



THIRD ANNUAL Shadow Ridge Showcase

TRACK & FIELD INVITATIONAL
Saturday, March 11th, 2023



This is the third annual Shadow Ridge Showcase. This IS a state qualifier! There will be timing by Wingfoot Finish as well as top three awards for each event and a champion trophy. We will have 20 teams attending, with three entries per team per event. The girls and boys will run separate races for the 1600/3200 events.

- LOCATION:** Shadow Ridge High School 10909 N Perryville Rd, Surprise, AZ 85388
- ENTRY FEE:** \$350 per team or single gender \$200 boys or \$200 girls.
- PAYMENT:** Make checks payable to: Shadow Ridge High School Athletics (include a copy of your PO with check)
Payments are due by: **Friday, March 3rd, 2023.**
- ENTRIES:** Each team gets **THREE** entries per event. **These are due on MILE SPLIT by Thurs. March 9th, 2022 9pm**
- SCORING:** We will be giving medals to 1st 2nd and 3rd place for each event. Each race is a FINAL race! We will also be giving a team award for 1st place boys overall and 1st place girls overall at the end of the track meet.
- START TIME:** Gates open at 8AM; Weigh Ins start 8:00 AM; coach's meeting 9AM; field events 9:30AM; running events 10AM. Approximate end of meet we are estimating to be around 5 PM. There will be a very short intermission after the DMR so our volunteers and officials can take a bathroom/lunch break.
- FIELD EVENTS:** Each athlete gets 4 attempts and no finals for field events. Please bring your own implements. There will be weigh-ins at 8:00AM. HOG lines are TBA. For pole-vault, estimated starting heights are 6-foot for girls and 8-foot for boys (TBA based on athlete ability). HJ opening heights will be decided on meet day.
- CONCESSIONS:** We will be offering a variety of food trucks in place of concessions. Bring cash. Please ensure your team brings plenty of water - there will be no water distribution at the finish line.
- HOSPITALITY ROOM:** We will be offering a salad/wrap lunch for all coaches in the weight room.
- T SHIRTS:** There will be a T-Shirt table available for contenders, coaches and spectators to purchase.
- SPECTATORS:** Cost is \$10 - pre-pay online. Kids 5 and under are free. Pre-pay GO FAN link will be sent to you the week of the meet.
- PARKING:** Athlete drop off will be in the parking lot right off of Perryville Road next to our softball fields. Bus Parking will be communicated to you before the event. Maps will be sent to you week-of.
- CONTACT INFO:** Sarah (Iz) Davis sarah.davis@dysart.org Leland Dick leland.dick@dysart.org

Contact form: All coaches please fill this out!

https://docs.google.com/forms/d/e/1FAIpQLSckAKUX0fe3zyRU7Vd8uuv9Noa25ZcJBCH1XwScqEr6LkrNhW/viewform?usp=sf_link

Governing Board: Chrystal Chaffin, Dawn Densmore, Christine A.K. Pritchard,
Jennifer Drake, Jo Grant





Schedule for Running Events

10 AM Start - Race start will be boys first, girls second

4x800M Relay

100M Hurdles

100M

1600M

4x100M Relay

400M

DMR

(30 minute intermission for officials and volunteers)

SMR

300M Hurdles

800M

200M

3200M

4x400M Relay



AWARDS: Top three athletes per event will pick up their medals at the awards tent

Schedule for Field Events

Throws:

8:00am: Weigh Ins Start @ throws area

9:00am: Warm Ups Start

9:30am: Girls Discus will run at the same time as boys shot and then we will switch.

Approximately 1pm: After discus and shot are finished, we will move to Javelin. There are two runways and we will have boys on one runway and girls on the other.

Jumps:

9:00am: Warm Ups Start

9:30am: Boys triple and girls long will run at the same time (both pits) and then switch genders.

9:30am: Boys pole vault will run followed by girls pole vault

Approximately 12pm: Once vault ends, we will start high jump