

# QC Invitational 2009

Track and Field Invitational

Queen Creek Arizona

Thursday April 9, 2009



# 2007 Queen Creek Invitational

QUEEN CREEK HIGH SCHOOL

Thursday, April 9, 2009

Dear Track Coaches

Welcome and thank you for participating in the 2009 Queen Creek Track and Field Invitational on Thursday April 9, 2009. Enclosed are the entry procedures for the meet. Please read through the information carefully and contact me if you have any questions. Please enter your athlete's best mark to date this year. **This meet will be a qualifying meet.**

*Meet Director - Fred Clare*

Contact Fred Clare at 602-451-9007 or 480-987-5973 ext 5551 or e-mail [fclare@qcusd.org](mailto:fclare@qcusd.org) if you have any questions

*Location* - Queen Creek High School 22149 E. Ocotillo Road, Queen Creek Arizona

## RULES AND REGULATIONS

All tents and team camps must be set up on the practice field West of the bleachers

All non-participants and coaches must stay away from the finish line at all times during the meet. All participants are expected to stay in the stands. Warm-ups will only be allowed on the soccer field west of the track. There will be hurdles there for hurdlers.

National Federation of State High School Association rules will be used. Coaches and spectators are to remain in the stands for both prelims and finals. A one point deduction from the team could be assessed for violations.

If an athlete fails to report on the 3<sup>rd</sup> call, he/she will not be allowed to participate in that event.

All Appeals are to the referee. Judgment calls cannot be appealed. The games committee will make any decision appealed past the referee.

Athletes must compete in school uniform. Relay teams must wear identical uniforms and sweats are OK to wear. If the uniform is improper, the athlete may not be allowed to participate in the event. Sweats will be allowed in the shot and discuss if unable to wear school uniform.

We are also a non-smoking facility. Radios, cassette players, Frisbees, and etc., will not be allowed in the track area. No jewelry or offensive tattoo's, as determined by the referee or starter will not be allowed. Tattoos will need to be covered when participating.

Heat sheets and results will be posted on the outside wall of the press box. Final results will be mailed to each school within one week of the meet.

### Important Dates and Times

April 7 Tues	8:00 p.m.	Entries must be entered into Direct Athletics
April 9 Thurs	9:00 a.m.	Arrive at QC
	9:30 a.m.	Coaches Meeting
	10:00 a.m.	Running Events, Field Events Begin
	8:30 p.m.	Team Awards

### Admission Prices

Adults - \$4.00	Students \$2.00	Passes - AIA only=
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### Teams

Bradshaw Mtn	Deer Valley	Hopi	Orme School	Seton Catholic
Canyon State	Desert Ridge	Horizon	Prescott	Sunrise Mountain
Casa Grande	Estrella Foothills	Horizon Honors	Queen Creek	Tempe Prep
Catatina Magnet	Flagstaff	JO Combs	Ray Kellis	Valley Christian
Chinle	Florence	La Joya	Rio Rico	Veritas Prep
Coolige	Highland	Mountain View	San Tan	Window Rock

**Entries** - Entries will be entered through Direct Athletics. Instructions are attached.

- A. The entry fee will be \$350 per team (\$175 boys \$175 girls). This fee must be paid to Queen Creek High School Athletics prior to meet day.
- B. Entries must be entered through *Direct Athletics* before 8:00 p.m on Tuesday April 7<sup>th</sup>.
- C. Each team may enter 3 participants in each running event and 1 relay team. In the Field events each team can enter 4 participants. Participants may compete in a total of four (4) events.
- D. There will be no changes in entries the day of the meet.
- E. We will fill the events with alternates submitted by the coaches. Use the spreadsheet at the end of this info packet to turn in the names of alternate athletes who have a verifiable mark that meets the minimum standards. These alternates will be placed by these marks in any open heats. These names must be emailed to me by the deadline 8:00 p.m on Tuesday April 7<sup>th</sup>.

### **Track Facilities**

- A. 9 lane all weather track. All weather runways in LJ, TJ, and PV.
- B. All weather take off area for HJ.
- C. Concrete shot and discus rings. Foam pits for HJ and PV.

