

**Northwest 2010 Region
Boys and Girls
Track and Field Championships
May 5 & 7, 2010**

HOST SCHOOL :

**Deer Valley High School
18424 N 51st Ave
Glendale, AZ. 85308
Phone: 602-467-6737
Fax: 602-467-6780**

Meet Director:

Jim Addabo
Deer Valley H.S.
Phone: 602-467-6794

ENTRIES

1. Four (4) entries per school in each individual event are permitted.
2. One (1) entry per school in each relay event is permitted.
- 3. All entries for this meet are to be made through www.athletic.net**
4. All entries are due by 4:00 PM on May 3. No additional entries will be allowed after this time.
5. Athletes shall not compete in more than four (4) events including relays.
6. The meet will be seedings will be posted at www.arizonatrack.com prior to the May 5th.

FACILITIES

1. DVHS has an eight (8) lane all weather track. Spikes of 1/4 inch or less may be worn.
2. Shot Put and Discus circles are on brushed concrete slabs. No spikes may be worn.
3. The Pole Vault and Long Jump Runways are all-weather. Flats or spikes of 1/4 inch or less may be worn.
4. The High Jump approach is all-weather. Flats or spikes of 1/4 inch or less may be worn.

MEET CONDUCT

1. National Federation Rules will be used to determine heats, lane assignments, flights and flight position.

2. Meet procedures will follow those which are to be used in the State Championship Meet as determined by the games committee.
3. Competitors must wear a legal uniform. (see Track and Field Rule Book)
4. Only Competitors and meet officials will be allowed on the track and the infield. Please stay away from the inside of the track at all times.
5. Coaches and athletes not directly involved in competition will sit in the bleachers, or in the areas designated for viewing the shot put and discus. **There will be a coaches box for Pole Vault.**
6. Any competitor will be disqualified if, in the opinion of the referee, he or she has in any way been aided by a coach, teammate or anyone connected directly or indirectly with the team concerned. Such aid includes running along side a teammate, being stationed at various points near the track or located near any of the field events for the purpose of aiding or coaching the competitors after the field event or race has been started. (See Track and Field Rule Book)

SPECIAL INSTRUCTIONS TO ATHLETES

1. Report to the CLERK OF THE COURSE (which is located at the northwest corner of the track.
Competitors will:
 - a. Receive lane assignments
 - b. Receive starting instructions.
2. If a competitor **fails to report** to the CLERK OF THE COURSE, he or she will not be able to compete.
3. Runners in the 100, 200, 400, all hurdle races and the last runner in the 4X100 relay must remain in their own lane after the completion of the race and wait at the finish line until dismissed by the HEAD FINISH JUDGE.
4. We will call the top four athletes to the award stand to receive medals shortly after the event.
5. If a competitor does not report for the start of a race, that lane will be left open.
6. **A competitor who commits a false start will be disqualified.**

Games Committee:

The following coaches and officials will be on the games committee.

Eric Bolus, DVHS

Brian Dempsey, SOHS

Andrea Williams BCHS

Stephanie Witkemper, MRHS

TRACK EVENTS

1. The order for running events will be **Girls followed by Boys**.
2. Seeding will be done by the Meet Director and the Clerk of the Course. Coach's entries will be used in seeding runners in all events.
3. 1600 Meters
 - a. A box alley start will be used.
 - b. Depending upon the number of entries, the meet director will determine if one or two heats will be run.
 - c. If two heats are run, the fastest competitors will be placed in the second heat.
 - d. The number of runners in each heat will be determined by the Meet Director.
4. 3200 Meters
 - a. A box alley start will be used.
 - b. One heat will be run for boys and one heat will be run for girls.
5. The 1600 Meter Relay will be run from a three turn stagger.

FIELD EVENTS

1. Implement weigh-in will occur at 4:00 pm for both sessions. Weigh-ins will take place in the eastside snack bar.
2. Implements which do not pass will be confiscated until the end of the session.
3. Competitors must adhere to the time limits as stated in the Federation rules. Competitors should make a reasonable effort to get to their event as soon as possible. Communication with the head event judge and the CLERK OF THE COURSE is crucial.
4. Seeding will be based on reverse order of the distance or heights listed on the entry form. The best performances will be placed in the last flight.

5. Shot Put and Discus

- a. Depending upon the total number of entries, “Prelim” competition will be conducted in four flights of nine (9) competitors each.
- b. After the completion of all flights, the top nine (9) competitors will advance to the finals.
- c. Seeding in the finals will be in reverse order.
- d. A 34.92 degree throwing sector will be used for both shot put and discus.

