



Desert Vista



Last Chance Meet

Hosted by Desert Vista High School

16440 S. 32nd St. Phoenix, AZ 85048

Date: Friday, May 4th 2012

Welcome to the Last Chance meet. We are pleased to be hosting this exceptional track meet. Enclosed you will find important information about the meet. **This will be a state-qualifying meet for 1A-5A, and considered a NON-SCORING MEET.**

Meet Director: TJ Snyder – Desert Vista Athletic Director: (480) 706-7900 Fax (480) 706-7976 email: tjsnyder@tuhsd.k12.az.us . Questions may also be directed to Susan Slavin, Athletics Admin Assistant @ sslavin@tuhsd.k12.az.us or Cassandra Cline-McKenzie, Co-Head Coach @ ccline@tuhsd.k12.az.us .

Payment:

The Entry fee for both Boys and Girls per athlete would be \$8.00 and relay teams \$10.00. There will be a fee “cap” for a team of \$275.00 Make Payment out to Desert Vista Athletics.

Entries:

Each school will be allowed unlimited entries per individual event and **one (1) relay teams** per school. Please enter athletes who have a chance to meet the qualifying(see entry standards) marks. Please do not enter athletes just to get another chance to participate. The goal is to allow the athletes another chance to qualify for the State Meet. Entries will be entered on **Athletic.net** and **MUST** be entered by **TUESDAY MAY 1st by 2 p.m.** Changes will be allowed until **9pm on May 3rd**. Scratches will be made at the meet in the coaches meeting. **REGISTER on athletic.net “Desert Vista Last Chance Meet”.** **Please see attached form for entry standards.**

State Qualification:

The meet results will be sent to the AIA at the completion of the meet and posted on Arizona Track.

Events:

All track events will run as finals (heats against time), in multiple-sections as needed.
100, 200, 400, hurdle events will start and finish in same lanes

Distance events will use same start as state, waterfall/box alleys.

Track athletes must check in with the clerk of the course in the bull pen at the north end of the track to pick up hip numbers.

Girls Track Races will go first followed by Boys.

Relays: all 4 athletes must report to the starting line.
4 x400 relay will be a three turn stagger.

Four (4) attempts will be given in the horizontal jumps. Four (4) attempts will be given in the throws.

Throwers may bring their own shots and discs. Weight in will take place from 3:00 to 3:30 next to the concession stand on the south end of the track on the west side.

Pole Vault weigh-ins will take place from 3:00 pm. to 4:00 pm. in the north end of the Track under the bleachers. Pole Vault will increase in 6" increments, then 3". Special heights due to records and state qualifying will be implemented if needed. Coaches will be allowed in the coach's box for their athletes.

Long Jump: Boys and girls will compete at the same time. Long Jump pit is open from 4 p.m. until 5:30 p.m. Triple Jump will follow with the pit open until 7 p.m.

High Jump: Girls will begin first, Boys will follow.

Official rules will follow NFHS rules. This includes Jewelry and Uniform rules, and Electronic devices will not be allowed on or inside the track. This includes for field events.

Coach's boxes will be provided for coaches at each field event. Please make sure your event coach checks in with head event judge. For Track events, no coach will be allowed on or inside the Track.

Warm up area will be provided on the tennis courts just south of the track.

Bull pen will be set up on the infield on the south end of the stadium.

Games committee will be announced at the coaches meeting.

MISC:

Concessions will be available.

There will be no awards given.

Trash bags will be provided for each team camp.

Coaches hospitality will be provided for each team.

Results will be posted next to the hospitality room.

Heat sheets will be provided to each team and posted next to the south end of the track.

Trainer will be available under the canopy adjacent to the hospitality room. **If an athlete needs taped they must provide their own.**

If you have any further questions or comments, please feel free to contact me.

