

TO: 1A & 3A Conference Athletic Directors and Coaches

FROM: Greg Wayne  
1A & 3A Conferences  
State Track-and-Field Meet Director  
Alternative Programs Coordinator  
Monument Valley High School  
PO Box 337  
Kayenta, Arizona 86033  
E-MAIL: [gwayne@kayenta.k12.az.us](mailto:gwayne@kayenta.k12.az.us)  
E-MAIL: [gwayne@hughes.net](mailto:gwayne@hughes.net)  
HOME PHONE: 928-697-8572  
OFFICE: 928-697-2181

DATE: May 14, 2008

SUBJECT: Report on the state meet.

### **LAST YEAR'S STATE MEET**

In 2007, we had a major problem with the state meet where we got done on Friday night well after midnight. To be sure, in 2006 we got done with the meet well after 11:00 p.m. And, while we were with the 2A—the same issue of getting done late on Friday was an ever present problem. We also had an issue to contend with in that the field events on Saturday weren't fully completed, sometimes not even started, by the time the final running event was done.

Subsequently, I was given a directive by the AIA to get done earlier on Friday night as well as have the field events conclude by the time the running events were over on Saturday.

### **PLANNING THE REVISIONS FOR THIS YEAR**

In the debriefing meetings for the 2007 meet, we looked at the situation on Friday and listed key contributors to the problem of getting done late on Friday for the first two years at Mesa High School (and, the same problem plagued us while we were with the 2A):

1. Unrealistic time schedule—needed to be modified
2. Meet staff needed a greater sense of urgency to move the meet along faster
3. Needed blocks that were more easily adjusted between heats
4. No duplication of instruction by the starter that was given by the clerk
5. More experienced timing crew
6. Better flow with the calls, getting the athletes to the bullpen, and to the starting line
7. Getting the hurdles set properly in a more timely manner

To address these seven items, as the meet director I did the following:

1. Surveyed the coaches and we came to a consensus to eliminate the prelims in the relays (subsequently anywhere from 90 minutes to 2 hours was saved from Friday night).
2. Spoke with the officials association to align their curriculum to the needs of our meet.
3. Allowed each team to provide their own blocks, or use the blocks provided by meet management.
4. Had a pre-meet meeting with the starter to place heavy emphasis on keeping the meet moving.
5. Use myself as the primary Lynx timer, Estrella Foothills as the back-up Lynx timer, Blue Ridge as the back-up digital video timer, and Monument Valley as the back-up analog video timer. These crews are by far the most experienced crews in the state. Year after year all of these crews time anywhere from 5-15 meets.
6. The announcer got 60-70 page script each day, we had the athletes report to the bullpen two events prior, were escorted to the infield one event prior, and we had a staging clerk at the starting line to ensure the athletes were in the correct heat and lane.
7. Hired Monument Valley's hurdle coach to work with the Canyon State Academy crew to ensure that the hurdles were set properly in a timely manner.

### **WHAT ACTUALLY HAPPENED THIS YEAR**

At this year's state meet, we met the primary objective of getting done at a reasonable time on Friday night. The field events concluded right on time, and the running events concluded 45 minutes early at 9:15 p.m.

On Friday, the big issue was that the field events concluded anywhere from 30 – 45 minutes after the last running event was completed. We did have two issues come up in two different events.

- In the 3A boys 800m Run, we had a mix-up in results due to one runner wearing the wrong hip number. After reviewing all the cameras and having the kids identify themselves in the photo, we got it all corrected.
- In the 3A girls high jump, we had the painstaking task of breaking the ties in the event by going down to the very bottom of the checklist at three different heights. At the end of a long day, it becomes a very tedious time-consuming task to break several ties. Nevertheless, we got that straightened out.

On Saturday, the big issue was the bottleneck in the awards. It took us about 30 minutes to present all the awards at the end of the meet. The bottleneck at the awards on Saturday night was a combination of things, all of which should be worked out next year.

- The previous awards clerk for the past 7 years moved; thus, I hired the same crew that has helped me with the state wrestling tournament. They were on pretty unfamiliar ground this year. With a state meet under their belts, they should be much more efficient with the awards.

- With the running events so far ahead of schedule on Saturday, and the field events pretty much on schedule, some of the field events that were supposed to be presented during the 3200m runs weren't completed and had to be presented after the conclusion of the running events. So, originally we wanted to present 10 field event awards during the 3200m runs and that final 10 right after the meet. Instead, we got 5 done during the 3200m runs and 15 after the meet.
- By far the biggest glitch with the awards was when the head field judge asked us to delay the awards with the 1A girls and 3A boys throwers so they could get their finals started early. Somehow it was communicated to the awards people that all awards presentation should cease—thus, they sat idle for 15-20 minutes and then had this huge onslaught of awards to give out.

### **HOW THE REVISIONS AFFECTED THE RUNNING EVENTS**

To be sure, if we had conducted prelims in the relays, that would have taken at least 1 hour and 40 minutes. Thus, at best the meet would have concluded at 10:40 pm. The most likely scenario would have been 11:00 pm. Therefore, having the relays conducted in timed finals did in fact play a major role in us concluding much earlier this year than last year.

One concern going in was the seeding in the relays, and the seeding appeared to be pretty good. In a few cases, we had some false starts and dropped batons leaving the fast heat with only seven finishers. From a statistical point of view, there wasn't a case of where there were less than six (6) of the place winners weren't in the fast heat. In a couple cases, the top 8 performances on the night were in the fast heat.

### **HOW THE REVISIONS AFFECTED THE FIELD EVENTS**

The schedule for field events was modified after what the 2A was doing to address the following issues, and we appeared to have met these objectives:

1. Eliminate the problem on **SATURDAY** of having the 4 X 400m Relay conclude the running events, and many field events were still in progress (or worse, not even started).
2. Eliminate down time between the prelims and finals, getting athletes back to the finals, and allow for enough time to process the results and awards.
3. Equity issues pertaining to the officials and meet workers; thus, allowing for meet management to secure enough workers to properly stage the various field events.
4. Ensure that the correct athletes are in the finals.

There was a concern expressed about the condition of the discus ring in that it was slick. This was brought to the attention of the Mesa High throws coach as well as the athletic director and it was stated that the situation would be addressed over the summer.

There was also a concern expressed about some crowd control issues and the Mesa High School Athletic Department and the meet director will address those this upcoming year.

Another concern brought to the attention of the meet director was how the prelims on Friday and the finals on Saturday would affect the performance levels of the athletes.

Examining the affects on the performance levels of the athletes, the throwing events were scrutinized. The only valid and reliable statistic in this case would be to compare how many athletes improved their best marks of the competition from the prelims to the finals against the previous years.

1A girls' shot put—in 2007, 4 of the 9 improved from the prelims to the finals  
—this year 2 of 9 (-2)

1A girls' discus—in 2007, 4 of the 9 improved from the prelims to the finals  
—this year 3 of 9 (-1)

1A boys' shot put—in 2007, 5 of the 9 improved from the prelims to the finals  
—this year 4 of 9 (-1)

1A boys' discus—in 2007, 5 of the 9 improved from the prelims to the finals  
—this year 2 of the 9 (-3)

3A girls' shot put—in 2007, 3 of the 9 improved  
—this year 3 of 9 (0)

3A girls' discus—in 2007, 3 of the 9 improved  
—this year 5 of the 9 (+2)

3A boys' shot put—in 2007, 2 of the 9 improved  
—this year 6 of the 9 (+4)

3A boys' discus—in 2007, 4 of the 9 improved  
—this year 3 of the 9 (-1)

**Overall – in 2007, 30 of the 72 improved—this year we had 28 of the 72 improved**

**Thus, a net loss of 2 resulted from last year to this year's competition showing no significant change either way.**

**At this point, both sides could successfully argue their points; however, I would say it was a wash and the jury is still out. Thus, we will continue with the same format for the field events.**

## **PLANS FOR 2008-09**

In light of the success of this year's schedule, very few changes will be implemented for next year.

