

**COPPER CANYON HIGH SCHOOL  
AND  
THE NACKARD COMPANIES PRESENT**



# **THE GATORADE TRACK AND FIELD INVITATIONAL**

**SATURDAY MARCH 7, 2009  
COPPER CANYON HIGH SCHOOL**

**Schools Attending:**

**Agua Fria, Boulder Creek, Brophy, Cactus Shadows, Centennial, , Copper Canyon,  
Deer Valley Estrella Foothills, Flagstaff, Ironwood, La Joya, Liberty, Moon Valley,  
Mountain Ridge, Notre Dame, Sandra Day O'Conner, Sedona Red Rock, Sierra  
Linda, Sinagua, Saint Mary's, Sunrise Mountain, Tolleson, Valley Vista, Westview,  
Willow Canyon, Youngkers, Xavier.**

## **Please read all information carefully!**

**\*Important:** we will be using **athletic.net** as our entry site.

We will not be using direct athletics.

Coaches:

We are very excited about hosting this meet. There will be **28** schools bringing teams! Our goal is for the athletes to have a good experience and enjoy the competition.

**We are asking your help in ensuring that the meet runs on schedule!**

- 1.** Please make sure that your athlete knows his heat and lane assignment and is ready to run when we line up the race.
- 2.** In the morning sessions we will not have a lot time between heats to set and re-set blocks, remove warm-ups, etc. **Please make sure that your athletes know how to line and understand an exchange zone!**

**\*We are running a lot of races and giving out a lot of awards, this meet will take some time.**

We are hoping that the schedule will accurately reflect meet pace.

We are also asking for your patience if we do run into some problems. If you see something that needs fixing please let me know.

If you have any questions or concerns please email me at [Dusty.sullivan@tuhsd.org](mailto:Dusty.sullivan@tuhsd.org) or call me at 623-826-3936 (C)

Good luck,  
Dusty Sullivan  
Track Coach  
Copper Canyon High school

### Driving Directions:

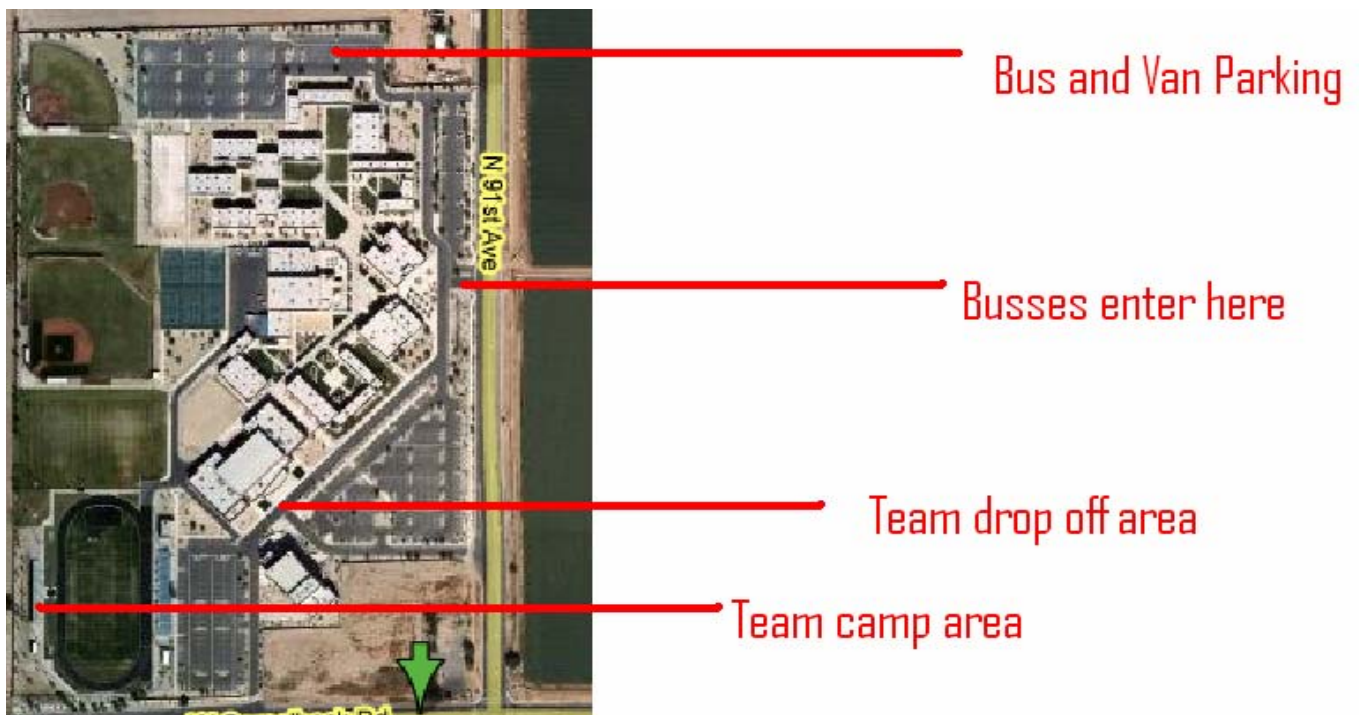
We are located at **9126 W. Camelback Rd. Glendale, AZ**. From the Loop 101 freeway (Agua Fria) take the **Camelback Rd.** exit and go **East ¾ of a mile to 91<sup>st</sup> Ave.** Turn **Left** and go approximately **¼ mile** to the school entrance. Busses and teams may unload in front of the gym area (it will be well marked!) (**This is also where coaches can pick up check-in packets/meet info!**) All busses and school vans will be directed to the north parking lot. (see enclosed map.)

