

2005

**BOYS AND GIRLS TRACK & FIELD STATE TOURNAMENT
RULES, REGULATIONS, INSTRUCTIONS**



**Arizona Interscholastic Association, Inc.
7007 North 18th Street
Phoenix, Arizona 85020-5552**

www.aiaonline.org

AIA Tournament Office Track & Field Coordinator:

Ron Halbach (602) 385-3824
rhalbach@aiaonline.org

AIA Tournament Office Fax Number:

(602) 385-3781

Posted 03/14/05:gs
Page 6 - Updated 03/30/05:gs
Page 8 - Updated 05/06/05:gs

TABLE OF CONTENTS

Schools/Conferences	3
Rules	4
General Information	4
Admission	4
Games Committee Information	5
Jury of Appeals – 2A and 4A Conferences	5
Games Committee Members	5
Region/State Tournament Directors – Region Results Information	6
1A/3A State Track & Field Championships Schedule Friday, May 13 and Saturday, May 14, 2005	7
2A/4A State Track & Field Championships Schedule Thursday, May 12, Friday, May 13 and Saturday, May 14, 2005	8
5A State Track & Field Championships Schedule Wednesday, May 11 and Saturday, May 14, 2005	9
Pole Vault Verification Form	10

5A CONFERENCE

Central

Corona del Sol
Desert Vista
Marcos de Niza
Mountain Pointe
Yuma

Desert Valley

Brophy
Desert Mountain
Horizon
Kofa
North Canyon
Paradise Valley
St. Mary's
Xavier

East Valley

Cibola
Dobson
Mesa
Mtn. View Mesa
Red Mountain
Skyline
Westwood

Metro

Camelback
Cesar Chavez
Central
Carl Hayden
North
South Mountain

Southern

Buena
Canyon del Oro
Flowing Wells
Mtn. View (Marana)
Sahuaro
Salpointe
Tucson

Northwest

Alhambra
Barry Goldwater
Deer Valley
Maryvale
Mountain Ridge
Trevor Browne
Sandra Day
O'Conner

Fiesta

Casa Grande
Chandler
Gilbert
Hamilton
Highland
Mesquite

Desert West

Ironwood
Kingman
Peoria
Sunrise Mountain
Tolleson
Westview

4A CONFERENCE

Desert Sky

Apollo
Boulder Creek
Cactus Shadows
Cortez
Greenway
Independence
Lake Havasu
Notre Dame Prep

East Sky

Apache Junction
Arcadia
Basha
Chaparral
Coronado
Desert Ridge
Saguaro
Tempe

Grand Canyon

Chinle
Coconino
Flagstaff
Mingus Union
Page
Payson
Sinagua

Kino

Amphitheater
Catalina Foothills
Cienega
Desert View
Douglas
Palo Verde
Pueblo
Sabino

Skyline

Copper Canyon
Glendale
McClintock
Moon Valley
San Luis
Sunnyslope
Thunderbird
Washington

Sonoran

Catalina
Cholla
Ironwood Ridge
Marana
Nogales
Rincon
Santa Rita
Sunnyside

Wells Fargo

Bradshaw Mountain
Cactus
Centennial
Pinnacle
Prescott
Raymond Kellis
Shadow Mountain

West Valley

Agua Fria
Buckeye
Desert Edge
Dysart
La Joya
Millennium
Mohave
Willow Canyon

3A CONFERENCE

South

Coolidge
Estrella Foothills
Fountain Hills
Higley
Queen Creek
Seton Catholic

Globe

Rio Rico
Safford
Sahuarita
Santa Cruz
Willcox
(St. Augustine
Catholic)

East

Alcheyay
Blue Ridge
Holbrook
Round Valley
Show Low
Snowflake

North

Ganado
Greyhills
Hopi
Monument Valley
Pinon
Tuba City
Window Rock
Winslow

West

Camp Verde
Chino Valley
Parker
River Valley
Sedona Red Rock
Wickenburg

2A CONFERENCE

Desert

Antelope
Baboquivari
Benson
Bisbee
Desert Christian
Gila Bend
Life School
Maricopa
Pusch Ridge
San Pasqual
St. Gregory
Tombstone
Yuma Catholic

Copper

Florence
Hayden
Miami
Morenci
Ray
San Carlos
San Manuel
Superior
Thatcher

Metro

Arizona Lutheran
Bourgade
Horizon Honors
Northwest Christian
Phoenix Christian
Phoenix Country
Day
Precision
Scottsdale Christian
Valley Christian
Valley Lutheran

