

3A CONFERENCE TRACK-AND-FIELD COACHES

First, the qualification process—both outside/automatic qualification and region allotment & meet qualification is outlined in the 2008 State Meet Report presented to the athletic directors last may. It can be found at www.arizonatrack.com if you need another copy.

Second, the 4 X 100m Relay and 4 X 400m Relay heat and lane assignments.

The region champions were seeded #1, #2, #3, and #4 based on season best times.

All other qualifiers were then seeded #5 through #16 (or the number of teams that qualified).

Details are outlined in the 2008 State Meet Report.

Third, this is the list of outside/automatic qualifiers for the state meet. I believe most of the marks can be found at www.directathletics.com – if not, contact me so I can add you to the verified list.

Fourth, for region qualifiers, each region is permitted four (4) entries from their region meets. If one of the top four (4) place finishers is not going to compete in that event, the 5th place finisher may take that place. The coaches need to work together and communicate so that the entries can be submitted on time.

All entries are due online by Tuesday at 12:00 noon.

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**2009
Arizona 3A Conference
State Track-and-Field
Relay Heat & Lane Assignments**

BOYS 4 X 100m RELAY

LANE	HEAT 1	HEAT 2	HEAT 3
1			Coolidge (44.45) #7 seed
2		San Tan (46.09)	Show Low (44.15) #5 seed
3	MV (47.87)	Payson (45.18)	E1-Snowflake (43.97) #3
4	Florence (46.81)	South Pt. (44.90)	N1-Winslow (43.53) #1 seed
5	Ganado (47.31)	Ft. Hills (45.09)	W1-EFHS (43.80) #2 seed
6	Chinle (48.08)	Wickenburg (46.05)	S1-Empire (44.21) #4 seed
7			Blue Ridge (44.27) #6 seed
8			Round Valley (44.57) #8

NOTE: If a school scratches, we will contract to two heats

BOYS 4 X 400m RELAY

LANE	HEAT 1	HEAT 2	HEAT 3
1		Holbrook (3:45.95)	BRHS (3:34.89) #7 seed
2		FHHS (3:40.33)	SLHS (3:23.36) #5 seed
3		Ganado (3:39.62)	S1-Safford (3:32.02) #3 seed
4		Chino V. (3:35.91)	E1-Snowflake (3:23.27) #1
5		Payson (3:35.97)	W1-Sedona (3:28.60) #2 seed
6		Empire (3:38.12)	N1-Tuba City (3:39.60) #4
7		Florence (3:34.36)	EFHS (3:33.10) #6 seed
8		Winslow (3:48.30)	Wickenburg (3:35.09) #8

GIRLS 4 X 100 RELAY

LANE	HEAT 1	HEAT 2	
1	Chinle 57.43	Maricopa 52.93	#7 seed
2	Florence 56.38	Chino Valley 51.63	#5 seed
3	South Pt. 54.23	Blue Ridge 52.58	#3 seed (East 1)
4	Show Low 53.16	EFHS 50.20	#1 seed (West 1)
5	Wickenburg 53.30	Coolidge 50.60	#2 seed (South 1)
6	Snowflake 53.81	MVHS 54.97	#4 seed (North 1)
7	Winslow 55.93	FHHS 52.28	#6 seed
8	Ganado 59.39	Payson 53.02	#8 seed

GIRLS 4 X 400 RELAY

LANE	HEAT 1	HEAT 2	
1	Winslow 4:46.23	Payson 4:20.39	#7 seed
2	Tuba City 4:38.70	EFHS 4:07.98	#5 seed
3	River Valley 4:35.77	Empire 4:23.54	#3 seed (South 1)
4	Safford 4:26.01	Chino 4:16.56	#1 seed (West 1)
5	Show Low 4:28.29	BRHS 4:17.66	#2 seed (East 1)
6	Maricopa 4:36.98	MVHS 4:38.55	#4 seed (North 1)
7	Florence 4:39.11	Sedona 4:17.55	#6 seed
8	Ganado 4:53.68	Snowflake 4:22.65	#8 seed

2009
AUTOMATIC QUALIFIERS
3A CONFERENCE
STATE TRACK-AND-FIELD CHAMPIONSHIPS

AS OF 11:00 AM
May 10, 2009

NOTE: Complete details are posted at www.arizonatrack.com
Refer to the STATE MEET REPORT

