

# NORTHLAND PREPARATORY ACADEMY

*Home of the Spartans*



Your high school's track-and-field team is cordially invited to participate in the 6<sup>th</sup> Annual Skydome Classic hosted by NPA.

When the AIA implemented its *Best Financial Practices*, the financial means for the 3A North Region to finance the meet were severely restricted. Thus, Mike Elder (Athletic Director, NPA) and Greg Wayne (long time meet director) formulated a plan to have NPA take over the meet.

To be sure, NPA doesn't have the same financial resources available at its disposal that the 3A North Region once had. Therefore, the entry fee had to be increased to cover the costs of the dome rental, personnel, and other incidentals.

The meet itself will look pretty much the same as it has in the past. However, due to the nature of the meet's finances, we are asking each school to help staff the meet (and reduce its entry fee in the process).

**We would like for you to confirm your team's participation by contacting Mike Elder as soon as possible.**

***Michael Elder***

Northland Preparatory Academy

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Flagstaff, AZ 86001

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**6<sup>TH</sup> ANNUAL**  
**Northland Prep Skydome Classic**  
**J. Lawrence Walkup Skydome**  
**Northern Arizona University**  
**Flagstaff, Arizona**

**DATE**

Wednesday March 4, 2009

**HOST**

Northland Prep Academy

**SITE DIRECTOR**

Michael Elder  
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3300 E. Sparrow Ave.  
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**MEET DIRECTOR**

Greg Wayne, Monument Valley High School (AIA certified official)  
PO Box 337  
Kayenta, AZ 86033  
E-MAIL: [gwayne@kayenta.k12.az.us](mailto:gwayne@kayenta.k12.az.us)  
E-MAIL: [gwayne@hughes.net](mailto:gwayne@hughes.net)  
TEL: 928-697-8572 (Home)  
TEL: 928-697-2216 (Athletic Office)

**INVITED SCHOOLS**

| <u>3A NORTH</u> | <u>3A EAST</u> | <u>3A WEST</u> | <u>2A SCHOOLS</u> | <u>OTHER SCHOOLS</u> |
|-----------------|----------------|----------------|-------------------|----------------------|
| Chinle          | Alchesay       | Chino Valley   | Camp Verde        | NPA                  |
| Ganado          | Blue Ridge     | Sedona         | Many Farms        | Joseph City          |
| Holbrook        | Show Low       | Greyhills      |                   | Mogollon             |
| Mon. Valley     | Snowflake      |                |                   | Seligman             |
| Tuba City       | Round Valley   |                |                   | Ash Fork             |
| Window Rock     | Payson         |                |                   | Mayer                |
| Winslow         |                |                |                   |                      |

**ENTRY FEE**

\$250 (make checks payable to: Northland Prep Academy)

or, \$150 per girls team

or, \$150 per boys team

For officiating, each school will get a deduction of \$50 off their entry fee for the positions listed below. If you aren't listed, but would like to officiate please let Mike Elder know ASAP.

We have penciled in the following personnel (thus, subject to change)

|                |                            |                  |                 |
|----------------|----------------------------|------------------|-----------------|
| Starter        | Winslow                    | Head Shot Put    | Monument Valley |
| Recall Starter | Payson                     | Head Long Jump   | Holbrook        |
| Boys Clerk     | Monument Valley            | Head Triple Jump | Payson          |
| Girls Clerk    | Chinle                     | Head High Jump   | Snowflake       |
| Umpire #1      | Window Rock                | Head Pole Vault  | Blue Ridge      |
| Umpire #2      | Tuba City                  |                  |                 |
| Umpire #3      | Camp Verde                 |                  |                 |
| Referee        | Winslow                    |                  |                 |
| Lynx           | Monument Valley (2 people) |                  |                 |
| Video Timing   | Blue Ridge (2 people)      |                  |                 |
| Head Timer     | NPA                        |                  |                 |
| Scorer         | Winslow                    |                  |                 |

NOTE: NPA will supply the necessary student workers

**SCORING**

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

**AWARDS**

Due to the financial nature of the meet, we will not present awards this year. During the meet's debriefing, the topic of awards will be discussed for subsequent years.

