

ALL SCHOOLS ARE ALLOWED FOUR (4) ENTRIES PER EVENT

Dear Coach:

This packet contains important information designed to facilitate preparations for and conduct the Central, East Valley and Fiesta Region Track and Field Championships. Please read this material immediately and carefully to ensure that all procedures are followed correctly; as procedures and schedules are different than in the past years.

This year's meet will be held at Mountain View High School.

Enclosed are several pieces of important information:

1. Official Track and Field Individual Event Entry Forms.
2. Entry times and information sheets.
3. Notices to coaches and athletes.
4. General information.

Coaches must submit their region entries on the Official Individual Event Forms, include members of the relay teams on this form. Send completed entries to Dave Shapiro no later than Tuesday, April 27, 2010 by 4:00PM. Coaches are to fax entries to Chandler High School, at (480) 224-9265 or email them to Shapiro.dave@chandler.k12.az.us.

The coaches meeting will be held on Tuesday, May 4, and Wednesday, May 5, 2010 at 3:00pm in the annex classroom located just north of the bleachers near the starting line of the 100. Substitutions are allowed. However, once the entries are submitted, you cannot add additional entries. See additional notes on page 10, bullet #2. Please list athletes on your entry form that could possibly be put into the meet. You can list them as alternates, this will allow for their names to already be in the computer, which will speed up meet management. Substitutions must be made at the coaches meeting on Tuesday (girls) Wednesday (boys), this is also the deadline for Friday.

If you have any questions, please call Dave Shapiro at 480-812-7737. It is preferred that questions be sent by email at Shapiro.dave@chandler.12.az.us. Messages will be checked frequently.

Sincerely,

Dave Shapiro

**2010 CENTRAL, EAST VALLEY AND FIESTA REGION
BOYS AND GIRLS TRACK AND FIELD CHAMPIONSHIPS.**

General Information:

Site: Mt View High School
2700 E. Brown Road
Mesa, AZ 85213

Dates:	Tuesday, May 4, 2010	Girls Prelims
	Wednesday, May 5, 2010	Boys Prelims
	Friday, May 7, 2010.	Finals

Times:	Tuesday/Wednesday:	Field Events:	3:30 pm
		Track Events:	5:00 pm
	Friday:	Field Events:	3:30 pm
		Track Events:	5:00 pm

Meet Director: Dave Shapiro Chandler High School

Jury of Appeals:	Eric Richardson	Chandler
	Laura Sample	Mesquite
	Monty Montgomery	Highland
	Robbie Robinson	Mt View
	Chris Hanson	Desert Vista
	Sam Johns	Marcos de Niza

Admission: \$5.00 for the public.
Only AIA passes will be honored.
Athletes MUST be in uniform.

Facilities:

1. The track is located on the campus of Mt View High School, located on Lindsey Road. Parking is in the main lot to the south of the track stadium.
2. The track is a urethane all-weather surface. Flats or spikes of ¼ inch or less may be worn.
3. Shot put and discus circles are on brushed concrete slabs. No spikes may be worn.
4. The pole vault and long jump runways are urethane all-weather surface. Flats or spikes of ¼ inch or less may be worn.
5. The high jump approach is urethane all-weather surface. Flats or spikes of ¼ inch or less may be worn.
6. Starting blocks will be provided. You can also bring your own blocks if desired.
7. There is ample warm up and cool down areas in the surrounding fields.

**2010 CENTRAL, EAST VALLEY AND FIESTA REGION
TRACK AND FIELD CHAMPIONSHIPS
SCHEDULE OF EVENTS**

Tuesday (Girls)

Field Events: **Girls will contest first followed by boys.**

3:30 PM	Pole Vault	East Valley Region	Finals
	High Jump	Central Region	Finals
	Triple Jump	Fiesta Region	Finals
	Long Jump	East Valley Region	Finals
	Shot Put	Central Region	Finals
	Discus	Fiesta Region	Finals

Triple jump pit is located on the runway closest to the end zone.
Long jump pit is located directly to the east of the triple jump pit.

Running Events. All races will use the following order: Fiesta—East Valley--Central.
Time Schedule is approximate. Rolling Time Schedule will NOT be used.

