

# EAST VALLEY Tribune

## 6<sup>th</sup> Annual Tribune VarsityXTRA Invitational Track Meet

Friday, April 24th at Westwood High School 945 W. 8<sup>th</sup> St. Mesa

Welcome back to the Tribune Invitational. We are pleased to host another competitive track meet featuring twenty of the top teams from the East Valley. This document contains important information about the meet. Please read through it carefully and contact me with any questions you might have. **This will be a 5A/4A qualifying meet.**

### Meet Director:

Thad Gates – Westwood Athletic Director

Phone (480) 472-4401

Fax (480) 472-4408

Email: [tmgates@mpsaz.org](mailto:tmgates@mpsaz.org)

### Times:

12:15 – Coaches Meeting

1:00 – Preliminary Running events begin

1:00 – Afternoon Field Events begin

5:30 – Evening Field Events begin

6:00 – Running Event Finals

### Admission:

Adults - \$5.00

Students - \$3.00

Children 12 and under – Free

AIA Passes Only

### Payment

- The Entry fee = \$300 per team (\$150 boys, \$150 girls). ALL PAYMENTS SHOULD BE MADE TO WESTWOOD HIGH SCHOOL. Payment is due by April 1<sup>st</sup>, 2008.

### Entries

- All entries will be submitted online through Direct Athletics. Please ensure that you have entered all of your athletes correctly as we will not be allowing any changes the day of the meet. You must have all of your entries submitted to Direct Athletics by 11:59pm on Monday, April 20<sup>th</sup>, 2009.
- Each school will be allowed to submit three (3) competitors in each event. A fast and a slow heat will be run for all track races that do not have prelims.
- There will be no alternates, changes or additions the day of the meet.
- Schools can submit one (1) relay team in each race.
- Heat and Flight Assignments will be made available online at [mesasports.org](http://mesasports.org)

### Facilities:

- 8 lane all weather track.
- All weather runways for LJ, TJ and PV.
- Concrete shot and Discus rings.
- All weather take off area for HJ.

### **Track Events:**

- A. Lanes will be assigned for the preliminary races in the 100, 200, 400 and hurdles.
- B. The top four (4) heat winners and the next four (4) fastest times will advance to the finals.
- C. The track event check in area is located on the infield by the East goal post. All athletes must check in to the Clerk of the Course. No heat changes will be made in the staging area.
- D. 800, 1600 and 3200 meter men's and women's will be run separately. Each race will be run in two heats with the fastest times in the second heat. The number of runners in each heat may be changed by the Meet Director. Box Alley start will be used.
- E. The 1600 meter relay will be run using a 3 turn stagger.

### **Field Events: All athletes should check in at the event location for all field events**

#### **A. Long and Triple Jump:**

- Athletes will compete in flights. 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.
- Each athlete will have three preliminary jumps. The top nine will advance to finals. Only jumps over the following distances will be measured:  
Boys Long Jump – 18'                      Girls Long Jump – 15'  
Boys Triple Jump – 38'                      Girls Triple Jump – 30'

#### **B. Pole Vault and High Jump**

- Men's Vault will start at 11' with 6" raises to 13' and then 3" raises.
- Women's Vault will start at 7' with 6" raises to 10' then 3" raises.
- Men's High Jump will start at 5'8" with 2" raises to 6'2" then 1" raises.
- Women's High Jump will start at 4'6" with 2" raises to 5' then 1" raises.
- Three alive method will be used.
- Starting heights may be changed by the Meet Director.

#### **C. Shot and Discus:**

- Athletes will compete in flights.
- Each athlete will get three preliminary throws, the top nine will move on to finals where they will receive three more throws.
- Only throws over the following distances will be measured:  
Boys Shot – 40'                      Girls Shot – 30'  
Boys Discus – 110'                      Girls Discus – 80'

### **Scoring and Awards:**

- A. The top eight places will be scored as 10-8-6-5-4-3-2-1
- B. Medals will be awarded to the top three athletes/relay teams.
- C. Team trophies will be given to the top two boys and girls teams.

### **Miscellaneous:**

- A. Trainers will be available on the infield.
- B. Food and T-Shirts will be available at the concession stands.
- C. Athletes, coaches and spectators are not allowed on the infield area.
- D. Hospitality room will be open for lunch and throughout the day.

## Tentative Time Schedule

### Track Preliminaries

1:00 – 110m Hurdles  
100m Hurdles  
100m Boys  
100m Girls  
2:30 – 1600m heat 1 Boys  
1600m heat 1 Girls  
3:00 - 400m Boys  
400m Girls  
300m Hurdles Boys  
300m Hurdles Girls  
4:00 - 200m Boys  
200m Girls  
4:30 - Heat 1 3200m Boys  
Heat 1 3200m Girls

### Track Finals

6:00 – 3200 Relay Boys  
3200 Relay Girls  
6:30 – 110m hurdles Boys  
100m hurdles Girls  
100m Boys  
100m Girls  
6:45 – 1600m Boys  
1600m Girls  
7:00 - 400m relay Heat 1 Boys  
400m relay Heat 2 Boys  
400m relay Heat 3 Boys  
400m relay Heat 1 Girls  
400m relay Heat 2 Girls  
400m relay Heat 3 Girls  
7:30 – 400m Boys  
400m Girls  
7:40 - 300m hurdles Boys  
300m hurdles Girls  
7:50 - 800m Boys Heat 1  
800m Boys Heat 2  
800m Boys Heat 3  
800m Girls Heat 1  
800m Girls Heat 2  
800m Girls Heat 3  
8:20 - 200m Boys  
200m Girls  
8:30 - 3200m Boys  
3200m Girls  
9:00 – Throwers Watermelon 400m Relay Boys  
Throwers Watermelon 400m Relay Girls  
9:15 - 1600m relay Heat 1 Boys  
1600m relay Heat 2 Boys  
1600m relay Heat 3 Boys  
1600m relay Heat 1 Girls  
1600m relay Heat 2 Girls  
1600m relay Heat 3 Girls

### Afternoon Field Events

1:00 – Girls Long Jump  
Boys Triple Jump  
Girls Pole Vault  
Boys Discus  
Girls Shot  
Boys High Jump

### Will start immediately after the afternoon session is complete

**Evening Events (5:30 estimate)** Boys Pole Vault  
Girls Discus  
Boys Shot  
Girls High Jump  
Girls Triple Jump  
Boys Long Jump

## 2009 Tribune Invitational Participating Teams



Westwood Warriors  
Mesa Jackrabbits  
Perry Pumas  
Mountain View Toros  
Red Mountain Lions  
Dobson Mustangs  
Gilbert Tigers  
Highland Hawks  
Mesquite Wildcats  
Chandler Wolves  
Hamilton Huskies  
Corona Del Sol Aztecs  
Marcos De Niza Padres  
Mountain Pointe Pride  
McClintock Chargers  
Basha Bears  
Brophy Broncos  
Xavier Gators  
Horizon Huskies  
Desert Vista Thunder  
Desert Ridge Jaguars