6. Long Jump

- a. An open pit will be used.
- b. After completion of Prelims, the top nine (9) competitors will advance to the finals.
- c. Seeding for the finals will be in reverse order.

7. High Jump and Pole Vault.

- a. The “Five Alive Procedure” will be used.

8. Pole Vault

- a. A competitor’s weight shall be at or below the manufacturer’s pole rating.
- b. A competitor shall not use a variable weight pole, a pole which is improperly marked or a pole rated below his/her weight during warm-up or competition.
- c. It is the responsibility of the coach to verify the competitor will use a legal pole rated at or above his/her weight.
- d. All pole vaulters will be weighed and the coach will be required to sign a verification form.
- e. A vaulter will be allowed one run through for each 3 heights that he/she passes on.

TRAINER:

The training tent will be located near the south goal post.

RESTROOMS:

Located on the south side both east & west snack bars.

CONCESSIONS:

Will be available.

T-SHIRTS:

Will be available at north end of the track.

SCORING:

Scoring in all events will be:

First Place	10 Points
Second Place	8 Points
Third Place	6 Points
Fourth Place	5 Points
Fifth Place	4 Points
Sixth Place	3 Points
Seventh Place	2 Points
Eight Place	1 Point

AWARDS:

Medals will be given to the top four individuals in each event and to the individuals in the top four relays. The Northwest Region plaque will be awarded to the girls and boys champions.

ADVANCEMENT TO STATE:

The procedure for qualifying is as follows: The top eight finishers in each region will be ranked 1 through 72. They will then separate that list between 5A1 and 5A2 athletes. Region winners and then ranked athletes to 16 will advance. Outside qualifiers (the ones we fax to Shapiro) will then be seeded into the meet.

SUPPLEMENTAL INFORMATION:

1. Coaches are not allowed to be in the infield or inside flagged off areas during competition. (Except Pole Vault)
2. Athletes will be allowed to warm up on the track 15 minutes before competition begins. At that time the track will be closed. There will be a warm-up area set-up on the top practice field to the east of the disc ring.
3. Team seating should be on the east bleachers. The west bleachers should be for paid spectators.
4. The concession stands are located on both sides of the track.
5. Admission will be \$5.00. AIA passes will be honored.
6. Teams may camp behind the east bleachers.
7. Buses may park in the student lot, which is located north of the track near the racquetball courts.

8. Field event assignments:

Each team is to provide workers for one field event. We will pay **one** worker per school at the end of each day from each field event.

Kingman/Valley Vista
Mountain Ridge
Goldwater
Willow Canyon
Boulder Creek

High Jump
Pole Vault
Discuss
Long Jump/Triple Jump
Shot Put

**Northwest Region 2010
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Wed. May 5th and Fri. May 7th**

Wednesday, May 5, 2010

3:30 Coaches Meeting

4:30 **Field Event Finals**

Shot Put - Boys

Discus - Girls

High Jump - Girls

Long Jump - Girls

Pole Vault - Girls

Triple Jump - Boys (**6:30**)

5:30 3200 Meter Relay - **Girls Final**

100 Meter Hurdles Prelims - Girls

110 Meter Hurdles Prelims - Boys

100 Meter Prelims - Girls

100 Meter Prelims - Boys

1600 Meter - **Boys Final**

400 Meter Prelims - Girls

400 Meter Prelims - Boys

300 Meter Hurdles Prelims - Girls

300 Meter Hurdles Prelims - Boys

800 Meter - **Boys Final**

200 Meter Prelims - Girls

200 Meter Prelims - Boys

3200 Meter - **Girls Final**

**Northwest Region 2010
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Friday May 7, 2010

3:30 Coaches Meeting

4:30 **Field Event Finals**

Shot Put - Girls

Discus - Boys

High Jump - Boys

Long Jump - Boys

Pole Vault - Boys

Triple Jump - Girls (**6:30**)

5:30 3200 Meter Relay - **Boys Final**

100 Meter Hurdles - **Girls Final**

110 Meter Hurdles - **Boys Final**

100 Meter - **Girls Final**

100 Meter - **Boys Final**

1600 Meter - **Girls Final**

400 Meter Relay - **Girls Final**

400 Meter Relay - **Boys Final**

400 Meter - **Girls Final**

400 Meter - **Boys Final**

300 Meter Hurdles - **Girls Finals**

300 Meter Hurdles - **Boys Finals**

800 Meter - **Girls Final**

200 Meter - **Girls Final**

200 Meter - **Boys Final**

3200 Meter - **Boys Final**

1600 Meter Relay - **Girls Final**

1600 Meter Relay - **Boys Final**