

**RICHARD HARPER MEMORIAL TRACK MEET**  
**(BOYS & GIRLS)**

Dear Coach:

We are pleased that your teams plan to participate in the Richard Harper Memorial Track Meet scheduled for April 22 and 23, 2016. The meet will include both boys and girls divisions to be held at Albuquerque Academy.

Enclosed you will find information concerning the meet, time schedule for events.

**Entries are due through [directathletics.com](http://directathletics.com) no later than Thursday, April 21, 2016 by 12:00 noon. No late entries will be accepted. Please remember that entries are final – you may only scratch athletes – **NO CHANGES/ADDS.****

\*NOTE: Please remind your teams to use the outside restroom facilities. The gym is closed.

If there are any questions concerning the meet, please feel free to e-mail me at [taryn.bachis@aa.edu](mailto:taryn.bachis@aa.edu) or call me at 828-3340. We are looking forward to seeing you on April 22 and 23, 2016.

Sincerely,

Taryn Bachis  
Athletic Director

**Teams Attending:**

Albuquerque Academy  
Albuquerque High  
Atrisco Heritage A.  
Belen High  
Capital High  
Cibola High  
Cleveland High  
Eldorado High

Grants High  
Highland High  
La Cueva High  
Los Alamos High  
Los Lunas High  
Manzano High  
Piedra Vista High  
Rio Grande High

Rio Rancho High  
Sandia High  
Sandia Prep High  
Santa Fe High  
Valencia High  
Valley High  
Volcano Vista High  
West Mesa High

# RICHARD A. HARPER MEMORIAL TRACK MEET

**RUNNING EVENTS:** ALL RUNNING EVENTS WILL BE METRIC DISTANCES.

**INDIVIDUAL EVENTS: Entry limit:** Three (3) entries per school in individual events. The 100 meter, 200 meter, 400 meter, 100 meter hurdles (girls), 110 meter hurdles (boys), 200 meter and 300 meter intermediate hurdles will qualify the top 8 from the heats to the finals. Heats seeded according to time submitted. The 800, 1600, and 3200 meter runs will be finals only.

Heat seeding will be used for all timed finals (fastest times in the last heat). Timed finals will be for the following events: 800 meter run, 1600 meter run, and 3200-meter run.

**RELAYS:** 400 Meter, 800 Meter, 1600 Meter, and 1600-meter medley. One relay team per school in relay events. Heats seeded according to times. Last heat will be the fast heat. Places based on times of all heats.

**All relay and runway markings must be done with tennis balls or athletic tape. NO DUCT TAPE allowed on the track.**

**FULLY AUTOMATIC TIMING:** This will be a FAT event.

**FIELD EVENTS:** Shot Put, discus, javelin, long jump, triple jump, high jump, and pole vault  
Starting height in pole vault –Boys- 10'3". Girls- 7'9" (all qualifying heights will be contested)  
Starting height in high jump - (boys) 5'6"; (girls) 4'6". (Please do not enter athletes who have not cleared opening heights. We would like to keep this varsity only athletes.)  
Adjustments will be made before the meet if needed.  
Each contestant will be given 3 attempts. Top 8 will qualify to the finals.  
The best distances of the 6 attempts will determine the final position/place.  
**Note:** Minimum measurements for the throwing event are posted on event lines.

**TRACK SURFACE/RUNWAYS:** All-weather track surface, runways for pole vaults and long jump, and high jump takeoff. Flats, 1/4" or pin spikes required. (No long spikes, please). Concrete discus and shot-put rings, grass javelin surface.

**TIME SCHEDULE OF EVENTS:** Attached.

**COACHES:**

1. Please note that warm up periods have been provided before each field event. Please inform your participants that no warm ups will be allowed after the start of competition in the event.
2. Starting blocks will be provided for all competitors.
3. Scoring: Individual Events: 7-5-4-3-2-1  
Relays: 10-8-6-4-2-1
4. Lane Assignments: Curve: 4-5-6-3-7-2-8-1-9  
Straights: 5-4-6-3-7-2-8-1-9
5. The discus, shot, and javelin will be held at the Upper & Lower Soccer Fields, just northwest of the track.