### **Track Events**

- A. Lanes will be assigned for preliminaries in the 100, 200, 400, and hurdle races.
- B. The Number of heats will depend on the number of qualified entries per event.
- C. The nine (9) finalist will be assigned lanes according to qualifying times in the preliminaries. **The 9 fastest times regardless of place will advance to the finals.**
- D. Bull Pen area: This will be located in the South end of the football 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.**
- E. 800-1600-3200 meter men's and women's runs and relays will be run separately. Depending on the number of entries (1) or (2) heats will be run with the fastest times in the second heat. The number of runners in each heat can be changed at the Meet Director's discretion. Waterfall or Box alley start will be used.
- F. 1600m relay will use a 3 turn stagger.

### **Field Events**

#### **A. Shot and Discus**

1. Participants will be placed in 3 flights with the best flight competing last. The participants will compete in order with the individual best mark competing last.
2. Each athlete will get 3 preliminary throws. The top 9 will advance to the finals where they will get 3 more throws.
3. Only attempts over the following distances will be measured  
Men's Shot - 34'                      Women's Shot - 24'  
Men's Discus - 100'                  Women's Discus - 70'
4. All Throwing implements will be provided by QC High School.

#### **B. Long and Triple Jump**

1. A flight system will be used. Athletes must jump within the flight assigned. If an athlete needs to leave to compete in another event they must check out with the event judge.
2. The boards for the triple jump are at 24', 28', 32' and 40' from the sand. No other boards will be taped down. The long jump board is 8' from the sand.
2. Each participant will receive 3 preliminary attempts. The top 9 will advance to the finals. Only jumps over the following distances will be measured.  
Boys Long Jump - 17'                      Girls Long Jump 14'  
Boys Triple Jump - 35'                      Girls Triple Jump 27'

#### **C. Pole Vault and High Jump** - As heights approach qualifying standards heights will be adjusted to match.

1. Men's Pole Vault will start at 9' w/ 6" raises to 13' and then 3" raises.
2. Women's Pole Vault will start at 7' w/ 6" raises to 10' and then 3" raises.
3. Men's High Jump will start at 5'4" w/ 2" raises to 6' and then 1" raises. The 3 alive method will be used.
4. Women's High Jump will start at 4'2" w/ 2" raises to 5' and then 1" raises. The 3 alive system will be used. The starting heights may be changed at the discretion of the meet director.

**Scoring** - The top 8 places will score. Scoring will be 10-8-6-5-4-3-2-1

**First Aid**

Our trainers will be set up in the middle of the field. Our trainers are for injuries only.

**Awards**

Medals will be given to the top 4 finishers in each event and to the top 3 teams in relay events. A trophy will be given to the top 2 Women's teams and top 2 Men's teams.

**Order of Events**

**Field Events**

Pole vault weigh-ins	9:30 p.m.
Boys Shot Put--Boys Pole Vault— Girls Long jump flights 1-4 South Pit	10:00 p.m.
Girls Discus--Girls High Jump— Boys Triple jump flights 1-4 North Pit	10:00 p.m.
Boys Discus-- Girls Shot Put-- Boys High Jump	2:30 p.m.
Girls Long Jump Finals South Pit— Boys Triple jump Finals North pit	2:30 p.m.
Girls Triple Jump 1-4 North Pit--Boys Long jump flights 1-4 South Pit	3:00 p.m.
Girls Pole Vault	3:00 p.m.
Boys Long Jump Finals South Pit— Girls Triple jump Finals North pit	4:30 p.m.

**Preliminaries: Start at 10:00**

Boys 3200m Final Heat 1 and 2	10:00 AM
Girls 3200m Final Heat 1 and 2	10:30 AM
Boys 110m High Hurdles	11:00 AM
Girls 100m High Hurdles	11:30 AM
Boys 100m	11:50 AM
Girls 100m	12:10 PM
Boys 1600 Heats 1-2	12:30 PM
Girls 1600 Heats 1-2	12:50 PM
Boys 400m	1:10 PM
Girls 400m	1:30 PM
Boys 300m Hurdles	1:50 PM
Girls 300m Hurdles	2:20 PM
Boys 800 Heats 1-2	2:40 PM
Girls 800 Heats 1-2	3:00 PM
Boys 200m	3:20 PM
Girls 200m	3:40 PM