<u>GIRLS (13.28)</u>	<u>100m DASH</u>	<u>BOYS (11.63)</u>
J. Pratt, Estrella Foothills		M. Reidhead, SFK
Z. Johnson, Estrella Foothills		H. Ware, Empire
C. Holston, Safford		D. Hayes, Empire
B. Kempton, Safford		M. Smith, Winslow
A. Haskell, Empire		A. Boykin, EF
M. Moore, Coolidge		D. Carlson, BR
M. Lupe, Alchesay		K. Cox, Sedona
T. Peters, Round Valley		A. Casella, Empire
J. Cooper, Coolidge		C. Colbert, EF
Grant, EF		A. Smith, River
Mosley, SED		J. Meixer, BR
		S. Slivers, Ganado
		A. Leger, FH
		S. Pringle, BR
		L. Tim, South Pt
		R. Yucupisio, Cool
		J. White, Cool
		J. Peterson, Round V.
<u>GIRLS (27.64)</u>	<u>200m DASH</u>	<u>BOYS (23.45)</u>
J. Pratt, EFHS		M. Reidhead, SFK
M. Lupe, Alchesay		M. Smith, Winslow
Z. Johnson, EFHS		H. Ware, Empire
H. Miles, Coolidge		L. Tim, South Pt.
M. Nosseck, Payson		A. Boykin, EF
T. Peters, Round Valley		A. Leger, FH
H. Mosley, Sedona		J. Harris, Florence
Haskell, Empire		J. Butler, Show Low
Kempton, Safford		J. Peterson, Round V
Rugg, Round Valley		C. Bell, Show Low
		K. Cox, Sedona
		a. Casella, Empire
		C. Colbert, EF
		J. White, Coolidge

D. Carlson, BR
J. Meixler, BR
Peterson, FH

GIRLS (61.75)

400m DASH

BOYS (52.68)

A. Haskell, Empire
M. Jones, EFHS
C. Grant, EFHS
Raney, BR
Stueven, Chino
Nossek, Payson

J. Butler, Show Low
S. Berg, Winslow
D. Hayes, Empire
C. Bell, Show Low
S. Martin, Wick
K. Cox, Sedona
J. Rivera, Sedona
J. Weeks, Show Low
A. Leger, FH
B. Brown, EF
R. Walter, Coolidge
D. Mannix, Chino
L. Travis, South Pt
Waller, Coolidge
Wells, Snowflake

GIRLS (2:28.75)

800m RUN

BOYS (2:02.02)

E. Raney, BR
R. Jumbo, Chinle
F. Goimarac, Sedona
K. Corbell, Chino
S. Zeno, Sedona
Rydberg, BR
Grant, EF

C. Wells, Snowflake
R. Yazzie, TC
G. Debs, Sedona
J. Hagans, EF
Orman, TC
Rivera, Sedona

GIRLS (5:37.85)

1600m RUN

BOYS (4:38.22)

J. Rydberg, BR
R. Jumbo, Chinle
E. Raney, BR
A. Rydberg, BR
Brecto, FH

R. Yazzie, TC
B. Orman, TC
C. Wells, SFK
G. Debs, Sedona
L. Hermance, Chino

GIRLS (12:37.87)

3200m RUN

BOYS (10:06.42)

J. Rydberg, BR
R. Jumbo, Chinle
C. Brecto, FH
V. Ruiz, Wickenburg
T. Spencer, Chinle
Rydberg, BR

L. Hermance, Chino
B. Orman, TC
R. Yazzie, TC

Raney, BR

GIRLS (17.33)

HIGH HURDLES

BOYS (16.18)

C. Holston, Safford
T. Schaal, Payson
B. Kempton, Safford
M. Lupe, Alchesay
S. Grant, EF
R. Clancy, Sedona
C. Adams, Show Low
C. Ingrao, Chino
A. Schot, Empire
Diemer, FH
Hawley, Empire

C. Crocket, EF
M. Boyd, BR
J. Smith, Saff
S. Pringle, BR
J. Sanderson, SFK
J. Rawlins, SFK
B. McEuen, Saff
T. Higgins, Saff
Colbert, EF
Gritis, Empire
Oldham, SL
Self, Holbrook

GIRLS (49.83)

300m HURDLES

BOYS (41.73)

M. Moore, Coolidge
B. Kempton, Safford
S. Grant, EF
C. Holston, Safford
K. Earle, Chino
Lupe, Alchesay
Clancy, Sedona
Ingrao, Chino

M. Boyd, BR
J. Sanderson, SFK
J. Smith, Safford
T. Higgins, Saff
J. Robinson, EF
Whitaker, Sedona
Pringle, BR
Colbert, EF

GIRLS (10:34.56)

4 X 800 RELAY

BOYS (8:40.17)

Blue Ridge
Chino Valley

Tuba City
Safford
Show Low
Sedona
Chino
Florence
Ganado

GIRLS (4-08)

