



2010 Mario Castro Track & Field Invitational

Meet Information

6th Annual Sunnyside High School / Mario Castro Track & Field Invitational



Date: April 23, 2010

Meet Director: Dennis Hansen & Richard Sanchez

Site: Sunnyside High School, 1725 E. Bilby Road, Tucson, AZ 85706

Entry Fee: \$150 per team, Boys & Girls \$300. Please mail entry fee check to: Sunnyside High School, Attn: Irene Diaz, 1725 E. Bilby Road, Tucson, AZ 85706 by: April 2, 2010

Sanction: Meet Sanctioned as State Outside Qualifying for 4A/5A Conferences

Teams Participating: Amphi, Buena, Casa Grande, Canyon Del Oro, Catalina Foothills, Cienega, Desert View, Empire, Flowing Wells, Ironwood Ridge, Marana, Marana Mt. View, Palo Verde, Rincon, Rio Rico, Sabino, Sahuarita, Salpointe, Santa Rita, Sunnyside

Entry Limitations: Each team may enter TWO (2) athletes per event and one (1) team per relay.

All entries will be collected at www.athletic.net. If you have never completed entries this way, contact Andy Sense at (520) 975-3501 or asense@amphi.com for more comprehensive instructions. REMEMBER: Athletic.net automatically corrects any seed time not specifically designated with an "a" (automatic) or a "c" (corrected) after it. For example, if an athlete ran an 11.1 second hand-timed 100m, and you want to correct it, enter "11.34c." If an athlete posted an electronic time of 11.10, designate it as such by entering "11.10a."

Entry Deadline: 6pm, Monday, April 19th.

A tentative Meet Program will be sent to coaches by 10pm on Monday, April 19th and posted on the Athletic.net Meet Registration page. Contact Andy Sense at 975-3501 or asense@amphi.com with questions or problems with entries .

A Meet Program will be posted by 8pm on April 20th at www.amphi.com/teachers/asense/t&f.html. One will also be sent to www.arizonatrack.com. If you have changes or corrections to make after that point, email them to asense@amphi.com by 7pm on Wednesday, April 21st. No changes will be accepted on the day of the meet. Contact Andy Sense at 696-5404 or asense@amphi.com if you have trouble completing your entries

Opening Heights High Jump & Pole Vault

Boys High Jump – 5'8" Girls High Jump – 4'6" Boys Pole Vault – 9'0" Girls Pole Vault – 7'0"

High Jump 2" height increases to 5'2" (girls) then 1" height increase
2" height increases to 6'4" (boys) then 1" height increase

Pole Vault 6" height increases to 9' (girls) then 3" height increase
6" height increases to 12' (boys) then 3" height increase

Field Events – Shot, Discus, Triple Jump & Long Jump – 9 best efforts will qualify for finals
3 preliminaries throws /jumps – finalist's additional 3 throws / jumps. ****Note**** on the throwing and horizontal jumping events, will mark the 1st attempt and the subsequent attempts will only be measured if it exceeds or is close to the donkey line.

Implements

"Sunnyside HS will provide all of the throwing implements to be used in the Discus and Shot put competition. These implements will be kept on a rack and will be available to warm up with. **NO OTHER IMPLEMENT WILL BE USED IN COMPETITION.** If you have a special implement you may call prior to the meet to petition its usage. It will be weighed and left on the rack for the entire competition and any athlete may use it."

Coaches will need to sign a form acknowledging that all their athletes are legally equipped, understand the maximum participation, uniform, and sportsmanship rules.

Standard Criteria

Boys Long Jump – 18’	Girls Long Jump – 14’	Boys Triple Jump – 38’	Girls Boys Triple Jump – 30’
Boys Shot Put – 40’	Girls Shot Put – 30’’	Boys Discus – 110’	Girls Discus – 80’