- The schedule for running events will reflect the actual time schedule for this year, plus or minus five minutes. 2008—09 will be a “boys first” year.
- Field events will start at 4:30 pm, instead of 5:00 pm. The field event rotation will be exactly the same. This will allow for most field events to conclude by 9:15.
- The bullpen will be moved to be on the grassy area in front of the scoreboard at the South end of the track (same end as the high jump apron).
- We will completely block off the visitors bleachers and no traffic whatsoever behind the discus. Access to the pole vault and horizontal jumps will be from the North end of the stadium.
- People wanting to watch the discus can be on the south end of the practice field, or take the long walk and go around via the North end of the stadium and go as far as the flagging will permit.

### **(NFHS 3-2-2) ENTRIES FOR THE STATE MEET**

Each school is responsible for submitting entries into the state meet at [www.directathletics.com](http://www.directathletics.com) no later than 8:00 p.m. MST on the Monday following the region meets.

If teams are encountering difficulties, please contact Greg Wayne

Greg Wayne  
Monument Valley High School  
PO Box 337  
Kayenta, AZ 86033  
E-MAIL: [gwayne@kayenta.k12.az.us](mailto:gwayne@kayenta.k12.az.us)  
E-MAIL: [gww2@dana.ucc.nau.edu](mailto:gww2@dana.ucc.nau.edu)  
HOME PHONE: 928-697-8572  
ATHLETIC OFFICE: 928-697-2216

(NFHS 4-2-2) Each athlete is permitted to be entered in four (4) events for which he/she has qualified.

(NFHS 4-2-1) Each athlete may compete in four (4) events, including relays.

An athlete may scratch an individual event to compete in a relay. To avoid any issues, it is recommended that the coach notify the HyTek operator prior to the start of the meet.

## **AWARDS PRESENTATIONS**

- **Track events**—will be presented immediately following the final for that particular event. Athletes need to stay in the vicinity of the awards area until the awards are presented. After each final, the athletes will be escorted to the awards area.
- **Field events**—Each conference/gender will have their field events awarded on Saturday (except for the PV and HJ finalists that competed on Friday) right after the awards are presented for their 4 X 400m Relay (for the 1A girls—sprint medley). Thus, for the 3A boys, as soon as the 1A boys' 4 X 400m Relay has concluded—the medals for the 3A Boys 4 X 400m Relay will be presented. Immediately following that, the medals for the 3A boys high jump, long jump, triple jump, shot put, and discus will be presented prior to the start of the 3A Girls 4 X 400m Relay.

## **(NFHS 3-2-2) REGION MEET STIPULATIONS**

- Each region meet has the opportunity to be an outside qualification meet.
- All region meets should use online entries with [www.directathletics.com](http://www.directathletics.com)
- All region meet directors should export the results back to the website.
- All region meet directors should include in their packets at the coaches meeting the following: (1) AIA tournament guide, (2) 3A Conference Season Information Packet, (3) Region Meet Information, heat and flight sheets, and other pertinent information at the region level.

## **(3A Conference Bylaws—AIA 8.3.2.4) CRITERIA FOR OUTSIDE QUALIFICATION MEETS**

- Must be an AIA sanctioned meet per article 11.4.3 of the AIA bylaws.
- Must have five (5) or more schools competing.
- NFHS rules per the current rule book, case book, and officiating manual.
- The criteria for outside qualification is based on NFHS rule 10, meeting the same standards for NFHS records.
- Must have state association officials serving as the Starter, Referee, and Head Field Judge.
- FAT is preferred. If hand times are used, then three (3) watches must be on first place and two (2) places on subsequent places.
- Throwing implements must be weighed and inspected prior to competition.
- Athletes competing in the pole vault must be weighed in prior to the competition.
- Wind readings are required in the long and triple jumps, 100, 200, and high hurdles.
- The marks must be on the ranking list at [www.directathletics.com](http://www.directathletics.com) to be considered an outside qualification mark.
- Results must be sent to the outside qualification chair (Greg Wayne) immediately after the meet.
- The outside will validate the marks on the ranking list and e-mail out a verification list on a weekly to bi-weekly basis.
- Region meets are outside qualification meets if they meet all the above listed criteria and use [www.directathletics.com](http://www.directathletics.com) for entries and reporting results.

### **(AIA Bylaws 12.1.6) HELP AT THE STATE MEET**

The AIA will assign the head judge at each field event. The meet director will recruit one additional certified official at the throws and horizontal jumps to mark the spot to measure from. The following regions have been assigned to provide 2-3 adult workers to assist in the following field events. They will be paid each night per the AIA pay scale.

Shot Put—3A North (Recorder and Measurement Assistant)

Discus—3A East (Recorder and Measurement Assistant)

Long Jump—3A West (Recorder, Measurement Assistant, and Wind Gauge Operator)

Triple Jump—3A South (Recorder, Measurement Assistant, and Wind Gauge Operator)

High Jump—1A Conference (Assistant Judge)

Pole Vault—1A Conference (Assistant Judge)

### **(NFHS 3-2-3) PROCEDURES FOR FIELD EVENTS**

- **Long jump and triple jump.** Friday – one hour open pit, Saturday – 45 minute open pit, with 15 minutes specifically allotted for warm-ups. For the prelims, each athlete will get three attempts, with the top nine (plus ties) advancing to the finals. For the finals, each athlete will get an additional three attempts. The best mark of the six allotted attempts will be used for ranking and scoring purposes. NFHS rules for breaking ties will be used (second best attempt). If needed, the head event judge has the authority to extend the pit times and allow athletes to compete at different times if circumstances warrant.
- **Shot put and discus.** For the prelims flights will be established by the meet director. However, the head event judge has the authority to move athletes to another flight if circumstances warrant. In the prelims, each athlete will be given three attempts. The top nine (plus ties) advance to the finals. For the finals, each athlete will get an additional three attempts. The best mark of the six allotted attempts will be used for ranking and scoring purposes. NFHS rules for breaking ties will be used (second best attempt). **Implements shall be weighed-in each day from 3:30 – 4:30 pm outside of the track by the start of the 300m hurdles. NOTE: To expedite the warm-ups, athletes are asked to use two certified implements for all warm-up sessions.**
- **Athletes in the horizontal jumps and throws are encouraged to complete all their attempts at the beginning of their session so that results can be tabulated in a timely manner.**
- **For the 3A Girls High Jump,** to avoid the problems we have had with the tiebreakers year-in, and year-out, we will do the following:

**Opening Height: 4-04** (Outside Qualifying: 4-08)

Two-inch progressions for 3 heights (4-04, 4-06, 4-08)

One-inch progressions after that (4-09, 4-10, 5-00, 5-01)

This will break the on-going ties at 4-08 and 4-10 that occur every year much more easily.

