



Arizona Interscholastic Association, Inc.

**2008-2009
2A Conference
North Region
Track-and-Field
Championships**

**Friday May 8, 2009
Monument Valley High School
Kayenta, Arizona**

2A North Track-and-Field Coaches and Athletic Directors

Monument Valley High School is looking forward to hosting the 2008-2009 Arizona 2A 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.

The coaches meeting is scheduled for 2:30 p.m. DST (1:30 p.m. MST)

All online entries are due Wednesday May 6 at www.directathletics.com

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ONLINE ENTRY INFORMATION

1. All Arizona schools (as well as New Mexico and Utah), should have accounts. All of the Utah schools that were initially invited have had accounts. **Thus, if you don't have your USERNAME and PASSWORD information—you need to contact DirectAthletics as soon as possible to get your logon information.**
2. Most every meet that uses the website will use the "invitational" method for registration. That means if the meet isn't on your schedule when you logon to the website, you need to contact the meet director to get invited. **There is a help file on the website if you need assistance. Or feel free to contact Greg Wayne (928-697-8572—home phone).**
3. Almost all the schools now have just one account. To make sure you are using the correct account, it should be the same account used for the state meet. Thus, if you logon and you aren't invited to the state meet, you may be in the wrong account. Contact the meet director and see if the meet director has your school "invited" to the state meet.
4. For Arizona schools, if your season performance marks aren't coming up on the performance list, contact the website to see if there isn't a broken link. The performance list is important since all outside qualifying marks must be first listed on the performance list.
5. Always e-mail your confirmation of entries to yourself and print it out. It helps to have that with you if a problem with entries comes up.
6. The day before the meet, the meet program (heat and flight sheets) will be e-mailed to each school. This is what coaches should use to make line-up changes from.

MONUMENT VALLEY HIGH SCHOOL
Post Office Box 337
Kayenta, Arizona 86033

TRACK-AND-FIELD
2A NORTH REGION MEET INFORMATION

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.

ONLINE ENTRIES (NFHS rule 3-2-2)

Initial entries are due online at www.directathletics.com no later than **8:00 p.m.**
Wednesday May 6, 2009.

The day before the meet, heat and flight sheets will be e-mailed to each school. This is what coaches should use to make changes from.

Changes will be allowed the day of the meet. Please refer to the procedure for changes listed under the FIELD EVENTS and TRACK EVENTS sections.

INDIVIDUAL ENTRIES

- (AIA Bylaws 29.1) Each school may enter four (4) athletes 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.

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 a relay team entered in each event. They will all be set in one heat initially. Heats will be formed as needed at the bullpen by the clerk-of-the-course.

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.

NOTE: Coaches are responsible for the knowledge of all NFHS rules. We strongly encourage that coaches go through a rules clinic, either with their state association or online at www.nfhs.org

RESULTS (NFHS rule 3-13)

Complete results will be ready approximately 10 minutes after the completion of the last event. They will also be posted at www.directathletics.com and www.arizonatrack.com. Results will also be sent to all the usual media outlets in the geographic area.

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

Lynx and video timing shall be used (both are FAT).

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.

RESPONSIBILITY FOR LOST ARTICLES (AIA bylaws 14.14)

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

MEET SUSPENSIONS (NFHS rule 3-2-5)

The meet may be suspended in accordance with NFHS rules due to weather hazards, power failures, etc.

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

Locker rooms will be available in the SAC gym 2 hours prior to the start of the meet.

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

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

SCORING (NFHS rule 2-2):

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

SPIKES (NFHS rule 3-2)

MVHS has a *Eurotan* track (pretty much the same surface at the LA Olympics).
¼ implements, or less, required.

BLOCKS (NFHS rule 3-2)

Blocks will be provided, but teams may opt to use their provided they are good for all-weather tracks.

OFFICIALS (3A Conference Bylaws 21.1)

AIA officials shall be utilized throughout the meet.

STATE QUALIFICATION

The region meet is an outside qualification meet and will be conducted as such.

For region meet qualifiers, the 2A Conference Constitution and Bylaws will be followed.

Detailed instructions will be given at the coaches meeting.

FIELD EVENTS

REPORTING TO THE FIELD EVENTS

Athletes may begin warming up 30 minutes prior to the scheduled start.

There will be only two calls for the field events: First call and report call.

If you need to add anyone, or make a substitution, to any field events—we need that to be done at the coaches' meeting.

This way, up-to-date score sheets can be generated. Our experience is that when things are chicken-scratched onto the score sheets it just opens the door for human error, as well as causes delays whereby the judges are calling kids that aren't competing, the computer operators in the booth can't read the name change, etc.