**FINALS**

4 x 800 Finals (2 Boys heats 2 Girls heats)	4:30 PM
Boys 110 HH	5:00 PM
Girls 100 HH	5:05 PM
Boys 100m	5:10 PM
Girls 100m	5:20 PM
Boys 1600 Heat 3	5:30 PM
Girls 1600 Heat 3	5:40 PM
Boys 400m Relay Heats 1, 2, 3	5:50 PM
Girls 400m Relay Heats 1, 2, 3	6:05 PM
Boys 400m Run	6:20 PM
Girls 400m Run	6:25 PM
Boys 300m Hurdles	6:30 PM
Girls 300m Hurdles	6:35 PM
Boys 800m Run Heat 3	6:45 PM
Girls 800m Run Heat 3	6:55 PM
Boys 200m	7:05 PM
Girls 200m	7:10 PM
Boys 3200m Heat 3	7:20 PM
Girls 3200m Heat 3	7:35 PM
Boys 1600m Relay	7:50 PM
Girls 1600m Relay	8:10 PM

Done at 8:30 P.M. WE HOPE

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



## How to Submit Online Entries

### STEP 1—ACCESSING YOUR DIRECTATHLETICS ACCOUNT

*Each coach must have a DirectAthletics username and password for his/her team. If you don't know your username and password, you will be able to create one or retrieve your existing account by following the instructions below. You will use the same account to enter all meets run through DirectAthletics.*

If you already have a DirectAthletics account for your Track & Field club, and know your username and password....	If you do NOT know your username and password....
1) Go to <a href="http://www.directathletics.com">www.directathletics.com</a> 2) In the login box, enter your username and password and click Login.  (Remember that your password is case-sensitive)	1) Go to <a href="http://www.directathletics.com">www.directathletics.com</a> 2) Click on the link "New User? Click HERE". 3) Follow onscreen instructions. You will be able to create an account online or retrieve forgotten information for an existing account.

**\*\*NOTE ABOUT MEN'S AND WOMEN'S ACCOUNTS:** You control only one gender at time, so you will complete the below steps for your Men, and then switch to your Women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account, for example:

Sport: Track & Field                      Team: Western Guilford (M)

This indicates that you are controlling the Western Guilford MEN'S team (M=MEN). To switch to your Women's team, you would select "Western Guilford (W)".

### STEP 2--SETTING UP YOUR ONLINE ROSTER

*Before entering an athlete into a meet, you must add all attending athletes to your roster. If an athlete is already on your roster (from previous seasons or meets) you do not need to add him/her again.*

- 1) Upon logging in, click the TEAM tab. (New users will automatically be in the TEAM module)
- 2) If you have used DirectAthletics before, you will see your existing athletes on your roster. New Users should click the green "Add Athletes" link.
- 3) Click the green "Add Athletes" link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time).
- 4) Enter your athletes' First Name, Last Name, and School Year and click "Submit".
- 5) You may add, edit or delete athletes on your Team Roster at anytime by clicking the TEAM tab. To add athletes, click the green "Add Athletes" link at any time. To delete or edit athletes, check the box to the left of each athlete(s) and then click the red "Delete Selected" link or the blue "Edit Selected" link respectively.

### STEP 3--SUBMITTING ONLINE MEET ENTRIES

*Once your athletes are added to your roster, you must submit your entries.*

- 1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the meet you wish to enter.
- 2) If prompted, choose an entry method. We HIGHLY Recommend using the NEW, “Enter by Athlete” method.
- 3) Follow onscreen instructions for submitting your entries. You will see a running tally of your entries on the right side of your screen.
- 4) When you are finished with your entries, click the “Finish” link.
- 5) You will see a list of your current, submitted entries. Click the appropriate link to receive an EMAIL confirmation or a PRINTABLE confirmation.
- 6) To edit your existing entries, click the blue Edit Entries button next to the meet name on your Upcoming Meets or complete Schedule.

## Alternate Entries

Name	School	Event	Mark	Meet were mark was attained
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*Email these to [fclare@qcusd.org](mailto:fclare@qcusd.org). We will notify you on Wednesday if these athletes will be participating.*