

# AZTEC TRACK AND FIELD INVITATIONAL

Corona del Sol High School  
1001 E. Knox Road, Tempe, Arizona

**SATURDAY March 2nd, 2024**

Corona del Sol High School will be hosting the 19<sup>th</sup> Annual Aztec Track and Field Invitational on Saturday March 2nd, 2024. **This meet will be a Division I, II, III, IV, V State Qualifying Meet.**

*We have a brand new turf field in our infield. We ask that you help us keep it looking nice by having your athletes keep trash off the infield. All hip numbers and cups should be discarded in a trash can that can be found around the facilities. We also ask that athletes keep food and non-water beverages off the infield. Thank You for helping us keep the facilities looking nice.*

## Information for parents and spectators

- Admission for Adults is \$12.00, Students is \$6, Under 10 years of age is free, AIA passes are allowed.
- A Gofans link will be provided to coaches the week of the meet to purchase tickets. No cash.

## Entries

Each school will be allowed four (4) entries per individual event and one (1) relay team in each relay event. The official entry site has not yet been announced but we plan on using athletic.net unless told otherwise. Please use times from last year for best entry marks. If your athlete does not have a time/mark from last year please enter by hand time/mark from your time trials if you had one this year. Please do not overly exaggerate marks so we can ensure we have the most competitive races for ALL athletes; not just your athlete that you want to run against fast runners.

**Please triple check you have your names spelled correctly in Athletic.net and any other site used for results...Thank you!**

Entries need to be entered on Athletic.net no later than **Thursday, February 29th at 12:00 pm (noon).**

*Heat sheets should be available by **Friday**. Substitutions will be allowed. If you are substituting an athlete, you will be required to complete a change form at the coaches meeting and turn it in. The form will require that you replace the athlete in the same heat and same lane, those should be reflected on the form. In field events, make changes at the event for the substituted athlete.*

## Events

All track events will run as finals (heats against time). Reasonable effort will be made to keep the same school athletes separated in lane races.

Track athletes **MUST** check in with the clerk of the course in the middle of the infield. Athletes who fail to check in at the clerk of the course will be scratched from the event.

**4x100m Relay will utilize NFHS new 30m exchange zones.**

**No reverse runs or runs in the non-legal direction during warm-ups will be allowed on horizontal jumps,**

**pole vault, or javelin runways. Please ensure your athlete is prepared for this. THIS WILL BE STRICTLY ENFORCED!**

Three (3) attempts will be given in the horizontal jumps & throws. Top 9 to Finals. This includes javelin. Javelin will be conducted on grass. Cleats or longer spikes ( $\frac{1}{2}$ " ) are highly recommended for safety.

**Returning this year is an exhibition mixed, coaches and athletes 4x100m relay. Teams will consist of 2 coaches and 2 athletes, of any gender. The race will be run in typical 4x100m relay zones.**

### **Throwing Implements**

Weigh-ins will take place just outside the South end of the stadium between the 2 discus circles from 7-8:30 am. All implements will become mutual property until the completion of the meet and be able to be used by all competitors. Please make sure your implements are marked with your school name. CdS is not responsible for lost or damaged implements.

### **Javelin**

Please ensure the athletes competing have a basic understanding of the event and safety considerations before entering them into the meet. No warmups are to take place without an official or coach present at the event.

There will be an area between the 2 Javelin sectors for warmups for the next flight. We ask that coaches help organize this area to ensure no athletes are throwing in the direction of a fellow competitor.

### **Pole Vault**

Coaches will need to complete coaches' weight verification forms provided and turn in at the coaches' meeting Saturday.

### **Miscellaneous**

**4x400m:** 3-turn stagger will be used

**800m, 1600m, 3200m:** Waterfall will be used for seeding, the game management may place them in boxes at the start of the race in conjunction with the starter's & timer's recommendations.

**Girl's 3200m run will be run in the a.m. as the first event.**

**\*Coaches Meeting: Will be in the Hospitality Room (Home Side) on the North End at 8:20 am\***

### **Awards**

- Medals will be given to the top 4 finishers in each event.
- Trophies will be awarded to the top Two (2) Girl's and Boy's teams.
- Team scoring will be 8 places (10-8-6-5-4-3-2-1).

### **Miscellaneous**

- Trainers will be in the team locker area on the South end of the stadium near the Finish Line
- Concessions and T-Shirts will be available
- Please help us ensure that only current competitors and those warming up for an event are in the infield.
- Teams will be allowed canopies on the East side visitor bleachers only.
- Coaches Hospitality room is available all day for coaches, food will be provided. DO NOT FEED YOUR ATHLETES FOOD OUT OF THE COACHES HOSPITALITY ROOM.

**WE WILL BE FOLLOWING A TIME SCHEDULE. THE SCHEDULE BELOW IS NOT THE FINAL SCHEDULE. THE FINAL SCHEDULE WILL BE RELEASED CLOSER TO THE MEET. SCHEDULE AND EVENTS ARE SUBJECT TO CHANGE.**

## **Schedule of Events**

2024 - GIRLS will participate first

**\*Events may start up to 10 minutes earlier than scheduled**

8:00am Javelin Warm-up  
8:20 am COACHES MEETING  
8:30 am Javelin  
9:55 am NATIONAL ANTHEM  
10:00am **GIRLS** 3200m Run  
10:30am 4x800 Relay  
11:00am 110H/100H Hurdles  
11:20am 100m Dash  
11:50am 1600m Run  
12:20pm 4x100m Relay  
12:30pm COACHES/ATHLETES MIXED 4X100  
12:35pm 400m Dash  
1:05pm 300m Hurdles  
1:30pm 800m  
1:45pm 200m  
2:15pm **BOYS** 3200m Run  
2:45pm 4x400m

### **POLE VAULT**

Weight Verification Sheets

Starting Heights for Pole Vault: **Boys 8'0" Girls 5'6"**

Boys Pit Open for Run Throughs at 7:30 am

8:30 am Pole Vault Boys Start

Girls Pit Open for Run Throughs for 1 Hour After Boys Pole Vault  
Increments will be 6"

**LONG JUMP** \*there will be 15 minutes for run-throughs between flights  
*LJ will utilize the 8ft takeoff board not the 12ft board.*

**Run Throughs Begin at 8:00 am**

8:30 am Long Jump Boys

8:30 am Long Jump Girls

**FINALS BEGIN after Trials**

**TRIPLE JUMP** \*there will be 15 minutes for run-throughs between flights  
*Girls boards 24ft/28ft/32ft; Boys 28ft/32ft/36ft*

**Run Throughs begin after LJ Finals**

10:30 am earliest start time

**FINALS BEGIN after Trials**

### **SHOT & DISCUS**

2 sectors for each,

Sector 1 Flights 1-3, sector 2 4- 6

**\*Based on # of entries we may only use 1 ring for Discus**

Sectors open for Warm Up at 8:30 am

**9:00** Shot BOYS Followed by GIRLS (11:30 am earliest start time)

**9:00** Discus GIRLS Followed by BOYS (11:30 am earliest start time)

### **HIGH JUMP**

Starting Heights for High Jump:

**Boys 5'2" Girls 4'0"**

**9:30 am** High Jump GIRLS Followed by BOYS. Marks can be made at 8:30 am

Increments will be 2" for the first 4 heights and then will be 1"

### **JAVELIN**

There will be an area between the 2 Javelin sectors for warmups for the next flight

Warm-up Begin at **8:00 am**

**8:30 am** Javelin for Boys and Girls

**FINALS BEGIN after Trials**

**Buses Must Unload at Bus Lane off of Knox Road and Rural**

