



The Freshman Showcase

Track and Field Invitational

Hosted by Desert Vista High School
16440 S. 32nd St. Phoenix, AZ 85048
(Formerly Hosted by Cactus Shadows H.S.)
Date: Saturday, April 19th, 2008



Welcome to the Freshman Showcase. We are pleased to be hosting this exceptional track meet for the first time. We are glad you have chosen to join us. Enclosed you will find important information about the meet. **This will be a state-qualifying meet.**

Meet Director: Dr. Anna Battle – Desert Vista Principal: (480) 706-7900 Fax (480) 706-7976 email: abattle.dvh@tuhsd.k12.az.us. Questions may also be directed to Susan Ham, Athletics Assistant @ sham.dvh@tuhsd.k12.az.us or Ryan Stanley, co-head coach @ rstanley.dvh@tuhsd.k12.az.us.

Format: This is a Freshman only invitational. Each school will be allowed up to 3 entries in each event and 1 relay. All running events will be run as timed finals and will run as slow heat to fast heat. Field events (SP/ Disc/ LJ/ TJ) will be contested as flighted finals with each athlete receiving 4 efforts.

Entries: all entries will be submitted online through www.athletic.net. There will be NO Changes the day of the meet. Entries must be submitted by 11:59 PM MST on Monday April 14th, 2008. Heats/ Flights will be posted online at www.arizonatrack.com and www.arizonavarsity.rivals.com.

Entry fee: \$150.00 per team, \$300.00 for both boys and girls teams. Teams with less than 4 participants \$50.00. All payments should be made to: **DVHS Athletics, Att: Susan Ham**. Payment is due by March 20, 2008. School address is 16440 S. 32nd Street, Phoenix, AZ 85048

Awards: Team scores will be kept and will be scored as 10-8-6-5-4-3-2-1. Medals will be given out to top 4 individuals/ relays and trophies to the top 2 teams.

Facilities: Desert Vista has a 9 lane (10 sprint lanes) all weather track. There are two jumping runways, 2 pole vault runway/pits, 2 HJ pits, 2 competition discus rings and two competition shot rings. Note: Desert Vista is currently scheduled to be the host site for the 5A I+II State Championships.

Admission Fee: Adults: \$5.00, Students with IDs \$3.00, Passes – AIA only, Children under 12 are free. Coaches and Athletes in uniform will be admitted free. Entry areas are at the North Gate at the Track, and off of the entrance between Baseball Fields.

Games Committee: will be announced at the coaches meeting.

Coaches Meeting: There will be a coaches meeting in the dance room of the H building (just east of the SE corner of the track) at **9:00 am**. The entrance to the dance room is on the east side of the building, room # H101/ H102.

Concessions: We will have our concession stand open during the entire day, and food, snacks, and drinks will be available for purchase.

Hospitality: there will be a hospitality room for coaches and officials only, open thru out the day. It will be located just west of the track in the H-building. 4 wristbands per school will be issued at check-in

Implement weigh-in: Throwing implements will be provided, coaches wishing to weigh in their own implements may do so from **8:30-9:00 am** near the Southeast corner of the track.

Parking: Parking for spectators is available both in our main Student Parking lot off of Frye Road, as well as in the Admin Parking Lot that is located off of 32nd Street. Spectator overflow parking will be available in the Mormon Church parking lot that is located directly west of the student parking lot. Map enclosed specifies area.

There will be no spectator parking or spectator viewing of events on 29th Place. (This is the area on outside of school fence that is closest to the throwers areas.) Please inform your staff/spectators/athletes of this. See enclosed map for area specified.

There will also be no parking in our bus turn-around in the dirt area. This is a direct violation of City of Phoenix Ordinances, and vehicles may be ticketed.

Bus Parking:

We will be able to provide parking for student buses off-site. The location is Akimel-et-Al Middle School, located at 2720 E. Liberty Lane. This is southwest of Desert Vista. See enclosed map.

