

Dear Track Coaches,

Welcome and thank you for participating in the 9<sup>th</sup> Annual Joe Brady Marana Track and Field Invitational on Friday April 5, 2024. Enclosed are the entry procedures for the meet. Please read the information carefully and contact me if you have any questions. **Please enter your athlete's best mark to date this year. This meet will be a state qualifying meet.** 

*Meet Director* – Camron Dozier

Any questions contact Camron Dozier at c.s.dozier@maranausd.org (520-237-6337)

Location - Marana High School, 12000 W Emigh Road, Tucson, AZ 85743

#### **RULES AND REGULATIONS**

Each team may enter three (3) participants in each event, and one (1) relay team per relay event. Participants may compete in four (4) events.

All tents must be set up in the West stands. Team camps may also be set up underneath the main, (East) grand stand.

# All participants are expected to stay off the infield unless they are participating or have heard a first call.

National Federation of State High School Association rules will be used. Coaches and spectators are to remain in the stands for both prelims and finals.

If an athlete fails to report on the 3<sup>rd</sup> call, he/she will not be allowed to participate in that event.

All Appeals are to the referee. Judgment calls cannot be appealed. The games committee will make any decision appealed past the referee.

Athletes must compete in school uniform. Relay teams must wear similar uniforms (following the NFHS uniform rules). If the uniform is improper, the athlete may not be allowed to participate in the event. Sweats will be allowed in the shot and discuss if unable to wear school uniform.

We are a non-smoking facility. Radios, music speakers, Frisbees, etc., will not be allowed in the track area.

Heat sheets will be sent through email once compiled and results will be uploaded online at the conclusion of the meet. Final results will be uploaded to athletic.net and maxpreps.



### Important Dates and Times (tentative)

Date	Time	Event
Monday, April 1st	All Day	Payment Due
Wednesday, April 3rd	11:59pm	Entries must be entered
	8:30AM	Arrive at Marana High. Implement weigh-in
Friday, April 5 <sup>th</sup>	9:15AM	Coaches Meeting
*NOTE* We will follow a rolling schedule once the track events start.	9:15AM	Weigh-ins completed.
Please be sure to have your athletes	9:30AM	Field Events begin
present early.	12:30PM	Track events begin

#### Admission Prices

Adults - \$6.00 Students \$3.00 Children 5 & under free

Passes - AIA only

**Entries** - Entries must be entered into athletic.net.

- 1. The entry fee will be \$350 per school (\$175 boys & \$175 girls). This fee must be paid to MHS Track & Field prior to meet day.
  - 1. Mail Checks to:

Marana High School

c/o Camron Dozier

12000 W Emigh Road

Tucson, AZ 85743

- 1. Athletes must be entered through athletic.net **before 11:59 p.m. on Wednesday, April 3, 2024.**
- 2 Each team may enter three (3) participants per event.
- 3. There will be no changes in entries the day of the meet, please plan accordingly.

#### Track Facilities (BRAND NEW TRACK AND POLE VAULT PITS)

- 1. 8-lane all-weather track, 10 lane straightaway. All weather runways in LJ, TJ, and PV.
- 2 All-weather take-off area for HJ.
- 3. Concrete shot and discus rings. Foam pits for HJ and PV.



#### Track Events

- 1. Lanes will be assigned for the 100, 200, 400, 100m/110m hurdles and 300m hurdle races. All track events will be finals only; these heats will be seeded by entry times with the fastest times in the last heat.
- 2. The Number of heats will depend on the number of qualified entries per event.
- 3. Bull Pen area: This will be located in the North end (the side with the scoreboard) of the football field. All athletes will be required to report to the Bull Pen area to the Clerk of the Course. **No Heat adjustments will be made in the staging area**.
- 4. 800-1600-3200 meter men's and women's runs and relays will be run separately. Depending on the number of entries, multiple heats will be run with the fastest times in the last heat. The number of runners in each heat can be changed at the Meet Director's discretion. Waterfall or Box alley start will be used.
- 5. 1600m relay will use a 3 turn stagger.

#### Field Events

#### • Shot and Discus

- We will provide some throwing implements. If you want to weigh-in any implements you must do so before 2:45 p.m. They will be placed on the rack for all athletes to use.
- Participants will be placed in 3 flights with the best flight competing last. The
  participants will compete in order with the individual best mark competing last.
- Each athlete will get three preliminary throws. The top nine will advance to the finals where they will get 3 more throws.
- The first throw will be measured and then only attempts over the following distances will be measured

Men's Shot - 34' Women's Shot - 24'

Men's Discus - 100' Women's Discus - 70'

#### Jumps

#### Pole Vault and High Jump

- Men's Pole Vault will start at 8' w/ 6"raises to 13' and then 3"raises.
- Women's Pole Vault will start at 6' w/ 6"raises to 10' and then 3" raises.
- Men's High Jump will start at 5'0" w/ 2" raises to 6' and then 1" raises thereafter.
   The three alive method will be used.
- Women's High Jump will start at 4'0" w/ 2" raises to 5' and then 1" raises thereafter. The three alive system will be used. The starting heights may be changed at the discretion of the meet director.
- As heights approach qualifying standards heights will be adjusted to match.

