

West Side Invitational

April 17, 2010

Deer Valley High School

1. Entries through www.athletic.net They will be due by April 9, 2010.

Three entries per event, 1 relay per team.

2. Entry Fee will be \$350. (\$175 for boys, \$175 for girls.) Please pay prior to April 17.

3. Scoring. The meet will score the top 8 places and award points as follows. 1st- 10 points, 2nd- 8 points, 3rd-6 points, 4th-5 points, 5th -4 points,

6th-3 points, 7th-2 points and 8th-1 point.

4. The rule for advancing from prelims to finals. The top 8 times in all races run in lanes will advance to finals. All relays will be run as finals with the top 8 times scoring.

5. Awards- Trophies for the top 2 teams, combined trophy for boys and girls with top score, medals to top 4 places, and trophy for male and female athlete of the meet.

6. Field Events: Only attempts over the following distances will be measured.

Event	Boys	Girls
Long Jump	17'	14'
Triple Jump	34'	26'
Shot Put	34'	23'
Discus	100'	70'

7. Qualifying Meet. The West Side invitational will be a certified meet for the 4A -1, 4A-2, 5A-1, 5A-2 State Meet.

8. Admission charge of \$5.00 per adult. AIA passes will be honored.

9. There will be a concession stand with a variety of food, candy and beverages.

10. Coaches meeting will be at 9:00 AM.

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Submit Meet Entries Online

This meet is using free online registration at Athletic.net!

Athletic.net is a coach resource, offering free **statistic tracking**, easing **meet registration**, and providing free tools to simplify common coaching tasks.

Follow these 4 steps to get started:

1. Locate your school and sign up for a free coach account

- Go to the website: www.Athletic.net
- Locate your state, and then your school
- Once on your school's page, locate the "**Sign Up Here**" link, click it and follow the instructions
- After you have received the confirmation email, you may proceed to the next section

2. Enter your season calendar

- Use your email address and password to sign into the website, and again locate your school's page
- Click on "**Edit Calendar**" from the Coaches Tool Bar on your school home page
- Where it says "Add meet to the Calendar" select the date **4/17/2009** and click **Continue >**
- For Region, select: **Arizona**
- Click **Select** on line that says: **Deer Valley HS, Glendale, Westside Invitational**
- Review the information and click **Save**
- Repeat this process for the rest of your calendar
- Verify on the "Edit Calendar" page that all your meets have been entered correctly. If you see a mistake, use the Edit button next to the meet to make corrections.

3. Enter past meet results to be used as seed times

Seed times for meet entries are automatically drawn from past meet results. While some meet hosts will accept "override seed marks", which you can enter on the meet registration page, it would be beneficial to enter the marks as results in your past meets. Doing this will ensure that your school's homepage will have current results on it.

- Click "**Enter Meet Results**" from the Coaches Toolbar, on your school's team page
- Add an athlete to the roster (repeat for all athletes)
- Select the gender and the **older meet** from the drop-down menus near the top of the page (you do not want to enter results for the meet you are registering for)
- Select an event to enter results
- In the "Edit/Add Results" box, begin typing the last name of an athlete, type result and place
- Click "**Add**"
- Repeat for each result

4. Register athletes for the Westside Invitational

- Again on your school's page, click "**Meet Registration**"
- Locate **Westside Invitational** in the right column and click on it
- Use the boxes on the bottom of the page to add any additional athletes
- Click on either an Athlete or an Event
- Select the athletes you want to compete, the division they are competing in, and verify their seed mark
- Be sure to click the Update button to save your changes after updating the athlete or event
- Remove athletes from an event by selecting the '--' line
- Print your entries for use at the meet