- **For the 3A Boys High Jump**, to avoid the problems we have had with tiebreakers year-in, and year-out, we will do the following:

**Opening Height: 5-06** (Outside Qualifying: 5-10)  
Two-inch progressions for 3 heights (5-06, 5-08, 5-10)  
One-inch progressions after that (5-11, 6-00, 6-01, 6-02)

This will break the on-going ties at 5-10 and 6-00 that occur every year much more easily.

- **For the 3A Girls Pole Vault**, to avoid the problems we have had with the tiebreakers year-in, and year-out, we will do the following:

**Opening Height: 6-06** (Outside Qualifying: 7-06)  
Six-inch progressions for 3 heights (6-06, 7-00, 7-06)  
Three-inch progressions after that (7-09, 8-00, 8-03, 8-06)

This will break the on-going ties at 7-06 and 8-00 that occur every year much more easily.

**Weigh-ins for the pole vault will be held at the training room from 3:30 pm – 4:30 pm each day.**

- **For the 3A Boys Pole Vault**, to avoid the problems we have had with the tiebreakers year-in, and year-out, we will do the following:

**Opening Height: 11-00** (Outside Qualifying: 12-00)  
Six-inch progressions for 3 heights (11-00, 11-06, 12-00)  
Three-inch progressions after that (12-03, 12-06, 12-09, 12-06)

This will break the on-going ties at 12-00 and 12-06 that occur every year much more easily.

**Weigh-ins for the pole vault will be held at the training room from 3:30 pm – 4:30 pm each day**

- **For the 1A Girls High Jump**, to avoid the problems we have had with the tiebreakers year-in, and year-out, we will do the following:

**Opening Height: 4-00** (Outside Qualifying: 4-04)  
Two-inch progressions for 3 heights (4-00, 4-02, 4-04)  
One-inch progressions after that (4-05, 4-06, 4-07, 4-08, and so forth)

This will break the on-going ties at 4-04 and 4-06 that occur every year much more easily.

- **For the 1A Boys High Jump**, to avoid the problems we have had with tiebreakers year-in, and year-out, we will do the following:

**Opening Height: 5-00** (Outside Qualifying: 5-04)  
Two-inch progressions for 3 heights (5-00, 5-02, 5-04)  
One-inch progressions after that (5-05, 5-06, 5-07, 5-08, and so forth)

This will break the on-going ties at 5-04 and 5-06 that occur every year much more easily.

- **For the 1A Girls Pole Vault**, to avoid the problems we have had with the tiebreakers year-in, and year-out, we will do the following:

**Opening Height: 6-00** (Outside Qualifying: 7-06)  
Six-inch progressions for 4 heights (6-00, 6-06, 7-00, 7-06)  
Three-inch progressions after that (7-09, 8-00, 8-03, 8-06)

This will break the on-going ties at 7-06 and 8-00 that occur every year much more easily.

**Weigh-ins for the pole vault will be held at the training room from 3:30 pm – 4:30 pm each day.**

- **For the 1A Boys Pole Vault**, to avoid the problems we have had with the tiebreakers year-in, and year-out, we will do the following:

**Opening Height: 6-00** (Outside Qualifying: 7-06)  
Six-inch progressions for 4 heights (6-00, 6-06, 7-00, 7-06)  
Three-inch progressions after that (7-09, 8-00, 8-03, 8-06)

This will break the on-going ties at 7-06 and 8-00 that occur every year much more easily.

**Weigh-ins for the pole vault will be held at the training room from 3:30 pm – 4:30 pm each day**

## **(NFHS 3-2-3) PROCEDURES FOR TRACK EVENTS**

**(NFHS 3-2-3) 100, 200, 400, HIGH HURDLES, AND 300m HURDLES:** On Friday, prelims shall be conducted. Heats will be established by seeding athletes based on season best marks as noted in the performance list at [www.directathletics.com](http://www.directathletics.com) using NFHS guidelines (NFHS 5-6-2). Team mates will be split-up when feasible to do so (NFHS 5-6-4). The heat winners and the next best times shall advance to the finals on Saturday (NFHS 3-2-3).

**(NFHS 3-2-3) 4 X 800m Relay, 800, 1600, AND 3200:** Seeding will be based on season best marks as noted in the performance list at [www.directathletics.com](http://www.directathletics.com) using NFHS guidelines. A double-waterfall start shall be used. Two heats shall be used if circumstances warrant.

### **(NFHS 3-2-3) 4 X 100m Relay, 800m Sprint Medley Relay, and 4 X 400m Relay:**

3A Conference--The last (fast) heat will be seeded as follows.

Lane 1: #7 seed  
Lane 2: #5 seed  
Lane 3: #3 seed (region champion with the 3<sup>rd</sup> fastest season best mark)  
Lane 4: #1 seed (region champion with the fastest season best mark)  
Lane 5: #2 seed (region champion with the 2<sup>nd</sup> fastest season best mark)  
Lane 6: #4 seed (region champion with the 4<sup>th</sup> fastest season best mark)  
Lane 7: #6 seed  
Lane 8: #8 seed

1A Conference—the last (fast) heat will be seeded as follows:

Lane 1: #7 seed  
Lane 2: #5 seed  
Lane 3: #3 seed (fastest inter-region runner-up season best mark)  
Lane 4: #1 seed (fastest inter-region champion season best mark)  
Lane 5: #2 seed (2<sup>nd</sup> fastest inter-region champion season best mark)  
Lane 6: #4 seed (2<sup>nd</sup> fastest inter-region runner-up season best mark)  
Lane 7: #6 seed  
Lane 8: #8 seed

NOTE: At least three (3) teams will be placed in each heat. Thus, as an example, if there are ten (10) teams entered, the #8 seed will be moved to the first heat.

Times to determine seeding will be derived from the performance list at [www.directathletics.com](http://www.directathletics.com) with the meet director having the discretion to validate any and all performances.

All others entries will be placed in previous heats based on season best marks. The relays are “timed finals” meaning that the official time ran on Saturday shall determine the final ranking and scoring for the state meet.

### **(NFHS 3-15) CALL SYSTEM**

At the state meet, the following calls shall be made for the running events:

1<sup>st</sup> call, 2<sup>nd</sup> call, 3<sup>rd</sup> call, report call (two events prior), and on the infield (one event prior).

For the field events, two calls will be given. First call will be made approximately 30 minutes prior to the scheduled start of the event. Report call will be made 10-15 minutes prior to the scheduled start of the event.

NOTE: The bullpen will be moved (from previous years) to the grassy area in front and behind the scoreboard at the South end of the track (same side as the high jump apron and finish line).

### **(NFHS 3-18-3) AWARDS PRESENTATION—TRACK EVENTS**

Medals for place winners 1-8 will be made immediately following the final. All finalists are to report to the awards area immediately following their race.

### **(NFHS 3-2-3) HEAT SHEETS**

Heat and flight sheets will be in each school's packet (which can be picked up at the coaches meeting in the hospitality room). Updates and results will be posted underneath the main grandstands.

### **(NFHS 3-5-2) APPEALS AND PROTESTS**

The appeals clerk shall be stationed at the South end of the press box.

The referee shall be stationed at the finish line on the outside of the track.

### **(NFHS 3-2-3-o)—TIME LIMITS TO FOLLOW WHEN EXCUSED TO COMPETE IN ANOTHER EVENT**

Athletes in the high jump and pole vault will have the opportunity to report to the head event judge to be excused to another event and hold up the event for ten (10) minutes before the bar is raised. The athlete in question will be credited with a PASS at any heights they missed.