HIGH JUMP

BOYS (5-10)

K. Johnson, Snowflake
M. Nosseck, Payson
J. London, BR
E. Soto, Safford
K. Stabenow, Show Low
R. Cook, Sedona
D. Hawley, Empire

M. Boyd, BR
R. Sturm, Saff
R. Hintze, Pay
Sanderson, SFK
C. Wilson, Saff
C. York, Payson
R. Yucupisio, Cool

N. Mathews, San Tan
K. Patton, FH
T. Peters, Round Valley
C. Stratton, Snowflake
W. Fisher, Safford
H. Goimarac, Sedona
H. Hatch, Snowflake
K. Miller, MV
J. Rhymes, Maricopa
J. Robertson, Payson
M. Timmins, Round Valley
Shroder, BR

D. Downing, Flo
S. Duncan, EF
D. Hayes, Empire
T. Renfro, WSL
R. Self, Holbrook
M. Bishop, SFK
D. Swanson, Pay
C. Harrel, SFK
P. Inyard, STF
Z. Sommer, EF
Weeks, SL
Murray, TC

GIRLS (7-06)

POLE VAULT

BOYS (12-00)

M. Candelaria, BR
A. Wilcock, BR
R. Brewer, Show Low
C. Garrett, FH
S. Garrett, FH
A. Martinez, BR
J. Patzke, Safford
R. Davis, Safford
H. Goimarac, Sedona
A. Hook, Sedona
H. Snyder, Sedona
A. Toneli, Show Low
Hodge, FH
Parrish, MV
Stabenow, SL

N. Goodman, Pay
K. Schimmel, BR
D. Scott, SFK
M. McHugh, Saff
T. Penrod, BR
J. Ellsworth, SL
D. Johnson, BR
Tenney, Sl
Williams, Payson

GIRLS (14-11.25)

LONG JUMP

BOYS (20-04)

M. Nosse, Payson
H. Mosely, Sedona
R. Reid, MV
M. Lupe, Alchesay
J. Pratt, EFHS
N. Mathews, San Tan
C. Holston, Safford
J. Burnett, Florence
R. Clancy, Sedona
J. Jones, EFHS
Matthews, STF
Burnett, FLO
Johnson, SFK
Robertson, SFK
Howard, FH

S. Berg, WSL
K. Cox, Sedona
M. Moreno, Saff
M. Boyd, BR
R. Yucupisio, Cool
T. Renfro, WSL
R. Walter, Cool
C. Colbert, EF
D. Downing, FLO
Inyard, STF
Jewell

GIRLS (30-11.75)**TRIPLE JUMP****BOYS (41-05)**

H. Mosley, Sedona
M. Lupe, Alchesay
Z. Johnson, EFHS
M. Jones, EFHS
R. Cook, Sedona
T. Schaal, Payson
J. London, BR
D. Dayzie, MV
D. Franz, Chino
Clancy, Sedona
Patton, FH
DeWees, Payson

D. Downing, FLO
M. Moreno, Saff
A. Jewell, EF
S. Berg, WSL
J. Rawlins, SFK
T. Renfro, WSL
Slattery, BR

GIRLS (32-05)**SHOT PUT****BOYS (45-10)**

J. Robertson, Payson
K. Morgan, Payson
s. Montano, Safford
A. Dawson, Safford
C. John, Holbrook
T. Curley, TC
A. Toneli, Show Low
N. Anderson, Empire
A. Burkes, EFHS
R. Miller, Parker
Rines, FH
Lankster, SCZ
Cooper, Coolidge
Mosley, Sedona

R. Burke, Payson
J. Hunt, SFK
A. Smyth, FH
T. Jackson, SL
M. Wilson, Pay
A. Dawson, Saff

GIRLS (91-01)**DISCUS****BOYS (124-05)**

A. Hopkins, Safford
A. Dawson, Safford
S. Tarango, Globe
K. Morgan, Payson
S. Calvin, SCZ
T. Curley, TC
N. Anderson, Empire
A. Burkes, EF
J. Robertson, Payson
S. Granthan, Wickenburg
S. Montano, Safford
A. Toneli, Show Low
M. Sampson, MV
C. Jackson, winslow
J. Yazzie, MV

A. Smyth, FH
W. Leavitt, Wick
J. McBride, Saff
A. Garnello, Sed
T. Jackson, SL
H. Colungo, FLO
M. Williams, MV
O. Jones, HBK
R. Sturm, Saff
D. Alford, River
Mark Williams, MV
A. Dawson, Safford
B. Burke, Payson
McCray, SFK
Kuusisto, SL

S. Stebbins, BR
Hubbell, Ganado

McDonald, EF