Order of Events

8:15 a.m.	Coaches Meeting: -- Hospitality Room (underneath stadium)
9:00 a.m. – Field Events	Boys’ High Jump followed by Girls Boys’ Discus / Girls’ Shot Put / Girls’ Pole Vault followed by Boys
10:30am – Running Events	Girls’ 3200M Run Section 1 of 2 Boys’ 3200M Run Section 1 of 2 Girls’ 100 Hurdles (Prelims) (5 Heats) Boys’ 110M Hurdles (Prelims) (5 Heats) Girls’ 100M Dash (Prelims) (5 Heats) Boys’ 100M Dash (Prelims) (5 Heats) Girls’ 1600M Run (Final)-- Section 1 of 2 Boys’ 1600 M Run (Final)—Section 1 of 2 Girls’ 4 x 100M Relay – Finals in Sections (Heats 1 & 2) Boys’ 4 X 100M Relay – Finals in Sections (Heats 1 & 2) Girls’ 300M Low Hurdles (Final) (5 Heats) Boys’ 300M Intermediate Hurdles (Final) (5 Heats) Girls’ 800M (Final) (Sections 1 and 2 of 3 Sections) Boys’ 800M (Final) (Sections 1 and 2 of 3 Sections) Girls’ 200M Dash (Prelims) (5 Heats) Boys’ 200M Dash (Prelims) (5 Heats)
1:00 pm – Field Events	Girls Long Jump - 2 Hour Open Pit followed by Finals, Boy’s Long Jump- 2 Hour Open Pit Followed by Finals
2:00	Girls’ Discus /Boys’ Shot Put Girls’ Triple Jump – 2 Hour Open Pit followed by Finals to follow LJ Boys’ Triple Jump – 2 Hour Open Pit followed by Finals to follow LJ -
4:30pm – Running Events Finals	Girls’ 4 X 800 Relay (Finals) Boys’ 4 x 800 Relay (Finals) Girls’ 100 M High Hurdles (Finals) Boys’ 110M High Hurdles (Finals) Boys’ 100M Dash (Finals) Girls’ 100M Dash (Finals) Girls’ 1600M Run (Final) -- Section 2 Boys’ 1600 M Run (Final)-- Section 2 Girls’ 4 X 100M Relay – Heat 3) Boys’ 4 X 100 M Relay – (Heat 3) Girls’ 400M Dash (Final) (5 Heats) Boys’ 400M Dash (Final) (5 Heats) Girls’ 800M Run (Final) –Sections 3 Boys’ 800 M Run (Final) – Section 3 Girls’ 200M Dash (Final) Boys’ 200M Dash (Final) Girls’ 3200 M Run (Final) – Section 2 Boys’ 3200M Run (Final) -- Section 2

Girls' 4 x 400M Relay (Final) (3 Heats)

Boys' 4 x 400M Relay (Final) (3 Heats)

****** Only Certified Coach's will be allowed in the Pole Vault Box******

***** NO Warm-ups are allowed in the field events unless a coach or official are present*****

NOTE: This is a Rolling Schedule. Please Remind Your Athletes of Event Order.

Calls per event will be made by the meet announcer and will be as follows:

- First Call- followed by report call At report call all athletes participating in that event must be either in the bull pen (near the south end of the stadium) or at the field event area. Athletes who do not have a track school issued uniform will not be allowed to compete in that event.

Advancement to finals: Preliminaries will be conducted in the following running events: 100 Hurdles, 110 Hurdles, 100 meters, and 200 meters. Heat winners and next fastest in lane races totaling 8 to finals in these events

The 4x800, 1600, 400, 300 Hurdles, 800, 3200 & 4x400 & 4x100 will be timed final.

Scoring: 10 - 8 - 6 - 5 - 4 -3 - 2 - 1

Awards: Medals to Top 3 Places, Medals will be given at the end of each final event. Medals to top three finishers in all individual events

Trophies: Team Champions & Runner-up plaques for boys & girls

Plaques: Outstanding male & female athletes

[Each school will receive a ballot in your packet upon arrival]

Admission: Meet is a ticketed event: Adults & Students - \$3.00

Entrance for participants /schools: A participant/school entry gate will be open until the start of the meet on the west side of the stadium on Del Moral Rd. **Only competing athletes and 2 managers will be allowed free entrance. Hands will be stamped when athletes & managers enter.**

Parking: School vans and Busses will park along Del Moral, only; coaches, athletes and managers will be allowed to enter through this entrance.

Trainers: available and will tape your athletes. Please bring your tape & ICE bags

What to Bring: You will need to provide your batons, vaulting poles, measuring tapes, and towels, canopies/tents (shade).

Concession: There will be a concession stand at the meet site for your convenience.

Event t-shirts sold by: American Graphics