



2<sup>nd</sup> Annual Apollo High School / Hal Anders Track Invitational  
Saturday, April 21<sup>st</sup>, 2012

DATE: Saturday, April 21st  
In the event of a rain/lightening cancellation,  
no rescheduled date will be assigned.

**We are open to the first 18 teams to enter.**

TIME:  
Coaches Meeting and Shot/disk Weigh-Ins begin at 11:30.  
**Meet begins at 11:00 AM. THIS IS A TIMED FINALS MEET ONLY!**

LOCATION: Apollo High School  
8045 N. 47<sup>th</sup> Ave. [47<sup>th</sup> Ave and Northern Avenue]  
Glendale, Az. 85302  
623-435-6300

ENTRY: Entry Fee is \$150.00 per team (Boys and Girls Squad totals  
\$300.00 per school)

Checks payable to Apollo Track. Please send payment John  
Pierzchala at Apollo High School.

ADMISSION: Adults - \$5.00 / Students and children - \$3.00  
Children under 5 – free



**FACILITY:**

**TRACK:** Apollo has a 9-lane all weather track. Athletes are to use flats, ¼” or 1/8” spikes. Any violation will result in immediate disqualification from the meet.

**RUNWAYS & APRONS:** All jumping events are placed on all weather surfaces. Same spike rules apply to all jumping events. Starting blocks will be furnished by Apollo High School, or individuals may bring their own. Apollo will not be liable for damage or loss to other starting blocks.

**WARM-UP AREA:**

Shot Put and discus surfaces are concrete. Weigh-Ins will begin at 10:00 am at the entrance to the facility. Only implements that make qualifications will be used.

Each school is to provide their own batons, shots and discs.

**TAPE IS NOT ALLOWED AS MARKERS ON ANY PART OF THE FACILITY.** Cut tennis balls will be provided for relays.

Timing of all running events will be done electronically, backed up by stop watches. The track will run according to the set schedule. Any malfunction of the electronic system will defer to hand held times, preventing that event from being marked as state qualifying.

**RULES and REGULATIONS:**

All non-participants and coaches must stay along the finish line at all times during the meet. Please no standing along the railing from the bleachers. Team camps may be set up on the north side of the facility or in the bleachers to the north of the football field. Canopies and E-Z Ups are allowed on the north side of the facility only. No canopies allowed in the south bleachers.



**PARTICIPATION:**

Each team may enter two participants per event and one relay team. You MAY NOT ADD athletes, but we will allow substitutions. Athletes who are substituting must give their name at the bullpen. Accutrack (fully automatic/electronic timing system) names will not be changed until after the final results. All athletes must be entered through athletic.net. Site will be opened on April 7<sup>th</sup> for entries. **All entries must be entered online through athletic.net no later than 6 pm on Wednesday, April 18<sup>th</sup>.** If you have any questions regarding the site or entry process, please contact Bob Morris at 623-694-2405.

**AWARDS:**

Medals will be awarded 1<sup>st</sup> through 4<sup>th</sup> places. Medals will be packaged by school and can be picked up in the press box when your team has finished for the day.

**TROPHIES:**

Team Champions, 2<sup>nd</sup> and 3<sup>rd</sup> place plaques will be awarded for both boys and girls squads.

**SCORING:**

All individual event scoring will follow 10-8-6-5-4-3-2-1. Relays are 10-8-6-4-2



## **RUNNING EVENTS:**

ALL EVENTS WILL BE RUN AS (TIMED) FINALS. NO PRELIMINARY/QUALIFYING HEATS.  
THE HEATS WILL BE SEEDED AND RUN IN ORDER FROM SLOWEST SEED TIMES TO FASTEST. PLEASE ENTER ELECTRONIC SEED TIMES ONLY. This is done so that athletes will only have 4 events maximum to participate in on this one day meet.

- The 200m will be run on a full curve.
- The 400m will be run in lanes.
- The 800m will be run in two separate heats (boys slow & fast heat / girls slow & fast heat). All four to be run in as timed finals.
- 1600m boys and girls will be divided into two separate heats. The slower heat will be run in the first and the faster heat will follow.
- The 3200m boys will be run during the morning session and the girls 3200m will be run in the afternoon.
- We will use “box alley” starts for the 4x800m, 800m, 1600m, and 3200m races.
- The 400m and 1600m relays will be run in heats as seeded timed finals (no prelims). We will use Accutrack times to determine the places to reduce the wear and tear of sprinters. We will also be using a three-turn stagger for the 4x400m relay.
- We will run a single heat of the 4x800m relay for the boys and a single heat for the girls.



