



LAKE HAVASU HIGH SCHOOL

*ATHLETIC DEPARTMENT
Excellence Since 1969*

Inaugural Havasu First Chance Invitational 2023

I. Site Athletic Director – Dustin Zampogna (dustin.Zampogna@lhusd.org)

II. Meet Director

- A. Tanner Kelly (tkelly@lhusd.org)
2675 S. Palo Verde Blvd.
Lake Havasu City, AZ 86403
Phone: 814-577-8264

III. General Information

- A. Location: Lake Havasu High School Track
Date: **Saturday February 25, 2023**
Entry Fee: **\$250.00 for both Boys & Girls teams if paid on/before February 17, 2023**
\$350.00 for both Boys & Girls teams if paid on/after February 18, 2023
Times: 7:30am - Implement weigh-ins begin
8:00am- Boys Javelin begins (girls to follow)
8:30am - Coaches Meeting
9:00am – Field Events (Finals only)
9:00am – Pole Vault (Finals only)
11:00am - Running Events (Finals only)

IV. Admission

- A. **Prices (must purchase via Go Fan)**
\$5.00 - Adults
\$3.00 – Students/Seniors/Military
Passes - A.I.A. ONLY
Athletes in uniform or with coach will be admitted free
- B. Tents and umbrellas will be allowed at the top of the bleachers. No tents or umbrellas will be allowed in the bottom ten rows of bleachers.
- C. Warm-up area will be in designated areas on football field (potentially baseball field as well)
- D. Concessions will be open (they accept cash and card)

V. Scoring

- A. Scoring will be 10-8-6-5-4-3-2-1

VI. Entries - Both a Girls Team and a Boys Team/School

- A. Each team will be allowed to submit **four (4)** competitors in each running and field event. Each team will be allowed to Enter one (1) relay team in each relay event.
- B. All entries must be entered listing first name, surname, and school year of each participant. If entries are done incorrectly time/distances will be entered as NT/ND. Enter handheld times in tenths (11.1) and electronic as hundredths.
- C. **All entries must be entered Wednesday, 11:59pm, February 22, 2023, on MileSplitAZ No changes allowed the day of the meet – SCRATCHES ONLY. The meet will be seeded, heat sheets will be emailed Friday morning by noon.**
- D. Official eligibility for participation is established according to the A.I.A. rules and regulations, as contained in the A.I.A. Constitution and Bylaws.

- E. All participants will enter and compete in events as permitted by the AIA.
- F. No changes are allowed the day of the meet.

G. Identify relay participants by all athletes checking in together at the bull pen when 1st call is made. Six (6) athletes can be designated on MileSplitAZ.

H. Please make sure you have added Havasu First Chance and updated your roster on MileSplitAZ. Teams not added will be reminded to do so via email and the results will be uploaded within 48 hours.

VII. Track Facilities

- A. 8 lanes curved – All-weather track
- B. Concrete shot and discus rings (grass Javelin runway)
- C. All-weather runways in LJ, TJ and PV
- D. All-weather take off area for HJ
- E. Foam pits for HJ and PV
- F. **NO LOCKER ROOM FACILITIES AVAILABLE**

VIII. Track Events

- A. Number of heats will depend on the number of entries per event. Heats will be seeded slow to fast.
- B. If there is a malfunction of the electronic timing device in any of the heats, then all heats will be scored **by handheld times.**
- C. Bull Pen area: This will be located at the South end of the football field (scoreboard).
All athletes will be required to report to the staging area where the Clerk of the Course will check them in. NO HEAT ADJUSTMENTS will be made at the staging area.
- D. 800-1600-3200 M. Runs & Relays-men and women races will be run separately (unless approved by Director).
 - 1. 800 - 1600-meter runs - Depending on the number of qualifying entries, (1) heat or (2) heats will be run with the fastest times in the second heat. The fast heat will be limited to 16 runners and the slow heat will have the rest of the entries. The number of runners in each heat can be changed at the Meet Director's discretion. **No more than two heats will be run.** Box alley or Waterfall start will be used (officials' decision).
 - 2. Relays
 - a. (4x800) - Relay to be run in one heat. Box alley start will be used (if necessary).
 - b. (4x100) - Relay to be run in two (2) heats (if necessary). The fastest teams will be placed in the final heat. Teams will be seeded as in the 400 dash.
 - c. (4x400) - Relay to be run in two (2) heats (if necessary). The fastest teams will be placed in the final heat. Teams will be placed in lanes according to the best entered time and seeded out accordingly. The 4x400 meter relay will use a three (3) turn stagger.

