DATE: **24 FEB 2023**

TIME: **09:30 a.m.**

SUBJECT: **Pebble Hills & Americas Annual Track Meet**

TO: **All Participating Head and Assistant Coaches**

FROM: **Coach Klay Gardiner HC Pebble Hills High School**

 **Coach Kenta Matsuda HC Americas High School**

Coaches,

We want welcome you to Pebble Hills and Americas’ Annual Track Meet at the Student Activities Complex (SAC). Our goal is to conduct an efficient and rapid meet to give the best experience possible to our student-athletes. The effort of all will go a long way in order to make sure all aspects of the meet are accurately and efficiently produced. Below is the information regarding itinerary and assignments.

Key Points:

* Running events will be a rolling schedule starting at 10:15 a.m. with the girls running in the morning and boys in the afternoon. The order of divisions will be Freshmen, Open, and Varsity.
* All field events will be “open pit” to mitigate schedule conflicts with jumpers/throwers entered in multiple events. Girls will compete in the afternoon with the boys competing in the morning.
* Open pit – Compete in any order at the designated time, it will close at the designated time for the next division.
* Pole Vault will be on **THURSDAY at 3 p.m. at the SAC. Girls – F, JV, V followed by Boys**
* All Field events will be conducted with 4 attempts finals for all levels.

Please NO CAMPING OUT ON THE INFIELD. Only athletes warming up will be permitted to stay.

**09:30 A.M**. – Coaches will meet in the home locker room for scratch meeting and hospitality.

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| **Running Events – TIMED FINALS Time** | **Field Events Time: Boys / Girls** |
| ***AHS Senior Recognition*** 10:00 a.m.**GIRLS**3200m 10:15 a.m. 400m Relay 11:00 a.m.800m 100m/110m Hurdles100m800m Relay400m300m Hurdles200m1600m1600m Relay***PHHS Senior Recognition*** 02:00 p.m.**\*\*\*\*\*Boys will switch to running events at 2:15** | Open Pit: Shot Put Open 10:15 a.m. / 02:15 p.m.Shot Put Freshmen 11:00 a.m. / 03:00 p.m.Shot Put Varsity 11:45 a.m. / 03:45 p.m.Discus Varsity 10:15 a.m. / 02:15 p.m.Discus Open 11:00 a.m. / 03:00 p.m. Discus Freshmen 11:45 a.m. / 03:45 p.m.Long Jump Varsity 10:15 a.m. / 02:15 p.m.Long Jump Open 11:00 a.m. / 03:00 p.m.Long Jump Freshmen 11:45 a.m. / 03:45 p.m.Triple Jump Open 10:15 a.m. / 02:15 p.m.Triple Jump Freshmen 11:00 a.m. / 03:00 p.m.Triple Jump Varsity 11:45 a.m. / 03:45 p.m. High Jump Freshmen 10:15 a.m. / 02:15 p.m.High Jump Varsity 11:00 a.m. / 03:00 p.m.High Jump Open 11:45 a.m. / 03:45 p.m. Pole Vault – **3 p.m. @ SAC Thurs 23 FEB 2023** |

Please have your athletes check in on time for the possibility of combining divisions. We will call out names at check in, after two announcements the runner will be scratched.

The following are the event assignments. Please, coaches only running the measurements. Please bring your own tape measures and sticks.

* **Shot Put – El Dorado**
* **Discus – Eastlake**
* **Long Jump – Pebble Hills**
* **Triple Jump – Horizon**
* **High Jump – Alamogordo**
* **Pole Vault – Americas**
* **400m Relay Exchange Zones – Fabens & Eastlake**
* **800m Relay Exchange Zones – Americas & Pebble Hills**
* **800m Break and 1600 Exchange Zones – Chapin HS**

**Minimum Requirements for all Field Events**

Each athlete will have their 1st attempt measured. After that, Open and Varsity athletes must make the minimum requirements for their following attempts to be measured. Freshmen will have no minimum. Everyone will get four attempts as measured finals.

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| --- | --- | --- | --- | --- | --- |
|  | Varsity Girls | JV Girls | Varsity Boys | JV Boys | Freshmen |
| Shot Put | **26 ft** | **20 ft** | **35 ft** | **30 ft** | **None** |
| Discus | **80 ft** | **65 ft** | **110 ft** | **90 ft** | **None** |
| Triple Jump | **26 ft** | **24 ft** | **36 ft** | **34 ft** | **None** |
| Long Jump | **14 ft** | **12 ft** | **18 ft** | **16 ft** | **None** |
| High Jump | **4’2** | **4’0** | **5’2** | **5’0** | **3’8 / 4’8** |
| Pole Vault | **6’0** | **6’0** | **6’0** | **6’0** | **6’0** |

Track Responsibilities:

* **Primary Starter** – Americas – Agustin David
* **Secondary Starter** – Pebble Hills - Coach Ibrahim, B.
* **Check In Clerk** – Pebble Hills – Coach Franco
* **Starting Clerk** – Pebble Hills - Coach Long
* **Finish Clerk** – Americas – Kerry Mildon
* **Announcer** – Americas - Lucero
* **Picker** 1- Americas – Aldo Gonzalez
* **Picker 2** - Pebble Hills – Coach Rocha
* **Awards** – Americas - Cheerleaders
* **Awards** – Pebble Hills – Coach Sherbert
* **Blocks Crew (2)** – Americas - coaches
* **Security**
* **Trainer-** Pebble Hills Lead but Americas will need 3 trainers to work with PH Lead Trainer
* **Timing**- Candy, Dale, & Diana