### **(NFHS 3-1-a) MEDICAL STAFF**

Certified trainers, EMT's, and/or physicians will be on duty throughout the state meet.

### **(NFHS 3-2-2) TENTS**

No tents will be permitted in the bleachers.

### **(NFHS 3-2-4h) BLOCKS**

Blocks will be supplied; however, teams may supply their own blocks provided they are okay for all-weather tracks.

### **(NFHS 3-2-4h) IMPLEMENTS**

Teams must supply their own throwing implements and batons. All implements shall be weighed 3:30 – 4:30 pm each day.

### **(NFHS Points-of-Emphasis) OFFICIALS ASSOCIATION**

I strongly encourage that each school have at least one coach go through the officials clinics. This will alleviate many of the problems encountered in the past (especially with uniform rules) where athletes have been disqualified because the coach and/or the athlete were unaware of the rule interpretation.

The new AIA officials' website is:

<http://www.aztfofficials.org/index.php>

At the state meet, the following officials are assigned by the AIA's Commissioner of Officials:

1. Referee
2. Starter
3. Recall Starter
4. Clerk of the Course
5. Head Field Judge
6. Head Shot Put Judge
7. Head Discus Judge
8. Head Long Jump Judge
9. Head Triple Jump Judge
10. Head Pole Vault Judge (if at all possible is safety certified in the pole vault)
11. Head High Jump Judge
12. Wind Gauge Operator
13. Head Finish Judge
14. Head Umpire (zone and lane judge)

The meet director will make every attempt to fill the following meet worker positions from the pool of certified and registered officials:

1. Assistant field event judges (marks the "zero" spot to measure from)
2. Assistant Umpires (8-12)

The meet director will recruit one additional certified official at the throws and horizontal jumps to mark the spot to measure from. The following regions have been assigned to provide two (2) adult workers to assist in the following field events. They will be paid each night per the AIA pay scale.

Shot Put—3A North (Recorder and Measurement Assistant)  
Discus—3A East (Recorder and Measurement Assistant)  
Long Jump—3A West (Recorder and Wind Gauge Operator)  
Triple Jump—3A South (Recorder and Wind Gauge Operator)  
High Jump—1A Conference (Assistant Judge)  
Pole Vault—1A Conference (Assistant Judge)

# 1A CONFERENCE

## (AIA Bylaws 8.3.2.4) Qualification for the state meet

1. **Inter-Region meet qualification**—each inter-region is entitled to qualify eight (8) athletes and/or relay teams in each event.
2. **Outside qualification**—any athlete or relay team meeting or exceeding the established outside qualification mark in a sanctioned AIA qualification meet may participate in the state meet in that event.

## 2008-09 OUTSIDE QUALIFICATION MARKS

<u>1A Conference</u>		
<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
14.15	100m	12.04
<b>29.22</b>	<b>200m</b>	<b>24.48</b>
68.66	400m	54.96
<b>2:40.69</b>	<b>800m</b>	<b>2:08.94</b>
6:11.81	1600m	4:57.58
<b>12:59.45</b>	<b>3200m</b>	<b>11:04.75</b>
21.43	HH	19.41
<b>55.89</b>	<b>300H</b>	<b>45.26</b>
66.09	4 X 100 Relay	48.67
<b>2:14.85 (800m Sprint Medley)</b>	<b>4 X 400 Relay</b>	<b>3:54.25</b>
15:19.22	4 X 800 Relay	10:03.02
<b>25-08</b>	<b>Shot Put</b>	<b>38-04</b>
71-03	Discus	106-05
<b>4-04</b>	<b>High Jump</b>	<b>5-04</b>
7-06	Pole Vault	7-06
<b>13-04</b>	<b>Long Jump</b>	<b>18-05</b>
27.05	Triple Jump	38-00

Outside qualification marks are determined by last year's 8<sup>th</sup> place marks. If there is no 8<sup>th</sup> place mark in the finals (or deemed out-of-range), then the 8<sup>th</sup> place mark from the prelims shall be used.

All times noted are FAT. For manual times, when submitting marks to [www.directathletics.com](http://www.directathletics.com), click on the *manual times* box.

NOTE: 10.81 manual time rounds up to 10.9 + .24 = 11.14 for FAT conversion.

## 3A CONFERENCE

### (AIA Bylaws 8.3.2.4) Qualification for the state meet:

- 1. Region meet qualification**—each region is entitled to qualify four (4) athletes and/or relay teams in each event. NOTE: If a region place winner will not be participating at the state meet, then the 5<sup>th</sup> place winner may participate at the state meet.
- 2. Outside qualification**—any athlete or relay team meeting or exceeding the established outside qualification mark in a sanctioned AIA qualification meet may participate in the state meet in that event.

### 2008-09 OUTSIDE QUALIFICATION MARKS

<u>3A Conference</u>		
<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
13.28	100m	11.63
<b>27.64</b>	<b>200m</b>	<b>23.45</b>
61.75	400m	52.68
<b>2:28.72</b>	<b>800m</b>	<b>2:02.02</b>
5:37.85	1600m	4:38.22
<b>12:37.87</b>	<b>3200m</b>	<b>10:06.42</b>
17.33	HH	16.18
<b>49.83</b>	<b>300H</b>	<b>41.73</b>
54.01	4 X 100 Relay	45.47
<b>4:18.65</b>	<b>4 X 400 Relay</b>	<b>3:34.40</b>
10:34.56	4 X 800 Relay	8:40.17
<b>32-05</b>	<b>Shot Put</b>	<b>45-10</b>
91-01	Discus	124-05
<b>4-08</b>	<b>High Jump</b>	<b>5-10</b>
7-06	Pole Vault	12-00
<b>14-11.25</b>	<b>Long Jump</b>	<b>20-04</b>
30-11.75	Triple Jump	41-05

Outside qualification marks are determined by last year's 8<sup>th</sup> place marks. If there is no 8<sup>th</sup> place mark in the finals (or deemed out-of-range), then the 8<sup>th</sup> place mark from the prelims shall be used.

6 years ago we used 4<sup>th</sup> place marks. Then, when the South Region had 12 teams and qualified 6, the East and West had 6 teams and qualified 3, and the North had 8 and qualified 4—the games committee quickly discovered the South had an unfair scoring advantage which no other sport had to deal with. In the interest of equity, the games committee opted to lower the qualification standard to 8<sup>th</sup> place.

All times noted are FAT. For manual times, when submitting marks to [www.directathletics.com](http://www.directathletics.com), click on the *manual times* box.

NOTE: 10.81 manual time rounds up to 10.9 + .24 = 11.14 for FAT conversion.