### Team Seating/Camping Areas:

All team seating will be in the **west side stands** and **southern half** (*furthest away from the finish line*) of the east side stands. No tents or umbrellas will be permitted on the east side. All athletes are required to enter and exit the track at check in area. (**Check-In for all running events will be on the South side of the track and will be well marked with signs and balloons!**) No athletes will be permitted on the infield unless they have been released by the course clerk.

No loud music, footballs, soccer balls, frisbees, etc. are allowed in the stadium.

North



Camelback Rd ↑

## Meet Entries:

We will be using [athletic.net](http://athletic.net) for team entries, all schools need to access this web site and register their team. I have included directions on how to do this. The entry deadline is Monday, February 28, 2009. We **will not** accept late entries or entries in any other form. Please access this site early and be certain you understand how to submit entries.

You may enter an athlete in one of 2 divisions:

1. 9-10
2. Varsity

**Please refer to the following so that you enter the athlete in the correct event.**

When entering on the web site the **9-10 will use the Frosh/Soph Field.**  
**Varsity will use the Varsity Field**

100 Meters			Seed	Override Seed
Willie Jackson	11	Varsity		
Ron Meade	9	Frosh/Soph		
Vince Payan	11	Varsity		
A.J Willis	12	--		

If you have any questions on how to enter please contact Sue Hysong at 623-877-3688  
[Sue Hysong](mailto:cran@msn.com) (mailto:cran@msn.com)

This will be the first meet of the season for a number of teams please use a time/ distance from last year or time trials as an entry mark If at all possible avoid using a “no time/distance.”

Your entries will be final. You may not add/scratch at the meet.

The Elite Varsity Races will be limited to one heat in each event. Meet management will select the entrants from the varsity entries to put together the elite fields.

Heat and lane assignments will be posted on [Arizonatrack.com](http://Arizonatrack.com) as soon as they are complete. If this is delayed it is usually because schools have not entered athletes on time or correctly. Please help us out by following entry instructions.

**We can not accommodate special requests for varsity and elite races, please don't ask.**

## 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](http://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 **3/1/2008** and click **Continue >**
- For Region, select: **Arizona**
- Click **Select** on line that says: **Copper Canyon HS, Glendale, Gatorade 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 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 Gatorade Invitational

- Again on your school's page, click "**Meet Registration**"
- Locate **Gatorade 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
- 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!

