

**MONUMENT VALLEY HIGH SCHOOL**  
**Post Office Box 337**  
**Kayenta, Arizona 86033**  
**ATHLETIC OFFICE: 928-697-2216**

**TRACK COACHES & ATHLETIC DIRECTORS**

Monument Valley High School is pleased to announce its home-meet track-and-field schedule for the 2008-2009 school year.

We cordially invite you and your school to compete in one, or all, of our home meets:

**Saturday March 14, 2009**

**Mustang Classic**

**Friday April 3, 2009**

**MVHS Sunset Meet**

**Wednesday April 29, 2009**

**MVHS Last Chance Meet**

This past fall, the Kayenta Unified School District spent \$900,000 to repair and upgrade the football field to an infill field turf, as well as repairing and seal-coating the track with *Benyon 300* (pretty much the same surface at Hayward Field).

The athletic department and coaching staff is going to great lengths to ensure an even higher quality of a meet than in years past.

- Varsity only meets with unlimited individual entries (the JV division was too confusing for the meet staff, athletes, and coaches that led to numerous errors).
- Conduct more thorough officiating clinics to recruit, expand, train, and certify our meet staff.
- Put into place more back-up systems for checks-and-balances in recording, reporting, and publishing results.
- Secure sponsorship to meet our financial needs.

What the coaches, athletes, officials, and spectators will readily observe is a more fluid and efficient meet with few, if any, discrepancies and syntax-type errors that we have encountered in the past.

We have also implemented a common format for all three meets. This will alleviate any miscues and confusion on the part of the athletes, coaches, officials, and spectators. Hence, we have the same meet guide for all three meets.

If our home meets compliment your existing schedule—we would love to have your team participate in any of our meets. We are located 20 miles south of the Utah border, and 60 miles west of the New Mexico border at the cross-roads of highways 161 and 163.

GPS: 36.73N 110.26W (Elev. 5668 ft)

We look forward to seeing you throughout the upcoming season and wish you and your team the best of success.

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Greg Wayne, Meet Director  
AIA & NFHS Certified Official  
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**Post Office Box 337**  
**Kayenta, Arizona 86033**

**TRACK-AND-FIELD**  
**HOME MEET INFORMATON**

To reduce and condense the paperwork, the meet information for the following meets is contained in this meet information guide:

- **Mustang Classic**                      **Sat. March 14, 2009**              **(meeting--10:00 am DST)**
- **MVHS Sunset Meet**                      **Friday April 3, 2009**              **(meeting at 3:00 pm DST)**
- **MVHS Last Chance Meet**                      **Wed. April 29, 2009**              **(meeting at 3:00 pm DST)**

Specific time schedules are located on the last pages of this meet information guide.

**ENTRY FEE (NFHS rule 3-2-2):**

By submitting entries online, your school agrees to promptly pay your team's entry fee invoice following the meet. **Please do not prepay your entry fee.**

\$3 for each individual entry that actually competes (scratches won't be counted)

\$10 for each relay entry (scratches won't be counted).

There will be a \$150 cap for 1A schools

There will be a \$200 cap for 2A schools

There will be a \$250 cap for 3A – 5A schools

The following Monday an invoice will be mailed to each school's athletic director. Complete instruction will be included on the invoice as well as complete documentation of the fee computation.

Any entry fees not paid within 30 days may be assessed a \$50 late fee.

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

General Public Admission:              \$5

**Complimentary admission for the following:**

Children five and under

Teams (in uniform) entering with their Coach(es)

All tournament workers

Media with proper credentials

AIA Pass Holder and One Guest (must sign-in and present photo I.D.)

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

Individual Events:                      Medals 1-6

Relay Events:                      Medals 1-3

Team Awards:                      Plaques to winning teams (boys and girls)

**Coaches: Be sure to pick-up your medals right after the meet. We aren't planning on shipping any awards to the various schools.**

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

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

The stipulated deadlines for initial entries for each meet are:

- **Mustang Classic** 8:00 p.m. DST **Thursday March 12, 2009**
- **Sunset Meet** 8:00 p.m. DST **Wednesday April 1, 2009**
- **Last Chance Meet** 8:00 p.m. DST **Monday April 27, 2009**

**CONTACT INFORMATION:**

**DirectAthletics, Inc.**  
P.O. Box 1151  
Boston, MA 02134

Sales, Pricing & General Information: [info@directathletics.com](mailto:info@directathletics.com)  
Customer Service: [support@directathletics.com](mailto:support@directathletics.com)

Phone: (617) 879-1797  
Fax: (617) 879-1788

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 (Arizona schools). 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.**

**No adds will be permitted. However, athletes may sub-in for teammates. On a space-available-basis athletes may sub-in for scratched athletes from other teams.**

## **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 7.21.1D) No more than three (3) events may be 400 meters or longer which includes participation on relays.

