

## 2A South Regional Track and Field Meet 2010

**Location:** San Manuel High School track facility; S.M., AZ.

**Date:** Friday, May 7, 2010 2:30 p.m.

**Coaches Meeting:** 1:30 p.m. - Important that you be there to make any scratches to the event rosters. As soon as they are verified the meet will start.

**Event entries:** Each school must **submit by Tuesday, May 4 by the evening 8:00 p.m.** Just go to the link <http://www.wingfootfinish.com> and enter your athletes. If your school does not have an account with Wingfoot then you will have to start one. It's very easy and user friendly. I have already invited certain schools because your school has used this company in the past for either track or cross country. Once you have entered your athletes and are not able to make any more entering due your school not in their website signifying not invited to the 2010 2A South Regional, please either email me or call me on my cell phone to inform me that your team roster is entered in the website and are waiting for the invite in order to complete the entering of your athletes into the meet and each event. Keep in mind that you are only allowed four athletes per event. This is a State Qualifying meet. Remember, only four events per athlete.

**Schools Participating:** Baboquivari, Canyon State, Desert Christian, Pusch Ridge, Ray, San Carlos, San Manuel

**Awards :** Medals will be given to the first four finishers in each event. Plaques will be given to the top two placing teams in the boys and girls teams.

**Questions :** If you have any questions on the meet, entries, rules, etc. please call San Manuel High School 385-2336 and ask for Al Trejo

## *Conference Rules and Regulations*

- Field events will start promptly at 2:30 p.m. Boys & Girls long jump (open pit), boys' discus, girls' high jump, and girls' shot put will be the first. They will be conducted at the same time. There will be a 45 minute time limit for all jumping events. Three jumps and throws max in prelims and then three more for finals. At the end of the time limit or the end of competition the boys and girls will switch.
- Running events will start at 2:45 p.m. for preliminaries. All Participants must report to the reporting / holding pen prior to each event competition to check in. If an athlete or relay team does not report to the reporting / holding pen on time they will not be allowed to participate. Coaches and athletes must be aware of the announcements of report calls. Reporting / holding pens will be clearly marked for your convenience.
- Scoring will be as follows: 10-8-6-4-2-1, relay scoring: 10-8-6-4-2-1.
- Runners should remain in their lanes after crossing the finish line. This will eliminate confusion. Relay runners should remain in their lanes until all exchanges on their lanes have been completed.
- Bring your own discus, shots, and batons. Starting blocks will be furnished.
- Athletes are to be reminded that NO profanity or lewd conduct will be allowed. If caught, automatic disqualification from the event and forfeiture of any medals and team points. Sportsmanship must be present amongst all athletes and coaches.
- **All coaches must stay off the track.** Let our track officials do their job. If on the track, first time warning; second time may result in removal for the track. If you have any problems or questions take your grievance to the meet games committee.
- There will be no ties in any event, unless all requirements of breaking ties have been met. If at this time a tie cannot be broken the athletes will then be declared as tied. For any scoring of ties, the points for tied places shall be added together and divided by the number of competitors who were involved in the tie. (Note: In a three -way tie for second, the third and fourth place points shall be added to the second place points and divided by three with each competitor receiving an equal number of points.)

**Order of events:**

2:45- Start running events

4 x 800m relay (girls / boys) **Final**

**Preliminary: (If needed due to limited number of entries)**

100 high hurdles (girls)

110 high hurdles (boys)

100m dash

200m dash

**Final:**

100 high hurdles (girls)

110 high hurdles (boys)

100m dash

1600m run

4 x 100m relay

400m dash

300m low hurdles (girls)

300m intermediate hurdles (boys)

800m run

200m dash

3200 m run

4 x 400m relay

Field events:

**Boys:**

Long jump (open pit)

Discus

Pole vault

**Girls:**

Long jump (open pit)

shot put

high jump

Scoring: 10-8-6-4-2-1 relay: 10-8-6-4-2-1