

Track-and-Field Coaches,

Willis Haws (Athletic Director—Round Valley High School) has commissioned me to help him with his annual Round Valley Dome Indoor Track-and-Field Invitational to be held Friday March 20, 2009.

I will be in charge of the Lynx timing and data management for the meet. I wanted to take this opportunity to remind all coaches that entries are due online at www.directathletics.com no later than 12:00 noon MST, Thursday March 19, 2009.

This is a state qualification meet for both Arizona and New Mexico.

The entry fee is \$300 (please make checks payable to ROUND VALLEY HIGH SCHOOL ATHLETICS). Any questions regarding the entry fee should be addressed to Willis Haws at 928-333-6812.

Here is the tentative list of schools scheduled to compete. Any team wishing to get in needs to contact Greg Wayne in order to get “invited” at www.directathletics.com

COLORADO

Durango, Montezuma-Cortez

NEW MEXICO

Gallup, Miyamura, Desert Academy, Quemado, Silver

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

GREG WAYNE—AIA Certified Official

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RV DOME MEET—SCHEDULE OF EVENTS

8:00 am Coaches Meeting—Pole Vault Weigh-ins—Discus Weigh-ins

SESSION ONE (9:00 a.m. – 12:30 p.m.)

9:00 a.m. Girls High Jump and Boys Pole Vault

9:00 a.m. Girls Shot Put and Boys Discus

9:00 – 10:30 a.m. Boys Long Jump

11:00 a.m. – Noon Girls Triple Jump

9:00 a.m.	Heat 1—Boys 4 X 800m Relay	Digital Video Timing (Blue Ridge)
9:15 a.m.	Heat 2—Boys 4 X 800m Relay	Digital Video Timing (Blue Ridge)
9:30 a.m.	Heat 1—Girls 4 X 800m Relay	Digital Video Timing (Blue Ridge)
9:45 a.m.	Heat 2—Girls 4 X 800m Relay	Digital Video Timing (Blue Ridge)
10:00 a.m.	Prelims—Boys High Hurdles	analog video timing (Greg)
10:20 a.m.	Prelims—Girls High Hurdles	Lynx Timing (Greg)
10:40 a.m.	Prelims—Boys 100m Dash	Lynx Timing (Greg)
11:00 a.m.	Prelims—Girls 100m Dash	Lynx Timing (Greg)
11:30 a.m.	Boys 800m Run (multiple heats as necessary)	Digital Video Timing (Blue Ridge)
11:45 a.m.	Girls 800m Run (multiple heats as necessary)	Digital Video Timing (Blue Ridge)
12:00 p.m.	Finals—Boys High Hurdles	analog video timing (Greg)
12:05 p.m.	Finals—Girls High Hurdles	Lynx Timing (Greg)
12:10 p.m.	Finals—Boys 100m Dash	Lynx Timing (Greg)
12:15 p.m.	Finals—Girls 100m Dash	Lynx Timing (Greg)

SESSION TWO (1:00 p.m. – 6:00 p.m.)

1:00 p.m. Girls Pole Vault and Boys High Jump

1:00 p.m. Girls Discus and Boys Shot Put

1:00 p.m. – 2:30 p.m. Girls Long Jump

3:00 p.m. – 4:00 p.m. Boys Triple Jump

For session two, primary timing – lynx (Greg), backup FAT—digital video (Blue Ridge)—plus hand timers

1:00 p.m.	Boys 1600m Run (2-3 heats)
1:20 p.m.	Girls 1600m Run (2-3 heats)
1:45 p.m.	Boys 4 X 100m Relay (4 turn stagger)
2:00 p.m.	Girls 4 X 100m Relay (4 turn stagger)
2:15 p.m.	Boys 400m Dash
2:35 p.m.	Girls 400m Dash
3:45 p.m.	Boys 200m Dash
4:05 p.m.	Girls 200m Dash
4:30 p.m.	Boys 3200m Run (multiple heats as necessary)
5:15 p.m.	Girls 3200m Run (multiple heats as necessary)
6:00 p.m.	Girls 4 X 400m Relay
6:20 p.m.	Boys 4 X 400m Relay

High Hurdles and 100m Dash

Prelims and Finals—top 8 times to the 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 X 100m Relay

4-turn stagger.—only 7 lanes due 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 athlete gets 4 attempts

Shot Put & Discus

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

Discus weigh-ins shall be 8:00 a.m. – 8:45 a.m.

Shots shall be provided (do not bring outdoor shots inside—they damage the floors).

Pole Vault

Weigh-ins for all pole vault athletes shall be 8:00 am – 8:45 am.

Opening Height (Boys): 8-00

Opening Height (Girls): 6-00

High Jump

Opening Height (Boys): 5-04

Opening Height (Girls): 4-04

ONLINE ENTRIES (NFHS rule 3-2-2)

Initial entries are due online at www.directathletics.com prior to the stipulated deadline.

The stipulated deadline shall be Thursday March 19, 2009 at ~~9:00 a.m. MST~~ extended to noon.



CONTACT INFORMATION:

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

Sales, Pricing & General Information: info@directathletics.com
Customer Service: support@directathletics.com

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

1. All Arizona schools (as well as New Mexico and Colorado), should have accounts. All of the 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, 928-697-2181—alternative school office).**
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.

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.

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 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 Colorado 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.

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

MAKING CHANGES THE DAY OF THE MEET

Since all of the heat and field event sheets have been printed out, as well as the pull-tags for those competing in the track events, we make all changes at the bullpen (track events) and with the head event judge (field events).

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

Reminder: No adds.

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

FACILITY

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

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

The shot put shall use indoor soft-shell implements (thus, not used for outside qualification marks due to the diameter exceeding NFHS maximum standards).

The discus is outside and uses a typical concrete ring.

The long and triple jump as well as the pole vault is located inside the dome, just east of the track.

The high jump is contested on a 3M-tarten surface located on the infield of the track.