

Page Merchants Invitational Track and Field Meet

When: Saturday, April 25th, 2009

Where: Page High School

Entry Fee: \$175 per team or \$300 for both teams.

The Page Merchants Meet will be held at Page High School. Participating teams should have their entry fee in by the deadline date of April 25th, 2009.

Please complete the section below, enclose your entry fee, and return the form to Randy Hiner at Page High School.

Page Merchants Track Meet

April 25th, 2009

Entry Fee: \$175 per team or \$300 for both teams.

Yes, our boys' team will participate

No, our boys' team will not participate

Yes, our girls' team will participate

No, our girls' team will not participate

ATHLETIC
DIRECTOR _____

SCHOOL _____

PHONE NUMBER _____

FAX # _____

BOYS' COACH _____

GIRLS' COACH _____

Please return to: Randy Hiner
Page High School
P.O. Box 1927
Page, AZ 68040
Phone 928-608-4147 Fax 928-608-4146



Dear Boys' and Girls' Track Coaches:

You are invited to participate in the Page Merchants Invitational on April 25th, 2009. The Meet will be held at Page High School and will be held on a 8 lane Mondo track. Timing will be done with the Lynx timing system.

Unique trophies will be awarded to the top two Boys' and Girls teams. The top four finishers in individual event winners will receive unique awards. The top three teams in each relay event will be also receive awards. There will be a weight person relay (2 boys and 2 girls) with a pizza certificate for first place. This event will take place after the 4 x 400 relays and will not be scored. **We will be running a sprint medley relay (200-200-400-800) and this will be scored.**

Outstanding individual performance awards will be awarded to the top performers in track events as well as field events for both boys' and girls'. Athletes' may win both awards if their performance dictates.

Entries are to be done through Direct Athletics at www.directathletics.com and are due by noon on Thursday, April 23rd, 2009.

Sincerely,

Mark Lomeland

Head Track Coach
Page High School

Page Merchants Track Meet 2009

I. Meet Director

Mark Lomeland

P.O. Box 1927

Page, Arizona

Phone: (928) 608-4100 ext. 5209 (School)

(928) 691-0150 (Cell)

II. General Information

- A. Location: Page High School Track
Date: **Saturday April 25th, 2009**
Entry Fee: **\$175 per team or \$300 for both**
Times: 9:00 am – Coaches Meeting
9-10:00 am – Implement Weigh-Ins
9-10:00 am – Pole Vault Weigh-Ins (Training Room)
10:00 am Running Event – Prelims
10:00 am Field Event Prelims followed by Finals
1:30 pm Running Event – Finals

III. Scoring

- A. Scoring will be on a 10-8-6-5-4-3-2-1 basis.

IV. Entries

- A. Each team will be allowed to submit four (4) competitors in each running and field events. There will be a fast and a slow heat for the finals in non-lane races. Each team will be allowed to enter one (1) relay team in each relay. All entries must be **received by 11:59 AM Thursday, April 23rd, 2009.**
- B. Official eligibility for participation is established by the A.I.A. rules and regulations, as contained in the A.I.A. Constitution and Bylaws.
- C. All participants will enter and compete in events as permitted by the A.I.A.

V. Track Facilities

- A. 8 lane Mondo track
B. Concrete shot and discus rings
C. Mondo runways in the LJ, TJ, PV
D. Mondo take off area in the HJ
E. Collegiate HJ and Pole Vault pits
F. Boys and Girls locker rooms with showers

VI. Track Events

- A. Number of heats will depend on the number of entrants per event.
- B. If there is a malfunction of the electronic timing system in any of the heats, then all heats will be hand seeded based **on hand held times.**
- C. **Medals will be awarded based on time – Heats will be run slow to fast.**
- D. Bull Pen Area: This will be located at the east end of the track at the end of the straight-a-way. All athletes will be required to report to the bull pen with the Clerk of the Course for check in on the 3rd call.
Athletes that fail to report on the 3rd call will be scratched. No heat adjustments will be made at the Bull Pen!
- E. 800-1600-3200 meter runs and relays will be run separately The Games Committee reserves the right to move the slow heats in the 1600 and 3200 meter runs to the end of the morning session.
 - 1. 800-1600 meter runs will be run in (1) or (2) heats based on time. The slow heat will run first and the fast heat second. The fast heat will be limited to 16 runners and the slow heat will contain the rest of the entries. The number of entries can be changed at the Meet Director's discretion. **No more than two heats will be run. Races will use the Olympic waterfall start.**
 - 2. 3200 meter run – One heat. **Olympic waterfall start.**
 - 3. Relays
 - a. 4 x 800 – One heat. Olympic waterfall start.
 - b. 4 x 100 – as many heats as needed with the fastest teams in the final heat.
 - c. 4 x 400 – as many heats as needed with the fastest teams in the final heat.
The 4 x 400 will use a three (3) turn stagger.

