

Deer Valley Unified District
Boys and Girls
Track and Field Championships
April 18th and April 20th, 2022

HOST SCHOOL:

Sandra Day O'Connor
25250 N. 35th Ave.
Phoenix, Az. 85083
Phone: 602-467-6737
Fax: 623-445-7180

Meet Director:

Eric Bolus
O'Connor
Phone: 602.826.7536

Cost: \$400.00 Please have checks made out to "SDOHS Track Booster"

ENTRIES

1. Four (4) entries per school in each individual event are permitted.
2. One (1) entry per school in each relay event is permitted.
3. All entries for this meet are to be made through MileSplit
3. All entries are due by 9:00 p.m. on Saturday April 16. No additional entries will be allowed after this time.
5. Athletes shall not compete in more than four (4) events including relays.
6. The meet seedings will emailed prior to April 18th.

FACILITIES

1. SDOHS has an eight (8) lane all weather track. Spikes of 1/4 inch or less may be worn.
2. Shot Put and Discus circles are on brushed concrete slabs. No spikes may be worn.
3. Javelin will be competed on a Grass Runway
4. The Pole Vault and Long Jump Runways are all-weather. Flats or spikes of 1/4 inch or less may be worn.
5. The High Jump approach is all-weather. Flats or spikes of 1/4 inch or less may be worn.

MEET CONDUCT

1. National Federation Rules will be used to determine heats, lane assignments, flights and flight position.
2. Meet procedures will follow those which are to be used in the State Championship Meet as determined by the games committee.
3. Competitors must wear a legal uniform. (see Track and Field Rule Book)
4. Only Competitors and meet officials will be allowed on the track and the infield. Please stay away from the inside of the track at all times.
5. Coaches and athletes not directly involved in competition will sit in the bleachers, or in the areas designated for viewing the shot put, discus, LJ and TJ. **There will be a coach's box for Pole Vault and Horizontal jumps.**

SPECIAL INSTRUCTIONS TO ATHLETES

1. Report to the CLERK OF THE COURSE (which is located at midfield)
Competitors will:
 - a. Receive lane assignments
 - b. Receive starting instructions.
2. If a competitor **fails to report** to the CLERK OF THE COURSE, he or she will not be able to compete.
3. Runners in the 100, 200, 400, all hurdle races and the last runner in the 4X100 relay must remain in their own lane after the completion of the race and wait at the finish line until dismissed by the HEAD FINISH JUDGE.
4. We will call the top four athletes to the award stand to receive medals shortly after the event.
5. If a competitor does not report for the start of a race, that lane will be left open.
6. **A competitor who commits a false start will be disqualified.**

Games Committee:

The following coaches and officials will be on the games committee. The school that has the issue will be replaced by Ron Smith

Eric Bolus, SDOHS
Chad Miller, MRHS
Kevin Riegle, DVHS
Tom Clark, BCHS
Bill Scott, BGHS
Ron Smith

TRACK EVENTS

1. The order for running events will be **Girls followed by Boys**.
2. Seeding will be done by the Meet Director and the Clerk of the Course. Coach's entries will be used in seeding runners in all events.
3. 1600 Meters
 - a. A box alley start will be used.
 - b. Depending upon the number of entries, the meet director will determine if one or two heats will be run.
 - c. If two heats are run, the fastest competitors will be placed in the second heat.
 - d. The number of runners in each heat will be determined by the Meet Director.
4. 3200 Meters
 - a. A box alley start will be used.
 - b. One heat will be run for boys and one heat will be run for girls.
5. The 1600 Meter Relay will be run from a three turn stagger.

FIELD EVENTS

1. Implement weigh-in will occur at 4:00 pm for both sessions. Weigh-ins will take place in the eastside snack bar.
2. Implements which do not pass will be confiscated until the end of the session.
3. Competitors must adhere to the time limits as stated in the Federation rules. Competitors should make a reasonable effort to get to their event as soon as possible. Communication with the head event judge and the CLERK OF THE COURSE is crucial.

4. Seeding will be based on reverse order of the distance or heights listed on the entry form.
The best performances will be placed in the last flight.

5. Shot Put and Discus

- a. Depending upon the total number of entries, “Prelim” competition will be conducted in four flights of nine (9) competitors each.
- b. After the completion of all flights, the top nine (9) competitors will advance to the finals.
- c. Seeding in the finals will be in reverse order.
- d. A 34.92 degree throwing sector will be used for both shot put and discus.

6. Long Jump/Triple Jump

- a. Prelims will be in flights.
- b. After completion of Prelims, the top nine (9) competitors will advance to the finals.
- c. Seeding for the finals will be in reverse order.

7. High Jump and Pole Vault.

- a. The “Five Alive Procedure” will be used.

8. Pole Vault

- a. A competitor’s weight shall be at or below the manufacturer’s pole rating.
- b. A competitor shall not use a variable weight pole, a pole which is improperly marked or a pole rated below his/her weight during warm-up or competition.
- c. It is the responsibility of the coach to verify the competitor will use A legal pole rated at or above his/her weight.
- d. All pole vaulters will be weighed and the coach will be required to sign a Verification form.
- e. A vaulter will be allowed one run through for each 3 heights that he/she passes on.