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

Weigh-ins will begin the same time as the coaches meeting (site TBA). 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. Each athlete will get three attempts.

Finals—the top eight (8) throwers shall advance to the finals for three more attempts.

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

Format: One-hour open pit.

The number that advances to the finals will be determined at the coaches meeting.

For boards, 8-inch painted lines are used.

The pit is 3 meters by 10 meters.

The long jump board 5 feet from the edge of the pit.

The triple jump boards are 20, 25, 30, and 35 feet from the edge of the pit.

Tic marks are set at every foot starting from 40 feet to 120 feet from the edge of the pit as an aid to setting up steps.

NOTE: The head event judge has the authority to extend the open-pit time limits if circumstances dictate.

NOTE: The girls and boys triple jump will compete at the same time, but scored separately.

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 be the same time as the coaches meeting.

Progression: 6-00, 7-00, 8-00, 9-00, (six inches after 9-00)

NOTE: The girls and boys will compete at the same time, but scored separately.

TRACK EVENTS

REPORTING TO TRACK EVENTS

The track and infield will be closed for all warm-ups at the report call for the 4 X 800 Relay. Once the meet starts, athletes should utilize other areas for warm-ups.

All running events are timed finals. Seeding will be based on personal best marks submitted by the coaches.

If you need to add anyone, or make a substitution, to any running events—we need that to be done at the coaches' meeting.

This way, up-to-date score sheets can be generated. Our experience is that when things are chicken-scratched onto the score sheets it just opens the door for human error, as well as causes delays whereby the judges are calling kids that aren't competing, the computer operators in the booth can't read the name change, etc.

The number of heats may be contracted in order to expedite the meet.

In the distance events, we may run the boys and girls concurrently.

Again, all of these changes and announcements will be made at the coaches meeting.

The bullpen shall be located just outside the track near the start of the 100m dash.

There shall be several calls for all track events.

- First call—notifies athletes that their event will be coming up in the near future.
- Second call—notifies athletes that their event will be coming up in the near future.
- Third call—notifies athletes to start making their way to the bullpen.
- Report call—notifies athletes that they have two (2) minutes to be in the bullpen.
- On the infield—athletes will be escorted to an area near the starting line for final warm-ups
- On the track—this event is at the starting line.

NOTE: In the bullpen, athletes will receive final heat & lane assignments, final instructions for the event, hip numbers and pull-tags, uniform inspection, and anything else deemed necessary by meet management.

NOTE: After each running event, athletes will be required to exit the track near the finish line.

Individual running events (NFHS rule 3-2-2j)

Heats will be drawn up based on submitted marks. The last heat will have the fastest entries.

RELAYS (NFHS rule 3-2-2j)

Heats will be drawn up as needed by the clerk-of-the-course at the bullpen. We may combine the boys and girls relays to expedite the meet (but score each event separately).

NOTE: To make the scratch process go faster, all teams will be initially entered in a relay into one (1) heat. At the bullpen, scratches will be noted and heat and lane assignments will be confirmed.

4 X 100 relay—2 turn stagger (start - white line), yellow triangles for zone markings

4 X 400 relay—3 turn stagger (start - blue line), blue triangles for zone 1, yellow triangles for zones 2 & 3.

4 X 800 relay—double-waterfall start, yellow triangles for zone markings (note: we may run the boys and girls together)

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

2:30 p.m. Coaches meeting times for each meet (the coaches meeting will be in the SAC Gym—East Side Lobby doors—Athletic Conference Room)

One hour prior to the coaches meeting, the track and infield will be open for warm-ups and will close promptly (and be cleared of all athletes, coaches, and non-essential personnel) 15-minutes prior to the start of the meet.

The first running event, and the first session of field events, will start 90 minutes after the scheduled start of the meet's coaches' meeting.

4:00 p.m.	5:30 p.m.	7:00 p.m.
Field Events (Session 1)	Field Events (Session 2)	Field Events (Session 3)
B & G Pole Vault	Girls Long Jump	Boys Long Jump
B & G Triple Jump	Boys High Jump	Girls High Jump
Boys Discus followed by Girls	Boys Shot Put followed by Girls	

4:00 p.m.

Track Events (Note: this is a "boys first" year).

4 X 800m Relay
 High Hurdles
 100m Dash
 1600m Run
 4 X 100m Relay
 400m Dash
 300m Hurdles
 800m Run
 200m Dash
 3200m Run
 4 X 400m Relay

NOTE: A more definitive time schedule will be sent out to schools with the heat and flight sheets the day before the meet. The time schedule listed will usually be fairly conservative and we will try to get ahead of schedule if at all possible. This is to allow for teams to finalize travel arrangements, plan for meals, etc.

NOTE: All times listed are Mountain Daylight Savings Time.