Cassandra Cline-McKenzie

Co-Head Coach

Desert Vista HS

ccline@tuhsd.k12.az.us 602-999-1757

TENATIVE TIME SCHEDULE:

- 3:00 Shot, Discus & Pole Vault Weigh-ins begin.**
- 3:30 Coaches Meeting – H-101**
- 3:45 Long Jump pit open for warm up runs.**
- 4:00 Boys Shot, Girls Discus, Boys Pole Vault, Girls High Jump**
- 4:30 Girls 3200m Relay/Boys 3200m Relay**
- 4:45 Girls 110 HH/Boys 100HH**
- 4:55 Girls 100m/Boys 110m**
- 5:05 Girls 1600m/Boys 1600m**
- 5:20 Girls 400m Relay/Boys 400m Relay**
- 5:35 Girls 400m/Boys 400m**
- 5:45 Girls 300H/Boys 300 H**
- 5:55 Girls 800/Boys 800**
- 6:15 Girls 200m/Boys 200m**
- 6:25 Girls 3200m/Boys 3200m**
- 6:50 Girls 1600m Relay/Boys 1600m Relay**

**** We will keep a rolling schedule. Please make sure your athletes listen to calls.**

LAST CHANCE QUALIFYING STANDARDS

Division 1 and 2

	Boys	Girls
EVENT		
H. HURDLES	16:00	17.20
100 METERS	11.40	13.20
1600 METERS	4:40.00	5:40
400 METERS	51.60	62.60
300 HURDLES	41.90	50.00
800 METERS	2:02.00	2:30.00
200 METERS	23.00	27.00
3200 METERS	10:16.00	12:40.00
POLE VAULT	12'6	8'3
HIGH JUMP	6'0	4'10
LONG JUMP	20'0	15'4
TRIPLE JUMP	40'6	31'6
SHOT PUT	43'0	30'6
DISCUS	122'0	93'0

Division 3 and 4

	Boys	Girls
EVENT		
H. HURDLES	18.00	19.20
100 METERS	11.70	14.10
1600 METERS	5:20.00	6:20.00
400 METERS	55.50	1:12.00
300 HURDLES	47.00	59.60
800 METERS	2:12.50	2:47.00
200 METERS	24.00	30.00
3200 METERS	10:56.00	14:00.00
POLE VAULT	10'0	7'0
HIGH JUMP	5'6	4'6
LONG JUMP	16'6	12'8
TRIPLE JUMP	34'0	28'0
SHOT PUT	36'0	25'0
DISCUS	105'0	75'0

How to Submit Meet Entries Online

Athletic.net is a resource for high school Track & Field and Cross Country coaches, offering free **statistic tracking**, easing **meet registrations**, and providing free tools to simplify common coaching tasks. Follow the 4 steps below to get started:

1. Locate your school and sign up for a free coach account

- In a web browser, go to the website: www.athletic.net
- Locate your state, and then your school
- Once on your school's page, locate the "**Sign Up Here**" link, click it and follow the instructions
- After you have received the confirmation email, you may proceed to the next section

2. Enter your season calendar

- Use your email address and password to sign into the website, and again locate your school's page
- Click on "**Edit Calendar**" from the Coaches Tool Bar on your school home page
- Where it says "Add meet to the Calendar" select the date **5/4/2012** and click **Continue >**
- For Region, select: **Arizona**
- Click **Select** on line that says: **Desert Vista, Phoenix, Last Chance Meet**
- Review the information and click **Save**
- Repeat this process for the rest of your calendar
- Verify on the "Edit Calendar" page that all your meets have been entered correctly. If you see a mistake, use the Edit button next to the meet to make corrections.

3. Enter past meet results to be used as seed times

Seed times for meet entries are automatically drawn from past meet results. While some meet hosts will accept "override seed marks", which you can enter on the meet registration page, it would be beneficial to enter the marks as results in your past meets. Doing this will ensure that your schools homepage will have current results on it.

- Click "**Enter Meet Results**" from the Coaches Toolbar, on your schools page
- Add an athlete to the roster (repeat for all athletes)
- Select the gender and the **older meet** from the drop-down menus near the top of the page (you do not want to enter results for the meet you are registering for)
- Select an event to enter results
- In the "Edit/Add Results" box, begin typing the last name of an athlete, type result and place
- Click "**Add**"
- Repeat for each result

4. Register athletes for the Tempe City Meet

- Again on your school's page, click "**Meet Registration**"
- Locate **Tempe City Meet** in the right column and click on it

- Use the boxes on the bottom of the page to add any additional athletes
- Click on either an Athlete or an Event
- Select the athletes you want to compete, the division they are competing in, and verify their seed mark
- Be sure to click the Update button to save your changes after updating the athlete or event
- To remove athletes from an event, select the '--' line
- Print your entries for use at the meet

Large teams often have each of their coaches' sign into the website to assign the athletes that they are responsible for to events. By printing out and faxing your entries, you can use the meet registration feature of Athletic.net for all your meets!