**NOTE: This schedule is considered tentative and unofficial. The official schedule shall be located in the AIA Tournament Guide.**

**The times listed below are to be used as guide. Officially, we will use a rolling time schedule.**

**Site: Mesa High School; 1630 E. Southern Ave; Mesa, AZ 85204**

Meet Director: Greg Wayne, Monument Valley; 928-697-2216

Site Director: Scot Schmidt, Mesa High School; 480-472-5980

**Friday, May 15, 2009**

<b><u>Session I</u></b>	<b><u>Field Events</u></b>
4:30 p.m.	<b>1A Girls Pole Vault Finals</b> <b>1A Boys High Jump Finals</b> 3A Boys Long Jump Prelims 3A Girls Triple Jump Prelims 3A Boys Discus Prelims 1A Girls Shot Put Prelims
5:45 p.m.	1A Boys Long Jump Prelims 1A Girls Triple Jump Prelims 1A Boys Discus Prelims 3A Girls Shot Put Prelims <b>3A Boys Pole Vault Finals</b> <b>3A Girls High Jump Finals</b>
7:00 p.m.	1A Girls Long Jump Prelims 1A Boys Triple Jump Prelims 3A Girls Discus Prelims 1A Boys Shot Put Prelims
8:15 p.m.	3A Girls Long Jump Prelims 3A Boys Triple Jump Prelims 1A Girls Discus Prelims 3A Boys Shot Put Prelims

**Fri**

**Ses**  
5:

**Friday, May 15, 2009**

<b><u>Session II</u></b>	<b><u>Track Events</u></b>
<b>5:00 p.m.</b>	<b>3A Boys 4 X 800 meter Relay Finals</b>
<b>5:15 p.m.</b>	<b>1A Girls 4 X 800 meter Relay Finals</b>
5:30 p.m.	3A Boys 110 meter Hurdles Prelims
5:35 p.m.	1A Boys 110 meter Hurdles Prelims
5:45 p.m.	3A Girls 100 meter Hurdles Prelims
5:50 p.m.	1A Girls 100 meter Hurdles Prelims
6:00 p.m.	3A Boys 100 meter Dash Prelims
6:05 p.m.	1A Boys 100 meter Dash Prelims
6:15 p.m.	3A Girls 100 meter Dash Prelims
6:20 p.m.	1A Girls 100 meter Dash Prelims
<b>6:30 p.m.</b>	<b>1A Boys 1600 meter Run Finals</b>
<b>6:40 p.m.</b>	<b>3A Girls 1600 meter Run Finals</b>
6:50 p.m.	3A Boys 400 meter Dash Prelims
6:55 p.m.	1A Boys 400 meter Dash Prelims
7:05 p.m.	3A Girls 400 meter Dash Prelims
7:10 p.m.	1A Girls 400 meter Dash Prelims
7:20 p.m.	3A Boys 300 meter Hurdles Prelims
7:25 p.m.	1A Boys 300 meter Hurdles Prelims
7:35 p.m.	3A Girls 300 meter Hurdles Prelims
7:40 p.m.	1A Girls 300 meter Hurdles Prelims
<b>7:50 p.m.</b>	<b>1A Boys 800m Run Finals</b>
<b>7:55 p.m.</b>	<b>3A Girls 800m Run Finals</b>
8:05 p.m.	3A Boys 200 meter Dash Prelims
8:10 p.m.	1A Boys 200 meter Dash Prelims
8:20 p.m.	3A Girls 200 meter Dash Prelims
8:25 p.m.	1A Girls 200 meter Dash Prelims
<b>8:35 p.m.</b>	<b>3A Boys 3200 meter Run Finals</b> Awards—1A Field Events
<b>8:50 p.m.</b>	<b>1A Girls 3200 meter Run Finals</b> Awards—3A Field Events

Awards for all running events will be presented immediately following the finals for that event.

Saturday, May 16, 2009

**Session III      Field Events**

4:30 p.m.	<b>1A Boys Pole Vault Finals</b> <b>1A Girls High Jump Finals</b> 3A Boys Long Jump Finals 3A Girls Triple Jump Finals 3A Boys Discus Finals 1A Girls Shot Put Finals
5:30 p.m.	1A Boys Long Jump Finals 1A Girls Triple Jump Finals 1A Boys Discus Finals 3A Girls Shot Put Finals <b>3A Girls Pole Vault Finals</b> <b>3A Boys High Jump Finals</b>
6:30 p.m.	1A Girls Long Jump Finals 1A Boys Triple Jump Finals 3A Girls Discus Finals 1A Boys Shot Put Finals
7:30 p.m.	3A Girls Long Jump Finals 3A Boys Triple Jump Finals 1A Girls Discus Finals 3A Boys Shot Put Finals

Saturday, May 16, 2009

**Session IV      Track Events**

<b>5:00 p.m.</b>	<b>1A Boys 4 X 800 meter Relay Finals</b>
<b>5:10 p.m.</b>	<b>3A Girls 4 X 800 meter Relay Finals</b>
5:25 p.m.	3A Boys 110 meter Hurdles Finals
5:30 p.m.	1A Boys 110 meter Hurdles Finals
5:35 p.m.	3A Girls 100 meter Hurdles Finals
5:40 p.m.	1A Girls 100 meter Hurdles Finals
5:45 p.m.	3A Boys 100 meter Dash Finals
5:50 p.m.	1A Boys 100 meter Dash Finals
5:55 p.m.	3A Girls 100 meter Dash Finals
6:00 p.m.	1A Girls 100 meter Dash Finals
<b>6:05 p.m.</b>	<b>3A Boys 1600 meter Run Finals</b>
<b>6:10 p.m.</b>	<b>1A Girls 1600 meter Run Finals</b>
6:20 p.m.	3A Boys 4X100 meter Relay Finals
6:30 p.m.	1A Boys 4X100 meter Relay Finals
6:40 p.m.	3A Girls 4X100 meter Relay Finals
6:50 p.m.	1A Girls 4X100 meter Relay Finals
7:00 p.m.	3A Boys 400 meter Dash Finals
7:05 p.m.	1A Boys 400 meter Dash Finals
7:10 p.m.	3A Girls 400 meter Dash Finals
7:15 p.m.	1A Girls 400 meter Dash Finals
7:20 p.m.	3A Boys 300 meter Hurdles Finals
7:25 p.m.	1A Boys 300 meter Hurdles Finals
7:30 p.m.	3A Girls 300 meter Hurdles Finals
7:35 p.m.	1A Girls 300 meter Hurdles Finals
<b>7:40 p.m.</b>	<b>3A Boys 800m Run Finals</b>
<b>7:45 p.m.</b>	<b>1A Girls 800m Run Finals</b>
7:50 p.m.	3A Boys 200 meter Dash Finals
7:55 p.m.	1A Boys 200 meter Dash Finals
8:00 p.m.	3A Girls 200 meter Dash Finals
8:05 p.m.	1A Girls 200 meter Dash Finals
<b>8:10 p.m.</b>	<b>1A Boys 3200 meter Run Finals</b>
<b>8:25 p.m.</b>	<b>3A Girls 3200 meter Run Finals</b>
8:40 p.m.	3A Boys 4 X 400 meter relay
8:55 p.m.	1A Boys 4 X 400 meter relay
	<b>Awards—3A Boys Field Events</b>
9:10 p.m.	3A Girls 4X400 meter relay
	<b>Awards—1A Boys Field Events</b>
9:30 p.m.	1A Girls 800 meter sprint medley
	<b>Awards—3A Girls Field Events</b>
	<b>Awards—1A Girls Field Events</b>
	<b>Awards—Team Trophies</b>

Awards for all running events will be presented immediately following the finals for that event.

