

NORTHLAND PREPARTORY ACADEMY
Home of the Spartans



Your high school's track-and-field team is cordially invited to participate in the 7th Annual Skydome Classic hosted by NPA.

We would like for you to confirm your team's participation by contacting Mike Elder as soon as possible.

Michael Elder

Northland Preparatory Academy
3300 E. Sparrow Ave.
Flagstaff, AZ 86001
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7TH ANNUAL

Northland Prep Skydome Classic
J. Lawrence Walkup Skydome
Northern Arizona University
Flagstaff, Arizona

DATE

~~Wednesday, March 3, 2010~~

NEW DATE: Tuesday, March 2, 2010

SITE DIRECTOR

Michael Elder
Northland Preparatory Academy
3300 E. Sparrow Ave.
Flagstaff, AZ 86001
office: 928-214-8776
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melder@northlandprep.org

MEET DIRECTOR

Greg Wayne, Monument Valley High School (AIA certified official)
PO Box 337
Kayenta, AZ 86033
E-MAIL: gwayne@kayenta.k12.az.us
E-MAIL: gwayne@hughes.net
TEL: 928-697-8572 (Home)
TEL: 928-697-2216 (Athletic Office)

INVITED SCHOOLS (but not limited to)

<u>3A NORTH</u>	<u>3A EAST</u>	<u>3A WEST</u>	<u>2A SCHOOLS</u>	<u>OTHER SCHOOLS</u>
Chinle	Alchesay	Chino Valley	Camp Verde	NPA
Ganado	Blue Ridge	Sedona	Many Farms	Joseph City
Holbrook	Show Low	Greyhills		Mogollon
Mon. Valley	Snowflake			Seligman
Tuba City	Round Valley			Ash Fork
Window Rock	Payson			Mayer
Winslow				

ENTRY FEE

\$250 (make checks payable to: Northland Prep Academy)

NO PURCHASE ORDERS WILL BE ACCEPTED. PAYMENT DUE ON DAY OF MEET.

or, \$150 per girls team
or, \$150 per boys team

For officiating, each school will get a deduction of \$50 off their entry fee for the positions listed below. If you aren't listed, but would like to officiate please let Mike Elder know ASAP.

We have penciled in the following personnel (thus, subject to change)

Starter	Winslow	Head Shot Put	Monument Valley
Recall Starter	Payson	Head Long Jump	Holbrook
Boys Clerk	Monument Valley	Head Triple Jump	Payson
Girls Clerk	Chinle	Head High Jump	Snowflake
Umpire #1	Window Rock	Head Pole Vault	Blue Ridge
Umpire #2	Tuba City		
Umpire #3	Camp Verde		
Referee	Winslow		
Lynx	Monument Valley (2 people)		
Video Timing	Blue Ridge (2 people)		
Head Timer	NPA		
Scorer	Winslow		

NOTE: NPA will supply the necessary student workers.

SCORING

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

AWARDS

Due to the financial nature of the meet, we will not present awards this year. During the meet's debriefing, the topic of awards will be discussed for subsequent years.

SANCTION

(AIA bylaws 10.1.3) The meet is under the authority of the Arizona Interscholastic Association, Inc.

(AIA bylaws 29.1.1) Official rules shall be those published in the current edition of the NFHS rules and case books.

ENTRIES

(NFHS rule 4-2-4c) Each school is limited to three (3) entries per event (1 entry in the 4 X 400m Relay). Use personal bests when inputting marks (seeding will be based on entry marks).

All entries are due online at www.directathletics.com no later than **8:00 pm Monday March 1, 2010.**

The process for making changes will be announced at the coaches meeting. Please note that teams can scratch and make substitutions, but absolutely no adds.

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

(NFHS rule 4-2-1) Each contestant may compete in four (4) events, including relays. Contestants may scratch an individual event to compete in a relay.

SPIKES

1/4 inch PYRAMID SPIKES ONLY. Needle and pin type spikes are not allowed.

PARKING

All buses must park in the Skydome parking lot.

BASKETBALL COURT

Absolutely no one is allowed on the basketball court or the surrounding portable bleachers.

CLIMBING OVER THE WALLS

Absolutely no one is allowed to climb up into the bleachers (or down onto the arena floor).

STAIRWELL BY THE LONG JUMP RUNWAY

Once the meet starts, only the video personnel should use this stairwell. There are 3 other stairwells as well as the elevator.

HIGH JUMP APRON

This is not a warm-up area and needs to remain clear.

DRESSING ROOMS

No dressing rooms will be available. It is recommended to come dressed to the meet.

BATHROOMS

Please keep the restrooms clean

KEEPING THE DOME CLEAN

Please police your team area at the conclusion of the meet

Please remove all tape from the arena floor

HORIZONTAL JUMPS

For the long jump and triple jump there will be a two-hour open pit and all athletes will get four (4) attempts.

SHOT PUT

**Do not bring any shots with you. They will be supplied by meet management.
Outdoor shots can severely damage the floor.**

Each athlete will get three (3) preliminary throws with the top seven (7) advancing to the finals for three (3) more attempts.