North

Mayer
Many Farms
Red Mesa
Rough Rock
St. John's
Valley (Sanders)
Williams

1A CONFERENCE

East

Duncan
Pima
San Simon
Valley Union

North

Ash Fork
Fredonia
Grand Canyon
Joseph City
Mogollon
Northland Prep
Seligman
St. Michael

South

Ajo
Immaculate Heart
St. David

West

Canyon State
Salome
Tempe Prep
The Orme School

2005 TRACK & FIELD RULES & REGULATIONS

RULES

Rules shall be those of the current National Federation Track and Field Rule Book with exceptions noted in the AIA Constitution and Bylaws and these tournament instructions.

GENERAL INFORMATION

- Coaches will remain in the stands; under no circumstances should coaches come onto the field.
- Participants will be assigned designated areas at each site and shall remain in those areas. Participants should not be on the field unless participating.
- Sportsmanship Rule will be in effect and is in continuation from regular season and Region Tournament play. (Refer to the AIA Constitution and Bylaws, Article 16, Section 3, pages 68 and 69.)
- Field Event Contestants shall report promptly to the event judge at the designated location when the event is called. A contestant shall be charged with an unsuccessful attempt if he/she does not complete the trial or indicate his/her passing it within one and one-half minutes of pole vault (one minute in L.J., T.J., H.J., Shot Put and Discus) after he/she has been called for a trial, unless he/she has been excused by the event judge to participate in another event.
- Starting blocks will be provided at all resolute tracks.
- **All pole-vaulters will be weighed in underneath stadium for 2A/4A meet.**
- 2A/3A - 40° sectors may be used in shot put and discus.
- 4A/5A - 40° sectors may be used in shot put and discus.
- An open pit will be used in the long jump and triple jump.
- Spikes must be 1/8 to 1/4 inch in length; long spikes are unacceptable.
- Lane assignments, scratches, seeding or throwing/ jumping order, starting heights and other details shall be discussed at the coaches meeting.
- **Throwing implements (shot/discus) will be provided for 2A schools only - 1A, 3A, 4A, and 5A schools will provide their own. No school or personal implements will be permitted during competition for 2A schools.** (Should a competitor have a special, high tech discus, not merely a personal favorite, that discus can be given to the Head Field Judge no later than two (2) hours prior to the scheduled competition to be weighed, measured and certified. It will then be kept by the Head Field Judge, placed on the rack of implements to be used in competition, and be available for use by all competitors.)
- A Region Meet is a Championship Meet. All ties will be eliminated in accordance with the manner designated in the National Federation Track Rule Book. If a tie still exists, the remaining ties will advance.
- Neither the AIA nor the host site shall be responsible for lost or stolen articles.
- Any coach or competitor using tobacco, alcoholic beverages, or misusing drugs at the tournament site during athletic contests sponsored by AIA shall be disqualified from the contest. (Refer to the AIA Constitution and Bylaws, Article 14, Section 14.13, pages 46-47.)
- Locker room facilities will not be available.

ADMISSION

Admission to the play-off games for students and adults will be \$5.00.

FREE ADMISSION:

- ✓ Teams (in uniform) entering with their District's School Board Approved Coach(es)
- ✓ Children five or under
- ✓ All tournament workers
- ✓ Media with proper credentials
- ✓ AIA Lifetime Pass Holder and one (1) guest
- ✓ AIA Complimentary Pass and one (1) guest
- ✓ Current Registered Official (will admit 1)

GAMES COMMITTEE

The Games Committee's responsibility is to serve as representatives of their conferences and to provide expertise to the Meet Director of that sport. This could involve planning, preparation, implementation and/or follow-up procedures for the tournament.

Members of the committee should be available throughout the contest for assistance to the director.

The Games Committee, upon the request of the Meet Director, shall consider and take appropriate action on any protest of the tournament operation.

The decision of the Meet Director and/or Games Committee shall be final.

Note: In 2A/4A a separate jury of appeals will act as the final arbitrator with the meet referee on any protest in regards to a disagreement with the referee's decision. The protest must be received no later than 30 minutes after the results in the event have been announced.