Pole Vault: weigh-in will begin near the Southeast corner of the track from **8:30-9:00 am**. Pole Vaulters may only use 1/4 inch **Pyramid Spikes Only**. No needle or Christmas tree spikes. If a vaulter does not have the proper spikes they will be able to purchase some from Coach Guy for \$5.00 per bag.

Team Areas: All team camps should be set up on the West bleachers. No athletes will be permitted in the east stands (**Desert Vista will not be responsible for any lost valuables**).

Warm-up Areas/ check-in: The warm-up area will be located at the tennis courts to the south of the track. Check in will be at the southwest corner of the track.

Rules: The meet will adhere to the NFHS rulebook. Coaches, please make sure you specifically review the rules on uniforms, jewelry and electronics.

Notes:

- T-shirts will be available for purchase
- Athletes, coaches and spectators are not allowed on the infield area.
- Trainers will be available on the infield
- Hospitality room will be open throughout the day.

Schedule: this is a tentative schedule, and may change depending upon the # of entrants. If we get ahead, we will stay ahead.

Running Event Schedule

10:00 Girls 4x800
10:15 Boys 4x800
10:30 Girls 100m H
10:50 Boys 110m HH
11:10 Girls 100m
11:25 Boys 100m
11:40 Girls 1600m
12:00 Boys 1600m
12:20 Girls 4x100
12:35 Boys 4x100
12:50 Girls 400m
1:10 Boys 400m
1:30 Girls 300m IH
1:50 Boys 300m LH
2:10 Girls 800m
2:25 Boys 800m
2:40 Girls 200m
3:05 Boys 200m
3:30 Girls 3200m run
3:50 Boys 3200m run
4:10 Girls 4x400m Relay
4:30 Boys 4x400m Relay

Field Event Schedule

First flight field events 10:00 am:

Boys TJ flighted finals (South pit)
Girls LJ flighted finals (North pit)
Boys HJ starting height:TBD
Girls PV (South pit) starting height: 6'0"
Boys Shot Put flighted finals
Girls Discus flighted finals

Second flight field events 1:00 pm.

Girls TJ flighted finals (South pit)
Boys LJ flighted finals (North pit)
Girls HJ starting height: TBD
Boys PV starting height: 7'6"
Girls Shot Put flighted finals
Boys Discus flighted finals

Teams who have committed and/or have previously participated:

Apollo, Brimhall Jr. High, Brophy, Cactus Shadows, Camelback, Centennial, Chandler, Corona del Sol, Desert Mountain, Desert Ridge, Desert Vista, Flagstaff, Gilbert, Hamilton, La Joya, Lake Havasu, McClintock, Mesquite, Moon Valley, Mountain Pointe, Mountain Ridge, Peoria, Prescott, Raymond S. Kellis, Sandra Day O'Connor, St. Mary's, Sunrise Mountain, Tolleson, Williams Field H.S., Valley Christian, Xavier.

How to Submit Meet Entries Online

Athletic.net is a resource for high school Track & Field and Cross Country coaches, offering free **statistic tracking**, easing **meet registrations**, and providing free tools to simplify common coaching tasks. Follow the 4 steps below to get started:

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

- In a web browser, 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 **4/19/2008** and click **Continue >**
- For Region, select: **Arizona**
- Click **Select** on line that says: **Desert Vista, Phoenix, Freshman Showcase**
- 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 schools homepage will have current results on it.

- Click "**Enter Meet Results**" from the Coaches Toolbar, on your schools 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 Freshman Showcase

- Again on your school's page, click "**Meet Registration**"
- Locate **Freshman Showcase** 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
- To remove athletes from an event, select the '--' line
- Print your entries for use at the meet

Large teams often have each of their coaches sign into the website to assign the athletes that they are responsible for to events. By printing out and faxing your entries, you can use the meet registration feature of Athletic.net for all your meets!