**Format:** All running events will be run as timed finals and will run slow heat to fast heat. Field events (SP/Disc/LJ/TJ) will be contested as flighted finals with each athlete receiving 4 efforts.

**Entry Fee:** \$150.00 per team \$300.00 per school for both boys and girls teams. Payments should be made to Copper Canyon High School Athletics and mailed:

**Copper Canyon High School  
Attention Athletic Director  
9126 W. Camelback Rd.  
Glendale AZ 85305**

**Awards:** Team scores will not be kept. Medals will be given out to the top 4 individuals/relays in each division.

**Parking:** Spectator parking will be in the lot next to the stadium and directly in front of the gymnasium all busses and vans will use the north parking lot.

**Admission Fee:** Adults: \$5.00 Students: \$3.00 Children 12 and under are free. Athletes in uniforms and coaches will be admitted free.

**Games Committee:** Dave Van Sickle, Kyle Harris, Harry Schnider

**Relays:** Each team may enter 2 relays one in the 9-10 division and one in the Varsity division.

**Implement weigh-in:** Each school will provide their own throwing implements and weigh them in at the southeast corner of the track from 7:00-7:30 am.

**Pole Vault:** Each school will sign a form verifying that their pole vaulters are competing on a pole that conforms to the rules.

**Starting Heights:** Girls high jump 9-10 3'10" Varsity 4'2" Elite 4'6"  
Boys high jump 9-10 4'8" Varsity 5'4" Elite 5'8"  
Girls Pole Vault 9-10 6'0" Varsity 7'0" Elite 8'0"  
Boys Pole Vault 9-10 8'0" Varsity 10'0" Elite 11'6"

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

**Concessions:** Concessions and T-Shirts will be available for purchase.

**Trainer:** Trainers will be on site during the meet

# GATORADE INVITATIONAL

## 2009

### TIME      Event Running

<b>8:00 AM</b>	4x800
<b>9:00 AM</b>	100/110 HH
<b>9:40 AM</b>	100
<b>10:10 AM</b>	1600
<b>11:00 AM</b>	4x100
<b>11:40 AM</b>	400
<b>12:20 PM</b>	300IH
<b>1:00 PM</b>	800
<b>1:40 PM</b>	200
<b>2:20PM</b>	3200
<b>3:20 PM</b>	4x400

### Elite Girls Followed by Boys

<b>4:00 PM</b>	4x800
<b>4:25 PM</b>	110/100 HH
<b>4:45 PM</b>	100
<b>4:55 PM</b>	1600
<b>5:15 PM</b>	4x100
<b>5:25 PM</b>	400
<b>5:35 PM</b>	300IH
<b>5:45 PM</b>	800
<b>6:00 PM</b>	200
<b>6:20 PM</b>	3200
<b>6:45 PM</b>	4x400



### TIME      Event Field

#### 8:00 AM

Boys long jump 9-10  
Girls triple jump Var  
Girls pole vault 9-10  
Boys pole vault Var  
Boys high jump 9-10  
Girls high jump Var  
Boys shot 9-10  
Girls shot Var  
Girls discus 9-10  
Boys discus Var

#### 10:00 AM

Girls long jump 9-10  
Boys triple jump Var  
Boys pole vault 9-10  
Girls pole vault Var  
Girls high jump 9-10  
Boys high jump Var  
Girls shot 9-10  
Boys shot var  
Boys discus 9-10  
Girls discus Var

#### 12:00 PM

Boys triple jump 9-10  
Girls long jump Var  
Girls pole vault Elite

Boys high jump Elite  
Girls shot Elite  
Boys discus Elite

#### 2:00 PM

Boys long jump Var  
Girls triple jump 9-10  
Boys pole vault Elite.  
Girls high jump Elite  
Boys shot Elite  
Girls discus Elite

#### 4:00PM

Boys long jump Elite  
Girls triple jump Elite

#### 5:30PM

Boys triple jump Elite  
Girls long jump Elite.

**We will have a coaches meeting at 7:15 am**