

4A-I Kino/Sonoran Track and Field Championships

Date: Wednesday, May 6 and Friday, May 8, 2009

Site: Sabino High School

5000 N. Bowes Rd.

Tucson, AZ 85749

Director: Bill Taylor 546-0230 relayer56@comcast.net

General Information

Entries: All entries must be made through **athletic.net** by 6:00 PM Monday, May 4.

No additions or substitutions will be made at the site. Each school is permitted up to 4 entries per event.

Workers: Sabino High School and the AIA will provide most of the required workers for the meet. However, 2 schools will be assigned to run a field event together. The schools should provide at least two responsible adults to work the event. Sabino will provide measuring tapes and tools. The school listed first must provide the lead official for the event.

Long Jump: Flowing Wells/Cholla

Triple Jump: Sabino/Pueblo

Shot Put: Sabino/CDO

Discus: Cienega/Nogales

Pole Vault: Catalina Foothills/Sahuaro

High Jump: Marana/Desert View

Pole Vault: **Please be aware that the pole vault will begin early each day because of the lack of lights in the pole vault area.**

Admission: Tickets will be \$5.00 each day.

- Parking:** Due to construction, buses will not be allowed to park behind the gym. Please unload students and then park in the bus bays in front of the school.
- Qualifying:** The top three places in each event will automatically qualify for state along with any other athletes who reach the state qualifying mark in their events.
- Spikes:** Please use ¼" or smaller spikes on the track. Track shoes will be checked in the bullpen.
- Uniforms:** All athletes must wear school-issued jerseys and shorts that conform to region, state, and national guidelines.
- Jewelry:** Athletes are permitted to wear a wristwatch only. All other jewelry must be removed, or as in the instance of a medical alert bracelet, covered with tape.
- Electronics:** No cell phones, iPods, or any other electronic devices are permitted in the competition areas. Athletes are not permitted to view video during an event.
- Trainer:** Sabino High School will provide a trainer and water for the athletes.
- Warmup:** All warm-ups must be done on the upper athletic fields. Only those athletes who are competing in an event will be allowed on the field. Teams may set up their camps in the south stands or on the upper fields.
- Weigh-in:** All implements will be weighed in at the south concession stand beginning at 2:00 PM. Implements that do not weigh in will be confiscated until the end of the event. Pole vaulters will be weighed in and poles checked.
- Check in:** Athletes competing in field events may check in at their events. Track athletes must check in at the bullpen in the center of the football field.
- Open Pit:** Both regions will compete at the same time in the long jump and triple jump.
The pit will be open for 2 hours with finals to follow.
- Finals:** Nine athletes will qualify for the finals in the field events where applicable.
Track events in lanes will qualify 8 athletes to finals. The 800 and 1600 will be run in two heats per region. The 3200 will be run in one heat per region.

Kino/Sonoran Schedule of Events

Wednesday, May 6, 2009

2:00 PM	Boys Pole Vault	(Sonoran followed by Kino)
2:00 PM	Implement weigh in - South concession stand	
2:30 PM	Coaches Meeting	
3:00 PM	Boys Shot Put	(Sonoran/Kino)
	Girls Discus	(Sonoran/Kino)
	Boys High Jump	(Sonoran/Kino)
	Girls Long Jump	(Both regions together open pit north)
	Boys Triple Jump	(Both regions together open pit south)

Track Events

4:30 PM	Girls 3200 Relay Final (Sonoran first in all track events)
	Boys/Girls 110/100 Hurdle Prelims
	Boys/Girls 100 Meter Prelims
	Boys 1600 Meter Final
	Boys/Girls 400 Meter Prelims
	Boys/Girls 300 Hurdle Prelims
	Boys 800 Meter Final
	Boys/Girls 200 Meter Prelims
	Girls 3200 Meter Final

Kino/Sonoran Schedule of Events

Friday, May 8, 2009

2:00 PM	Girls Pole Vault	(Sonoran followed by Kino)
2:00 PM	Implement weigh in begins	
2:30 PM	Coaches Meeting	
3:00 PM	Girls Shot Put	(Sonoran/Kino)
	Boys Discus	(Sonoran/Kino)
	Girls High Jump	(Sonoran/Kino)
	Boys Long Jump	(Both regions together open pit north)
	Girls Triple Jump	(Both regions together open pit south)

Track Events

4:30 PM	Boys 3200 Relay Final (Sonoran first in all track events)
	Boys/Girls 110/100 Hurdle Final
	Boys/Girls 100 Meter Final
	Girls 1600 Meter Final
	Boys/Girls 400 Relay Final
	Boys/Girls 400 Meter Final
	Boys/Girls 300 Hurdle Final
	Girls 800 Meter Final
	Boys/Girls 200 Meter Final
	Boys 3200 Meter Final
	Boys/Girls 1600 Relay Final