



**Alderete and Canutillo Middle School  
Track and Field Invitational  
Julius & Irene Lowenberg Stadium April 2, 2022**

**Alderete, Canutillo, East Montana, Fabens, Gadsden, Horizon, and Tornillo**

Meet Director:	CHS Track and Field
Starter:	Scott Brooks
Assistant Starter:	Fiacro Ramirez
Clerk of the Course Girls:	Sharon Norris & Raquel Gonzales
Clerk of the Course Boys:	Diane Hernandez & Oscar Trillo
Head Finish: (White/Red Flag)	Enrique Castanos & Sandra Guerrero
FAT System:	CHS Track and Field; John Erfort and Jon Porras
Announcer:	Robert Perez
Medals:	Cynthia Breceda
Athletic Trainer:	Hillary Avila
Hospitality:	AMS

**Timers:**

Jennifer Borjas	Madeline Flores	Joel Olivas (Alt & Exchange Judge)
Karina Trevino	Tonya Flores	David Escobedo (Alt & Exchange Judge)
Michelle Morales	Lauren Harrison	Wes Somerville (Alt & Exchange Judge)
Emmajean Gil	Jennifer Borjas	Angel Olivas (Alt & Exchange Judge)
		Anne Edwards (Alt & Exchange Judge)

**Event Assignments: Please be at your field event twenty minutes before your event starts. Please bring your own measuring canes and tape measures.**

Discus:	Louie Alvarado, Jorge Valenzuela & East Montana
Shot Put:	Raul Ramos, Christian Rodriguez & Fabens
Long Jump:	Patricia Montiel, Pedraic Baily & Gadsden
Triple Jump:	Cesar Perez, Gabriel Moran & Horizon
High Jump:	Valente Hernandez, Karly Dreher & Tornillo

**Break Judge: 800 – meter Run, 4 x 400 – meter Relay**

Raquel Gonzales  
Sandra Guerrero

**Relay Exchange Judges: 4 x 100 – meter Relay & 4 x 200 -meter Relay**

1 <sup>st</sup> Exchange	R. Galaviz & D. Escobedo (4 x 200 -meter Relay – 1 <sup>st</sup> and 3 <sup>rd</sup> exchange)
2 <sup>nd</sup> Exchange	A. Olivas & Joel Olivas (4 x 200 – meter Relay 2 <sup>nd</sup> exchange)
3 <sup>rd</sup> Exchange	Wes Somerville & Anne Edwards

## Entries

RunnerCard closes Thursday, March 31 @ 9:00 PM

Meet Name: Alderete and Canutillo Middle School Invitational 2022

Divisions include 7<sup>th</sup> Grade Girls, 8<sup>th</sup> Grade Girls, 7<sup>th</sup> Grade Boys, 8<sup>th</sup> Grade Boys

If you must combine divisions, please make sure that you combine to the 8<sup>th</sup> grade division. We do not want 8<sup>th</sup> graders in 7<sup>th</sup> grade division.

**Medals will be awarded for 1st, 2nd, and 3rd place.**

## Information:

**Ms. Hillary Avila, Trainer, will be on site for athlete care. All teams/athletes are asked to bring their own personal water bottles. Water will be available.**

- Coaches must direct athletes to stay in designated areas. Only those warming up for events may be on the field.
- Restrooms are available upstairs by the press box and downstairs by the concession stand.
- No sunflower seeds, gum, or Gatorade allowed on the track or football field.
- Team canopies may be set up high in the stands.
- Tell your athletes to use the trash cans so we can keep the bleacher and field areas clean.
- No boom boxes or sports equipment other than those used in the meet.
- **Final call is final call.** If the athlete is not on the starting line they will be disqualified. Coaches, it is your responsibility to have them ready. Tell your athletes they need to listen for their events. They will be scratched from a running event if they do not report to the Clerk of the Course by the third and final call.
- **Athletes may participate in a total of 5 events** with a limit of 3 running events. An athlete is permitted to enter 5 field events, but then no running events.
- **4 X 200 meter Relay** – All runners will stay in their lanes the entire race.
- **Hurdle heights** are as follows: Boys 110 meter 33”s. Girls 100 meters 30”s.
- **Shot Put:** Girls and Boys: 4K (8.81 lbs.)
- **Discus:** Girls and Boys: 1K (2.20 lbs.)
- **High Jump: High Jump: (Starting heights are 3’6” girls, and 3’8” for boys) Jumper must jump off of one foot.** Athletes are given 3 attempts at each height. Crossbar must be measured by the standards and from the center of the bar to the ground to ensure proper height. Bar is to be raised in 2” increments until four jumpers are left, then it will be raised in 1” increments. All participants are required to jump at a given height before the bar is raised (unless the jumper chooses to “pass” on a height or fails to check in within 10 minutes of their event, in which case the bar will be raised to the next height). It is considered a scratch if the jumper knocks down the bar or if the jumper touches the mat during a run through. **Please instruct your high jumpers that once the competition starts, the crossbar may not be lowered.**

