

13th Annual Apollo High School / Hal Anders Track Invitational

Saturday, April 08th 2023

MEET INFORMATION PACKET

THIS IS AN AIA SANCTIONED STATE QUALIFYING MEET!

In the event of a rain/lightening cancellation, no rescheduled date will be assigned.

7:00	Javelin
9:00	Coaches Meeting and Shot/disk Weigh-Ins
10:00	Field events begin
11:00	Track events begins <u>THIS IS A TIMED FINALS MEET ONLY!</u>
	***New timing system along with a digital time display. ***
4:00 pm	Approximate time for meet to end with trophies and plaques awarded Medals will be in a large manila envelope for each team

LOCATION: Apollo High School
ADDRESS: 8045 N 47th Ave. Glendale, AZ 85302
623-435-6300

- Recommended that buses drop athletes off at the student parking lot, next to the track.
- Buses may park in front of the office or on campus.
- Mini buses and spectators may park in the student parking lot.

ENTRY: Entry Fee is \$175.00 per team (Boys and Girls Squad totals \$350.00)

Checks payable to Apollo High School. Please send payment to Anthony Ditto at Apollo High School, 8045 N 47th Ave. Glendale, AZ 85302

• **All entries MUST be entered at azmilesplit.com no later than 1:00 pm on Thursday, April 6.** This will allow for having live results and final results in azMileSplit.com.

• **Any last-minute changes must be in by 9 am, Friday April 7.** Email those changes directly to Bob Morris bomo1955@yahoo.com.

If there are problems or issues, contact hilary.mccarthy@guhsdaz.org (cell 602-509-4485)

No substitutions or additions on the day of the meet!!!!!! If there are extenuating circumstances, please contact meet director Hilary McCarthy.

ADMISSION: Adults - \$5.00 / Students and children \$3.00 /
Children under 5 – free

FACILITY: TRACK: Apollo has an 9-lane all-weather track. Athletes are to use flats, ¼" or 1/8" spikes. Any violation will result in immediate disqualification from the meet.

RUNWAYS & APRONS: All jumping events are placed on all-weather surfaces. Same spike rules apply to all jumping events. Starting blocks will be furnished by Apollo High School, or individuals may bring their own. Apollo will not be liable for damage or loss to other starting blocks.

Shot Put and discus surfaces are concrete. Weigh-Ins will begin at 9:00 AM at the entrance to the facility. Only implements that make qualifications will be used.

Javelin runway is grass.

Each school is to provide their own batons, shots, javelins and discs.

TAPE IS NOT ALLOWED AS MARKERS ON ANY PART OF THE FACILITY. Cut tennis balls will be provided for relays.

Timing of all running events will be done electronically. The track events will run according to the set sequence schedule. Any malfunction of the electronic system will defer to hand held times, preventing that event from being marked as state qualifying.

RULES and REGULATIONS: 2023 State and National FHS track and field rules will be fully enforced. New rules revisions will be followed.

All non-participants and coaches must stay away from the finish line at all times during the meet. Please no standing along the railing in the bleachers. **Team camps** may be set up in areas indicated by the map which includes the **north side** of the facility or in the bleachers to the north of the football field. No athletes or team canopies allowed in the south bleachers.

PARTICIPATION: Each team may enter **two participants** per event and one relay team. You MAY NOT ADD athletes or substitute on meet day. **All entries must be entered online through azmilesplit.com no later than 1:00 pm on Thursday, April 6th.** If you have any questions regarding the site or entry process, please contact Bob Morris at 623-694-2405.

AWARDS: Medals will be awarded 1st through 4th places. Medals will be packaged by school and can be picked up in the press box when your team has finished for the day. Due to transportation constraints, some schools may need to leave Apollo before medals are officially divided and awarded. These medals will be mailed to your school on Monday April 18th.

TROPHIES: Team Champions, 2nd place trophies, and 3rd place plaques will be awarded for both boys' and girls' squads.

SCORING: All scoring will follow 10-8-6-5-4-3-2-1

RUNNING EVENTS: ALL EVENTS WILL BE RUN AS (TIMED) FINALS. NO PRELIMINARY/QUALIFYING HEATS. THE HEATS WILL BE SEEDED AND RUN IN ORDER FROM SLOWEST SEED TIMES TO FASTEST. PLEASE ENTER ELECTRONIC SEED TIMES ONLY. This is done so that athletes will only have 4 events maximum to participate in on this one day meet.

- The 200m will be run on a full curve.
- The 400m will be run in lanes.
- The 800m MAY be run in two separate heats (boys slow & fast heat / girls slow & fast heat). All four to be run in as timed finals. Coaches meeting decision whether or not to run this way or in one heat for each gender.
- 1600m girls and boys; 1 heat each.
- The 3200m will be run in 2 heats - gender separated.
- We will use "box alley" starts for the 4x800m, 800m, 1600m, and 3200m races.

- The 400m and 1600m relays will be run in heats as seeded timed finals (no prelims). We will use electronic times to determine the places to reduce the wear and tear of sprinters. We will also be using a three-turn stagger for the 4x400m relay.
- We will run a single heat of the 4x800m relay for the boys and a single heat for the girls, unless decided differently at coaches meeting.

