

Glendale Knights of Columbus

April 14th, 2012

Coaches:

We are allowing 3 entries per event and 3 per field event. There is **NO POLE VAULT** at this meet. ALL ENTRIES ARE DUE NO LATER THAN Wednesday APRIL 11th AT 11:59 PM. YOU MUST USE DIRECT ATHLETICS FOR YOUR ENTRIES. NO SCRATCH/ADD ALLOWED ON SATURDAY, BUT YOU MAY REPLACE. Each athlete may compete in 4 events. Each athlete will be given 4 throws in the shot and discus. These are finals. Each athlete will also be given 4 jumps in the long jump and triple jump as these are also finals.

1. Girls High Jump will start at 4'2" – Boys High Jump will start at 5'4"
 - Raise 2 inch increments until the bar reaches 5' for girls and 6' for boys then raised by 1 inch increments

Athletes must compete in school uniform. Relays must wear identical uniforms.

All non-participants and coaches must stay away from the finish line at all times during the meet. All participants are expected to stay in the stands. Warm-ups will only be allowed on the soccer/baseball out field north of the track.

The eight fastest times will advance to the finals, and will be seeded for lane assignment. Heat winners will not necessarily qualify for the finals. Long jump and triple jump will get 4 jumps, these are finals.

Yes we are coming ____ No we are not coming ____

Contact Name: _____

School: _____

Email: _____

Please respond and confirm- Fax this form to Shawn Gatson, Athletic Director ASAP

Phone: 602-973-4000 ext. 125

Fax: 602-973-5854

Email: sgatson@bourgade.org

Glendale Knights of Columbus

Schedule of Events

8:00 Coaches meeting

8:15 – 8:45 Implement weigh in

9:00 Field Events: Prelims and Finals

Girls Shot Put (followed by Boys)

Boys Discus (followed by Girls)

Boys High Jump (followed by Girls)

Long Jump (Girls followed by Boys)

Girls open pit 9:00-10:30

Boys open pit 10:30-12:00

Triple Jump (Girls followed by Boys)

Girls open pit 12:30-2:00

Boys open pit 2:00-3:30

9:30 Preliminary Events

1. Girls 4 X 800 Relay FINALS
2. Boys 4 X 800 Relay FINALS
3. Girls 100m Hurdles
4. Boys 110m Hurdles
5. Girls 100m Dash
6. Boys 100m Dash
7. Girls 400m Dash
8. Boys 400m Dash
9. Girls 300m Hurdles
10. Boys 300m Hurdles
11. Girls 200m Dash
12. Boys 200m Dash

Lunch Break

Finals

1. Girls 100m Hurdles
2. Boys 110m Hurdles
3. Girls 100m Dash
4. Boys 100m Dash
5. Girls 1600m Run (maybe 2 heats)
6. Boys 1600m Run (maybe 2 heats)
7. Girls 4 X 100m Relay
8. Boys 4 X100m Relay
9. Girls 400m Dash
- 10.Boys 400m Dash
- 11.Girls 300m Hurdles
- 12.Boys 300m Hurdles
- 13.Girls 800m Run (maybe 2 heats)
- 14.Boys 800m Run (maybe 2 heats)
- 15.Girls 200m Dash
- 16.Boys 200m Dash
- 17.Girls 3200m Run
- 18.Boys 3200m Run
- 19.Girls 4 X 400m Relay
20. Boys 4 X 400m Relay

Concessions:

The concession stand will be open serving both breakfast and lunch.

Parking:

Please park in the student parking lot adjacent to the gymnasium. Free parking.

Entry:

Teams and coaching staff are free. General admission for the whole day is \$5.00 for Adults, \$2.00 for ages 17-3, 2 and under are free.

Entry Fee:

The entry fee for this track meet is \$175.00 for one team and \$325.00 for two teams. Checks can be made out to:

Shawn Gatson

Bourgade Catholic High School

4602 N. 31st Ave.

Phoenix, AZ 85017

(602) 973-4000 Ext. 125

Directions:

From either I-17 north or south, exit Camelback Rd.

Go West on Camelback Rd. to 31st Ave.

Turn South onto 31st Ave. The school is located 3 blocks down on your right.