



# TEMPE HIGH SCHOOL

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The Wynn/Zucco Tempe Relays is being held at Tempe High School Friday April 11 and at ASU Saturday April 12, 2008. Finals for running events will be run on Saturday in conjunction with the collegiate portion of the meet. Please see attached schedule of events for specifics.

## MEET ENTRY FEE

There will be an entry fee of \$300 per team (\$150 girls/\$150 boys), or \$30 per individual (1-5 athletes). Men's and Women's teams are considered together. All entry fees are non-refundable and non-transferable. Please be sure to include all relay runners and alternates when you do your team entries online. A late fee of \$25 per team will be assessed for late entries. To assure that entries are processed, please make a check out to "Central Region" and mail to: Tempe High School, Attn: Tempe Relays, 1730 S. Mill Ave, Tempe, Arizona 85281.

Entry fees are due by March 28, 2008.

## ENTRIES INFORMATION - NOTE TO ALL COACHES

Each school can enter **3 athletes per running event, and 3 per field events, and one relay team**. Performance list will be available Tuesday, April 8<sup>th</sup> in the afternoon on the Arizona Track Coaches web site. These are preliminary and might not be the final draw. Official lane assignments and positions will be handed out at the coaches meeting on Thursday.

Entries only will be accepted online via the Coach O web-site at [www.CoachO.com](http://www.CoachO.com) starting **March 1, 2008 until April 7, 2008 11:59pm MST**. Questions regarding entry instructions should be e-mailed to [Support@CoachO.com](mailto:Support@CoachO.com).

### ***How to enter a meet***

*This is intended for first-time on-line meet entry users.*

1. Select **Register...**, complete the contact information and click *Next Step: Enter athletes in events* after you have received your PIN.
2. Select the meet you want to enter.
3. Choose how you want to submit your entry. Select **by athlete**, if you want to enter each athlete, 1-at-a-time. Select **by event**, if you want to enter each event, 1-at-a-time.
4. Create your roster. Take your time and be accurate, because this will save you time and trouble later.

5. Review your roster, making any last minute changes you need to make; then *Confirm* your roster.
6. Select the athletes (by athlete entry) or events (by event entry) you want to enter.
7. Enter your athletes into events and provide seed marks.

**CAUTION #1** : *If you realize that you've left someone out, **do not** try to go back. As you back up your previously entered information will be discarded. Just finish the entry session and submit it to the meet director. You can add to or make changes to your entry later.*

**CAUTION #2**: *If presented with an option to pay, click on some form of payment every time you submit an entry; otherwise your entry will not be accepted.*

**Miscellaneous Notes:**

To proceed to the next page, the next step in the on-line meet entry process click the Continue >> button at the bottom of the page.

For a 150-200 member team, allow 1 to 1.5 hours to complete the entry process. After you finish, double check. Return to the Main Menu and select **View a meet entry**.

If you run into problems or have questions, e-mail [Support@CoachO.com](mailto:Support@CoachO.com).

## AWARDS

### Team Awards

Boys, Girls Title Big School (Enrollment over 2000)

1<sup>st</sup> Place

2<sup>nd</sup> Place

3<sup>rd</sup> Place

Boys, Girls Title Small School (under 2000)

1<sup>st</sup> Place

2<sup>nd</sup> Place

3<sup>rd</sup> Place

Individual Awards & Relay Awards

First 8 Places

## MINIMUM STANDARDS FOR FIELD EVENTS

### Pole Vault

Women – 9' 0"

Starting Height W- 8' 6"

Men – 12' 0"

Starting Height M – 11' 6"

### Long Jump

Women – 15' 0"

Men – 19' 0"

### Discus

Women – 90' 0"

Men – 130' 0"

### High Jump

Women – 4' 10"

Starting Height W – 4' 8"

Men – 5' 10"

Starting Height M – 5' 8"

### Shot Put

Women – 30' 0"

Men – 42' 0"

### Triple Jump

Women – 32' 0"

Men – 39' 0"

There will be no measurement at or less than these standards

Qualifying Meet: This is a state-qualifying meet for all Arizona High Schools.

Games Committee: Games committee will be announced at the coaches meeting.

Meet Director: Shelly Arredondo, Tempe High School Athletic Director – 480-967-1661 ext 28116 or email sarredondo.ths@tuhsd.k12.az.us

Coaches Meeting: There will be a coaches meeting and a continental breakfast starting promptly at 7:30am. There will be no coaches meeting for Saturday's session.

The National Federation High School Track & Field rules will be followed for this meet. Please refer to the NFHS rulebook in regards to team uniform rules, jewelry, and electronic devices.

Admission Charge for spectators to the first session at Tempe High School: Adults \$5.00 and students \$3.00 with ID. Admission will be charged beginning with the qualifying races in the morning of Friday and at ASU on Saturday. For ASU spectators will use the NW gate where the ticket booth is located. Teams, coaches, and volunteers will use the SW gate and must have a wristband on.

Team Areas: No teams are allowed to set up camps on the infield area or spectator side. Athletes are not to leave valuables unattended. Tempe High School and Arizona State University will not be held accountable for unattended valuables. Officials only will be allowed on the field. Hurdles will be provided for warm up areas. Each coach will be responsible for keeping their team members in the designated area for athletes/team, which will be on the east side of the track. All field event competitors who have been eliminated from competition will also be asked to leave the field.

Parking: For Friday busses/vans will park in the back parking lot off of Broadway. On Saturday busses/vans will park in areas designated by ASU.

Track Facilities: 400 Meter All Weather Track and Runways require 1/4" or less spikes.

Olympic Start: In all track events, which require one or more laps, the box alley start will be used. The 200 meter dash will be run with a full turn. The 1600 Meter Relay will use the 3-turn stagger.

Lane Assignments: For Prelims, all lane and heat assignments will be random seeding. Lane assignments should be drawn and finished by Wednesday April 9<sup>th</sup> in the afternoon. You may obtain a copy of lane assignments at the coaches meeting when you arrive.

Original entries will be replaced from the alternate list of the top six alternates at the staging area with the Clerk of the Course before the start of the race.

Report Call and Staging Area: Contestants will report to the Staging area when the announcer gives the report call. Calls will start 15 minutes before event or flight. The Clerk of the Course will assign lane/hip numbers (relays anchor only) for all running events. Open lanes will be filled in and the Clerk will give instructions of Course. No instructions will be given by the starters. It is the coaches responsibility for having their athletes in the staging area at the proper times. Scratches will take place on the last call and lanes will be filled from the alternate list. A contestant that fails to report to the last call will be disqualified from the race.

First Aid: The trainer, Scott Wattawa, will be located on the south end of the bleachers. Our trainers are for injuries only. If an athlete wishes to be "taped", please furnish your own tape.

Scoring: The top eight places will be scored. Scoring will be 10-8-6-5-4-3-2-1. Only athletes who are competing in the seeded invitational will count in the team scoring.

SPECIAL INSTRUCTIONS FOR FIELD EVENTS: – Do not bring throwing implements. They will be provided. Each athlete will get three attempts with the top 8 returning for finals. The top 8 will receive three additional jumps for finals.

**You can enter 3 athletes in the field events ONLY. For pole vault ONLY there will be an A and B list. A list for the girls will be any one who has cleared 9 ft or higher in a state qualifying meet, and the B list will be the remainder of the athletes. A list for the boys will be any one who has cleared 13ft or higher in a state qualifying meet, and the B list will be the remainder of the athletes.**