## **Shot Put: Girls 6lbs / Boys 8.8 lbs**

Thrower must enter and exit through the back of the ring. The thrower must start with the shot put aligned with the side of their chin and must release it with a “pushing” motion as opposed to a “throwing” motion.

***Measuring: Measurements will be recorded to the nearest lesser ¼ inch..***

**Discus: Girls and Boys: 1K (2.20 lbs.)** Thrower must enter and exit through the back of the ring.

***Measuring: Measurements shall be recorded to the nearest lesser inch.***

**Long Jump:** Jumper must jump off of one foot. If two feet are used it counted as a scratch.

***Measuring: Measurements shall be recorded to the nearest lesser ¼ inch.***

**Triple Jump:** Triple jump includes the sequence of hop, step, jump.

***Measuring: Measurements shall be recorded to the nearest lesser ¼ inch.***

**Event Schedule:**

**8:00 AM                      Scratch Meet/Hospitality      Press Box**

**Order of Events:      7<sup>th</sup> Boys Run First, then 8<sup>th</sup> Boys      Girls Field Events First**

**9:00 AM**

**Running - Boys**

<b>100 – meter Hurdles</b>	<b>7<sup>th</sup> Girls then 8<sup>th</sup> Girls</b>
<b>110 – meter Hurdles</b>	<b>7<sup>th</sup> Boys then 8<sup>th</sup> Boys</b>
<b>2400 – meter Run</b>	<b>Boys</b>
<b>4 x 100 – meter Relay</b>	
<b>800 – meter Run</b>	
<b>100 – meter Dash</b>	
<b>4 x 200 – meter Relay</b>	
<b>400 – meter Dash</b>	
<b>200 – meter Dash</b>	
<b>1600 – meter Run</b>	
<b>4 x 400 – meter Relay</b>	

**9:00 AM - Field Events – Girls**

<b>Long Jump</b>	<b>7<sup>th</sup> Girls, then 8<sup>th</sup> Girls</b>
<b>Triple Jump</b>	<b>8<sup>th</sup> Girls, then 7<sup>th</sup> Girls</b>
<b>Discus</b>	<b>7<sup>th</sup> Girls, then 8<sup>th</sup> Girls</b>
<b>Shot Put</b>	<b>8<sup>th</sup> Girls, then 7<sup>th</sup> Girls</b>
<b>High Jump</b>	<b>7<sup>th</sup> Girls, then 8<sup>th</sup> Girls</b>

**11: 30 AM**

**Running - Girls**

**2400 – meter Run**  
**4 x 100 – meter Relay**  
**800 – meter Run**  
**100 – meter Dash**  
**4 x 200 – meter Relay**  
**400 – meter Dash**  
**200 – meter Dash**  
**1600 – meter Run**  
**4 x 400 – meter Relay**

**11:30 AM - Field Events – Boys**

<b>Long Jump</b>	<b>7<sup>th</sup> Boys, then 8<sup>th</sup> Boys</b>
<b>Triple Jump</b>	<b>8<sup>th</sup> Boys, then 7<sup>th</sup> Boys</b>
<b>Discus</b>	<b>7<sup>th</sup> Boys, then 8<sup>th</sup> Boys</b>
<b>Shot Put</b>	<b>8<sup>th</sup> Boys, then 7<sup>th</sup> Boys</b>
<b>High Jump</b>	<b>7<sup>th</sup> Boys, then 8<sup>th</sup> Boys</b>