5:00 PM	4x800 Relay Fiesta—East Valley	Finals
5:25 PM	100 M. Hurdles	Prelims
6:05 PM	100 M Dash	Prelims
6:35 PM	1600M Run Central	Finals
6:45 PM	400 M Dash	Prelims
7:10 PM	300 M Low Hurdles	Prelims
7:45 PM	800 M Run Central	Finals
7:55 PM	200 M Dash	Prelims
8:20 PM	3200 M Run Fiesta—East Valley	Finals
8:50 PM	4 x 400 Relay	Finals
9:15 PM	Completed.	

**2010 CENTRAL, EAST VALLEY AND FIESTA REGION
TRACK AND FIELD CHAMPIONSHIPS
SCHEDULE OF EVENTS**

Friday (Finals)

Field Events: **Girls will compete first, followed by boys.**

3:00 PM	Pole Vault	Fiesta Region	Finals
	High Jump	East Valley Region	Finals
	Triple Jump	Central Girls Region	Finals
	Long Jump	Fiesta Region	Finals
	Shot Put	East Valley Region	Finals
	Discus	Central Region	Finals

Running Events. All races will use the following order: Girls then Boys.

Region Order: Fiesta—East Valley--Central

Time Schedule is approximate. Rolling Time Schedule will NOT be used.

5:00 PM	3200 M. Relay Central girls,	Finals
5:15 PM	3200 M. Relay Fiesta Boys, East Valley Boys	Finals
5:40 PM	100M. Hurdles	Finals
5:55 PM	110 M. Hurdles	Finals
6:10 PM	100 M Dash	Finals
6:20 PM	1600M Run Fiesta Girls, East Valley Girls	Finals
6:35 PM	1600 M Run Central Boys	Finals
6:50 PM	4 x 100 Relay Girls	Finals
7:05 PM	400 M Dash	Finals
7:30 PM	300 M Low. Hurdles	Finals
7:45 PM	300 M Int Hurdles	Finals
8:00 PM	800 M Run Fiesta Girls, East Valley Girls	Finals
8:10 PM	800 M Run Central Boys	Finals
8:20 PM	200 M Dash	Finals
8:30 PM	3200 M Run Central girls	Finals
8:45 PM	3200 M Run Fiesta Boys, East Valley Boys	Finals
9:15 PM	4 x 400 Relay Boys	Finals
9:35 PM	Completed	

**2010 CENTRAL, EAST VALLEY AND FIESTA REGION
TRACK AND FIELD CHAMPIONSHIPS
SCHEDULE OF EVENTS**

Wednesday (Boys)

Field Events: **Boys will contest first followed by the girls.**

3:30 PM	Pole Vault	Central Region	Finals
	High Jump	Fiesta Region	Finals
	Triple Jump	East Valley Region	Finals
	Long Jump	Central Region	Finals
	Shot Put	Fiesta Region	Finals
	Discus	East Valley Region	Finals

Triple jump pit is located on the runway closest to the end zone.
Long jump pit is located directly to the east of the triple jump pit.

Running Events. All races will use the following order: Fiesta—East Valley--Central.

Time Schedule is approximate. Rolling Time Schedule will NOT be used.

5:00 PM	110 M. Hurdles	Prelims
5:30 PM	100 M Dash	Prelims
6:00 PM	4x800 Relay Central	Finals
6:15 PM	1600M Run Fiesta-East Valley	Finals
6:30 PM	4 X 100 M Relay	Finals
7:00 PM	400 M Dash	Prelims
7:30 PM	300 M Int Hurdles	Prelims
8:15 PM	800 M Run Fiesta-East Valley	Finals
8:25PM	200 M Dash	Prelims
8:50 PM	3200 M Run Central	Finals
9:10 PM	Completion	

SPECIAL INSTRUCTIONS TO ATHLETES

1. On the first call all competitors must report to the Clerk of the Course. All track event competitors must check in with the clerk of the course.

First call will be given 15 minutes before the start of the event.
Second call will be given 10 minutes before the start of the event.
Third and final call will be given 5 minutes before the start of the event.

