

Third Annual
West Side Invitational
Boys and Girls
Track and Field Invitational
April 17, 2009

HOST SCHOOL **Deer Valley High School**
Phone: 602-467-6732
Fax: 602-467-6780

ENTRIES

1. Three (3) entries per school in each individual event are permitted.
2. One (1) entry per school in each relay event is permitted.
3. The cost of the meet is \$225 per team or \$350 per boys and girls team.
4. Awards: Medals for 1st-4th place in all events.
Trophy – Team champion and runner up.
Special Championship trophy for combined boys and girls score
Male and Female athlete of the meet

FACILITIES

1. DVHS has a eight (8) lane all weather track. Spikes of 1/4 inch or less may be worn.
2. Shot Put and Discus circles are on brushed concrete slabs. No spikes may be worn.
3. The Pole Vault and Long Jump Runways are all-weather. Flats or spikes of 1/4 inch or less may be worn.
4. The High Jump approach is all-weather. Flats or spikes of 1/4 inch or less may be worn.

MEET

This is a 4A and 5A state qualifying meet
Entries Due by April 10th at 10:00PM
All entries will be submitted to online through athletic.net.
(see attached instructions)

1. **Contact JimAddabbo** if you have questions related to the meet. Email to jimaddabbo@dvusd.org
2. Competitors must wear a legal uniform. (see Track and Field Rule Book)
3. Only Competitors and meet officials will be allowed on the track and the infield. Please stay away from the inside of the track at all times
4. Coaches and athletes not directly involved in competition will sit in the bleachers, or in the areas designated for viewing the shot put and discus. **There will be a coaches box for Pole Vault.**
5. Any competitor will be disqualified if, in the opinion of the referee, he or she has in any way been aided by a coach, teammate or anyone connected directly or indirectly with the team concerned. Such aid includes running along side a teammate, being stationed at various points near the track, or located near any of the field events for the purpose of aiding or coaching the competitors after the field event or race has been started.
(See Track and Field Rule Book)

SPECIAL INSTRUCTIONS TO ATHLETES

1. Report to the CLERK OF THE COURSE (located in the staging area in the middle of the field when the report call for your event is given.
Competitors will:
 - a. Receive lane assignments
 - b. Receive starting instructions.
2. If a competitor fails to report to the CLERK OF THE COURSE, he or she will not be able to compete.
3. Runners in the 100, 200, 400, all hurdle races and the last runner in the 4X100 relay in their own lane after the completion of the race and wait at the finish line until dismissed by the HEAD FINISH JUDGE.
4. If a competitor does not report for the start of a race, that lane will be left open.
5. A competitor who commits a false start will be disqualified.

TRACK EVENTS

1. The order for running events will be **Boys followed by Girls.**
2. Seeding will be done by the meet director and the Clerk of the Course. Coach's entries will be used in seeding runners in all events.
3. 1600 Meters
 - a. A box alley start will be used.
 - b. Depending upon the number of entries, the meet director will determine if one or two heats will be run.
 - c. If two heats are run, the fastest competitors will be placed in the second heat.
 - d. The number of runners in each heat will be determined by the Meet Director.
4. 3200 Meters
 - a. One heat will be run for boys and one heat will be run for girls.
5. The 1600 Meter Relay will be run from a three turn stagger.

FIELD EVENTS

1. Implement weigh-in will occur at 10:00 am for both sessions. Weigh-ins will take place in the staging area in the infield of the track. This will be located near the 50 yard line of the football field.
2. Implements which do not pass will be confiscated until the end of the session.
3. Competitors must adhere to the time limits as stated in the Federation Rules. Competitors should make a reasonable effort to get to their event as soon as possible. Communication with the head event judge and the CLERK OF THE COURSE is crucial.
4. Seeding will be based on reverse order of the distance or heights listed on the entry form. The best performances will be placed in the third or last flight.

5. Shot Put and Discus.

- a. Depending upon the total number of entries, "Prelim" competition will be conducted in three flights of eight (8) competitors each.
- b. After the completion of all flights, the top nine (9) competitors will advance to the finals.
- c. Seeding in the finals will be in reverse order.
- d. A 34.92 degree throwing sectors will be used for both shot put and discus.

6. Long Jump

- a. An lottery system will be used.
- b. After completion of Prelims, the top eight (8) competitors will advance to the finals.
- c. Seeding for the finals will be in reverse order.

7. High Jump and Pole Vault.

- a. The three alive procedure will be used.

8. Pole Vault

- a. A competitor's weight shall be at or below the manufacturer's pole rating.
- b. A competitor shall not use a variable weight pole, a pole which is improperly marked or a pole rated below his/her weight during warm-up or competition.
- c. It is the responsibility of the coach to verify the competitor will use a legal pole rated at or above his/her weight.
- c. All coaches will sign a verification form.

TRAINER: The training tent will be located near the south goal post.

RESTROOMS: Located on the south side both east & west snack bars.

CONCESSIONS: Will be available.

T-SHIRTS: Will be available

SCORING: Scoring in all events will be:

First Place	10 Points
Second Place	8 Points
Third Place	6 Points
Fourth Place	5 Points
Fifth Place	4 Points
Sixth Place	3 Points
Seventh Place	2 Points
Eight Place	1 Point

SUPPLEMENTAL INFORMATION:

1. Coaches are not allowed to be in the infield or inside flagged off areas during competition. (Except Pole Vault)
2. Athletes are allowed to warm up on the track until 15 minutes before competition begins. At that time the track will be closed and the warm up area will be on the east practice field.
3. Team seating will be on the **east** bleachers. The **west** bleachers will be for paid spectators.
4. Each team is to provide its own baton.
5. The concession stands are located on both sides of the track.
6. The coaches meeting will be at 10:30 AM in the middle of the infield. Hospitality will be in the cafeteria during the break.(For coaches only)
7. Teams may camp under or behind the east bleachers.
8. Buses may park in the lot behind the stadium.