

# **Gaucha Relays**

**High School Division**

**Wednesday March 14, 2012**

**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 12, 2012**

**On-line entries – [www.athletic.net](http://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

*By vote of the schools attending = this meet has been changed to **Wednesday March 14, 2012. Start time be 3:00pm.***

# GCC Gaucho Relays

## **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 Unless 2 rings are available.
- 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. **(relay scoring – *only top 3 individuals will receive awards*)**

**Pole Vault:** GCC has a 'soft box' be sure to check your pole tips. Pole Vault verification form to be completed and turned in at the site on meet day.

## Pole Vault Weight Verification

**School:**

NAME OF VAULTER	WEIGHT*	POLE RATING

NAME OF VAULTER	WEIGHT*	POLE RATING

**\*INCLUDES FULL COMPETITOR UNIFORM AND FOOTWEAR**

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**Signature of Coach**                      **Date**                      **Signature of Athletic Director**

### Note to School Officials

**Rule 7-5-3** The competitor's weight shall be at or below the manufacture's pole rating. The manufacturer must include on each pole: the pole rating that shall be a minimum of 3/4 inch in a contrasting color located within or above the top hand-hold position; a one-inch circular band indicating the maximum top hand-hold position being determined by the manufacturer. Prior to competition the coach must verify that all of the school's pole vaulters and poles meet these requirements.

**Rule 7-4-4** A competitor shall not use a variable weight pole, a pole which is improperly marked or a pole rated below his/her weight, or any other equipment that is not legal during warm-up or competition. **NOTE:** Altering the pole in any fashion renders it illegal.