Jury of Appeals (2A/4A)

Sid Bailey	Leonard Suarez	Al Nelson
Bruce Frankie	Joe Hajek	

GAMES COMMITTEE MEMBERS

1A Conference

Mike Sterkowitz	Joseph City
Donald Dehe	International Studies Academy
Digger O'Dell	Pima
Jerry Hancock	Fort Thomas
Victor Acuna	Green Fields

2A Conference

Roger Heap	St. Johns
Bill Sanderlin	Morenci
Walter Edge	Bisbee
Joe Richter	Valley Lutheran
Mrs. Six	Valley

3A Conference

Darlene Armstrong	Holbrook
Jonath Gee	Pinon
Tot Workman	Queen Creek
Mark Showers	Camp Verde

4AConference

Jim Davis	Centennial	Chuck Hardt	Payson
Tim Poole	Apollo	Howie Usher	Mingus Union
Rob Reniewicki	Arcadia	David Romero	Desert View
Becky Swift	Apache Junction	Kim Dismulke	Moon Valley
Ron Ellsworth	Douglas	Dan Stickel	Mohave
Alfred Melo	Mohave	Mary Numez	Buckeye
Ralph Ortega	Sunnyside	Mark Golgoski	Prescott
Jim Baker	Tolleson	Paul Williams	Cactus

5Aconference

Chris Hanson	Desert Vista	Bruce Branstrom	Alhambra
Dave Van Sickle	Xavier	Jeff Griffin	Corona del Sol
Bill Webster	Mtn. View Mesa	Mike Urbanski	Salpointe
Fred Clare	Gilbert	Robbie Robinson	Mtn. View Mesa
John Ortiz	South	Jim Baker	Tolleson
Mark Nolan	TBD	Greg Cheney	North
Marcus Sanchez	Mesquite	Bill Smith	Deer Valley
		Dusty Sullivan	Tolleson

REGION/STATE TOURNAMENT DIRECTORS

State Tournament Site Directors; notify the AIA Office of the regional tournament winners immediately after region tournaments.

AIA Office: Phone: 602-385-3824

Fax: 602-385-3781

Email: gsowers@aiaonline.org

1A – REGION RESULTS

Each 1A school may enter four (4) athletes for individual events and one (1) team per relay event. All entries are due no later than Wednesday May 11, 2005 via www.directathletics.com and season best marks shall be used for seeding purposes.

2A - REGION RESULTS

The 2A Region Meet Directors must fax **results by 9:00 PM, Saturday, May 7, 2005 to Al Nelson** at Valley Christian High School, Fax: (480) 705-8889 (if possible, please email your results to Al Nelson at anelson@vchstrojans.org) and to **Leonard Suarez**, Fax (520) 545-5489. Email- leonards@sunnysideud.k12.az.us

Please submit the following:

- First and last name and school of qualifiers. *Please type.*
- Qualifying time or distance of all qualifiers, not just first place.
- School that won the region tournament, both boys and girls.
- All Relay participants.

3A - REGION RESULTS

All 3A region meets shall use HyTek Meet Management software, have their entries submitted online via www.directathletics.com and export their results back to the website **by Sunday afternoon May 8, 2005**. All region meets are considered outside qualification meets and must be conducted accordingly. Region meet directors should also e-mail their results to gwayne@kayenta.k12.az.us and gwayne@direcway.com as well.

Coaches are responsible for submitting their qualified entries (either outside qualifiers or region meet qualifiers) online at www.directathletics.com **no later than Tuesday, May 10, 2005 at 6:00 PM**. Each athlete may be entered in four (4) individual events, and athletes may compete in four (4) events including relays per NFHS rules.

Heat and flight sheets will be emailed to all schools on Wednesday, May 11, 2005 as well as all the usual media outlets and websites.

4A - REGION RESULTS

The 4A Region Meet Directors must report **results by 9:00 PM, Saturday, May 7th, 2005 to Steve Kerr** <mailto:kerrby@cox.net>. **Please submit the following:**

- First and last name and school of qualifiers. *Please type.*
- Qualifying time or distance of all qualifiers, not just first place.
- School that won the region tournament, both boys and girls.
- All Relay participants.
- Disk from Hy Tek with region results.

5A - REGION RESULTS

All 5A Region Tournament Directors must **report results by 10:00 AM, Saturday, May 7, 2005**.