**Women 100 Meter Dash 1A Conference**

National Rec	11.14	1992	Marion Jones - Thousand Oaks (CA)
1A Meet Rec	12.17	1990	Traci Brown - Williams
AIA Rec	11.31	2002	Jessica Onyepunuka - Peoria

**Men 100 Meter Dash 1A Conference**

National Rec	10.15	1990	Henry Neal - Greenville (TX)
1A Meet Rec	10.81	2006	Justin Kremer - Grand Canyon
AIA Rec	10.33	1978	LaNorris Marshall - Dysart

**Women 100 Meter Dash 3A Conference**

National Rec	11.14	1992	Marion Jones - Thousand Oaks (CA)
3A Conf	11.82	1992	Eureka Hall - Safford
3A Meet	11.82	1992	Eureka Hall - Safford
AIA Rec	11.31	2002	Jessica Onyepunuka - Peoria

**Men 100 Meter Dash 3A Conference**

National Rec	10.15	1990	Henry Neal - Greenville (TX)
3A Conf	10.33	1978	LaNorris Marshall - Dysart
3A Meet	10.78	1984	Vince Masters - Coolidge
AIA Rec	10.33	1978	LaNorris Marshall - Dysart

**Women 200 Meter Dash 1A Conference**

National Rec	22.52	2003	Allyson Felix - LA Baptist (CA)
1A Meet Rec	25.91	1990	Traci Brown - Williams
AIA Rec	23.60	2002	Jessica Onyepunuka - Peoria

**Men 200 Meter Dash 1A Conference**

National Rec	20.13	1985	Roy Martin - Roosevelt (TX)
1A Meet Rec	22.12	2006	Justin Kremer - Grand Canyon
AIA Rec	20.22	1976	Dwayne Evans - South Mountain

**Women 200 Meter Dash 3A Conference**

National Rec	22.52	2003	Allyson Felix - LA Baptist (CA)
3A Conf	23.70	1992	Eureka Hall - Safford
3A Meet	24.03	1992	Eureka Hall - Safford
AIA Rec	23.60	2002	Jessica Onyepunuka - Peoria

**Men 200 Meter Dash 3A Conference**

National Rec	20.13	1985	Roy Martin - Roosevelt (TX)
3A Conf	21.16	1978	LaNorris Marshall - Dysart
3A Meet	21.93	8408	V. Masters/P. Cann - Coolidge/Santa Cruz
AIA Rec	20.22	1976	Dwayne Evans - South Mountain

**Women 400 Meter Dash 1A Conference**

National Rec	50.74	2000	Monique Henderson - Samuel Morse (CA)
1A Meet Rec	59.89	1996	Lyssa Diumentti - Grand Canyon
AIA Rec	52.99	1992	Eureka Hall - Safford

**Men 400 Meter Dash 1A Conference**

National Rec	45.25	1993	Calvin Harrison - North Salinas (CA)
1A Meet Rec	47.91	2006	Justin Kremer - Grand Canyon
AIA Rec	46.64	1977	Dwight Jones - Maryvale

**Women 400 Meter Dash 3A Conference**

National Rec	50.74	2000
3A Conf	52.99	1992
3A Meet	53.35	1992
AIA Rec	52.99	1992

Monique Henderson - Samuel Morse (CA)  
Eureka Hall - Safford  
Eureka Hall - Safford  
Eureka Hall - Safford

**Men 400 Meter Dash 3A Conference**

National Rec	45.25	1993
3A Conf	48.84	1993
3A Meet	48.84	1993
AIA Rec	46.64	1977

Calvin Harrison - North Salinas (CA)  
Jamie Jones - Apache Junction  
Jamie Jones - Apache Junction  
Dwight Jones - Maryvale

**Women 100 Meter Hurdles 1A Conference**

National Rec	13.03	2007
1A Meet Rec	16.13	1986
AIA Rec	13.60	2003

Vashti Thomas - Mt. Pleasant (CA)  
Martha Hernandez - Valley Union  
Jacquelyn Johnson - Yuma

**Women 100 Meter Hurdles 3A Conference**

National Rec	13.03	2007
3A Conf	14.71	2004
3A Meet	14.87	2004
AIA Rec	13.60	2003

Vashti Thomas - Mt. Pleasant (CA)  
Nicole Nevitt - Queen Creek  
Nicole Nevitt - Queen Creek  
Jacquelyn Johnson - Yuma

**Men 110 Meter Hurdles 1A Conference**

National Rec	13.30	1990
1A Meet Rec	15.12	2006
AIA Rec	13.69	1980

Chris Nelloms - Dayton Dunbar (OH)  
Taylor Goodman - Pima  
Mossy Cade - Santa Cruz

**Men 110 Meter Hurdles 3A Conference**

National Rec	13.30	1990
3A Conf	13.69	1980
3A Meet	14.47	1994
AIA Rec	13.69	1980

Chris Nelloms - Dayton Dunbar (OH)  
Mossy Cade - Santa Cruz  
Andre Carmen - Safford  
Mossy Cade - Santa Cruz

**Women 300 Meter Hurdles 1A Conference**

National Rec	39.98	2001
1A Meet Rec	47.32	1986
AIA Rec	42.67	1985

Lashinda Demus - Long Beach Wilson (CA)  
Martha Hernandez - Valley Union  
Christy Nore - Chapparral

**Men 300 Meter Hurdles 1A Conference**

National Rec	35.28	2007
1A Meet Rec	40.62	1992
AIA Rec	37.01	2006

Jeshua Anderson - Taft (CA)  
Mark Bellingadt - Scottsdale Christian  
Cylend Simmons - Westwood

**Men 300 Meter Hurdles 3A Conference**

National Rec	39.98	2001
3A Conf	44.44	2004
3A Meet	44.44	2004
AIA Rec	42.67	1985

Lashinda Demus - Long Beach Wilson (CA)  
Nicole Nevitt - Queen Creek  
Nicole Nevitt - Queen Creek  
Christy Nore - Chapparral

**Men 300 Meter Hurdles 3A Conference**

National Rec	35.28	2007
3A Conf	37.95	1988
3A Meet	37.95	1988
AIA Rec	37.01	2006

Jeshua Anderson - Taft (CA)  
Todd Reid - Payson  
Todd Reid - Payson  
Cylend Simmons - Westwood

**Women 800 Meter Run 1A Conference**

National Rec	2:04.74	1980	Joetta Clark - Columbia (NJ)
1A Meet Rec	2:20.09	1985	Kim Kelling - Valley Union
AIA Rec	2:07.84	1971	Kathy Gibbons - Alhambra

**Men 800 Meter Run 1A Conference**

National Rec	1:46.45	1996	Michael Granville - Bell Gardens (CA)
1A Meet Rec	2:00.36	2008	Elliot Godzich - Veritas Prep
AIA Rec	1:51.46	1991	Steve Ybarra - Cactus

**Women 800 Meter Run 3A Conference**

National Rec	2:04.74	1980	Joetta Clark - Columbia (NJ)
3A Conf	2:14.59	2003	Whitney Hardt - Round Valley
3A Meet	2:16.68	2001	Jodie Denike - Chino Valley
AIA Rec	2:07.84	1971	Kathy Gibbons - Alhambra

**Men 800 Meter Run 3A Conference**

National Rec	1:46.45	1996	Michael Granville - Bell Gardens (CA)
3A Conf	1:53.30	1989	Miark Hochstettler - Payson
3A Meet	1:55.77	2003	Eric Chavez - Rio Rico
AIA Rec	1:51.46	1991	Steve Ybarra - Cactus

**Women 1600 Meter Run 1A Conference**

National Rec	4:38.15	2007	Alex Kosinski - Oak Ridge (CA)
1A Meet Rec	5:22.27	1995	Jayne Lauderdal - Desert Christian
AIA Rec	4:49.11	1999	Sara Gorton - Mountain Pointe

