

# **Gaucha Relays**

**High School Division**

**Friday, March 13, 2009**

**Location: Glendale Community College**

**ENTRY FEE IS: \$100.00 Per Gender Team**

Make checks payable to:  
**Glendale Community College**  
**6000 West Olive Avenue**  
**Glendale, AZ 85302**

**ENTRY DUE DATE**

**NOON Tuesday, March 10, 2009**

**On-line entries – [www.athletic.net](http://www.athletic.net)**

**Each team may enter 3 per event and one relay.  
This is an AIA state qualifying sanctioned meet.  
Medals will be awarded to the top 3 places.**

Contact: Ralph Neighbors 623.385.9333  
or Crannie Hysong 623.877.3688

# **GCC GAUCHO RELAYS**

## **High School Division**

### **RUNNING EVENTS: 1:45 Rolling Schedule**

Steeplechase Boys 2000 Meters  
Steeplechase Girls 1000 Meters  
*F/S 110 Hurdles - Boys*  
110 Meter Hurdles-Boys  
*F/S 100 Hurdles – Girls*  
100 Hurdles – Girls  
4 X 800 Relay-Boys  
4 X 800 Relay-Girls  
4 X 100 Relay-Boys  
4 X 100 Relay –Girls  
4 X 70 High Hurdle Shuttle – Boys  
4 X 60 High Hurdle Shuttle – Girls  
1600m Run – Boys  
1600m Run – Girls  
100m Dash – Boys  
100m Dash - Girls  
300 Hurdles – Boys  
300 Hurdles - Girls  
Sprint Medley (100-100-200-400) Boys  
Sprint Medley (100-100-200-400) Girls  
Distance Medley (1200-400-800-1600) Boys  
Distance Medley (1200-400-800-1600) Girls  
*F/S 100 – Boys*  
*F/S 100 - Girls*  
4 X 400 – Boys  
4 X 400 – Girls  
*F/S 800m Run – Boys*  
*F/S 800m Run – Girls*  
800m Run – Boys  
800M Run - Girls

### **FIELD EVENTS –1:00PM**

1:00 Long Jump – Boys – open pit  
Long Jump – Girls – after boys  
1:00 High Jump – Girls followed by boys  
1:00 Pole Vault Girls – Starting Height to accommodate jumpers  
Pole Vault Boys – after girls (starting height to accommodate jumpers)  
1:00– Shot Put Girls followed by Boys *F/S Shot Put will be the first flight.*  
1:00 Discus – Boys followed by Girls  
Triple Jump – Boys and Girls After completion of LJ

**Freshman/Sophomore events in italics**

**Implement Weigh-in location:** Storage room located at the North end of the stadium.

**Warm up:** Please use the area North, South, and Southeast of the stadium for all warm-up activities.

**Locker Facilities:** No dressing facilities are available.

**Starting Heights:** Will be determined after the entry deadline in order to permit the best possible competition.

**Uniforms:** In compliance with the FHS rules.

**Number of jumps/throws:** All competitors in the Long Jump and Triple Jump will receive 4 attempts. Throwers will also receive 4 attempts – no finals.

# GCC Gaucho Relays - HS Division

## Submit Meet Entries Online

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

**Athletic.net** is a coach resource, offering free **statistic tracking**, easing **meet registration**, and providing free tools to simplify common coaching tasks.

Follow these 4 steps to get started:

### 1. Locate your school and sign up for a free coach account

- Go to the website: [www.Athletic.net](http://www.Athletic.net)
- Locate your state, and then your school
- Once on your school's page, locate the "**Sign Up Here**" link, click it and follow the instructions
- After you have received the confirmation email, you may proceed to the next section

### 2. Enter your season calendar

- Use your email address and password to sign into the website, and again locate your school's page
- Click on "**Edit Calendar**" from the Coaches Tool Bar on your school home page
- Where it says "Add meet to the Calendar" select the date **3/13/2009** and click **Continue >**
- For Region, select: **Arizona**
- Click **Select** on line that says: **Glendale Community College, Glendale, GCC Gaucho Relays - HS Division**
- Review the information and click **Save**
- Repeat this process for the rest of your calendar
- Verify on the "Edit Calendar" page that all your meets have been entered correctly. If you see a mistake, use the Edit button next to the meet to make corrections.

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

Seed times for meet entries are automatically drawn from past meet results. While some meet hosts will accept "override seed marks", which you can enter on the meet registration page, it would be beneficial to enter the marks as results in your past meets. Doing this will ensure that your school's homepage will have current results on it.

- Click "**Enter Meet Results**" from the Coaches Toolbar, on your school's team page
- Add an athlete to the roster (repeat for all athletes)
- Select the gender and the **older meet** from the drop-down menus near the top of the page (you do not want to enter results for the meet you are registering for)
- Select an event to enter results
- In the "Edit/Add Results" box, begin typing the last name of an athlete, type result and place
- Click "**Add**"
- Repeat for each result

### 4. Register athletes for the GCC Gaucho Relays - HS Division

- Again on your school's page, click "**Meet Registration**"
- Locate **GCC Gaucho Relays - HS Division** in the right column and click on it
- Use the boxes on the bottom of the page to add any additional athletes
- Click on either an Athlete or an Event
- Select the athletes you want to compete, the division they are competing in, and verify their seed mark
- Be sure to click the Update button to save your changes after updating the athlete or event
- Remove athletes from an event by selecting the '--' line
- Print your entries for use at the meet

Large teams often have each of their coaches sign into the website to assign the athletes that they are responsible for to events. By printing and faxing your entries, you can use the meet registration feature of Athletic.net even if the host school isn't using the site to download entries!