CENTRAL, EAST VALLEY, FIESTA, SOUTHERN: Report **results to Dave Shapiro**, Chandler High
Phone (480) 812-6671 Fax (480) 812-7700 Cell (480) 918-6479 E-Mail Shapiro@chandler.k12.az.us

DESERT VALLEY, METRO, NORTHWEST, SOUTHWEST: Report **results to Crannie Hysong**
Phone (623) 877-7081 Fax (Same number) E-Mail chysong@cox.net

Please submit the following:

- First and last name and school of qualifiers.
- Qualifying time or distance of all qualifiers, not just first place.
- School that won the region tournament, both boys and girls.
- Disk from Hy Tek with region results.

1A/3A - SCHEDULE OF EVENTS

STATE TRACK AND FIELD CHAMPIONSHIPS

SITE: Queen Creek High School
22149 E. Ocotillo Road
Queen Creek, AZ 85242

FRIDAY, May 13, 2005 - SESSION ONE - (3A Only)

4:00 PM Coaches Meeting
4:30 PM Field Event Venues
Open for warm-ups

5:30 PM - Field Events (3A)

Girls High Jump
Boys Pole Vault
Boys Long Jump
Girls Discus
Boys Shot Put

8:00 PM - Field Events (3A)

Girls Long Jump

6:00 PM - Track Events (3A)

Prelims: High Hurdles
Prelims: 100m Dash

Finals: 1600m Run

Prelims: 4 X 100m Relay

Prelims: 400m Dash

Prelims: 300m Hurdles

Finals: 800m Run

Prelims: 200m Dash

Awards: Field Events

Prelims: 4 X 400m Relay

SATURDAY May 14, 2005 - SESSION TWO - (1A ONLY)

9:00 AM Coaches Meeting
9:30 AM Field Event Venues
Open for warm-up

10:00 AM - Field Events (1A)

Boys & Girls Pole Vault
Girls High Jump
Boys Long Jump
Girls Shot Put
Boys Discus

11:30 AM - Field Events (1A)

Boys High Jump
Girls Long Jump
Boys Shot Put
Girls Discus

1:00 PM - Field Events (1A)

Boys & Girls Triple Jump

10:00 AM - Track Events (1A)

Finals: 3200m Run

Prelims: High Hurdles

Prelims: 100m Dash

Prelims: 400m Dash

Prelims: 300m Hurdles

Prelims: 200m Dash

Awards: Field Events

SATURDAY May 14, 2005 - SESSION THREE - (1A & 3A)

4:00 PM Coaches Meeting
4:30 PM Field Event Venues
Open for warm-up

5:30 PM Field Events (3A)

Boys High Jump
Girls Pole Vault
Boys Discus
Girls Triple Jump
Girls Shot Put

8:00 PM Field Events (3A)

Boys Triple Jump

6:00 PM Track Events (1A & 3A)

3A: 4 X 800 Relay

Finals: High Hurdles

Finals: 100m Dash

1A: 1600m Run

Finals: 4 X 100m Relay

Finals: 400m Dash

Finals: 300m Hurdles

1A: 800m Run

Finals: 200m Dash

Awards: Field Events

3A: 3200m Run

Finals: 4 X 400m Relay

1A Girls 800m Medley

NOTE: Track event order shall be:

3A Boys

1A Boys

3A Girls

1A Grls

Track Event Awards presented following each event

2A/4A –SCHEDULE OF EVENTS **STATE TRACK AND FIELD CHAMPIONSHIPS**

SITE: Mesa Community College
1833 W. Southern Avenue
Mesa, AZ 85202

THURSDAY, May 12, 2005 (4A)

3:00 PM Coaches Meeting
3:15 PM Field Event Warm-up

4:00 PM FIELD EVENT FINALS

Shot Put – Boys
Discus – Girls
High Jump – Boys
Long Jump – Girls
Triple Jump – Boys
Pole Vault – Boys

5:30 PM RUNNING EVENTS

Boys Precede Girls
3200 Meter Relay - Boys
110 M Hurdles
100 M
1600 M Final – Girls
4 X 100 M Relay
400 M
300 M Hurdles
800 M Final – Girls
200 M
3200 M Final – Boys
4 X 400 M Relay

FRIDAY, May 13, 2005 (2A)

3:00 PM Coaches Meeting
3:15 PM Field Event Warm-up

4:00 PM FIELD EVENT FINALS

Shot Put – Girls
Discus – Boys
High Jump – Girls
Long Jump – Girls
Triple Jump – Boys
Pole Vault – Boys

5:30 PM RUNNING EVENTS

Boys Precede Girls
3200 Meter Relay - Girls
110 M Hurdles
100 M
1600 M Final – Boys
4 X 100 M Relay
400 M
300 M Hurdles
800 M Final – Boys
200 M
3200 M Final – Girls
4 X 400 M Relay

