

BENSON HIGH SCHOOL
1A, 2A TRACK & FIELD REGIONALS
360 S. Patagonia Street
Benson, AZ 85602
Phone 520-586-2213 x618/Fax 520-586-2310

- WHEN:** Thursday-May 6, 2010. 9:30 a.m. coaches meeting/field (no adds)
- WHERE:** Benson High School, 360 S. Patagonia Street, Benson, AZ 85602
We have an 8-lane all weather track. Restrooms are available in the gym. Locker rooms are available at the field with showers and additional facilities.
- FEE:** This is an AIA event. There are **NO** team fees for this event.
- ENTRIES:** Each team is limited to four individuals per event/one relay. Enter using Direct Athletics by 1:00 p.m. Wednesday, May 5th. When you enter your athletes into Direct Athletics, you **must** go to either 1A South Meet or 2A East Meet. They are separate meets. **Absolutely no additions**/only scratches on the day of the meet.
- WHAT TO BRING:** Teams need to provide their own batons and vaulting poles. Shots and discus will be provided by BHS.
- EVENT INFO:** 1A Schools will run the field events. Each school must bring two (2) adult workers. ASSIGNMENTS WILL BE SENT TO SCHOOLS BY MAY 1, 2010.
- WEIGH INS:** Shot puts and discs weighed in at the meet. All vaulters will be required to weigh in at the meet.
- STARTING HEIGHTS:** Girl's High Jump 4'2" - Girl's Pole Vault 6'
Boy's High Jump 5'2" - Boy's Pole Vault 8'
- QUALIFIERS:** Eight qualifiers in each running event will advance to finals and 9 for field events.
- ADMISSION:** This is an AIA sponsored event. Adults \$5.00 - Students \$4.00
- CONCESSIONS:** The Benson High School will run the concession stand throughout the meet.
- ADDITIONAL INFORMATION:** For further information or questions not answered, contact:
James Driggers/A.D. 520-586-2213 x620 jdriggers@benson.k12.az.us
Susan Hyland/Secretary 520-586-2213 x618 shyland@bensonsd.k12.az.us
Linda Lamb/Head Coach 520-400-2226 llamb@bensonsd.k12.az.us

May 6, 2009 – SCHEDULE of EVENTS

(Benson/1A, 2A Track & Field Regionals)

9:30 AM

COACHES MEETING/AT TRACK

10:00 AM

FIELD EVENTS BEGIN

10:30 AM

RUNNING EVENTS BEGIN 1A followed by 2A

shot put 1A & 2A (**boys**)
triple jump 1A & 2A (**boys**)
high jump 1A & 2A (**girls**)

discus 1A & 2A (**girls**)
long jump 1A & 2A (**girls**)
pole vault 1A & 2A (**girls**)

prelims 9 to finals
open pits 10 to 12 top 9 to finals
finals

4x800 (**boys**) – FINAL
4x800 (**girls**) – FINAL

110 hurdles (**boys**) **1A then 2A in all running events**
100 hurdles (**girls**)

100 (**boys**)
100 (**girls**)

1600 (**girls**) FINAL

200 (**boys**)
200 (**girls**)

3200 (**boys**) FINAL

1:30 PM

FINALS BEGIN (1A followed by 2A)

shot put 1A & 2A (**girls**)
triple jump 1A & 2A (**girls**)
high jump 1A & 2A (**boys**)

discus 1A & 2A (**boys**)
long jump 1A & 2A (**boys**)
pole vault 1A & 2A (**boys**)

prelims 9 to finals
open pits 1:30-3:00 top 9 to finals
finals

110 hurdles (**boys**)
100 hurdles (**girls**)

100 (**boys**)
100 (**girls**)

1600 (**boys**)
4x100 (**boys**)
4x100 (**girls**)

400 (**boys**)
400 (**girls**)

300 hurdles (**boys**)
300 hurdles (**girls**)

800 (**boys**)
800 (**girls**)

200 (**boys**)
200 (**girls**)

3200 (**girls**)

4 x 400 (or medley relay) (**boys and girls**)