

2010 PIONEER LEAGUE TRACK & FIELD CHAMPIONSHIPS

DISCOVERY
CANYON



MAY 8TH, 2010
VALOR STADIUM

Welcome to the 2010 Pioneer League Championships Hosted by Valor Christian High School

MEET DIRECTORS: Brian Kula brian.kula@valorchristian.com
Rod Sherman rod.sherman@valorchristian.com

RULES AND REGULATIONS:

The rules governing the meet are those of the National Federation of the State High School Association, The Colorado High School Activities Association and the Valor Christian High School games committee.

STATE PRE-QUALIFYING MEET:

The Pioneer League Meet is a sanctioned State Pre-Qualifying meet. Certified Officials, Fully Automatic Timing system and wind gauges will be used to comply with CHSAA rules and regulations.

DATE OF MEET: Saturday May 8th, 2010

SITE: Valor Christian High School – 3775 Grace Blvd, Highlands Ranch CO 80126

SCORING: 5 Team Scoring: Individual 8-6-4-2-1
Relay 8-6-4-2

AWARDS: Ribbons 1st – 3rd Place
Team Trophies Top 2 Places Boys and Girls

TIMING: Finish Lynx (FAT)

ENTRIES DUE: No later than **Friday, May 7th at 12:00 Noon!**

All Teams will enter through Direct Athletics. www.directathletics.com
You must enter your team on Direct Athletics in order to be entered in the meet. (No Exceptions) Coaches, use only Varvee verifiable marks. Marks not verifiable will be seeded as a no time.

DIRECT ATHLETICS ENTRY INFORMATION - NOTE TO ALL COACHES

Entries only will be accepted online via the Direct Athletics web-site at www.directathletics.com
Questions regarding entry instructions should be emailed to support@directathletics.com Each coach must have a Direct Athletics username and password for his/her school. If you don't know your username and password, you will be able to create one or retrieve your existing account by following the instructions below. You will use the same account to enter all meets run through Direct Athletics. If you already have a DirectAthletics account for your Track & Field team and know your username and password, then proceed as follows:

1. Go to www.directathletics.com
2. In the login box, enter your username and password and click Login. (Remember that your password is case-sensitive)

If you do NOT know your username and password, proceed as follows:

1. Go to www.directathletics.com
2. Click on the link "New User? Click HERE".
3. Follow onscreen instructions. You will be able to create a new TEAM account online or retrieve forgotten information for an existing account.

Note About Direct Athletics Accounts

Most coach accounts control a school's Men's AND Women's team. You control only one gender at time, so you will complete the below steps for your Men and then switch to your Women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account.

Important Notes Regarding Online Entries

- » For each relay squad, you must enter at least 4 and up to 8 relay athletes (4 + 4 alternates)
- » You must enter ALL athletes online in order for them to compete. This includes relay only athletes and relay alternates.
- » All schools (colleges/junior colleges/high schools) must enter athletes through a TEAM account. No unattached athletes may be entered through a TEAM account.

Direct Athletic Rosters: Remember that you must have your team roster set up on direct athletics then enter the meet or meets. You cannot just build a roster and expect to be entered in the meet.

Confirmation of entry: Direct athletics will list your entries for each meet that you entered. We will post the final performance list online on Friday the 7th by 5:00pm.

Each team is allowed 5 entries per event and 1 relay.

SPIKE LENGTH: Spikes longer than ¼” may not be worn on the all weather surface.