**NOTE: In Arizona, the javelin is not normally contested. Furthermore, the facility doesn't have a suitable impact area. Therefore, the javelin won't be contested.**

## **INDIVIDUAL ENTRIES**

(NFHS 4-2-4c) Each school may have unlimited entries, but only three (3) shall score.

(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.

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

## **SANCTION (AIA Bylaws 11.4.3):**

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 Utah and New Mexico.

## **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. For the steeplechase, USATF age-group rules shall apply.

**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](http://www.nfhs.org)**

## **STATE MEET QUALIFICATION:**

ARIZONA—All three meets shall be state qualification meets.

NEW MEXICO—(NMAA bylaws 7.21.3-3)—the meet is a state qualification meet.

UTAH—(UHSAA bylaws)—the meet is **not** a state qualification meet. Even though we are confident that we meet or exceed all UHSAA bylaws pertaining to automatic state qualification, the meet is outside of the borders of Utah and therefore any qualifying marks won't be accepted.

## **INVITED TEAMS (NFHS rule 3-2-2 and AIA bylaws 11.3):**

These are the teams initially invited (they have participated here in the past). Teams that want to get in need to contact the meet director.

ARIZONA – Monument Valley (host), Chinle, Ganado, Window Rock, Winslow, Holbrook, Tuba City, Hopi, Greyhills, Red Mesa, Valley, Pinon, Many Farms, Fredonia, Grand Canyon, Joseph City, St. Michael, Rock Point

UTAH—Monument Valley, Whitehorse, San Juan, Monticello, Navajo Mountain, Grand

NEW MEXICO—Newcomb, Shiprock, Navajo Prep, Kirtland, Luguna-Acoma, Tochatchi, Navajo Pine

**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](http://www.directathletics.com) and [www.arizonatrack.com](http://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). Especially on windy days, the Lynx start sensor may not engage—despite getting a picture. Thus, we may use hand timers as a back-up. There job won't be to determine place winners. There job will be to ensure that all athletes have some sort of official time, that all athletes are accounted for and not lost in the scratch/add process, and help supervise the finish line area.

**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. **Please note—only water is allowed on the infield and track. All other items must be consumed in the stands.**

**If the infield is covered with a tarp, then it is most definitely off-limits and out-of-bounds.**

**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. If it appears we will have very poor weather we will contact each school the day before the meet if at all possible (3 years ago we had an 8-inch snow storm come through and called the schools the day before to cancel). We won't postpone to a later date due to other meets being scheduled.

**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)**

The track was resurfaced in October with *Beynon 300*—pretty much the same surface as Hayward Field (Eugene, Oregon).

**¼ implements, or less, required.**

**Only water is allowed on the track and the infield. All food and drinks (other than water) must be consumed outside the track's perimeter.**

**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)**

If at all feasible, the following personnel shall be registered with, and certified by, the AIA:

- Starter and Assistant Starter
- Clerk of the Course
- Head judge of each field event
- Umpires
- Referee

**PROTESTS AND APPEALS (NFHS rule )**

Traditionally, our meets have been informal but informative. Our officials are trained to be proactive, to correct and alleviate any rules violation before it becomes a disqualification, and to educate the athletes and/or coaches of relevant rules. Nevertheless, situations do arise where disqualifications are in order.

**PROTESTS**—generally speaking, this is where a coach brings to the attention to the referee a “no call.” To be sure, the National Federation has no official process in place for protests. Under NFHS rules, the referee is under no obligation to entertain a protest. However, if feasible—the referee will address protests and take corrective action if circumstances warrant.

**APPEALS**—generally speaking, this is where an athlete is disqualified and the coach believes it was a misapplication of a rule (note: judgment calls are not subject to appeal). If the coach wishes to file an appeal, the coach needs to bring the matter to the attention of the referee.

**SPORTSMANSHIP RULES**—each state has their own sportsmanship rules and they are in effect.

**RESTAURANTS**

Amigo Café	928-697-8448
McDonalds	928-697-8169
Burger King	928-697-3534
Pizza Edge	928-697-8427
Subway	928-697-
Sonic	928-697-8140
K-Town Pizza	928-697-3900
Blue Coffee Pot	928-697-3396
Holiday Inn	928-697-3221
Hampton Inn	928-697-3170
Anasazi Inn	928-697-3793
Bashas	928-697-8176

## **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.

**Since we have unlimited entries for individual events, we will not accept any additional entries. However, substitutions may be permitted for teammates. Substitutions for scratched athletes from other teams will be permitted on a space-available-basis only.**

### **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)**

Each athlete gets four (4) attempts (60-Minute open pit).

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 2000m steeplechase. Once the meet starts, athletes should utilize other areas for warm-ups.