**SANCTION**

(AIA bylaws 10.1.3) The meet is under the authority of the Arizona Interscholastic Association, Inc.

(AIA bylaws 29.1.1) Official rules shall be those published in the current edition of the NFHS rules and case books.

## **ENTRIES**

(NFHS rule 4-2-4c) Each school is limited to three (3) entries per event (1 entry in the 4 X 400m Relay). Use personal bests when inputting marks (seeding will be based on entry marks).

All entries are due online at [www.directathletics.com](http://www.directathletics.com) no later than **8:00 pm Monday March 2, 2009**.

The process for making changes will be announced at the coaches meeting. Please note that teams can scratch and make substitutions, but absolutely no adds.

(NFHS rule 4-2-2) Each contestant may be entered in four (4) individual events.

(NFHS rule 4-2-1) Each contestant may compete in four (4) events, including relays. Contestants may scratch an individual event to compete in a relay.

## **SPIKES**

**1/4 inch PYRAMID SPIKES ONLY. Needle and pin type spikes are not allowed.**

## **PARKING**

All buses must park in the Skydome parking lot.

## **BASKETBALL COURT**

Absolutely no one is allowed on the basketball court or the surrounding portable bleachers.

## **CLIMBING OVER THE WALLS**

Absolutely no one is allowed to climb up into the bleachers (or down onto the arena floor).

## **STAIRWELL BY THE LONG JUMP RUNWAY**

Once the meet starts, only the video personnel should use this stairwell. There are 3 other stairwells as well as the elevator.

## **HIGH JUMP APRON**

This is not a warm-up area and needs to remain clear.

## **DRESSING ROOMS**

No dressing rooms will be available. It is recommended to come dressed to the meet.

## **BATHROOMS**

Please keep the restrooms clean

## **KEEPING THE DOME CLEAN**

Please police your team area at the conclusion of the meet

Please remove all tape from the arena floor

### **HORIZONTAL JUMPS**

For the long jump and triple jump there will be a two-hour open pit and all athletes will get four (4) attempts.

### **SHOT PUT**

**Do not bring any shots with you. They will be supplied by meet management.  
Outdoor shots can severely damage the floor.**

Each athlete will get three (3) preliminary throws with the top seven (7) advancing to the finals for three (3) more attempts.

### **HIGH JUMP**

Girls Opening Height: 4-00 (4 inch increments until 4-08, then 2 inches)

Boys Opening Height: 4-08 (4 inch increments until 5-04, then 2 inches)

### **POLE VAULT**

Girls Opening Height: 6-00 (1 foot increments until 8-00, then 6 inches)

Boys Opening Height: 7-00 (1 foot increments until 10-00, then 6 inches)

### **800/1500/3000**

The top twelve (12) to sixteen (16) entries (or at a natural break with the entry times) shall be placed in the **FIRST HEAT**. All others shall be put in heat two. If numbers that report to the clerk of the course dictate, the second heat may be split into more heats.

800—2 2/3 around the track

1500—5 laps of the track

3000—10 laps of the track

### **60m HURDLES**

Standard high school hurdle height, and standard distance to the first hurdle. 5 flights (versus the 10 usually run outdoors) shall be ran.

### **400m DASH**

Waterfall start (located near the bay door). Up to 9 athletes per heat.

### **4 X 400m RELAY**

Waterfall start. Each leg is 1 1/3 laps of the track.

First exchange: At the finish line

Second exchange: At the 200/800 start.

Third exchange: At the 400m start

### **60m DASH**

Start on the main straight.

## **200m DASH**

Start on the back straight.

NOTE: Athletes need to stay in their lane the whole way. When coming onto the main straight, the lane numbers “shift” since the track goes from 6 lanes to 8. Ignore the new lane numbers and stay in your lane.