IX. Field Events

- A. Javelin, Shot, and Discus
 - 1. Participants will be placed in three (3) flights with the best flight competing first. The participants in the flight will compete in order with the individual with the best mark competing last.
 - 2. Any competitor who arrives last because of other conflicting events may be placed in one of the later flights.
 - 3. **Each athlete will be allowed five (5) throws. No finals.**

B. Long Jump and Triple Jump

1. Participants will be placed in three (3) flights (if necessary) with the best flight competing first. The participants in the flight will compete in order with the individual with the best mark competing last.
2. ***Each athlete will be allowed four (4) jumps. No finals.***

C. Pole Vault and High Jump – Open pit will be used. The bar will not be lowered, and we will not hold the bar for an extended period of time, if an athlete misses a height, they may pass and continue at the next height. ***Each athlete will be allowed three (3) attempts per height. No finals. Starting height and increments will be determined at the coaches meeting***

X. Appeals

- A. All appeals must be processed through the Meet Referee. No appeals will be processed on judgment calls of Meet Officials. The Meet Referee will be the final authority on rule infractions.

XI. Other Meet Officials

- A. Meet Director(s) – Tanner Kelly
- B. Host Athletic Director – Dustin Zampogna
- C. Electronic timing system operator – Wingfoot Finish
- D. Event Organizer/Operations – Tanner Kelly
- E. Starter – John Ryan
- F. Track Referee – Geno Licari
- G. Field Referee – Wade Novy
- H. Clerk of the Course - TBD
- I. Finish Line Judge – TBD

XII. Payment

<p>Send Payment to:</p> <p>Lake Havasu High School Attn: Dustin Zampogna 2675 S. Palo Verde Blvd Lake Havasu City, AZ 86403</p> <p>Please Email: Dzampogna@lhusd.org AND Tkelly@lhusd.org to also confirm your attendance</p>	<p>Fax: 928-854-5499 Phone: 928-854-5349 Email: tkelly@lhusd.org</p>
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Inaugural Havasu First Chance Invitational 2023

Finals

Saturday February 25, 2023

Lake Havasu High School

Rolling Schedule

Running Events:

Time: 11:00am

Boys followed by Girls

3200 M Relay

110/100 M Hurdles

100 M Dash

1600 M Run**

400 M Relay

400 M Dash

300 M Hurdles

800 M Run**

200 M Dash

3200 M Run

1600 M Relay

**Two heats if necessary

Field Events

Time

Event

8:00am

Boy's Javelin followed by Girls

9:00am

Boy's Long Jump (by flights) to completion

Girl's Triple Jump to completion

Girl's High Jump to completion

Boy's Shot (by flights) to completion after the completion of Javelin

Girl's Discus (by flights) to completion at the completion of Javelin

Girl's Pole Vault to completion

Girl's Long Jump (by flights) to completion following boys

Boy's Triple Jump (by flights) to completion following girls

Boy's High Jump to completion following girls

Boy's Discus (by flights) to completion following girls

Girl's Shot (by flights) to completion following boys

Boy's Pole Vault to completion following girls

Pole Vault Weight Verification

School:

NAME OF VAULTER	WEIGHT*	POLE RATING

***INCLUDES FULL COMPETITOR UNIFORM AND FOOTWEAR**

Signature of Coach

Date

Signature of Athletic Director

Note to School Officials

Rule 7-4-3 The vaulter's weight shall be at or below the manufacturer's pole rating. The manufacturer's pole rating shall be visible in one-inch contrasting color, as well as a one-inch circular band, indicating the maximum top handhold. Pole rating markings are to be located above the hand hold band. A pole not properly marked shall not be used in warm-up or in competition.

The location of the band indicating the top hand position shall be determined by the manufacture.

Coaches may mark poles manufactured prior to 1995 by placing the bottom of a one-inch vinyl tape six inches from the top of the pole. The weight marking shall be indicated by one-inch numerals with a label or permanent marking pen of a color that contrasts to the color of the pole.

Rule 7-4-5 It is the responsibility of the coach to verify that the vaulter will use a pole rated at or above the vaulter's weight and that legal pole(s) have been provided for the competitor.

Rule 7-4-6 Competitors who use a pole rated below the vaulter's weight, in warm-up or competition shall be disqualified.

BOYS AND GIRLS' TRACK & FIELD APPEAL FORM

This is for rule violations only. Judgment rulings will not be reviewed

Appeals relating to matters which develop during the carrying through of the program should be made at once and not later than 30 minutes after the result has been officially announced, or within 15 minutes in a preliminary round. Any such appeal must be made in writing and by the head coach and submitted to the appeals table. The appeal will be submitted to the referee and the appeals board who will render a decision.

In matters related to official pictures, the coach may ask to view the film with the referee. If a picture is under appeal, the referee will consult only with the appeals board before a decision is rendered. The finish judge and the film evaluators shall not be consulted.

PLEASE PRINT

EVENT _____ INDIVIDUAL _____
BOYS _____ GIRLS _____ SCHOOL _____
TRIALS _____ HEAT# _____ SEMI-FINAL# _____ FINAL _____
LANE# _____ INFRACTION PAGE # _____

RULE REFERENCE (from current rule book) _____

DESCRIPTION OF THE APPEAL _____

Date _____ Time _____

Signature of Coach _____

Bottom of Form