HIGH JUMP

Girls Opening Height: 4-00 (4 inch increments until 4-08, then 2 inches)

Boys Opening Height: 4-08 (4 inch increments until 5-04, then 2 inches)

POLE VAULT

Girls Opening Height: 6-00 (1 foot increments until 8-00, then 6 inches)

Boys Opening Height: 7-00 (1 foot increments until 10-00, then 6 inches)

800/1500/3000

The top twelve (12) to sixteen (16) entries (or at a natural break with the entry times) shall be placed in the **FIRST HEAT**. All others shall be put in heat two. If numbers that report to the clerk of the course dictate, the second heat may be split into more heats.

800—2 2/3 around the track

1500—5 laps of the track

3000—10 laps of the track

60m HURDLES

Standard high school hurdle height, and standard distance to the first hurdle. 5 flights (versus the 10 usually run outdoors) shall be ran.

400m DASH

Waterfall start (located near the bay door). Up to 9 athletes per heat.

4 X 400m RELAY

Waterfall start. Each leg is 1 1/3 laps of the track.

First exchange: At the finish line

Second exchange: At the 200/800 start.

Third exchange: At the 400m start

60m DASH

Start on the main straight.

200m DASH

Start on the back straight.

NOTE: Athletes need to stay in their lane the whole way. When coming onto the main straight, the lane numbers “shift” since the track goes from 6 lanes to 8. Ignore the new lane numbers and stay in your lane.

*** TIME SCHEDULE**

9:00 am	Coaches Meeting
9:30 am	Boys Shot Put <i>followed by</i> Girls Shot Put
9:30 am	Girls Long Jump <i>followed by</i> Boys Long Jump
9:30 am	Boys Triple Jump <i>followed by</i> Girls Triple Jump
9:30 am	Girls Pole Vault <i>followed by</i> Boys Triple Jump
9:30 am	Boys High Jump <i>followed by</i> Girls High Jump
9:30 am	1600m Run (start on the turn, coming onto the homestretch)
10:15 am	400m Dash (start on the turn, coming onto the homestretch)
11:00 am	60m Hurdles (5 flights)
11:45 am	60m Dash
12:30 pm	800m Run (start on the backstraight)
1:00 pm	200m Dash (start on the backstraight)
1:45 pm	3200m Run (start on the backstraight)
2:45 pm	4 X 400m Relay

* NOTE: If the meet runs ahead of the above listed schedule, we will make the appropriate announcements, but will stay ahead.

MEET RECORDS

Boys 1500	4:16.43	3/1/2007	Tanner Crothers, Northland Prep
Girls 1500	5:12.52	3/4/2008	Jessica Rydberg, Blue Ridge
Boys 400	51.08	3/1/2007	Darren Trainer, Blue Ridge
Girls 400	59.51	3/14/2006	Talia Jones, Monument Valley
Boys 60 HH	8.47	3/5/2005	Kyle Kartchner, Snowflake
Girls 60 HH	9.37	3/4/2008	Arona Spader, Snowflake
Boys 60	7.03	3/4/2008	Matt Reidhead, Snowflake
Girls 60	7.92	3/1/2007	Talia Jones, Monument Valley
Boys 800	2:04.49	3/4/2008	Jesus Rivera, Sedona
Girls 800	2:26.96	3/4/2008	Chloe Phillips, Flagstaff
Boys 200	22.72	3/4/2008	Matt Reidhead, Snowflake
Girls 200	26.42	3/1/2007	Talia Jones, Monument Valley
Boys 3000	9:29.05	3/5/2005	Matt Rowell, Blue Ridge
Girls 3000	11:35.71	3/1/2007	Marilyn Curley, Ganado
Boys 1600 Rly	3:33.98	3/5/2005	Snowflake
Girls 1600 Rly	4:17.98	3/14/2006	Snowflake
Boys HJ	6-06.50	3/4/2008	Cory Thellman, Joseph City
Girls HJ	5-02	3/5/2005	Stephanie Garnett, Winslow
Boys PV	12-06	3/1/2007	Cameron Morris, Round Valley
Girls PV	9-00	3/5/2007	Rikkilynn London, Blue Ridge
Boys LJ	21-04	3/4/2004	Dustin Matkin, Show Low
Girls LJ	18-08	3/5/2005	Stephanie Garnett, Winslow
Boys TJ	42-05	3/5/2005	Michael Ball, Monument Valley
Girls TJ	37-06.5	3/1/2007	Paulla Hart, Skyline
Boys SP	48-09	3/14/2006	Cory Dean, Winslow
Girls SP	37-08	3/1/2007	Deezbaa Whaley, Monument Valle

OUTSIDE QUALIFICATION FOR STATE

This is an outside qualifier for the 1A & 3A Conferences. The 2A, 4A, and 5A won't allow indoor facilities to be used for outside qualification.

The shot put is not a qualifier due to the implements (the implements are actually a little larger, though the same weight—and won't comply with NFHS rules for the outdoor shot).

The 60 and 60 hurdles, aren't outside qualifiers due to the non-standard distance.