

Paradise Valley High School

3950 E. Bell Road, Phoenix, AZ 85032
602-449-7023 / Fax 602-449-7067

MEMORANDUM

To: Athletic Directors, Head Coaches

From: Rick McCutcheon, PVHS Athletic Director (602) 449-7023
Mac McAndrew, Meet Director/ Track Coach (602) 449-7000 ext. 37077

Date: February 1, 2010

Re: Paradise Valley High School Relays (PV Relays)

Enclosed you will find general information and a time schedule for the Paradise Valley Relays.

SITE: PARADISE VALLEY HIGH SCHOOL
3950 EAST BELL ROAD
PHOENIX, AZ 85032

**(All-weather surface; 8 lanes 100M, 200M, 6 Lanes on the oval)
NO SPIKES LONGER THAN 1/4" PLEASE.**

SEATING: Spectator seating will be in the West Side bleachers. Athletes will sit in the east bleachers and can camp underneath the bleachers in the shade.

DATE: Saturday, March 6th, 2010

FEE: \$200.00 per team. \$400 for both boys and girls.

TEAM ENTRIES All athletes & event entries are to be done on line, using the Athletic. net's web site (www.athletic.net). **ALL ENTRIES MUST BE TURNED IN BY 11:00 p.m. Wednesday, MARCH 3, 2010. Call if there are any problems before Saturday.**

SCRATCH MEETING: The meeting will be held on March 6th at 8:00 a.m. in the Gym directly North of the track. Heat and lane assignments will be made prior to the meet and will be available at the scratch meeting. Lane and heat adjustment will be made as scratch meeting takes place.

HOSPITALITY ROOM: The Hospitality Room will be located in the band room directly south of the main entrance to the track. It will be available at 9:00 a.m. for coaches, officials, and meet workers ONLY! **No athletes allowed!! Passes (4 per team) for the Hospitality room will be given out at the coaches meeting in the team packets.**

ADMISSION: Adults and Students: \$5.00

PARKING: Bus Parking in the WEST PARKING LOT off of Bell Rd.

- LOCKER FACILITIES:** Locker room facilities will **not** be available. All teams are responsible for the security of their equipment and valuables.
- STARTING BLOCKS:** Will be provided.
- BATON:** Bring your own.
- AWARDS:** Awards will be presented at the conclusion of the meet. Medals for first place and Ribbons for second thru sixth place. Team trophies will be presented for both BOYS & GIRLS teams winners and runners up.
- TRAINER:** A certified trainer will be available. Teams must supply own tape for non-emergency issues.
- CONCESSIONS:** Concessions will be available. Please direct your athletes to the concession stands.
- T-SHIRTS:** Please inform your athletes there will be T-shirts available on site.
- INFIELD RULES:** NO GUM, CANDY, SUNFLOWER SEEDS, SPORTS DRINKS, ALLOWED ON THE ARTIFICIAL TURF!!
Athletes are to stay off the infield unless they are competing !!!!
- SCORING:** 10-8-6-4-2-1
- TEAMS:
COMPETING** TBD
- FIELD EVENTS:** Competition will be conducted in 3-man or 3-woman teams with points being awarded based on total combined scores.
- Shot Put and Discus:** Three flights with top throwers competing in Flight 3. Weigh-ins at 8:00 a.m. Behind the EAST BLEACHERS.. Girl's Discus and Boys Shot Put will be the first throwing events.
- High Jump:** Continuous flights of 3 until conclusion.. Starting height will be 4' 00 ft. for girls / 5'00 ft. for boys. One high jump pits will be available with the boys going first followed by the girls.
- Long Jump:** Open pit commencing at 8:30 a.m. and concluding at 10:30 a.m. Each competitor will receive 3 jumps. There will be NO finals. Please be sure athletes are aware of the early starting time.
- Triple Jump:** Practice run throughs will begin at 10:30 a.m. and conclude at 11:00 a.m. Competitive jumps will begin at 11:00 a.m. Each competitor will receive 3 jumps. There will be no finals.
- Pole Vault:** Continuous flights of 3 until conclusion of event. Girls will begin at 8:30 a.m. with a starting height of 6'0" feet. Boys will begin upon completion of the girls completion, with a starting height of 9'0" feet. Please be sure your athletes are aware of the early start times.
- RUNNING EVENTS:** All running events will be conducted in teams of four runners, with points being awarded based on total time.