9. Javelin

- a. We will weigh all Javelins
- b. Competitors will be given 3 pre-lim throws and top 9 will get 3 throws in the finals

TRAINER:

The training tent will be located near the finish line.

RESTROOMS:

Located on the north side of the snack bar.

CONCESSIONS:

Will be available.

T-SHIRTS:

Will be available at the northwest end of the track behind the home bleachers.

SCORING:

Individual Scoring in all events will be:

First Place	8 Points
Second Place	6 Points
Third Place	4 Points
Fourth Place	2 Points
Fifth Place	1 Points

Relay Scoring will be:

First Place	8 Points
Second Place	6 Points
Third Place	4 Points
Fourth Place	2 Points

AWARDS:

Medals will be given to the top three (3) individuals in each event and to the individuals in the top three (3) relays. A **traveling** trophy will be awarded to the girls and boys champions. We will also award a male and female athlete of the meet, the criteria will be points earned in individual events and if there is a tie we will add $\frac{1}{4}$ of relay points to their total. IF that doesn't determine the winner, we will use state rankings.

ADVANCEMENT TO STATE:

The same as any invitational.

SUPPLEMENTAL INFORMATION:

1. **Coaches are not allowed to be in the infield or inside flagged off areas during competition. (Except Pole Vault and Horizontal jumps)**
2. Athletes will be allowed to warm up on the track 15 minutes before competition begins. At that time the track will be closed. There will be a warm-up area set-up on the top practice field to the east of the disc ring.
3. Team seating should be on the east bleachers. The west bleachers will be for paid spectators.
4. The concession stand are located on northwest side of the track.
5. Admission will be \$6.00 for adults, 4.00 for students and children under 10 are free. AIA passes will be honored. **WE WILL BE TAKING CASH AT THE DOOR, NO TICKET LINK**
6. Teams may camp in or behind the east bleachers.---No camps in the West (Home) stands
7. Buses must park in the lot in front of the PA building

8. Field event assignments:

Each team is to provide workers for one field event. We will pay **\$50** per event per day (it's not per person) at the end of each day for each field event. In district coaches will get extra duty pay.

SDOHS/Deer Valley

SDOHS

Boulder Creek

Boulder Creek

Goldwater

Mountain Ridge

SDOHS

Deer Valley

Meet Referee

Clerk of the Course

Starters

Announcer

Head Field Judge

Seeding/Timing/Scoring/Meet Management

Pole Vault

Finish Line (Head Umpire)

High Jump

Long Jump/Triple Jump

Discus

Shot

Javelin

Jason Moniz

Weston Vannoy

Jim Hershberger/Bob Covington

Ron Smith/Scott Meigh

C.J. Morgan

**Deer Valley Unified District
Track and Field Championships
Monday April 18 and Wednesday April 20, 2022**

Monday- April 18, 2022

3:30 Coaches Meeting

4:30 Field Event Finals

Shot Put - Boys

Discus – Girls

High Jump - Girls

Triple Jump- Boys

Pole Vault – Boys **(5:00)**

Long jump-Girls **(6:30)**

Javelin-Boys **(6:30)**

5:30 3200 Meter Relay - Girls Final

(5:50) 100 Meter Hurdles Prelims - Girls

(6:05) 110 Meter Hurdles Prelims - Boys

(6:20) 100 Meter Prelims - Girls

(6:35) 100 Meter Prelims - Boys

(6:50) 1600 Meter - **Boys Final**

(7:00) 400 Meter Prelims - Girls

(7:15) 400 Meter Prelims - Boys

(7:35) 300 Meter Hurdles Prelims - Girls

(7:45) 300 Meter Hurdles Prelims - Boys

(8:00) 800 Meter - **Boys Final**

(8:10) 200 Meter Prelims - Girls

(8:20) 200 Meter Prelims - Boys

(8:30) 3200 Meter – **Girls Final**

**Deer Valley Unified District
Track and Field Championships
2022**

Wednesday- April 20th, 2022

3:30 Coaches Meeting

4:30 **Field Event Finals**

Shot Put - Girls

Discus - Boys

High Jump - Boys

Triple Jump-Girls

Pole Vault – Girls **(5:00)**

Long Jump-Boys **(6:30)**

Javelin-Girls **(6:30)**

5:30 3200 Meter Relay - **Boys Final**

100 Meter Hurdles - **Girls Final**

110 Meter Hurdles - **Boys Final**

100 Meter -**Girls Final**

100 Meter -**Boys Final**

1600 Meter – **Girls Final**

400 Meter Relay - **Girls Final**

400 Meter Relay - **Boys Final**

400 Meter - **Girls Final**

400 Meter - **Boys Final**

300 Meter Hurdles - **Girls Finals**

300 Meter Hurdles - **Boys Finals**

800 Meter - **Girls Final**

200 Meter - **Girls Final**

200 Meter - **Boys Final**

3200 Meter - **Boys Final**

1600 Meter Relay -**Girls Final**

1600 Meter Relay -**Boys Final**