



**Arizona Interscholastic Association, Inc.**

**2008-2009  
3A Conference  
North Region  
Track-and-Field  
Championships**

**Saturday May 9, 2009  
Monument Valley High School  
Kayenta, Arizona**

**3A North Track-and-Field Coaches and Athletic Directors**

Monument Valley High School is looking forward to hosting the 2008-2009 Arizona 3A North Region Track-and-Field Championships. The Kayenta Unified School District spent nearly \$900,000 this fall repairing and upgrading the football field and track. The football field went to an infill turf system. The track was seal coated with *Beynon 300* which is pretty much the same surface at Hayward Field in Eugene, Oregon.

As a disclaimer, the meet information enclosed is subject to change. We don't anticipate any changes. Nevertheless, things do come up from time to time that require changes in the meet information.

Other than the flip-flop with the girls and boys in the running events, the schedule is the same as last year. The coaches meeting will be 11:30 a.m. DST (SAC Gym—follow signs). The meet will start at 12:30 p.m. and we want to conclude by 6:00 p.m.

---

Greg Wayne, Meet Director  
AIA & NFHS Certified Official  
[gwayne@kayenta.k12.az.us](mailto:gwayne@kayenta.k12.az.us)  
HOME: 928-697-8572

---

Jacob Holiday  
Athletic Director  
[jholiday@kayenta.k12.az.us](mailto:jholiday@kayenta.k12.az.us)  
OFFICE: 928-697-2216

---

Ollie Whaley  
Head Track-and-Field Coach  
[owhaley@kayenta.k12.az.us](mailto:owhaley@kayenta.k12.az.us)  
WT. ROOM: 928-697-2187

**2008-2009**  
**3A North Region Meet**  
**Saturday May 9, 2009**  
**Monument Valley High School**  
**Kayenta, Arizona**

**COMPETING TEAMS:**

Chinle, Ganado, Holbrook, Winslow, Window Rock, Tuba City, and Monument Valley

**ONLINE ENTRIES (NFHS rule 3-2-2)**

All entries are due online at [www.directathletics.com](http://www.directathletics.com) no later than 8:00 pm DST Thursday May 7. Teams may make changes on Saturday, but no adds.

**CHANGES IN THE FIELD EVENTS:** Report to the head judge no later than report call. Clearly indicate to the judge the name of the scratched athlete, and the name of the athlete replacing the scratched athlete.

**CHANGES IN INDIVIDUAL TRACK EVENTS:** Report to the clerk of the course (bullpen) and clearly indicate to the clerk the name of the scratched athlete, and the name of the athlete replacing the scratched athlete.

**RELAYS:** The clerk of the course has a roster of all of the teams competing. The athletes need to report in and list the four athletes running that particular relay.

**ENTRY STIPULATIONS:**

**INDIVIDUAL ENTRIES**

(AIA bylaws 29.1.4.2) Each event shall be limited to four (4) entries per school.

**RELAY ENTRIES**

(NFHS 4-2-4d) Each team may have one (1) relay entry per event.

(NFHS 4-2-2) Each athlete may be entered in four (4) individual events.

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

(NFHS 4-1-2) Athletes may scratch an individual event to compete in a relay.

**ADMISSION (NFHS rule 3-2-2):**

General Public Admission: \$5

Athletes in uniform, coaches, bus drivers, meet officials, managers, and trainers shall be admitted free. AIA passes will be honored per the AIA bylaws.

**AWARDS (AIA bylaws 29.8.3.2.2) :**

Individual Events: Medals 1-4

Relay Events: Medals 1-4

Team Awards: Plaques to winning teams

**SCORING (NFHS Rule 2-2)**

10-8-6-4-2-1 (six places)

**SANCTION (AIA Bylaws 11.4.3):**

The meet has been sanctioned by, and is under the authority of, the Arizona Interscholastic Association, Inc.

**RULES (AIA bylaws 29.1.1)**

Official rules for the meet shall be those published in the current edition of the NFHS rules book, case book, and officials' manual.

**STATE MEET QUALIFICATION:**

The top four (4) in each event qualify for state.

NOTE: If an athlete (or relay team) that qualifies for state will not participate at state in that particular event—that school's coach needs to notify the coach of the 5<sup>th</sup> place finisher no later than Monday (12:00 noon). Do not just leave a message. Make sure you actually speak to a coach or a member of the athletic department.

**CONTACT NUMBERS:**

Chinle: 928-674-9529 or 9881  
Ganado: 928-755-1550  
Holbrook: 928-524-2815  
Monument Valley: 928-697-2216  
Tuba City: 928-283-1128  
Window Rock: 928-729-7013  
Winslow: 928-288-8103

**WEATHER (NFHS rule 3-2-5&6)**

If it appears likely that we will have to postpone the meet, we will try to call all the schools by Friday. Once we start the meet, we will do everything possible to finish the meet.

