

FRESHMAN EARLY BIRD CHALLENGE TRACK AND FIELD INVITATIONAL

Mesa High School

1630 E. Southern Ave., Mesa, AZ 85204

Saturday, March 6, 2010

Overview:

The purpose of this meet is to give freshman athletes an early experience of what a big meet is all about. The excitement of seeing athletes from around the state and competing against this talent along with an opportunity to qualify for state will hopefully inspire our beginning high school track athletes to continue in the sport.

Meet Director:

Rich Hulsey – Brimhall Junior High School Track Coach (480) 472-2650 Fax (480) 472-2698 email rbhulsey@mpsaz.org or Bruce Cosseboom (480) 472-2591 email bwcosseb@mpsaz.org

Time:

- 8:00 Coaches Meeting
- 9:00 Field Events Start
- 9:30 Track Events Start

Entry Fee:

\$150.00 per team; \$250.00 for both boys and girls teams. Teams with less than 4 participants \$50.00. ALL PAYMENTS SHOULD BE MADE TO: BRIMHALL JUNIOR HIGH SCHOOL freshman track meet. Brimhall Junior High, 4949 E. Southern, Mesa, AZ 85206 Attn: Sharman Koch. Payment is due by February 19, 2010.

Admission charge is \$3.00 for adults and \$2.00 for students with ID. Teams and coaches are free.

Format:

This meet is for freshman only. Each team may enter 3 participants per event per gender, and 1 relay team per gender. All heats will be run as timed finals and will be seeded from slow to fast. 800, 1600 and 3200 meter men's and women's will be run separately. Each race will be run in two heats with the fastest times in the second heat. The number of runners in each heat may be changed by the Meet Director. Box Alley start will be used. Field events will be in flights (sp/disc/lj/tj) with each participant getting 3 efforts, and the top 9 back for finals with prelim scores carried forward. Implement and pole vaulters will need to be weighed in before the track meet begins.

Entries:

All entries will be submitted online at athletic.net by February 26 at 4:00 p.m.

We realize this date is very early in the track season. Please use your best judgment and use actual scores from practice if needed. Thank you.

Each school will be allowed to submit three competitors in each event. A fast and a slow heat will be run for all track races over 800 meters.

Schools can submit one relay team in each race.

Heat and Flight assignments will be made available online at mesasports.org.

Facilities:

- 8 lane all weather track
- All weather runways for LJ, TJ and PV
- Concrete shot and Discus rings
- All weather take off area for HJ

Scoring and Awards:

Medals will be given to the top three finishers in each event, ribbons for 4 – 8.

The top three teams will receive a trophy. There will be a plaque for the track athlete and a plaque for the field athlete of the meet. Scoring will be 10-8-6-5-4-3-2-1.

Miscellaneous:

- Trainers will be available on the infield.
- Food and T-shirts will be available at the concessions stand.
- Athletes, coaches and spectators are not allowed on the infield area.
- Hospitality room will be open for lunch and throughout the day.