2 - 3:45-4:15
GC Flight 1 - 4:30-5:00
GB-GC Finals – 5:00 - 5:30
GA Flight 1 – 5:45-6:15
GA Flight 2– 6:30-7:00
GA Finals 7:10-7:40
- 3:00 **Pole Vault Final – Girls GC,GB**
- 6:00 **Pole Vault Final – Boys GA**
- 3:30 **High Jump Final – Girls GC,GB,GA**
- 3:30 **Triple Jump Final – Boys**
GB Flight 1 - 3:00-4:00
GC Flight 2 - 4:15-4:45
GB-GC Finals – 5:00 - 5:30
GA Flight 1 – 5:45-6:15
GA Flight 1– 6:30-7:00
GA Finals 7:10-7:40
- 3:30 **Discus Final – Girls**
GA Flight 1 - 3:00-4:00
GA Flight 2 - 4:15-4:45
GA Finals – 5:00 - 5:30
GB Flight 1 – 5:45-6:15
GB Flight 2 – 6:30-7:00
GC Flight 1– 7:00-7:30
GB-GC Finals 7:30-8:00

Running Events

Preliminaries and Finals

- 2:00 100m Hurdles Girls
- 2:40 110m Hurdles Boys
- 3:20 **4x800 Relay Final Girls (1 Heat)**
- 3:40 100m Girls
- 4:10 100m Boys
- 4:40 **1600m Boys Final (5 Heats)**
- 5:20 400m Girls
- 6:00 400m Boys
- 6:40 300m Hurdles Girls
- 7:20 300m Hurdles Boys
- 8:00 **800m Boys Final (5 Heats)**
- 8:30 200m Girls
- 9:00 200m Boys
- 9:30 **3200m Girls Final (3 Heats)**

Friday May 4, 2012

All Finals

Field Event Finals

- 3:30 **Long Jump Final – Boys**
GA Flight 1 - 3:30-4:00
GA Flight 2 - 4:15-4:45
GA Finals – 5:00 - 5:30
GB Flight 1 – 5:45-6:15
GC Flight 1– 6:30-7:00
GB-GC Finals 7:10-7:40
- 3:30 **Shot Put Final – Girls**
GB Flight 1 - 3:30-4:00
GB Flight 2 - 3:00-4:00
GC Flight 1 - 4:15-4:45
GB-GC Finals – 5:00 - 5:30
GA Flight 1 – 5:45-6:15
GA Flight 1– 6:30-7:00
GA Finals 7:10-7:40
- 3:00 **Pole Vault Final – Boys GC,GB**
- 6:00 **Pole Vault Final – Girls GA**
- 3:30 **High Jump Final – Boys GC,GB,GA**
- 3:30 **Triple Jump Final – Girls**
GB Flight 1 - 3:30-4:00
GC Flight 2 - 4:15-4:45
GB-GC Finals – 5:00 - 5:30
GA Flight 1 – 5:45-6:15
GA Flight 1– 6:30-7:00
GA Finals 7:10-7:40
- 3:30 **Discus Final – Boys**
GA Flight 1 - 3:30-4:00
GA Flight 2 - 4:15-4:45
GA Finals – 5:00 - 5:30
GB Flight 1 – 5:45-6:15
GB Flight 2 – 6:30-7:00
GC Flight 1– 7:00-7:30
GB-GC Finals 7:30-8:00

Running Event Finals

- 3:30 **100m Hurdles Girls**
- 3:40 **110m Hurdles Boys**
- 3:50 **4x800 Relay Boys (1 Heat)**
- 4:00 **100m Girls**
- 4:10 **100m Boys**
- 4:20 **1600m Girls (5 Heats)**
- 4:50 **4x100 Relay Girls**
- 5:00 **4x100 Relay Boys**
- 5:10 **400m Girls**
- 5:25 **400m Boys**
- 5:40 **300m Hurdles Girls**
- 6:00 **300m Hurdles Boys**
- 6:20 **800m Girls (5 Heats)**
- 6:40 **200m Girls**

7:00 **200m** Boys
7:20 **3200m** Boys (**4 Heats**)

7:50 **4x400 Relay** Girls
8:10 **4x400 Relay** Boys