ORDER OF EVENTS

1. Boys 4 x 1600 Meter Relay:

1. 1600 meters
2. 1600 meters
3. 1600 meters
4. 1600 meters

2. Girls 4 x 1600 Meter Relay:

1. 1600 meters
2. 1600 meters
3. 1600 meters
4. 1600 meters

3. Boys Shuttle Hurdle Relay:

- 4 x 110 meter high hurdles
All legs run in the straight-away

4. Girls Shuttle Hurdle Relay:

- 4 x 100 meter high hurdles
All legs run in the straight-away

5. Boys 800 Meter Relay:

1. 200 meters
2. 200 meters
3. 200 meters
4. 200 meters

6. Girls 800 Meter Relay:

1. 200 meters
2. 200 meters
3. 200 meters
4. 200 meters

7. Boys 3200 Meter Relay:

1. 800 meters
2. 800 meters
3. 800 meters
4. 800 meters

8. Girls 3200 Meter Relay:

1. 800 meters
2. 800 meters
3. 800 meters
4. 800 meters

9. Boys 400-Meter Relay:

1. 100 meters
2. 100 meters
3. 100 meters
4. 100 meters

10. Girls 400 Meter Relay:

1. 100 meters
2. 100 meters
3. 100 meters
4. 100 meters

11. Boys Distance Medley:

1. 800 meters
2. 1600 meters
3. 800 meters
4. 3200 meters

12. Girls Distance Medley:

1. 800 meters
2. 1600 meters
3. 800 meters
4. 3200 meters

13. Boys Sprint Medley Relay:

1. 100 meters
2. 100 meters
3. 200 meters
4. 400 meters

14. Girls Sprint Medley Relay:

1. 100 meters
2. 100 meters
3. 200 meters
4. 400 meters

15. Boys 1600 Meter Relay:

1. 400 meters
2. 400 meters
3. 400 meters
4. 400 meters

16. Girls 1600 Meter Relay:

1. 400 meters
2. 400 meters
3. 400 meters
4. 400 meters

I appreciate your cooperation in helping to make this meet run smoothly and on time. I wish you and all your athletes the best of luck.

Mac McAndrew

TIME SCHEDULE

- 8:00 a.m.** Coaches Scratch Meeting
Girls/Boys Pole Vault (Girls First/Boys Second)
Shot and Discus Weigh-ins
- 8:15 a.m.** First Call Remaining Field Events
- 8:30 a.m.** Long Jump (open pit till 10:30 a.m.)
Boys and Girls High Jump (Boys First / Girls Second)
- 9:00 a.m.** Girls Discus / Boys Shot Put
- 10:30 a.m.** **Triple Jump runs through**
- 11:00 a.m.** Triple Jump

BOYS

High Jump (all-weather surface)
Long Jump – Open Pit until 10:30a.m.
Shot Put – Followed by Discus
Triple Jump

GIRLS

High Jump (all-weather surface)
Long Jump – Open Pit until 10:30 a.m.
Discus – Followed by Shot Put
Triple Jump

- 12:00 P.M.** National Anthem
- 12:05 P.M.** Boys: First Heat 4 x 1600 Relay
Boys: Second Heat 4 x 1600 Relay
Girls: First Heat 4 x 1600 Relay
Girls: Second Heat 4 x 1600 Relay
- 12:45 P.M.** Boys: First Heat Shuttle Hurdle Relay
Boys: Second Heat Shuttle Hurdle Relay
Boys: Third Heat Shuttle Hurdle Relay
Boys: Fourth Heat Shuttle Hurdle Relay
Boys: Fifth Heat Shuttle Hurdle Relay (if necessary)
- 1:15 P.M.** Girls: First Heat Shuttle Hurdle Relay
Girls: Second Heat Shuttle Hurdle Relay
Girls: Third Heat Shuttle Hurdle Relay
Girls: Fourth Heat Shuttle Hurdle Relay
Girls: Fifth Heat Shuttle Hurdle Relay (if necessary)
- 1:35 P.M.** Boys: First Heat 800-Meter Relay
Boys: Second Heat 800 Meter Relay
Boys: Third Heat 800 Meter Relay

- 1:45 P.M.** Girls: First Heat 800-Meter Relay
Girls: Second Heat 800 Meter Relay
Girls: Third Heat 800 Meter Relay
- 2:00 P.M.** Boys: 3200-Meter Relay
- 2:05 P.M.** Girls: 3200-Meter Relay
- 2:20 P.M.** Boys: First Heat 400-Meter Relay
Boys: Second Heat 400 Meter Relay
Boys: Thirst Heat 400 Meter Relay
- 2:30 P.M.** Girls: First Heat 400-Meter Relay
Girls: Second Heat 400 Meter Relay
Girls: Third Heat 400 Meter Relay
- 2:35 P.M.** Boys: Distance Medley Relay
- 2:55 P.M.** Girls: Distance Medley Relay
- 3:25 P.M.** Boys: First Heat Sprint Medley Relay
Boys: Second Heat Sprint Medley Relay
Boys: Third Heat Sprint Medley Relay
- 3:35 P.M.** Girls: First Heat Spring Medley Relay
Girls: Second Heat Sprint Medley Relay
Girls: Third Heat Sprint Medley Relay
- 3:50 P.M.** Boys: First Heat 1600-Meter Relay
Boys: Second Heat 1600 Meter Relay
Boys: Third Heat 1600 Meter Relay
- 4:05 P.M.** Girls: First Heat 1600-Meter Relay
Girls: Second Heat 1600 Meter Relay
Girls: Third Heat 1600-Meter Relay
- 4:25 P.M.** Awards Presentation to both Boys & Girls Team Champions,
Along with presentation to 2nd Place Teams from Both Divisions.

ALL TIMES LISTED ARE APPROXIMATE AND SUBJECT TO CHANGE