**Men 1600 Meter Run 1A Conference**

National Rec	3:59.51	2001	Alan Webb - South Lakes (VA)
1A Meet Rec	4:33.85	1994	Brad Reidhead - Mogollon
AIA Rec	4:09.64	1983	Jeff Canada - Greenway

**Women 1600 Meter Run 3A Conference**

National Rec	4:38.15	2007	Alex Kosinski - Oak Ridge (CA)
3A Conf	4:54.44	2002	Whitney Hardt - Payson
3A Meet	5:03.58	2005	Kari Hardt - Queen Creek
AIA Rec	4:49.11	1999	Sara Gorton - Mountain Pointe

**Men 1600 Meter Run 3A Conference**

National Rec	3:59.51	2001	Alan Webb - South Lakes (VA)
3A Conf	4:19.52	1991	John Tenakhangva - Monument Valley
3A Meet	4:19.52	1991	John Tenakhongva - Monument Valley
AIA Rec	4:09.64	1983	Jeff Canada - Greenway

**Women 3200 Meter Run 1A Conference**

National Rec	9:48.59	1996	Kim Mortensen - Thousand Oaks (CA)
1A Meet Rec	11:54.40	2008	Andrea Klimowski - Northland Prep
AIA Rec	10:15.94	1999	Sara Gorton - Mountain Pointe

**Men 3200 Meter Run 1A Conference**

National Rec	8:41.10	2000	Dathan Ritzenhein - Rockford (MI)
1A Meet Rec	10:02.20	1989	Temo Maldonado - PDSO
AIA Rec	8:53.68	1983	Jeff Canada - Greenway

**Women 3200 Meter Run 3A Conference**

National Rec	9:48.59	1996	Kim Mortensen - Thousand Oaks (CA)
3A Conf	10:41.79	2005	Kari Hardt - Queen Creek
3A Meet	11:00.78	2005	Kari Hardt - Queen Creek
AIA Rec	10:15.94	1999	Sara Gorton - Mountain Pointe

**Men 3200 Meter Run 3A Conference**

National Rec	8:41.10	2000	Dathan Ritzenhein - Rockford (MI)
3A Conf	9:21.90	1987	Ricky Bedonie - Many Farms
3A Meet	9:21.90	1987	Ricky Bedonie - Many Farms
AIA Rec	8:53.68	1983	Jeff Canada - Greenway

**Women High Jump 1A Conference**

National Rec	6-03.00	1992	Amy Acuff - Calallen (TX)
1A Meet Rec	5-06.00	1988	Shannon Kidder - PDSO
AIA Rec	6-00.50	1996	Jeana McDowell - Gilbert

**Men High Jump 1A Conference**

National Rec	7-05.25	1984	Dothel Edwards - Cedar Shoals (GA)
1A Meet Rec	6-07.00	2000	Seth Dittrich - AZ. Lutheran
AIA Rec	7-02.00	1989	Gabriel Beecham - Casa Grande

**Women High Jump 3A Conference**

National Rec	6-03.00	1992	Amy Acuff - Calallen (TX)
3A Conf	5-10.00	1998	Jodi Smith - St. Johns
3A Meet	5-08.00	1998	Jodi Smith - St. Johns
AIA Rec	6-00.50	1996	Jeana McDowell - Gilbert

**Men High Jump 3A Conference**

National Rec	7-05.25	1984	Dothel Edwards - Cedar Shoals (GA)
3A Conf	7-00.25	1989	Marty Williams - Show Low
3A Meet	6-11.00	1989	Lance Greer - Snowflake
AIA Rec	7-02.00	1989	Gabriel Beecham - Casa Grande

**Women Pole Vault 1A Conference**

National Rec	14-01.00	2007	Tori Anthony - Castilleja (CA)
1A Meet Rec	9-03.00	2005	Jessica Bryce - Pima
AIA Rec	13-00.25	2003	April Kubishta - Lake Havasu

**Men Pole Vault 1A Conference**

National Rec	18-02.25	1999	Eric Eshbach - Orangefield (TX)
1A Meet Rec	13-07.00	2004	Wes Conners - Pima
AIA Rec	17-04.50	1990	Nick Hysong - Tolleson

**Women Pole Vault 3A Conference**

National Rec	14-01.00	2007	Tori Anthony - Castilleja (CA)
3A Conf	11-02.00	2002	Tera McWorthy - Queen Creek
3A Meet	11-02.00	2002	Tera McWorthy - Queen Creek
AIA Rec	13-00.25	2003	April Kubishta - Lake Havasu

**Men Pole Vault 3A Conference**

National Rec	18-02.25	1999	Eric Eshbach - Orangefield (TX)
3A Conf	16-05.75	1992	Bo Altoff - Payson
3A Meet	14-06.00	2003	Kade Good - Safford
AIA Rec	17-04.50	1990	Nick Hysong - Tolleson

**Women Long Jump 1A Conference**

National Rec	22-01.75	1976	Kathy McMillan - Raeford (NC)
1A Meet Rec	18-03.50	1984	Polly Gappmayer - St. David
AIA Rec	20-04.50	1978	Roxanne Keating - Cortez

**Men Long Jump 1A Conference**

National Rec	26-04.75	1989	James Stallworth - Tulare (CA)
1A Meet Rec	23-01.25	1996	Bernard Rock - Orme
AIA Rec	25-09.75	1977	Lamont King - Dysart

**Women Long Jump 3A Conference**

National Rec	22-01.75	1976	Kathy McMillan - Raeford (NC)
3A Conf	20-00.25	2003	Stephanie Garnett - Winslow
3A Meet	19-06.25	2003	Stephanie Garnett - Winslow
AIA Rec	20-04.50	1978	Roxanne Keating - Cortez

**Men Long Jump 3A Conference**

National Rec	26-04.75	1989	James Stallworth - Tulare (CA)
3A Conf	25-09.75	1977	Lamont King - Dysart
3A Meet	24-00.75	1985	Brian Marshall - Dysart
AIA Rec	25-09.75	1977	Lamont King - Dysart

**Women Triple Jump 1A Conference**

National Rec	44-02.25	2001	Ychindria Spears - Luling (TX)
1A Meet Rec	33-10.00	2005	Ginger Williams - Mogollon
AIA Rec	40-11.00	2002	Nina Henson - Sahuaro

**Men Triple Jump 1A Conference**

National Rec	52-10.50	1980	Charles Mayfield - Pasadena Muir (CA)
1A Meet Rec	43-09.75	2005	Ryan Eck - Grand Canyon
AIA Rec	52-04.75	2008	Will Claye - Mtn. Pointe

**Women Triple Jump 3A Conference**

National Rec	44-02.25	2001	Ychindria Spears - Luling (TX)
3A Conf	39-06.00	2000	Reanna Martinez - Payson
3A Meet	37-05.00	2001	Reanna Martinez - Payson
AIA Rec	40-11.00	2002	Nina Henson - Sahauro

**Men Triple Jump 3A Conference**

National Rec	52-10.50	1980	Charles Mayfield - Pasadena Muir (CA)
3A Conf	48-08.75	1991	Darren Reid - Payson
3A Meet	48-03.00	1990	Darren Reid - Payson
AIA Rec	52-04.75	2008	Will Claye - Mtn. Pointe

**Women Discus Throw 1A Conference**

National Rec	188-04	1994	Suzy Powell - Downey (CA)
1A Meet Rec	124-09	2005	Ashleigh Smith - Seligman
AIA Rec	176-04	1982	Cindy Johnson - Chandler

