



## Round Valley High School

Home of the Elks

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## Round Valley Invitational

### *Meet Information*

Round Valley is Home to the States Only High School Dome Stadium

Elevation: 7023 ft

**Friday March 16, 2012**

**Coaches and AD, please read over all information prior to coaches meeting, by doing so the coaches meeting will be short & sweet.**

- Guy Phelps - RHVS Athletic Director  
(928) 333-6811  
[gphelps@elks.net](mailto:gphelps@elks.net)
- Tom Pifer - RVHS Head Coach Track & Field / Meet Director  
(928) 333-6861  
[tpifer@elks.net](mailto:tpifer@elks.net)

Coaches must submit their entries online at [www.athletic.net](http://www.athletic.net) deadline 12:00 noon MST Thursday March 15, 2012

Coaches meeting 8:00 a.m. **Dome Concourse**

**This is state qualification meet for both Arizona & New Mexico.**

**Entry Fee:** \$300.00 (both boys and girls) or, \$150.00 per girls team or, \$150.00 per boys team.

Please make checks payable to **Round Valley High School Athletics. NO PURCHASE ORDERS WILL BE ACCEPTED. Payment due on day of meet.** Any questions regarding the entry fee should be addressed to **Guy Phelps @ 928-333-6811.**

Round Valley High School has commissioned the help of **Blue Ridge High School** to supply timing and data management for this meet. **Again we want to remind all coaches that entries** are due online at [www.athletic.net](http://www.athletic.net) no later than 12:00 noon MST, Thursday March 15, 2012.

Tentative list of schools invited to compete.

### Colorado

Durango, Montezuma-Cortez, Bayfield, Dolores, Ignacio

### New Mexico

Gallup, Miyamura, Desert-Academy, Quemado, Silver City, Zuni, Lordsburg, Magdalena, Tohatchi, Socorro

### Utah

San Juan, MV-Utah, Monticello, Whitehorse, Navajo Mountain

### Arizona

Round Valley (Host), Show low, Blue Ridge, Payson, Alchesay, Winslow, Holbrook, Monument Valley, Tuba City, Chinle, Ganado, Window Rock, St. Johns, Many Farms, Red Mesa, Valley, Hopi, Greyhills, Pinon, Rock Point, Joseph City, Pima, Mogollon, St. Michael, Greenfields, Williams, Sinagua, Sedona, Globe, Flagstaff, Coconino, Safford, Morenci, Camp Verde, Thatcher, Academy of Tucson, St. Augustine, Northland Prep, Chino Valley, Ash Fork, Seligman

**Weigh-ins** 8:00 a.m. – 8:45 a.m. Pole Vaulters, & Discus **ONLY, Dome Concourse, Indoor shots** will be provided by host school, **do not bring your own shots. Meet Management will supply.**

### High Hurdles and 100 m Dash

Prelims and Finals – Top 8 times advance to Finals

### 200m and 400m Dash

Timed Finals in sections (only 7 lanes due to the PV Pit in lane 8 on the backstretch)

### 4 x 800m Relay, 800m, 1600m, and 3200m Runs

All original entries shall be placed in one (1) heat.

The head finish judge shall set-up heats based on the number of athletes that report.

The **first** section shall be the fast heat.

Double- Waterfall two-turn (200m start) stagger.

The break shall be coming off the curve at the home stretch. The fast heats shall be limited to the following numbers to ensure accurate times and finish order (and the slower heats will only be slightly larger)

4 x 800m Relay – 8 teams

800m Run – 12 athletes

1600m Run - 14 athletes

3200m Run – 16 athletes

#### **4 x100m Relay**

4 – Turn stagger --- only 7 lanes due to the PV Pit in lane 8 on the backstretch

#### **4 X 400m Relay**

2 – Turn stagger--- only 7 lanes due to the PV Pit in lane 8 on the backstretch

#### **Long & Triple Jump**

Open pit (Finals Only) --- each athletes gets 4 attempts

#### **Shot Put & Discus**

Flights will be set-up by the Head Field judge as athletes check-in. Each athlete will get three preliminary throws. The top 9 shall advance for the Finals for three more throws. The best mark of the day will be used for placement.

**Again Discus Weigh –Ins: 8:00 a.m. – 8:45 a.m. Only**

**Shots will be provide (DO NOT BRING YOUR OWN SHOTS WITH YOU) Meet Management will supply them.**

#### **Pole Vault**

Weigh-in for all pole vault athletes shall be **8:00 a.m. - 8:45 a.m. Only**

Opening Height (Boys) 8-00

Opening Height (Girls) 6-00

#### **High Jump**

Opening Height (Boys) 5-04

Opening Height (Girls) 4-04

**9:00 a.m. Both Field Events and Track Events get started.**

#### **FACILITY**

The Round Valley Dome (Ensphere) has a 200m non – banked indoor polyurethane 8 – lane track.

Quarter – inch spikes (or less) or flats may be used.

The discus is outside and uses a typical concrete ring.

The long & triple jumps, as well as the Pole vault, are located inside the Dome, just east of the track.

The High jump is contested on a 3M – Tartan surface located on the infield of the track.

**Electronic and Wireless Communication Devices (NFHS 3-2-8 & 4-5-8e):**

Cell phones and music devices, etc., are prohibited in all completion areas and the infield. Athletes may be filmed from unrestricted areas; however, athletes may not review the film until after the meet.