SATURDAY, May 14, 2005 (4A/2A)

3:00 PM Coaches Meeting if necessary
3:15 PM Field Event Warm-up

4:00 PM FIELD EVENT FINAL

Shot Put – 2A Boys/4A (Girls to follow)
Discus – 4A Boys/2A (Girls to follow)
High Jump – 4A Girls/2A (Boys to follow)
Long Jump – 2A/4A Boys Open**
Triple Jump – 2A/4A Girls Open**
Pole Vault – 4A Girls/2A Girls (Boys to follow)

5:30 PM RUNNING EVENTS

Boys Precede Girls unless otherwise noted
3200 M Relay – 4A Girls/2A Boys
110 M Hurdles – 2A/4A Boys
100 M Hurdles – 2A/4A Girls
1600 M – 4A Boys/2A Girls
4 X 100 Relay – 2A/4A Boys, 2A/4A Girls
400 M – 2A/4A Boys, 2A/4A Girls
300 M Hurdles – 2A/4A Boys, 2A/4A Girls
800 M – 4A Boys/2A Girls
200 M – 2A/4A Boys, 2A/4A Girls
3200 M – 4A Girls/2A Boys
4 X 400 M Relay – 2A/4A Boys, 2A/4A Girls

**Times to be announced per conference at coaches meeting

Team State Track Championship Trophy and Runner-up Trophy presentation to follow the conclusion of events.

For additional information contact the 2A/4A State Track Meet Co-Directors:

Leonard Suarez
Sunnyside High School
Phone: 520-545-5332 or 520-940-2047
Fax: 520-545-5489

Sid Bailey
Glendale Union High School District
Phone: 623-435-6006
Fax: 623-435-6078

5A SCHEDULE OF EVENTS

STATE TRACK AND FIELD CHAMPIONSHIPS

**SITE: Sun Angel Track
Arizona State University
Tempe, AZ**

WEDNESDAY, May 11, 2005

3:45 PM Coaches Meeting
3:30 PM Field Event Warm-up

FIELD EVENT FINALS

4:30 PM Long Jump – Boys
Triple Jump - Girls
Discus – Boys
High Jump – Boys
Pole Vault – Girls
Shot Put - Girls

RUNNING EVENTS PRELIMS

(Boys precede Girls except where indicated)

4 X 800 M Relay **Final** - Girls
110 M Hurdles - Boys
100 M Hurdles - Girls
100 M – B/G
1600 M **Final** - Boys
4 X 100 M Relay – B/G
400 M – B/G
300 M Hurdles – B/G
800 M **Final** – Boys
200 M – B/G
3200 M **Final** – Girls
4 X 400 M Relay – B/G

SATURDAY, May 14, 2005

5:00 PM Coaches Meeting
5:00 PM Field Event Warm-up

FIELD EVENT FINALS

6:00 PM Long Jump - Girls
Triple Jump - Boys
Discus - Girls
High Jump – Girls
Pole Vault - Boys
Shot Put - Boys

RUNNING EVENT FINALS

(Boys precede Girls except where indicated)

4 X 800 M Relay Final - Boys
110 M Hurdles - Boys
100 M Hurdles - Girls
100 M – B/G
1600 M Final - Girls
4 X 100 M Relay – B/G
400 M – B/G
300 M Hurdles – B/G
800 M Final - Girls
200 M – B/G
3200 M Final – Boys
4 X 400 M Relay – B/G

Awards to follow

For additional information contact Site Meet Director:

Dave Shapiro A.D. Chandler High School
Phone – (480) 812-7700 Fax -(480) 812-7720

NOTE:

- **A \$3.00 vehicle charge will be assessed to each vehicle parking in the ASU parking lots.**
- **No food or drinks will be allowed to be brought into Sun Angel Track Stadium fan or participant areas.**
- **Water and Gatorade will be provided on the field at several locations for competitors.**

POLE VAULT VERIFICATION FORM

_____ of _____ weighs _____
Name of Vaulter Name of School weight

on a pole rated _____. This conforms to National Federation
Rated weight of pole

of State High School Associations rules.

Athletic Director's Signature & Date

Principal's Signature & Date

Coach's Signature & Date

Official's Signature & Date

This form must be completed and given to the Head Field Judge on the day of, but prior to competition.