**Men Discus Throw 1A Conference**

National Rec	234-03	2001	Niklas Arrhenius - Orem Mt. View (UT)
1A Meet Rec	161-03	1999	Tavis Carter - Orme
AIA Rec	212-11	1987	Dwight Johnson - Tempe

**Women Discus Throw 3A Conference**

National Rec	188-04	1994	Suzy Powell - Downey (CA)
3A Conf	152-00	1985	Charissa Bailey - Page
3A Meet	138-09	2007	Deezbaa Whaley - Monument Valley
AIA Rec	176-04	1982	Cindy Johnson - Chandler

**Men Discus Throw 3A Conference**

National Rec	234-03	2001	Niklas Arrhenius - Orem Mt. View (UT)
3A Conf	187-07	1988	Mike Turner - Safford
3A Meet	174-08	2007	Jarred Jonovich - Globe
AIA Rec	212-11	1987	Dwight Johnson - Tempe

**Women Shot Put 1A Conference**

National Rec	54-10.75	2003	Michelle Carter - Red Oak (TX)
1A Meet Rec	37-01.50	1996	Tara Copos - Patagonia
AIA Rec	47-05.00	1982	Cindy Johnson - Chandler

**Men Shot Put 1A Conference**

National Rec	77-00.00	1979	Michael Carter - Dallas Jefferson (TX)
1A Meet Rec	52-05.00	1984	Nephi Judd - St. David
AIA Rec	69-03.00	1958	Dallas Long - Phoenix North

**Women Shot Put 3A Conference**

National Rec	54-10.75	2003	Michelle Carter - Red Oak (TX)
3A Conf	42-11.50	1997	Jennifer Moon - Safford
3A Meet	41-09.00	1982	Kate Burton - Buckeye
AIA Rec	47-05.00	1982	Cindy Johnson - Chandler

**Men Shot Put 3A Conference**

National Rec	77-00.00	1979	Michael Carter - Dallas Jefferson (TX)
3A Conf	61-10.50	1982	Chris Tsosie - Page
3A Meet	60-05.50	1978	Mike Wright - Bisbee
AIA Rec	69-03.00	1958	Dallas Long - Phoenix North

**Women 4x100 Meter Relay 1A Conference**

National Rec	44.50	2004	- Long Beach Wilson (CA)
1A Meet Rec	51.27	1990	- Mayer
AIA Rec	45.73	2002	- Peoria

**Men 4x100 Meter Relay 1A Conference**

National Rec	39.76	1998	- Ft. Worth Wyatt (TX)
1A Meet Rec	44.58	2005	- Grand Canyon
AIA Rec	41.33	1992	- Maryvale

**Women 4x100 Meter Relay 3A Conference**

National Rec	44.50	2004	- Long Beach Wilson (CA)
3A Conf	48.37	1990	- Safford
3A Meet	49.68	2005	- Sahuarita
AIA Rec	45.73	2002	- Peoria

**Men 4x100 Meter Relay 3A Conference**

National Rec	39.76	1998	- Ft. Worth Wyatt (TX)
3A Conf	42.24	1988	- Dysart
3A Meet	42.24	1988	- Dysart
AIA Rec	41.33	1992	- Maryvale

**Women 800 Sprint Medley 1A Conference**

National Rec	1:38.73	2003	- Long Beach Poly (CA)
1A Meet Rec	1:55.22	1990	- Mayer
AIA Rec	1:47.20	1997	- Westview

**Men 4x400 Meter Relay 1A Conference**

National Rec	3:07.40	1985	- Hawthorne (CA)
1A Meet Rec	3:32.02	1999	- St. David
AIA Rec	3:13.50	2008	- Desert Vista

**Women 4x400 Meter Relay 3A Conference**

National Rec	3:35.49	2004	- Long Beach Poly (CA)
3A Conf	3:52.44	1991	- Safford
3A Meet	4:01.95	2004	- Queen Creek
AIA Rec	3:51.02	2005	- South Mountain

**Men 4x400 Meter Relay 3A Conference**

National Rec	3:07.40	1985	- Hawthorne (CA)
3A Conf	3:22.07	1997	- Arizona Boys Ranch
3A Meet	3:22.07	1997	- Arizona Boys Ranch
AIA Rec	3:13.50	2008	- Desert Vista

**Women 4x800 Meter Relay 1A Conference**

National Rec	8:58.43	1982	- Upper Dublin (PA)
1A Meet Rec	10:39.04	2008	- Tempe Prep
AIA Rec	9:02.99	2007	- Xavier

**Men 4x800 Meter Relay 1A Conference**

National Rec	7:36.24	1982	- Wissahickon (PA)
1A Meet Rec	8:40.07	2007	- Northland Prep
AIA Rec	7:45.40	2008	- Desert Vista

**Women 4x800 Meter Relay 3A Conference**

National Rec	8:58.43	1982	- Upper Dublin (PA)
3A Conf	9:38.11	2003	- Round Valley
3A Meet	9:38.11	2003	- Round Valley
AIA Rec	9:02.99	2007	- Xavier

**Men 4x800 Meter Relay 3A Conference**

National Rec	7:36.24	1982	- Wissahickon (PA)
3A Conf	8:03.59	1996	- Safford
3A Meet	8:03.59	1996	- Safford
AIA Rec	7:45.40	2008	- Desert Vista

## **ARTICLE XXI – TRACK AND FIELD**

**21.1 (AIA bylaws 12.1.1)** Final responsibility for the state championship meet shall be vested in the AIA Executive Board. Mechanics and procedures for such tournaments will be determined by the AIA. When feasible to do so, the meet director and/or games committee shall conduct a survey with the conference coaches for the purpose of establishing rules and procedures per NFHS rules. The specific mechanics and procedures for the meet will be outlined in the official AIA Tournament Guide.

**21.2** Each region shall have four (4) automatic entries into the state meet for each individual and relay event. Each region is privileged to determine the process, procedures, and protocol for region qualification. If a region chooses to run a region championship meet, it must be conducted as an outside qualification meet, utilizing [www.directathletics.com](http://www.directathletics.com) for online entries and the meet management uploading the results back to the website as stipulated by the state meet director.

**21.3** Any athlete or relay team that meets or exceeds the predetermined outside qualification mark at a sanctioned outside qualification meet may be entered into the state meet for that particular event by the school's coaching staff.

**21.4** The criteria for an outside qualification meet shall be outlined in rule 10 of the current NFHS rule book with the following exceptions, additions, or adaptations:

- Only track events requiring wind readings will need Fully Automatic Timing. All other events may use manual timing provided it adheres to current NFHS rules.
- State association officials are required for the following positions: Starter, Head Field Judge, Referee, and the head judge for each field event contested.
- Umpires shall be used in all track events.

**21.5** The conference shall maintain their official ranking list at [www.directathletics.com](http://www.directathletics.com).

**21.6** In order for a mark to be considered for outside qualification, the mark must be listed on the official ranking list.

**21.7** The outside qualification mark shall be the previous year's 8<sup>th</sup> place mark at the state meet. If there is no 8<sup>th</sup> place mark (or the mark is deemed out of range), then the 8<sup>th</sup> best mark in the preliminaries shall be used.

**21.7** The outside qualification chair shall have the responsibility of verifying all outside qualification marks and shall determine the exact procedure for verification.

**21.8** The state meet director shall serve as the outside qualification chair.

**21.9** The state meet director shall give an official report of the state championship meet to the 3A Conference which shall include any recommendations or revisions for the subsequent year.