If the weather appears "iffy" then don't hesitate to call the meet director:

Greg Wayne  
(H) 928-697-8572

**REPORTING TO EVENTS (NFHS rule 3-7 & 3-10):**

(NFHS rule 4-1-2) Contestants officially become competitors for that event when they report to the clerk of the course or field-event judge for an event in which they are entered.

**TRACK EVENTS:** All athletes competing in track events, including relays, must report to the clerk of the course (the bullpen will be located in the South endzone near the finish line) one event prior to get hip numbers, pull tags, lane assignments, and final instructions.

**RELAYS:** The clerk has each school's roster and will highlight the names of the four actual contestants that report in.

**FIELD EVENTS:** All athletes competing in field events must report to the head judge for that specific event. Please note that pole vault athletes must weigh-in and have their poles inspected; throwers must have their implements weighed-ins, and there are open pit timeframes for the horizontal jumps.

**(NFHS 4-1-1) Before an athlete can be substituted in for another athlete, the athlete must be officially on the team's roster. To do that, coaches must add any new athletes at the coaches meeting.**

(NFHS 3-2-2) to have athletes sub in, they need to report to the field event judge or the clerk of the course and clearly state who they are subbing in for.

**HEAT AND FLIGHT SHEETS (NFHS rule 3-2-2)**

Initial heat and flight sheets will be e-mailed to each school on Friday. This is the document you should use to formulate your changes from on Saturday.

**RESULTS (NFHS rule 3-13)**

Complete results will be ready approximately 10 minutes after the completion of the last event.

**TIMING (NFHS rule 3-8-7, 8, & 9)**

Lynx and video timing shall be used (both are FAT). Hand timers may be utilized. On windy days, the Lynx timing sensor may not engage despite getting a picture. Thus, hand timers may be used to get some sort of time for the athletes. However, unless there is no other recourse the timers will not determine placement.

**WIND READINGS (NFHS rule 3-17)**

Wind readings shall be recorded for the 100, 200, High Hurdles, Long Jump and Triple Jump.

**INFIELD (NFHS rule 3-2-4g)**

No camps on the infield. The infield shall be limited to athletes warming up for their events. Tents may be set-up in the top rows of the bleachers.

**SHOT PUT AND DISCUS (NFHS rule 3-2-2L)**

Weigh-ins will begin at 11:00 am (at the weight room). Implements not making weight shall be impounded until the end of the meet.

Prelims—Flights will be established by the head judge for the event.

Finals—the top eight (8) varsity throwers shall advance to the finals.

**LONG JUMP AND TRIPLE JUMP (NFHS rule 3-2-2L)**

PRELIMS: One (1) hour open pit.

FINALS: Top eight (8) shall advance to the finals (30 minute open pit)

NOTE: Due to such small numbers in the past, the girls and boys triple jump will run concurrently.

**HIGH JUMP (NFHS rule 3-2-2j)**

Girls Progression: 3-08, 4-00, 4-04, 4-06, 4-08, 4-10, 5-00 (one inch after 5-00)

Boys Progression: 4-08, 5-00, 5-04, 5-06, 5-08, 5-10, 6-00 (one inch after 6-00)

**POLE VAULT (NFHS rule 3-2-2j)**

Weigh-ins shall begin at 11:30 am

Progression: 5-00, 6-00, 7-00, 8-00, (six inches after 8-00)

NOTE: Due to such small numbers in the past, the girls and boys will run concurrently.

**100, HIGH HURDLES & 200 (NFHS rule 3-2-2j)**

PRELIMS: Heats will be set-up as necessary.

FINALS: Heat winners plus the next best time shall advance (8 total shall advance).

**300 Hurdles, 400 (NFHS rule 3-2-2j)**

Heats will be drawn up based on submitted marks. The last heat will have the fastest entries. These events are “timed finals.”

NOTE: Only two from each school shall be in the fast heat.

**800, 1600, 3200 (NFHS rule 3-2-2j)**

Heats will be drawn up as needed. Double-waterfall start shall be used. Runners shall wear pull tags (stickers) and will need to be collected by the head finish judge when finishing.

**RELAYS (NFHS rule 3-2-2j)**

All four (4) athletes need to report in and have their names submitted to the clerk of the course at the bullpen.

### **SPIKES**

¼ inch (5 cm) or less.

### **RESPONSIBILITY FOR LOST ARTICLES (AIA bylaws 14.14)**

Neither the host school, nor the AIA, shall be responsible for lost or stolen articles.