2. Report directly to the clerk of the course when the first call for your event is given. Competitors will: Bull pen will be located at the south-east corner of the stadium.
 - Receive lane assignments
 - Receive starting instructions.
 - Checked for proper uniforms.
 - Turn in relay participation cards.
 - Receive hip tags.
3. Runners in all lane assignments are to return to the finish line after the completion of their race and wait until dismissed by the head finish judge.
4. If a competitor is not at his/her post for the start of the race, his/her lane will be left open. A competitor needs to check in with the clerk of the course. If they fail to do so, they will not be allowed to compete, or will be disqualified from that event.
5. Running events take preference over field events.
6. Prelim results will be posted on the front of the press box as soon as possible after the completion of each preliminary event.
7. Absolutely no electronic devices are to be used in the track venue.

FIELD EVENTS

1. Competitors must adhere to the time limits as stated in the Federation Rules. The time limit for competitors excused to compete in another event shall be fifteen minutes. Competitors should make a reasonable effort to return to their event as soon as possible. Communication with the field event judges and clerk of the course is critical.
2. Competitors must report to their event judge on the second call. If a competitor fails to report for the final call he/she will not be permitted to participate in that event.
3. Seeding will be based on reverse order of the distances of heights listed on the entry forms. The best performances will be placed in the last flight.

SHOT PUT AND DISCUS

1. All throwing implements (shot/discus will be provided) will be provided. No school or personal implements will be permitted on the field during competition or warm up. Should a competitor have a special high tech discus, not merely a personal favorite, that discus or shot can be given to the head field judge no later than one (1) hour prior to the start of the event. The implement will be weighed, measured and certified. At that time it will be kept by the head field judge, placed on the rack of implements to be used in competition and be available for use by all competitors. Notify the meet director by Monday, May 3, if you have such an implement.
2. Depending on the total number of entries, prelim competition will be conducted in three flights or two flights.
3. After the completion of all flights, the top nine-(9) competitors will advance to the finals, where they will have three more throws. Competitors will throw/put in the finals in reverse order of standings based on preliminary results.

LONG JUMP AND TRIPLE JUMP

1. The Long Jump and Triple Jump will be contested in two flights. There will be a 15 minute warm up between flights so marks can be rechecked. **These will NOT be competed as an open pit.**
2. After the completion of the preliminaries, the top nine-(9) competitors will advance to the finals, where they will have three more jumps. Jumpers will compete in reverse order of place based on the preliminary jumps.

HIGH JUMP

1. The “five alive” procedure will be used.
2. Competition for boys will begin at 5’ 6” and the bar will be raised in 2” increments until 6’ 2”. At which height the bar will be raised in 1” increments until the completion of the event.
3. Competition for girls will begin at 4’ 6” and the bar will be raised in 2” increments until 5’ 1”. At which height the bar will be raised in 1” increments until the completion of the event.

POLE VAULT

1. The “three alive” procedure will be used.
2. Competition for boys will begin at 11’ 0” and the bar will be raised in 6” increments until 13’ 6”. At which height the bar will be raised in 3” increments until the completion of the event.
3. Competition for girls will begin at 7’ 6” and the bar will be raised in 6” increments until 8’ 6”. At which height the bar will be raised in 3” increments until the completion of the event.

TRACK EVENTS

1. The order of running events will be: Girls followed by Boys. The region order will be Fiesta—East Valley--Central.

LANE EVENTS:

1. There will be two, three or four semi-final heats depending upon numbers.
 - If four heats, the winners of the four heats and the next four fastest times will advance to the finals.
 - If three heats, the winners of the three heats and the next five fastest times will advance to the finals.
 - If two heats, the top two finishers in each heat and the next four fastest times will advance to the finals.
 - Failure of the automatic timing system in any one of the three or two qualifying heats for the same event will mean that hand held times for that heat will be converted to FAT.

800, 1600, AND 3200 METER RUNS

1. One heat will be run for each region.
2. Each race will use a one-turn stagger start with a box alley. Runners can break at the start of the back straight away. Small orange cones will mark this break line. The top twelve-(12) runners will use the box allies while the other competitors will start from an Olympic turn or waterfall start.

