



2009 Mario Castro Track & Field Invitational

Meet Information

5th Annual Sunnyside High School / Mario Castro Track & Field Invitational



Date: April 24, 2009

Meet Director: Dennis Hansen & Richard Sanchez

Site: Sunnyside High School, 1725 E. Bilby Road, Tucson, AZ 85706

Entry Fee: \$150 per team, Boys & Girls \$300. Please mail entry fee check to: Sunnyside High School, Attn: Irene Diaz, 1725 E. Bilby Road, Tucson, AZ 85706 by: March 25, 2009

Sanction: Meet Sanctioned as State Outside Qualifying for 4A/5A Conferences

Teams Participating: Amphi, Buena, Casa Grande, Canyon Del Oro, Catalina Foothills, Cienega, Deer Valley, Desert View, Empire, Flowing Wells, Ironwood Ridge, Marana, Marana Mt. View, Palo Verde, Pueblo, Queen Creek, Rio Rico, Sabino, Sahuarita, Sahauro, Salpointe, Santa Rita, Sunnyside

Entry Limitations: two Individuals per event per school. Each school is allowed to enter only one relay team in the 4x800, 4x100, 4x400 relays as per boys & girls divisions.

All entries will be collected at www.athletic.net. Enter 2 athletes per event, and 1 team per relay.

Entry Deadline: 6pm, Monday, April 20th.

A Meet Program will be posted by 8pm on April 20th at www.amphi.com/teachers/asense/t&f.html. If you have changes or corrections to make after that point, email them to asense@amphi.com by 7pm on Wednesday, April 22nd. No changes will be accepted on the day of the meet. Contact Andy Sense at 696-5404 or asense@amphi.com if you have trouble completing your entries

Opening Heights High Jump & Pole Vault

Boys High Jump – 5'4" Girls High Jump – 4'4" Boys Pole Vault – 9'0" Girls Pole Vault – 7'0"

High Jump 2" height increases to 5'6" (girls) then 1" height increase

 2" height increases to 6'2" (boys) then 1" height increase

Pole Vault 6" height increases to 9' (girls) then 3" height increase

 6" height increases to 12' (boys) then 3" height increase

Field Events – Shot, Discus, Triple Jump & Long Jump – 9 best efforts will qualify for finals

 3 preliminaries throws / jumps – finalist's additional 3 throws / jumps. ****Note**** on the throwing and horizontal jumping events, will mark the 1st attempt and the subsequent attempts will only be measured if it exceeds or is close to the donkey line.

Implements

- Any implement that is weighed-in can be used by any participant. Note – Rubber discuses will not be allowed. Implements that do not meet the requirement will be kept, identified with school name, and may be picked up at the conclusion of all field events.
- Rules of Competition: National Federation Rules in Track & Field will apply.

Coaches will need to sign a form acknowledging that all their athletes are legally equipped, understand the maximum participation, uniform and sportsmanship rules.

Standard Criteria

Boys Long Jump – 18'	Girls Long Jump – 14'	Boys Triple Jump – 38'	Girls Boys Triple Jump – 30'
Boys Shot Put – 40'	Girls Shot Put – 30''	Boys Discus – 110'	Girls Discus – 80'

Order of Events

8:30 a.m.	Girls' Pole Vault weigh-in (In training room underneath East Stadium) Implement weigh-in (Under East Stadium)
9:00am – Coaches Meeting:	Hospitality Room (underneath stadium)
10:00 a.m. – Field Events	Boys'/Girls' Triple Jump – Separate Open Pit in Flights: Finals to Follow Girls' Discus / Boys' Shot Put / Girls' Pole Vault / Girls' High Jump
11:30am – Running Events Girls' 3200M Run Section 1	Boys' 3200M Run Section 1 Girls' 4 X 800 Relay (Final) Boys' 110 Hurdles (Prelims) (5 Heats) Girls' 100M Hurdles (Prelims) (5 Heats) Boys' 100M Dash (Prelims) (5 Heats) Girls' 100M Dash (Prelims) (5 Heats) Boys' 1600M Run (Final) (2 Sections) Boys' 4 x 100M Relay – Finals in Sections (Heats 1 & 2) Girls' 4 X 100M Relay – (Finals in Sections (Heats 1 & 2) Boys' 300M Intermediate Hurdles (Final) (5 Heats) Girls' 300M Low Hurdles (Final) (5 Heats) Boys' 800M (Final) (3 Sections) Boys' 200M Dash (Prelims) (5 Heats) Girls' 200M Dash (Prelims) (5 Heats) Girls' 3200M Run (Section 2)
12:00pm - Field Event	Boys' High Jump
12:30pm	Boys' Pole Vault weigh-in (In training room under East stadium)
2:00pm – Field Events	Girls/Boys Long Jumps - Separate Open Pit in Flights: Finals to Follow / Girls' High Jump Boys' Discus / Girls' Shot Put / Boys' Pole Vault
5:30pm – Running Events Finals	Boys' 4 x 800 Relay (Finals) Boys' 110 M High Hurdles Girls' 100M High Hurdles Boys' 100M Dash Girls' 100M dash Girls' 1600M Run (Final) (2 Sections) Boys' 4 x 100M Relay – Heat 3) Girls' 4 X 100 M Relay – (Heat 3) Boys' 400M Dash (Final) (5 Heats) Girls' 400M Dash (Final) (5 Heats) Girls' 800M Run (Final) (3 Sections) Boys' 200M Dash Girls' 200M Dash Boys' 3200M Run (Section 2) Boys' 4 x 400M Relay (Final) (3 Heats) Girls' 4 x 400M Relay (Final) (3 Heats)

****** Only Certified Coach's will be allowed in the Pole Vault Box******

***** NO Warm-ups are allowed in the field events unless a coach or official are present*****

NOTE: This is a Rolling Schedule. Please Remind Your Athletes of Event Order.

Calls per event will be made by the meet announcer and will be as follows:

- First Call- followed by report call At report call all athletes participating in that event must be either in the bull pen (near the south end of the stadium) or at the field event area. Athletes who do not have a track school issued uniform will not be allowed to compete in that event.

Advancement to finals: Preliminaries will be conducted in the following running events: 100 Hurdles, 110 Hurdles, 100 meters, 200 meters. Heat winners and next fastest in lane races totaling 8 to finals in these events
The 4x800, 1600, 400, 300 Hurdles, 800, 3200 & 4x400, & 4x100 will be timed final.

Scoring: 10 - 8 - 6 - 5 - 4 - 3 - 2 - 1

Awards: Medals to Top 4 Places, Medals will be picked up at the conclusion of the meet. Medals to top four finishers in all individual events

Trophies: Team Champions & Runner-up plaques for boys & girls

Plaques: Outstanding male & female athlete

[Each school will receive a ballot in your packet upon arrival]

Admission: Meet is a ticketed event: Adults & Students - \$3.00

Entrance for participants /schools: A participant/school entry gate will be open until the start of the meet on the west side of the stadium on Del Moral Rd. Athletes and 2 managers will be allowed free entrance. Hands will be stamped when athletes & managers enter.

Parking: only in designated areas. Please do not block driveways!

What to Bring: You will need to provide your batons, shots, discuss, vaulting poles, measuring tapes, and towels.

Concession: There will be a concession stand at the meet site for your convenience.

Apparel: There will a t-shirt stand with prices ranging from \$14.00 to \$20.00