**Dressing Rooms:**

Locker rooms will be available on the main floor, track level. Round Valley High School is not responsible for belonging and/or personal articles left in the locker rooms, stands, etc.

**Training Room:**

Training room is assessable on the main floor level, west end of the track.

**ADDITIONAL ENTRY INSTRUCTIONS**

**Note:** Out-of-state schools may not violate any of their own state's rules. (AIA 11.2.4.4) Out-of state- schools shall meet their own local and state eligibility rules.

**New Mexico Schools:** (NMAA 7.21.ID) No more than three (3) events may be 400 meters or longer which includes participation on relays.

**Individual Entries:**

(NFHS 4-2-4c) Each school may enter three (3) athletes per individual 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.

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

**Note:** To expedite the scratch/add process, each school shall have relay team entered in each event. They will all be set on one heat initially. Heats will be formed as needed at the bullpen by the clerk-of-the-course.

**Recommendation:** *Enter each athlete into four individual events (4) and then scratch where needed to fill the relays.*

**SANCTION (AIA Bylaws 10.1.3):**

The meet(s) has been sanctioned by, and is under the authority of, the Arizona Interscholastic Association, Inc. The meet(s) has been sanctioned by Colorado and New Mexico.

**RULES (AIA Bylaws 29.1.1):**

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

**NOTE:** Coaches are responsible for the knowledge of all NFHS rules. We strongly encourage that coaches go through a rule clinic, either with their state association or on-line at [www.nfhs.org](http://www.nfhs.org).

## **SCORING**

(NFHS) 2-2 10-8-6-4-2-1

## **AWARDS**

Medals 1<sup>st</sup> – 4<sup>th</sup>

## **UNIFORMS:**

NFHS 2012 Rules Book

## **SPIKES**

The maximum length is ¼ inch - PYRAMID ONLY!

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

Initial entries are due online at [www.athletic.net](http://www.athletic.net) prior to the stipulated deadline.

The stipulated deadline shall be Thursday, March 15, 2012 @ 12:00 noon MST.

## **MAKING CHANGES THE DAY OF THE MEET:**

Since all of the heats and field event sheets have been printed out, we will make all changes at the bull pen (track events) and with the head judge (field events.)

It is imperative that athletes run in their assignment heats and lane, as well as wear the correct number (left hip) and pull tag (sticker).

**NOTE:** Please remove athletes from events if you know they are not competing in order to minimize heat adjustments the day of the meet.

**REMINDR:** *No adds*

If the number of scratches dictates, the number of heats will be contracted and the heats shall be reseeded accordingly... This is especially true of the relays.

# Round Valley Invitational

March 16, 2012

**8:00 a.m. Coaches Meeting, Weigh – ins Pole Vault and Discus - Dome Concourse**

## **Session One (9:00 a.m. – 12:30p.m.)**

9:00 a.m.	Boys Shot Put & Girls Discus
9:00 a.m.	Boys High Jump & Girls Pole Vault
9:00 – 10:30 a.m.	Girls Long Jump (Open pit – 4 Jumps)
11:00 –12:00 p.m.	Boys Triple Jump (Open pit – 4 Jumps)

9:00 a.m.	Heat 1 – Boys 4 x 800m Relay
9:15 a.m.	Heat 2 – Boys 4 x 800m Relay
9:30 a.m.	Heat 1 – Girls 4 x 800m Relay
9:45 a.m.	Heat 2 – Girls 4 x 800m Relay
10:00 a.m.	Prelims - Boys 110m High Hurdles
10:15 a.m.	Prelims - Girls 100m Hurdles
10:30 a.m.	Prelims - Boys 100m Dash
10:45 a.m.	Prelims - Girls 100m Dash
11:15 a.m.	Boys 800m run (multiple heats)
11:45 a.m.	Girls 800m run (multiple heats)
12:10 p.m.	Finals - Boys 110m High Hurdles
12:15 p.m.	Finals - Girls 100m High Hurdles
12:20 p.m.	Finals – Boys 100m Dash
12:25 p.m.	Finals – Girls 100m Dash

## **Sessions Two (1:00 p.m. – 6:30 p.m.)**

1:00 p.m.	Boys Pole Vault & Girls High Jump
1:00 p.m.	Boys Discus & Girls Shot Put
1:00 p.m. - 2:30 p.m.	Boys Long Jump (Open Pit - 4 Jumps)
3:00 p.m. - 4:00 p.m.	Girls Triple Jump (Open Pit – 4 Jumps)

1:00 p.m.	Boys 1600m run (2-3 heats)
1:25 p.m.	Girls 1600m Run (2-3) heats)
1:55 p.m.	Boys 4 x 100m Relay
2:20 p.m.	Girls 4 x 100m Relay
2:45 p.m.	Boys 400m Dash
3:10 p.m.	Girls 400m Dash
3:35 p.m.	Boys 200m Dash
4:10 p.m.	Girls 200m Dash
4:40 p.m.	Boys 3200m Run
5:15 p.m.	Girls 3200m Run
5:45 p.m.	Boys 4 x 400m Relay
6:15 p.m.	Girls 4 x 400m Relay

**Awards Presentation**