### **\* TIME SCHEDULE**

|          |  |
|----------|--|
| 9:00 am  | Coaches Meeting  |
| 9:30 am  | Boys Shot Put <i>followed by</i> Girls Shot Put            |
| 9:30 am  | Girls Long Jump <i>followed by</i> Boys Long Jump          |
| 9:30 am  | Boys Triple Jump <i>followed by</i> Girls Triple Jump      |
| 9:30 am  | Girls Pole Vault <i>followed by</i> Boys Triple Jump       |
| 9:30 am  | Boys High Jump <i>followed by</i> Girls High Jump          |
| 9:30 am  | 1600m Run (start on the turn, coming onto the homestretch) |
| 10:15 am | 400m Dash (start on the turn, coming onto the homestretch) |
| 11:00 am | 60m Hurdles (5 flights)                                    |
| 11:45 am | 60m Dash   |
| 12:30 pm | 800m Run (start on the backstraight)                       |
| 1:00 pm  | 200m Dash (start on the backstraight)                      |
| 1:45 pm  | 3200m Run (start on the backstraight)                      |
| 2:45 pm  | 4 X 400m Relay   |

\* NOTE: If the meet runs ahead of the above listed schedule, we will make the appropriate announcements, but will stay ahead.

## MEET RECORDS

|                |          |           |                                 |
|----------------|----------|-----------|---------------------------------|
| Boys 1500      | 4:16.43  | 3/1/2007  | Tanner Crothers, Northland Prep |
| Girls 1500     | 5:12.52  | 3/4/2008  | Jessica Rydberg, Blue Ridge     |
| Boys 400       | 51.08    | 3/1/2007  | Darren Trainer, Blue Ridge      |
| Girls 400      | 59.51    | 3/14/2006 | Talia Jones, Monument Valley    |
| Boys 60 HH     | 8.47     | 3/5/2005  | Kyle Kartchner, Snowflake       |
| Girls 60 HH    | 9.37     | 3/4/2008  | Arona Spader, Snowflake         |
| Boys 60        | 7.03     | 3/4/2008  | Matt Reidhead, Snowflake        |
| Girls 60       | 7.92     | 3/1/2007  | Talia Jones, Monument Valley    |
| Boys 800       | 2:04.49  | 3/4/2008  | Jesus Rivera, Sedona            |
| Girls 800      | 2:26.96  | 3/4/2008  | Chloe Phillips, Flagstaff       |
| Boys 200       | 22.72    | 3/4/2008  | Matt Reidhead, Snowflake        |
| Girls 200      | 26.42    | 3/1/2007  | Talia Jones, Monument Valley    |
| Boys 3000      | 9:29.05  | 3/5/2005  | Matt Rowell, Blue Ridge         |
| Girls 3000     | 11:35.71 | 3/1/2007  | Marilyn Curley, Ganado          |
| Boys 1600 Rly  | 3:33.98  | 3/5/2005  | Snowflake                       |
| Girls 1600 Rly | 4:17.98  | 3/14/2006 | Snowflake                       |
| Boys HJ        | 6-06.50  | 3/4/2008  | Cory Thellman, Joseph City      |
| Girls HJ       | 5-02     | 3/5/2005  | Stephanie Garnett, Winslow      |
| Boys PV        | 12-06    | 3/1/2007  | Cameron Morris, Round Valley    |
| Girls PV       | 9-00     | 3/5/2007  | Rikkilynn London, Blue Ridge    |
| Boys LJ        | 21-04    | 3/4/2004  | Dustin Matkin, Show Low         |
| Girls LJ       | 18-08    | 3/5/2005  | Stephanie Garnett, Winslow      |
| Boys TJ        | 42-05    | 3/5/2005  | Michael Ball, Monument Valley   |
| Girls TJ       | 37-06.5  | 3/1/2007  | Paulla Hart, Skyline            |
| Boys SP        | 48-09    | 3/14/2006 | Cory Dean, Winslow              |
| Girls SP       | 37-08    | 3/1/2007  | Deezbaa Whaley, Monument Valle  |

## **OUTSIDE QUALIFICATION FOR STATE**

This is an outside qualifier for the 1A & 3A Conferences. The 2A, 4A, and 5A won't allow indoor facilities to be used for outside qualification.

The shot put is not a qualifier due to the implements (the implements are actually a little larger, though the same weight—and won't comply with NFHS rules for the outdoor shot).

The 60 and 60 hurdles, aren't outside qualifiers due to the non-standard distance.