**Since we have unlimited entries for individual events, we will not accept any additional entries. However, substitutions may be permitted for teammates. Substitutions for scratched athletes from other teams will be permitted on a space-available-basis only.**

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 there event will be coming up in the near future.
- Second call—notifies athletes that there event will be coming up in the near future.
- Third call—notifies athletes to start making there 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.

### **Hurdles, 100, 200, and 400 (NFHS rule 3-2-2j)**

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

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

Heats will be drawn up as needed. Double-waterfall start shall be used. We may put the boys and girls in the same heat to expedite the meet (but scored separately).

### **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 200 relay—4 turn stagger (start - black line), black 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

800m Medley Relay—100, 100, 200, 400 (start-white line), yellow triangles for all zone markings

NOTE: 400 leg will get the baton in their lane, then cut in.

1600m Medley Relay—200, 200, 400, 800 (start-white line)—all exchanges at yellow triangles

NOTE: 400 leg will get the baton in their lane, then cut in.

### **2000m STEEPLECHASE (NFHS rule 8-2-1c)**

4  $\frac{3}{4}$  laps around the track. The barrier height will be 30 inches. The girls won't have a barrier at the waterjump. The start is near the 300m hurdles start. The first barrier is near the 200m start. Once the

athletes cross the finish line, they have four (4) laps remaining. Each of those four laps have 4 barriers and one water jump.

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

Coaches meeting times for each meet (the coaches meeting will be in the SAC Gym—East Side Lobby)

- **Mustang Classic**                    **10:00 a.m.**
- **Sunset Meet**                        **3:00 p.m.**
- **Last Chance Meet**                **3:00 p.m.**

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 one-hour after the scheduled start of the meet’s coaches’ meeting.**

**Field Events (Session 1)**

- B & G Pole Vault
- B & G Triple Jump
- Boys Discus
- Girls Shot Put

**Field Events (Session 2)**

- Girls Long Jump
- Boys High Jump
- Girls Discus
- Boys Shot Put

**Field Events (Session 3)**

- Boys Long Jump
- Girls High Jump

**Track Events (Note: this is a “boys first” year).**

- 2000m Steeplechase
- 300m Hurdles
- 200m Dash
- 4 X 800m Relay
- High Hurdles
- 100m Dash
- 1600m Run
- 4 X 100m Relay
- 400m Dash
- 1600m Medley Relay
- 800m Run
- 4 X 200m Relay
- 3200m Run
- 800m Medley Relay
- 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.**

**MUSTANG CLASSIC MEET RECORDS**

<b><u>GIRLS RECORD</u></b>	<b><u>EVENT</u></b>	<b><u>BOYS RECORD</u></b>
4-08 Jennifer Koemstedt, Tuba City Megan Johnstun, Joseph City	High Jump	6-02 Michael Ball, MV
7-06 Keri Blackrock, MV	Pole Vault	10-00 Quade Johnson, Fredonia
15-09.75 Alayna Heaton, Fredonia	Long Jump	20-11.75 Michael Ball, MV
31-09 Maria Lupe, Alchesay	Triple Jump	44-10 Michael Ball, MV
130-09 Deezbaa Whaley, MV	Discus	137-05 Oliver Whaley, MV
38-07 Deezbaa Whaley, MV	Shot Put	43-08 Ryan Brown, TC
10:37.46 Chinle	4 X 800m Relay	8:47.13 Tuba City
16.91 Courtney Norberto, Chinle	High Hurdles	15.41 Aaron Tachine, Chinle
12.60 Talia Jones, MV	100m Dash	11.18 Justin Kremer, Grand Can.
5:43.79 Marilyn Curley, Ganado	1600m Run	4:49.34 Lane Cowboy, MV
55.08 Monument Valley	4 X 100 Relay	46.61 Monument Valley
62.91 Talia Jones, MV	400m Dash	54.68 Zane Jenkins, TC
50.82 Courtney Norberto, Chinle	300m Hurdles	39.64 Aaron Tachine, Chinle
2:29.51 Shannon Yellowhair, Chinle	800m Run	2:09.07 Eric Bahe, Chinle
26.57 Talia Jones, MV	200m Dash	22.92 Justin Kremer, Grand Can.
12:21.53 Marilyn Curley, Ganado	3200m Run	10:23.03 Lance Williams, TC
4:37.58 Shiprock	4 X 400m Relay	3:40.22 Monument Valley
8:20.42 Brianna Little, TC	2000m Steeplechase	6:40.83 Rick Worker, TC
2:06.83 Ganado	800m Sprint Medley	1:46.38 Tuba City
4:51.00 Shiprock	1600m Sprint Medley	4:07.25 Tuba City
1:44.56 Monument Valley	4 X 200m Relay	1:35.59 Monument Valley