ADDITIONAL INFORMATION:

- Athletes are to report to the check in area 15 minutes prior to the event.
- Camps need to be outside of the infield area or in the bleachers.
- Concessions will be available.
- A trainer will be available for treatment of injuries.
- In case of poor weather, call (303) 471-3035 (Brian Kula – Voice Mail)

TIME SCHEDULE

TRACK EVENTS

10:30	800M SPRINT MEDLEY GIRLS (1 HEAT)
10:35	3200M RELAY GIRLS (1 HEAT)
10:45	3200M RELAY BOYS (1 HEAT)
10:55	100M HURDLES GIRLS (2 HEATS)
11:10	110M HURDLES BOYS (2 HEATS)
11:20	100M DASH GIRLS (2 HEATS)
11:30	100M DASH BOYS (2 HEATS)
11:40	800M RELAY GIRLS (1 HEAT)
11:45	800M RELAY BOYS (1 HEAT)
11:50	1600M RUN GIRLS (1 HEAT)
12:00	1600M RUN BOYS (1 HEAT)
	LUNCH BREAK
12:30	400M RELAY GIRLS (1 HEAT)
12:35	400M RELAY BOYS (1 HEAT)
12:40	400M DASH GIRLS (2 HEATS)
12:50	400M DASH BOYS (2 HEATS)
1:05	300M HURDLES GIRLS (2 HEATS)
1:15	300M HURDLES BOYS (2 HEATS)
1:30	800M RUN GIRLS (2 HEATS)
1:40	800M RUN BOYS (2 HEATS)
1:50	200M DASH GIRLS (2 HEATS)
2:00	200M DASH BOYS (2 HEATS)
2:10	3200M RUN GIRLS (1 HEAT)
2:25	3200M RUN BOYS (1 HEAT)
	OFFICIALS BREAK
2:50	1600M RELAY GIRLS (1 HEAT)
3:00	1600M RELAY BOYS (1 HEAT)

HEATS WILL BE RUN BY SEED MARKS (SLOW TO FAST)
ALL HEATS RUN AS A FINAL

FIELD EVENTS

11:00	GIRLS SHOT PUT (2 FLIGHTS) BOYS DISCUS (2 FLIGHTS) BOYS LONG JUMP (2 FLIGHTS) GIRLS TRIPLE JUMP (2 FLIGHTS) BOYS POLE VAULT (STARTING HEIGHT 8'0") GIRLS HIGH JUMP (STARTING HEIGHT 4'0")
1:00	BOYS SHOT PUT (2 FLIGHTS) GIRLS DISCUS (2 FLIGHTS) GIRLS LONG JUMP (2 FLIGHTS) BOYS TRIPLE JUMP (2 FLIGHTS) GIRLS POLE VAULT (STARTING HEIGHT 6'0") BOYS HIGH JUMP (STARTING HEIGHT 5'2")

FLIGHTS WILL BE RUN BY SEED MARKS (WORST TO BEST)
FINALS WILL FOLLOW THE SECOND FLIGHT, TOP 6 TO FINALS

WORKER ASSIGNMENTS

Workers are to report by 9:30am, field event workers by 10:00am.

Any equipment that is required will be listed by the assignment.

All jobs are ALL DAY ASSIGNMENTS, done when the event is completed.

Finish Line: Valor

Head Timer: Valor

Runners: Valor

Clerk: Valor

Relay Judges:

4 x 100 1st: Discovery Canyon (1)

4 x 100 2nd: Discovery Canyon (1)

4 x 100 3rd: Discovery Canyon (1)

4 x 200 1st & 3rd: Palmer Ridge (2)

4 x 200 2nd: Palmer Ridge (2)

Sprint Medley 1st: Vista Ridge (1)

Sprint Medley 2nd: Vista Ridge (1)

Sprint Medley 3rd: Vista Ridge (1)

| Runner: Valor

Triple Jump:

Official: Discovery Canyon (Tape Measure)

Marker: Discovery Canyon

Pit Raker (2): Discover Canyon

High Jump:

Official: Valor

Helper: Valor

Long Jump:

Official: Vista Ridge (Tape Measure)

Marker: Vista Ridge

Pit Raker (2): Vista Ridge

Pole Vault:

Official: Valor (Cert Equip)

Helper 1: Valor

Helper 2: Valor

Shot Put:

Official: Legend (Tape Measure)

Helper 1: Legend

Helper 2: Legend

Discus:

Official: Palmer Ridge (Tape Measure)

Helper 1: Palmer Ridge

Helper 2: Palmer Ridge

Hurdle Crew: ALL