#### **FIELD EVENTS:**

- Boys and Girls High Jump and Pole Vault starting heights will be determined at the coaches meeting.
- The bar in the Boys High Jump will be raised 2" at a time until 6'0" has been reached. At that point, it will then be raised 1" at a time. The bar in the Girls High Jump will be raised 2" at a time until 5'0" has been reached, and then raised 1".
- The bar in both the Boys and Girls Pole Vault will be raised 6" at a time.
- Shot Put and Discus: Competitors will each get THREE THROWS, with the best mark being carried over to the finals. The top nine throwers will move onto the finals, allowing three additional throws.
- Long and Triple Jump: Competitors will get THREE JUMPS, with the best mark being carried over to the finals. The top nine jumpers will move onto the finals, allowing three additional jumps.

#### **LANE ASSIGNMENTS:**

TIMED FINALS ONLY. Lanes and heats will be assigned by seeded times.

***THIS IS A FINALS ONLY MEET.***

GAMES COMMITTEE: (Subject to updates) John Pierzchala, David Devlin, Hillary McCarthy, Frank McGee, Kerri Schoeff, Bob Morris

#### **RUNNING SCHEDULE:**

We are on a running schedule. It is the responsibility of the athletes and coaches to know the order of events. Order of events is attached. We will begin running events promptly at 11:00 AM. Events will run straight through (4 heats per lane events and 2 for distance events and distance relays)



#### GENERAL INFORMATION:

Curve Judges and Exchange Inspectors will be used. Infractions will be signaled with a red/white flag, resulting in a disqualification for teams who violate the exchange.

Athletes must stay in their lanes at the conclusion of their race and wait for the timers or judges to come to you. Please do not return to the finish line.

Athletes must report to the staging area or “bullpen” by the 2<sup>nd</sup> call. In the bullpen, athletes will receive the following information...

- Receive starting instructions.
- Receive their lane assignment.
- Checked for proper uniform.

Athletes who have not reported to the bullpen by the 3<sup>rd</sup> call may not be allowed to participate in that event.

The Meet Directors have the authority to run the meet in the best interest of the meet and the athletes. It is the responsibility of the Games Committee to make any decision appealed past the meet directors. NFHS Rules for uniforms and jewelry will strictly be enforced. All team tents and camps must be set up on the north side of the track facility. Team canopies and E-Z Ups are allowed in the north visitor bleachers only. There will be no locker room facilities available. Bathrooms are located on the north side of the gym, just south of the racquetball courts. Any jumping of fences or destruction of the Apollo facilities could result in removal from the event. No radios, CD players, Frisbees, football, etc. allowed near the track. **NOISE DISRUPTS THE START OF RACES.** Please keep all athletes in the outer area off the north side of the track.

Heat Sheets and results will be posted on the west side of the racquet ball courts. Coaches, please be patient when waiting for postings. Please stay away from the finish line timing tent and do not ask for results ahead of postings. We will mail your final results to your school the following week and they will be posted on *Athletic.net* and through *ArizonaTrack.com*.

There will be a concession stand, T-Shirts and assorted track and field equipment for sale throughout the day. Maui Wowi Smoothies will be on site making smoothies on request. Bring your Maui Wowi Tiki Cups for discounts! Coaches, there will also be a hospitality tent on the east side of the racquet ball courts. Please provide us with the names of your coaching staff to place them on our list at the gate.



## **SCHEDULE of EVENTS**

10:00 Coaches Meeting. Coaches meeting will be held in the Apollo Gym, just southeast from the field behind the racquetball courts.

10:45 Final field event run throughs...Athletes may run through from 10:15 through 10:45 if there is a judge at the event.

11:00 Field Events: Prelims to be followed by Finals. Judges will announce finalist and take a 15 minute break before finals.

- Boys Discus / Girls Shot
- Girls H-J through Completion
- Boys P-V through Completion
- Boys L-J (west pit) / Girls T-J (east pit) – open pit from 11-12:30. Finals will follow.

ALL FINALIST FIELD EVENTS WILL BE ANNOUNCED

12:30

- Girls Discus / Boys Shot
- Boys H-J through Completion
- Girls P-V through Completion
- Girls L-J (west pit) / Boys T-J (east pit) – open pit from 12:30-2:00. Finals will follow.



## **RUNNING EVENTS**

### **11:00 ALL RUNNING EVENTS ARE TIMED FINALS ONLY**

1. 4 x 800 M – Girls / Boys (two heats each)
2. 110/100 M High Hurdles – Boys/Girls
3. 100 M – Girls/Boys
4. 1600 M – Girls/Boys (two heats each)
5. 4 x 100M Relay – Girls/Boys (two heats each – places determined by times)
6. 400m – Girls/Boys
7. 300m I-HURDLES – Boys/Girls
8. 800m – Girls/Boys (two heats each – slower followed by fast)
9. 200m – Girls/Boys
10. 3200m Girls / Boys Heats may be collapsed to be run together.
11. 4x400m Relay – Girls/Boys (two heats each – places determined by times)

### **3 PM (or as soon as possible following the final event completion) Presentation of Team Places and Plaques Awarded to Top Three Finishing Programs**

Coaches, please have athletes clean up their camps. Thank you for being a part of history and participating the Second Annual Apollo High School / Hal Anders Invitational!