### **MEDICAL CARE (AIA bylaws 14.15)**

A trainer, or first-responder, is scheduled to be on duty throughout the meet. If needed, there is a PHS/IHS emergency room and clinic less than a mile from campus with ambulance services. In the event a student-athlete needs to be seen at the ER, the coach will need appropriate permission-to-treat forms which includes the student's tribal census number (if applicable), social security number, and insurance information. The AIA recommends that all student-athletes have insurance coverage.

### **NATIONAL ANTHEM (AIA bylaws 14.12)**

The AIA encourages the playing of the national anthem at all athletic contests. We plan on playing the national anthem immediately prior to the start of the meet.

### **DRESSING ROOMS**

Will be available in the SAC gym from 10:30 am – 11:30 am.

### **ELECTRONIC AND WIRELESS COMMUNICATION DEVICES (NFHS 3-2-8)**

Cell phones and music devices, etc. are prohibited in all competition areas and the infield.

### **PROTESTS AND APPEALS**

(AIA bylaws 29.8.5.1) In the event of a question or a protest during the region meet, the decision of the tournament director and/or games committee shall be final.

In general, protests are not recognized (a protest is normally a complaint pertaining to a no-call).

An appeal is normally a petition by a coach to the meet management over a disqualification or penalty. A coach may only appeal a misapplication of a rule, not a judgment call on the part of the officials.

(NFHS 3-5-2) If a coach wishes to file an official appeal, the coach needs to contact the appeals clerk and fill out an appeals form. The referee will address the matter and notify the coach of the decision. If the coach still feels that the terms and conditions of the competition or application of the rules have been misapplied or misinterpreted, a written appeal shall be made to the games committee for a final ruling.

NOTE: Under NFHS rules, any judgment call is not subject to appeal, including the decision made by the timers and finish judges. The referee has the authority to review the official Lynx pictures. As a courtesy, when convenient to do so, the referee has the authority to show the official picture to a coach.

**TIME SCHEDULE (NFHS rule 3-2-3c):**

11:30 am	Coaches Meeting/ Weigh-ins	
12:30	Women Pole Vault	Finals
12:30	Men Pole Vault	Finals
12:30	Women Triple Jump	Prelims & Finals
12:30	Men Triple Jump	Prelims & Finals
12:30	Men Discus Throw	Prelims & Finals
12:30	Women Shot Put	Prelims & Finals
2:30	Women Discus Throw	Prelims & Finals
2:30	Men Shot Put	Prelims & Finals
2:30	Men High Jump	Finals
2:30	Women Long Jump	Prelims & Finals
4:30	Men Long Jump	Prelims & Finals
4:30	Women High Jump	Finals
12:30	Men 4x800 Meter Relay	Finals
12:45	Women 4x800 Meter Relay	Finals
1:00	Men 110 Meter Hurdles	Prelims
1:10	Women 100 Meter Hurdles	Prelims
1:20	Men 100 Meter Dash	Prelims
1:30	Women 100 Meter Dash	Prelims
1:45	Men 800 Meter Run	Finals (two heats if needed)
2:00	Women 800 Meter Run	Finals (two heats if needed)
2:15	Men 200 Meter Dash	Prelims
2:25	Women 200 Meter Dash	Prelims
3:00	Men 110 Meter Hurdles	Finals
3:05	Women 100 Meter Hurdles	Finals
3:15	Men 100 Meter Dash	Finals
3:20	Women 100 Meter Dash	Finals
3:25	Men 1600 Meter Run	Finals (two heats if needed)
3:35	Women 1600 Meter Run	Finals (two heats if needed)
3:50	Men 4x100 Meter Relay	Finals
3:55	Women 4x100 Meter Relay	Finals
4:05	Men 400 Meter Dash	Finals (in sections-timed finals)
4:15	Women 400 Meter Dash	Finals (in sections-timed finals)
4:30	Men 300 Meter Hurdles	Finals (in sections-timed finals)
4:40	Women 300 Meter Hurdles	Finals (in sections-timed finals)
4:50	Men 200 Meter Dash	Finals
4:55	Women 200 Meter Dash	Finals
5:00	Men 3200 Meter Run	Finals
5:20	Women 3200 Meter Run	Finals
5:40	Men 4x400 Meter Relay	Finals
5:50	Women 4x400 Meter Relay	Finals

**NOTE: All times listed are Mountain DAYLIGHT SAVINGS Time.  
These are estimated times only. We will try to get ahead  
Of schedule, if at all possible .**

**OUTSIDE QUALIFICATION**

If an athlete qualifies for state, please contact Greg Wayne prior to departing for home.

At this late date in the season, we want to make sure all of the athletes that have qualified are properly documented, etc.