FIELD EVENTS:

- Boys and Girls High Jump and Pole Vault starting heights will be determined at the coaches meeting. I am looking at Girls HJ @ 4-3, PV 6-1, with Boys HJ 5-3, and PV 8-1.
- The bar in the Boys High Jump will be raised 2" at a time until 6'0" has been reached. At that point, it will then be raised 1" at a time. The bar in the Girls High Jump will be raised 2" at a time until 5'0" has been reached, and then raised 1".
- The bar in both the Boys and Girls Pole Vault will be raised 6" at a time or as determined by final competitors.
- Shot Put and Discus: Competitors will each get THREE THROWS, with the best mark being carried over to the finals. The top nine throwers will move onto the finals, allowing three additional throws. First throw will be measured regardless of hog line and then the hog line for remaining throws. Hog line for shot put boys 30' and girls 20', discus boys 90' and girls 60'.
- Javelin: Competitors will have FOUR THROWS with no finals. First throw will be measured regardless of hog line and then the hog line for remaining throws. Hog line is boys 90' and girls 60'.
- Long and Triple Jump: Competitors will get THREE JUMPS, with the best mark being carried over to the finals. The top nine jumpers will move onto the finals, allowing three additional jumps.

LANE ASSIGNMENTS: TIMED FINALS ONLY; assigned by seeded times.

GAMES COMMITTEE: Head starter, Jim Hershberger– Head Official, Bob Morris, Hilary McCarthy, Randal Orr, Anthony Ditto

RUNNING SCHEDULE: We are on a running schedule. It is the responsibility of the athletes and coaches to know the order of events. Order of events is attached. We will begin running events promptly at 11:00 AM. Events will run straight through (heats per lane events and 2 for distance events and distance relays if needed)

GENERAL INFORMATION:

Curve Judges and Exchange Inspectors will be used. Infractions will be signaled with a red/white flag, resulting in a disqualification for teams who violate the exchange.

Athletes must stay in their lanes at the conclusion of their race and wait for the judges to come to you. Please do not return to the finish line.

Athletes must report to the staging area or "bullpen" by the 2nd call.

In the bullpen, athletes will receive the following information...

- Receive starting instructions.
- Receive their lane assignment.
- Checked for proper uniform.

Athletes who have not reported to the bullpen by the 3rd call may not be allowed to participate in that event.

The Meet Directors have the authority to run the meet in the best interest of the meet and the athletes. It is the responsibility of the Games Committee to make any decision appealed past the meet directors. There will be no locker room facilities available. Bathrooms are located on the north side of the gym, just south of the racquetball courts. Any jumping of fences or destruction of the Apollo facilities could result in removal from the event. PLEASE: No radios, CD players, Frisbees, football, etc. allowed near the track. NOISE DISRUPTS THE START OF RACES. Please keep all athletes in the outer area off the north side of the track.

Heat Sheets and results will be available in MileSplit live. Coaches, please be patient when waiting for postings. Stay away from the Automatic Timing tent and do not ask for results ahead of postings. Final results will be posted on <https://az.milesplit.com> and Athletic.net.

SCHEDULE of EVENTS

7:00 Javelin weigh in

8:00 Girls Javelin 60' hog line / Boys Javelin 90' hog line If there is a large number of throwers, then girls will start at **7:30**.

9:00 Coaches Meeting in the cafeteria.

9:45 Final field event run throughs. Athletes may run through from 9:15 through 9:45 **if there is a judge at the event.**

10:00 Field Events: Prelims to be followed by Finals. Judges will announce finalist and take a 15-minute break before finals.

- Girls Discus 60' hog line / Boys Shot 30' hog line
- Boys H-J through Completion 5'3" starting height
- Girls PV through Completion 6'1" starting height
- Girls L-J (east pit) / Boys T-J (west pit) – open pit from 10-11:30. Finals will follow.

ALL FINALIST FIELD EVENTS WILL BE ANNOUNCED...Then

- Boys Discus 90' hog line / Girls Shot 20' hog line
- Girls H-J through Completion 4'3" starting height
- Boys PV through Completion 8'1" starting height
- Boys L-J (east pit) / Girls T-J (west pit) – open pit from 12:00-1:30. Finals will follow.

11:00 TIMED Running event FINALS

1. 4 x 800m – Boys / Girls
2. High Hurdles – Boys / Girls
3. 100m – Boys / Girls
4. 1600m – Boys / Girls
5. 4 x 100m Relay – Boys / Girls (two or more heats each – places determined by times)
6. 400m – Boys / Girls
7. 300m I-H – Boys / Girls
8. 800m – Boys / Girls
9. 200m – Boys / Girls
10. 3200m Boys / Girls (Finals – one heat)
11. 4x400m Relay – Boys / Girls (two or three heats each – places determined by times)

4 PM (or as soon as possible following the final event completion) Presentation of Team Places and Plaques Awarded to Top Three Finishing Programs

There will be T-Shirts “Karma Graphics” vendor throughout the day. Coaches, there will also be a hospitality area in the cafeteria.