

# **Paradise Valley District Track & Field Meet Wednesday April 25, 2012**

**Shadow Mountain High School 2902 East Shea Blvd Phoenix, AZ 85028  
Tel:(602) 449-3000 Fax: (602) 449-3005**

## **Meet Director**

- **Mike Gleason- Horizon High School**

## **Admission:**

- **Adults- \$5.00 Students- \$4.00 AIA passes welcomed**

## **Entries**

- **All entries will be submitted online through Athletic.net. Please ensure that you have entered all of your athletes correctly as we will not be allowing any changes the day of the meet. You must have all of your entries submitted to Athletic.net by 11:59 PM on Tuesday April 24, 2012.**
- **Each school will be allowed to enter four competitors in each event and one relay. A fast and slow heat will be run for all track races that do not have prelims.**
- **There will be no changes the day of the meet.**
- **Heat and Flight assignments will made available on Wednesday April 25, 2012**

## **Facilities**

- **8 lane all weather track**
- **All weather runways for LJ, TJ and PV**
- **Concrete shot and discus rings**
- **All weather take off area for HJ**

## **Track Events**

- **Lanes will be assigned for the preliminary races in the 100, 200, 400 and hurdle races.**
- **The 8 fastest times will advance to finals.**
- **The track event check in area is located on the infield by the south endzone.**
- **There will be only one heat for the 800, 1600 and 3200 m races.**
- **The 1600 m relay will be run using a 3 turn stagger.**

## **Field Events**

- **Long and Triple Jump: We will have an open pit. Each athlete will get 3 preliminary jumps, with the top 9 marks advancing to finals where they will receive 3 additional jumps.**
- **High Jump: Starting height for Boys 4'0" and Girls 4'10".**
- **Pole Vault: Starting height for Boys 6'0" and Girls 8'0".**
- **Shot and Discus: Athletes will be put into flights of 6. Each athlete will get 3 preliminary throws with the top 9 marks advancing to finals where they will receive 3 additional throws.**

## **Entry Fee**

- **None**

# Schedule

Wednesday, April 27, 2011

3:00	Pole Vault	Girls
	Triple Jump	Boys North
	Triple Jump	Girls South
	High Jump	Boys
	Discus	Girls
	Shot Put	Boys

Team responsible for workers

Shadow Mountain
Horizon
North Canyon
Pinnacle
Shadow Mountain
Paradise Valley

The following Field Events will start at the conclusion of the other field events.

Pole Vault	Boys	Shadow Mountain
Long Jump	Boys North	Horizon
Long Jump	Girls South	North Canyon
High Jump	Girls	Pinnacle
Discus	Boys	Shadow Mountain
Shot	Girls	Paradise Valley

Bullpen

Shadow Mountain

4:00	4x800m Relay	Girls
4:15	4x800m Relay	Boys
4:30	100m Hurdles Heat #1	Girls
	100m Hurdles Heat #2	Girls
	100m Hurdles Heat #3	Girls
4:38	110m Hurdles Heat #1	Boys
	110m Hurdles Heat #2	Boys
	110m Hurdles Heat #3	Boys
4:46	100m Dash Heat #1	Girls
	100m Dash Heat #2	Girls
	100m Dash Heat #3	Girls
4:52	100m Dash Heat #1	Boys
	100m Dash Heat #2	Boys
	100m Dash Heat #3	Boys
5:00	1600m Run	Girls
5:10	1600m Run	Boys
5:20	4x100m Relay	Girls
5:25	4x100m Relay	Boys
5:30	400m Dash Heat #1	Girls
	400m Dash Heat #2	Girls
	400m Dash Heat #3	Girls
5:40	400m Dash Heat #1	Boys
	400m Dash Heat #2	Boys
	400m Dash Heat #3	Boys

5:50	300m Hurdles Heat #1	Girls
	300m Hurdles Heat #2	Girls
	300m Hurdles Heat #3	Girls
6:00	300m Hurdles Heat #1	Boys
	300m Hurdles Heat #2	Boys
	300m Hurdles Heat #3	Boys
6:10	800m Run Heat #1	Girls
	800m Run Heat #2	Girls
6:20	800m Run Heat #1	Boys
	800m Run Heat #2	Boys
6:30	200m Dash Heat #1	Girls
	200m Dash Heat #2	Girls
	200m Dash Heat #3	Girls
6:38	200m Dash Heat #1	Boys
	200m Dash Heat #2	Boys
	200m Dash Heat #3	Boys
6:45	3200m Run	Girls
7:00	3200m Run	Boys
7:20	4x400m Relay	Girls
7:30	4x400m Relay	Boys