RELAYS

1. The 4 x 100 Relay will run from a two-turn stagger. Each team must run in its assigned lane for the entire race. All relay exchange zones are yellow to yellow triangles. Do not throw the baton at the conclusion of the race.
2. The 4 x 400 Relay will be run from a three-turn stagger. The first runner must run in his/her lane for the entire race. The exchange zone between runner #1 and runner #2 is between the blue arrows in the team's assigned lane. The second runner must receive the baton in his/her assigned lane and run in that assigned lane around the first curve. After passing the break line (also marked by orange cones) runner #2 can cut to the inside lane, providing he/she has a one-stride advance of the runner whose path he/she may cross. The starter will shuffle in the third and fourth runners as their teammate comes off the final curve.
3. The 4 x 800 relay will be started using a box alley start and a one-turn stagger. The first runner can break to the inside lane after passing the orange cones at the start of the back straight away.

SCORING

1. **Scoring** for all individual and relay teams will be as follows:

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
Eighth Place	1	Point

2. **Awards:**

Medals will be awarded to the top four finishers.

All awards will be kept in the press box until the conclusion of the meet. Coaches are responsible for picking up their award packets. If a school is leaving early, they may pick up their packets as they leave.

A plaque will be awarded to the winning school.

3. **Advancement to state.**

The top finisher in each individual event and relay team will advance to the state meet to be held at Mesa Community College on Wednesday, May 11 and Saturday May 14.

Based on region results, a total of sixteen individuals and relay teams will advance to the state meet.

4. **Outside Qualifiers.** When in doubt declare your athletes for the state meet. Turn in the outside qualifier form at the conclusion of the meet. NO athlete will be seeded into the meet unless they are either one of the top two, next seven, or declared as an outside qualifier. Check with your region rep. for a list of athletes who have qualified for the state meet.

WHEN IN DOUBT—DECLARE!!!

- 5- Seating for athletes and team personnel will be in the north bleachers. Coaches may sit in the south bleachers in the flagged area.
- 6- An Athletic Trainer will be available at the center of the field.
- 7- Concessions and programs will be available for sale.

SPECIAL NOTICE TO COACHES AND ATHLETES
PLEASE READ CAREFULLY

1. All athletes must follow these rules to participate.
 - All athletes must wear a legal school uniform to compete.
 - No bandanas or hair beads are allowed.
 - Tee shirts if worn must be under the team jersey.
 - Tee shirts if worn by members of relay team, must be of the same color.
 - No boxer shorts hanging below school issued shorts is allowed.
 - Removing one's jersey on the infield of competition is not allowed.
 - NO jewelry of any kind can be worn. This includes pierced earrings, strings around the wrist, and live strong bracelets.
2. Scratches: No additions to your entries are allowed. You can substitute for an entry, Substitutions must be made by Tuesday or Wednesday's coaches meeting. Please if possible list all possible substitutes on your team entry form. This speeds up the usage of the HyTek program. **Substitutions are ONLY if an athlete is unable to compete at the Region Track Meet. It is NOT because you now want to change what events someone is running.** Once an athlete is substituted for, he or she will be assumed to be scratched for the entire meet.
3. Check your team entries for correct spellings and that all competitors are included. You must fill in the year of school for your athletes.
4. Competitors who qualify from the prelims to the finals will be announced by name, as soon as the preliminary race is over. Results from preliminary races will be posted on the windows of the press box as soon as possible.
5. No coaches (except pole vault coaches) will be allowed onto the field once competition begins. Pole vault coaches can stay in the coaches' box and converse with competing vaulters only.
6. Remind athletes about not taking three consecutive steps on the line around a curve.
7. **All entry times must indicate whether a time is electronic or not. FAT times should have an "e" after the time. Hand held times need to be converted. Round up a time to the nearest tenth and add .24 seconds to races under 400 and add .14 to races 400 and above. Thus a hand held 10.53 in a dual meet becomes 10.6 + .24 and should be recorded as 10.84c on the entry form. Failure to do so will result in athletes being seeded last in a race. Converted times can not be in any other hundredth of second other than .4.**
8. No wireless communication of kind is allowed during competition. This includes cell phones, which will not be allowed on the infield of the track.
9. **No non-competing individual is allowed on the infield of the track. Anyone being asked to leave this venue several times will be escorted from the stadium. EVEN if this individual is a member of the track team.**