VII. Field Events

- A. Shot and Discus
 - 1. Participants will be placed in flights with the best flight competing last. Participants will throw in order with the individual with the best mark competing last.
 - 2. All competitors must check in with the Event Judge on the third call for that event, failure to do so will result in the competitor being scratched from the event.
 - 3. Competitors must check out with the Event Judge to compete in another event. failure to do so will result in a scratch on each attempt that they miss during their rotation in the flight.
 - a. The Event Judge may move competitors to a later or earlier flight to avoid conflicts with other events.
 - b. After all preliminary throws are completed the nine (9) finalists will be ordered and the finals will begin. In the case of a tie for the 9th all tying throwers will advance to the finals.
 - c. All legal throws will be measured.

B. Long Jump and Triple Jump

1. The jumps will be broken into flights by schools. Each flight will be assigned a time block to complete their jumps. All preliminary jumps must be completed within the allotted time period. The Event Judge may move competitors to a later or earlier flight to avoid conflicts with other events.
2. After all preliminary jumps are completed the nine (9) finalists will be ordered and the finals will begin. In the case of a tie for the 9th all tying jumpers will advance to the finals.
3. All legal jumps will be measured.

C. High Jump

1. Men's will start at: 5' 4" with 2" raises to 6' 2" then 1" raises.
2. Women's will start at: 4' 4" with 2" raises to 5' 0" then 1" raises.

D. Pole Vault

1. Men's will start at: 9' 0" with 6" raises to 12' 6" then 3" raises.
2. Women's will start: 7' 0" with 6" raises to 9' 0" then 3" raises.

All pole vaulters will weigh-in and present all poles at the weigh-in. Failure to do so will result in disqualification from the event. All coaches will sign a waiver that their vaulters are using poles at or above their weight. Page High School will not assume any liability or responsibility for any pole vaulter or school that chooses to participate in the Pole Vault. Every pole vaulter, coach, and school, will assume all the liabilities and dangers associated with this event before any athlete steps on the runway. Page High assumes and accepts no responsibility for any participant in this event!

Note: Starting heights may be adjusted at the discretion of the Meet Director.

VIII. Appeals

- A. All appeals must be given to the Meet Referee. No appeals will be processed on judgment calls of officials.
- B. Jury of Appeals: To be named

IX. Awards

- A. Awards will be given to the top four finishers in each individual event and the top three teams in each relay.
- B. Team trophies will be presented to the top two Boys and Girls teams.
- C. Outstanding individual performance awards will be given to the outstanding track athlete and the outstanding field performer for both the men's and women's side.
- D. Outstanding athlete awards will be awarded for both Boys and Girls based on a mutually-event scoring table.

An athlete may win both awards based on their individual performances in either the track or field events. **Distance event times will be converted using the NCAA Altitude Conversion Factor for these awards.**

X. Meet Officials

- A. Meet Director – Mark Lomeland
- B. Starter – Reggie Edwards
- C. Seeding Chair – Sandra Lomeland
- D. Head Track Official – Mark Lomeland
- E. Assistant Starter – Pat Horning
- F. Timing System/Scorer – Sandra Lomeland/ Mary Schmidt

Page Merchants Track Meet
Track Preliminaries
Saturday April 25th, 2009
Page High School

Running Events:

Time: 10:00 am

Women's	4 x 800 Relay Finals
Men's	4 x 800 Relay Finals
Women's	100 Meter Hurdles
Men's	110 Meter Hurdles
Women's	100 Meter Dash
Men's	100 Meter Dash
Women's	400 Meter Dash
Men's	400 Meter Dash
Women's	300 Meter Intermediate Hurdles
Men's	300 Meter Intermediate Hurdles
Women's	200 Meter Dash
Men's	200 Meter Dash

There will be a one hour break between prelims and finals, if time permits.

Page Merchants Track Meet
Field Preliminaries and Finals

Field Events

Time: 10:00 am

Men's Long Jump (East Pit) to completion
Women's Long Jump (West Pit) to completion
Women's High Jump to completion
Women's Shot Put (by Flights) to completion
Men's Discus (by Flights) to completion
Men's Pole Vault to completion
Women's Triple Jump (East Pit) to completion
Men's Triple Jump (West Pit) to completion
Men's High Jump to completion
Women's Discus (by Flights) to completion
Men's Shot Put (by Flights) to completion
Women's Pole Vault to completion

Page Merchants Track Meet
Saturday April 25th, 2009

Running Event – Finals:
1:30 pm

<u>Event</u>	
Men's	100 Meter Hurdles
Women's	100 Meter Hurdles
Men's	100 Meter Dash
Women's	100 Meter Dash
Men's	1600 Meter Run**
Women's	1600 Meter Run**
Men's	400 Meter Relay
Women's	400 Meter Relay
Men's	400 Meter Dash
Women's	400 Meter Dash
Men's	300 Meter Intermediate Hurdles
Women's	300 Meter Intermediate Hurdles
Men's	800 Meter Run
Women's	800 Meter Run
Women's	1600 Medley Relay
Men's	1600 Medley Relay
Women's	200 Meter Dash
Men's	200 Meter Dash
Women's	3200 Meter Run
Men's	3200 Meter Run
Women's	1600 Meter Relay
Men's	1600 Meter Relay
Co-ed Weight 4 x 100 Meter Relay (Non scoring)	