**PROTEST:** In case of a mechanical or rule question, a **WRITTEN PROTEST** must be given to the Meet Referee to be acted on. In the case of a judgment call no protest will be allowed.  
**Only Head Coaches' may file a protest.**

**AWARDS:** Overall teams: 1, 2, 3 place trophies  
Relays: 1st place plaques  
Individual: 1, 2, 3 place medals,  
4, 5 & 6 place ribbons  
The awards will be packaged and distributed at end of meet.

# RICHARD A. HARPER MEMORIAL TRACK MEET

April 22 & 23, 2016

## TIME SCHEDULE Friday, April 22nd

**Friday, April 22nd – 9:30am Coaches may make scratches & pick up the Field Event Flight Info in the East Campus Gym Wrestling Room. All scratches need to be made at this time to expedite the meet. (Field Events Scratch at the site)**

**9:30 AM Weigh-In of Shot Put and Discus - Upper Field West side of Library  
Scratch at the site for field events – NO ADDS**

### FIELD EVENTS:

- 10:30 Girls: High Jump - **Starting height @ 4'6"**
- 10:30 Boys Triple Jump & Girls Triple Jump **Minimum measurement distance is 35'0" boys & 28'0" girls**
- 10:30 Boys: Pole Vault – **Starting height @ 10'3"**
- 10:30 Girls Discus - **Minimum measurement distance is 80'0"**
- 10:30 Boys Shot Put – **Minimum measurement distance is 38'0"**
- 12:30 Boys High Jump – **Starting height @ 5'6"**
- 12:30 Girls Long Jump & Boys Long Jump **Minimum measurement distance is 18'0" boys & 14'0" girls**
- 12:30 Girls Pole Vault – **Starting height @ 7'9"**
- 12:30 Girls Shot Put – **Minimum measurement distance is 28'0"**
- 12:30 Boys Discus - **Minimum measurement distance is 110'0"**

### RUNNING EVENTS: Preliminaries - eight fastest qualify to finals.

- 1:00 Girls 3200 Meter Run (Final)
- 1:30 Boys 3200 Meter Run (Final)
- 2:00 - 2:20 Open Track
- 2:30 Girls 400 Relay
- 2:40 Boys 400 Relay
- 2:50 Girls 800 Run (Final)
- 3:05 Boys 800 Run (Final)
- 3:30 Girls 100 Meter Hurdles
- 3:45 Boys 110 Meter Hurdles
- 4:00 Girls 100 Meter Dash
- 4:15 Boys 100 Meter Dash
- 4:40 Girls 400 Meter Dash
- 4:55 Boys 400 Meter Dash
- 5:20 Girls 300 Meter Hurdles
- 5:35 Boys 300 Meter Hurdles
- 5:55 Girls 200 Meter Dash
- 6:10 Boys 200 Meter Dash

# RICHARD A. HARPER MEMORIAL TRACK MEET

## TIME SCHEDULE Saturday, April 23rd - All Events Finals

<b>8:00-8:15</b>	<b>Coaches Scratch Meeting - East Campus Gym Wrestling Room – <u>NO ADDS</u></b>
<b>8:30</b>	<b>Field events Scratch at the Site – <u>NO ADDS</u> Javelin Weigh-In and warm-up - Lower Field/East of Campus Road</b>
9:00	Boys Javelin - <b>Minimum measurement distance is 125'0"</b>
10:30	Girls Javelin - <b>Minimum measurement distance is 80'0"</b>
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9:45	Girls 400 Meter Relay
9:50	Boys 400 Meter Relay
10:00	Girls 100 Meter Hurdles
10:10	Boys 110 Meter Hurdles
10:15	Girls 100 Meter Dash
10:20	Boys 100 Meter Dash
10:25	Girls 1600 Meter Run (Final)
10:40	Boys 1600 Meter Run (Final)
10:55	Girls 800 Meter Relay
11:05	Boys 800 Meter Relay
11:15	Girls 400 Meter Dash
11:20	Boys 400 Meter Dash
11:30	Girls 300 Meter Hurdles
11:35	Boys 300 Meter Hurdles
11:45	Girls 1600 Meter Medley Relay
12:00	Boys 1600 Meter Medley Relay
12:15	Girls 200 Meter Dash
12:20	Boys 200 Meter Dash
12:25	Girls 1600 Meter Relay
12:40	Boys 1600 Meter Relay

### TEAM AWARDS