#### Long & Triple Jump



- Each participant will receive three preliminary attempts. The top 9 will advance to the finals.
- The boards for the triple jump are at 24′, 28′, and 32′ from the sand. The long jump board is 8′ from the sand.
- A flight system will be used. Athletes must jump within the flight assigned. If an athlete needs to leave to compete in another event, they must check out with the event judge.
- The first attempt will be measured and then only jumps over the following distances will be measured.

Boys Long Jump - 17' Girls Long Jump 14'
 Boys Triple Jump - 35' Girls Triple Jump 27'

**Scoring** – The top eight places will score. Scoring will be 10-8-6-5-4-3-2-1

*First Aid* – Our trainers will set up in North end of the field (underneath the scoreboard) for injuries only.

#### **Awards**

Medals awarded to the top three finishers in each event and to the top three teams in relay events. Medalists will be announced at the conclusion of the event. Medals will be collected for each team and given to coaches when your team is leaving for the day. Trophies awarded to the top two Women's teams and top two Men's teams.

Order of Events - Field Events			
<b>Boys High Jump</b>	9:30AM		
Girls High Jump 12:00pm - or 30 min after the completion of Boys HJ			
Girls Pole Vault	9:30AM		
<b>Boys Pole Vault</b>	12:00pm - or 30 min after the completion of Boys PV		

Girls Triple Jump	Boys Triple Jump	*NOTE*: Tentative Times - All finals will take place 10 minutes after the conclusion of the last flight.
Flight 1 Begins competition @ 10AM	Flight 1 Begins after the conclusion of the Girls TJ	



All remaining flights and finals will have	All remaining flights and finals will have	The opposite gender's competition
10-15 min warm-up	10-15 min warm-up	will take place 20 min after
period prior to	period prior to	completion of the morning session.
competition	competition	

Girls Long Jump	Boys Long Jump	*NOTE*: Tentative Times - All	
Flight 1 Begins after the conclusion of the Boys LJ	Flight 1 Begins competition @ 10AM	finals will take place 10 minutes after the conclusion of the last flight.	
All remaining flights and finals will have 10-15 min warm-up period prior to competition	All remaining flights and finals will have 10-15 min warm-up period prior to competition	The opposite gender's competition will take place 20 min after completion of the morning session.	

Girls Shot Put	<b>Boys Shot Put</b>	*NOTE*: Tentative Times - All
Flight 1 Begins competition @ 10AM	Flight 1 Begins after the conclusion of the Girls SP	finals will take place 10 minutes after the conclusion of the last flight.
All remaining flights and finals will have 10-15 min warm-up period prior to competition	All remaining flights and finals will have 10-15 min warm-up period prior to competition	The opposite gender's competition will take place 20 min after completion of the morning session.

Girls Discus	<b>Boys Discus</b>	*NOTE*: Tentative Times - All
Flight 1 Begins after the conclusion of the Boys LJ	Flight 1 Begins competition @ 10AM	finals will take place 10 minutes after the conclusion of the last flight.
All remaining flights and finals will have 10-15 min warm-up period prior to competition	All remaining flights and finals will have 10-15 min warm-up period prior to competition	The opposite gender's competition will take place 20 min after completion of the morning session.



Girls Javelin	<b>Boys Javelin</b>	*NOTE*: Tentative Times - All	
Flight 1 Begins competition @ 9:30AM	Flight 1 Begins after the conclusion of the Girls SP	finals will take place 10 minutes after the conclusion of the last flight.	
All remaining flights and finals will have 10-15 min warm-up period prior to competition	All remaining flights and finals will have 10-15 min warm-up period prior to competition	The opposite gender's competition will take place 20 min after completion of the morning session.	

Order of Events - Track Events			
1	Girls	4x800m Relay	
1	Boys	4x800m Relay	
2	Girls	100m High Hurdles	
2	Boys	110m High Hurdles	
3	Girls	100m	Paginning at 12:20 DM
3	Boys	100m	Beginning at 12:30 PM
4	Girls	1600m Run All Heats	
4	Boys	1600m Run All Heats	
5	Girls	4x100m Relay Heats	
3	Boys	4x100m Relay Heats	
6	Girls	400m Run	
0	Boys 400m Run	400m Run	
7	Girls	300m Hurdles	
/	Boys	300m Hurdles	
8	Girls	800m Run All Heats	*Note*: This is a running schedule -
0	Boys	800m Run All Heats	please inform your athletes to listen for
9	Girls	200m	the event calls over the stadium
7	Boys	200m	speakers
1	1 Girls	3200m All Heats	
0	Boys	Boys 3200m All Heats	
1	Girls	4x400m Relay	
1	Boys	4x400m Relay	
*^	*NOTE* All medals and awards will be collected in an envelope for each school and		

\*NOTE\* All medals and awards will be collected in an envelope for each school and can be picked up at the conclusion of the meet (or whenever the team is finished competing and leaving the meet.



April 5, 2024
INVOICE
SCHOOL
Boys Team - \$175.00
Girls Team - \$175.00
Boys & Girls Team - \$350.00
Please make payments completed and sent to MHS by 6:00PM Monday, April 1, 2024. Pleas communicate with the meet director if there is a problem in advance.  TOTAL PAID \$
Please make checks payable to:
Marana Track & Field
Mail checks with completed invoice to:
Marana High School
c/o Camron Dozier
12000 W Emigh Road
Tucson, AZ 85653