

Gaucha Relays

High School Division

Thursday March 11, 2010

Location: Glendale Community College

ENTRY FEE IS: \$100.00 Per Gender Team

Make checks payable to:
Glendale Community College
6000 West Olive Avenue
Glendale, AZ 85302

ENTRY DUE DATE

NOON Monday, March 8, 2010

On-line entries – www.athletic.net

**Each team may enter 3 per event and one relay.
This is an AIA state qualifying sanctioned meet.**

Contact: Ralph Neighbors 623.385.9333
or Crannie Hysong 623.877.3688

GCC GAUCHO RELAYS

High School Division

FIELD EVENTS –3:00PM

3:00 Long Jump – Boys – open pit
Long Jump – Girls – after boys
3:00 High Jump – Girls followed by boys
3:00 Pole Vault Girls – Starting Height to accommodate jumpers
Pole Vault Boys – after girls (starting height to accommodate jumpers)
3:00– Shot Put Girls followed by Boys *F/S Shot Put will be the first flight.*
3:00 Discus – Boys followed by Girls
Triple Jump – Boys and Girls After completion of LJ

RUNNING EVENTS: 4:00 Rolling Schedule

Steeplechase Boys 2000 Meters
Steeplechase Girls 1000 Meters
110 Meter Hurdles-Boys
F/S 110 Hurdles – Boys 33” Non qualifying
100 Hurdles – Girls
F/S 100 Hurdles – Girls – 30” Non qualifying
4 X 800 Relay-Girls
4 X 800 Relay-Boys
4 X 100 Relay-Girls
4 X 100 Relay –Boys
1600m Run – Girls
1600m Run – Boys
100m Dash – Girls
100m Dash - Boys
300 Hurdles – Girls
300 Hurdles - Boys
Sprint Medley (100-100-200-400) Girls
Sprint Medley (100-100-200-400) Boys
800m Run – Girls
800m Run - Boys
F/S 800m Run – Girls
F/S 800m Run – Boys
F/S 100 – Girls
F/S 100 - Boys
4 X 400 – Girls
4 X 400 – Boys

Freshman/Sophomore events in italics

Implement Weigh-in location: Storage room located at the North end of the stadium.

Warm up: Please use the area North, South, and Southeast of the stadium for all warm-up activities.

Locker Facilities: No dressing facilities are available.

Starting Heights: Will be determined after the entry deadline in order to permit the best possible competition.

Uniforms: In compliance with the NFHS rules.

Number of jumps/throws: All competitors in the Long Jump and Triple Jump will receive 4 attempts. Throwers will also receive 4 attempts – no finals. **(non relay scoring – will be individual scoring)**

Gaucha Relays - HS Div - Online Entry Instructions

This meet is using free online registration at Athletic.net!

Date	3/11/2010	Host	GCC
Location	Glendale Community College - Glendale, AZ	Director	Ralph Neighbors/Crannie Hysong
Region	Arizona	Email	chysong@cox.net
Field Start	3:00 PM	Phone	623 385 9333 Ralph
Track Start	4:00 PM Times Finals		623 8773688 Crannie

1. Locate your team and sign up for a free coach account (if you don't have one.)

- Go to www.Athletic.net
- Go to the appropriate level under Track & Field (HS, MS, College, or Club)
- Locate your state, then your team
- On your team page, click "**Sign Up Here**" in the "Info for Coaches" box
- After receiving the confirmation email, proceed to step 2

2. Enter your season calendar

- Sign into www.Athletic.net with your email and password, and click your team name in the left navigation menu
- Click "**Edit Calendar**" on the Coach Tools bar near the top of your team page
- Next to "T&F Meet" select the date **3/11/2010** and click **Add Meet by Date >**
- For Region, select: **Arizona**
- Click **Select** on line that says: **Glendale Community College , Glendale, Gaucha Relays - HS Div**
- Review the information and click **Save**
- Repeat for the rest of your calendar
- Verify meets on the "Edit Calendar" page. Click "Edit" next to a meet to correct.

3. Enter past meet results to be used as seed times

Seed times for entries are automatically drawn from past results. Some hosts will accept "override seed marks" entered on the meet registration page, but it is best to enter the marks as results in your past meets.

- Click "**Enter Meet Results**" from the Coach Tools bar, on your team page
- Add an athlete to the roster (repeat for all athletes)
- Select a gender and an **older meet** from the drop-downs near the top
- Select an event
- In the "Edit/Add Results" box, enter the last name of athlete, result and place
- Click "**Add**"
- Repeat for each result

4. Register athletes for the Gaucha Relays - HS Div

- Back on your team page, click "**Gaucha Relays - HS Div**" in the calendar.
- Click **Register Athletes**
- Add additional athletes at the bottom of the page
- Click on either an Athlete or an Event
- Select the athletes you want to compete, division , and verify seed mark
- Click the Update button to save changes
- Print your entries for use at the meet

Athletic.net offers free **statistic tracking**, eases **meet registration**, and provides free tools that simplify common coaching tasks.