

REVISED 4/17/2010
SECTION ONE
SANCTION, RULES, AND ADMINISTRATION
GENERAL INSTRUCTIONS

2009-2010 AIA 1A-2A-3A State Track & Field Championships

NOTE: In lieu of a coaches meeting at the state meet, all stakeholders should review both the general and specific instructions for the track events.



CONTACT INFORMATION

Greg Wayne, Meet Director
AIA 1A-2A-3A State Track & Field Championships
Alternative Programs Coordinator
Monument Valley High School
PO Box 337
Kayenta, Arizona 86033
gwayne@kayenta.k12.az.us
gwayne@hughes.net
(Challenge Center) 928-697-2181
(Home) 928-697-8572

1A-2A-3A

STATE TRACK & FIELD MEET
SANCTION AND RULES

SPECIAL NOTE:

**Joe Selleh Track at Sun Angel Stadium
Arizona State University**

MONDO TRACK & FIELD SURFACE

A maximum spike length of 5mm (3/8 inch).

**Only PYRAMID spikes are permitted. No needle spikes
allowed.**



(AIA bylaws 12.2.1)—Mechanics and procedures for state tournaments will be determined by the AIA Executive Board (or designees).

(AIA bylaws 14.1.1)—The AIA Constitution and Bylaws shall govern all athletic contests and be the minimum rules, mechanics, and procedures of a region and conference, and shall take precedence over those of the National Federation.

(AIA bylaws 29.1.1)—Official rules for track & field shall be those published in the current edition of the NFHS rules book, case book, and official manual.

(AIA bylaws 14.14)—The AIA, host institution, or meet management shall be responsible for lost or stolen articles.

(AIA bylaws 16.3)—The AIA Sportsmanship Rule is in effect.

(AIA bylaws 29.8.4)—Practice or competition shall not be permitted at the state meet venue for seven (7) calendar days prior to the state meet.

(AIA bylaws 29.8.5.1)—In the event of an appeal or protest during the state championships tournament, the decision of the tournament director and/or games committee shall be final.

(NFHS rule 2-1-2)—**SCORING:** 10-8-6-5-4-3-2-1 for both individual and relay events.

IMPLEMENTATIONS BY MEET MANAGEMENT

Under NFHS rule 3-2, meet management has the authority to determine:

(NFHS rule 3-2-3a) Meet Officials—The AIA Commissioner of Officials selects the starter, recall starter, referee, head finish judge, head field judge, wind gauge operator (track events), clerk of the course, head umpire, and the head judge at each field event. Meet management selects all other meet workers.

(NFHS rule 3-2-3b) Competition Area—the AIA Executive Board shall determine the venue per AIA Bylaws 12.1.1.

(NFHS rule 3-2-3c) Meet Time Schedule—after a great deal of consideration, meet management has determined the time schedule for the meet.

(NFHS rule 3-2-3d, e, f) Number of Heats Required, Head and Lane Assignments, Advancement (Prelims to Finals)—Outlined in the *Track Events Instructions*.

(NFHS rule 3-2-3g) Timing—Meet management has adopted timing specifications (as well as modifying for the needs of the meet) for the state meet per NCAA rule 5-12-3 for championship events.

(NFHS rule 3-2-3h) Approved marking items—Meet management has adopted NCAA rules for markings for the high jump and relays.

(NFHS rule 3-2-3i) Relay exchanges— Outlined in the *Track Events Instructions*.

(NFHS rule 3-2-3j, k, l, m, n, and o)-- Outlined in the *Field Events Instructions*.

(NFHS rule 3-2-4a) spikes—no longer than 5mm (must be PYRAMID spikes).

(NFHS rule 3-2-4b) -- Outlined in the *Track Events Instructions*.

(NFHS rule 3-2-4c, d, e, f, g, h, and i)—**Field Events**-- Outlined in the *Field Events Instructions*.

(NFHS rule 3-2-4j) Jersey—must be tucked in for track events.

(NFHS rule 3-2-4k) Electronic devices—not allowed in any restricted areas.

(NFHS rule 3-2-4L) Jury of Appeals—chaired by the meet director, and a few members from each conference.

(NFHS rule 3-2-4m) Referee—will be assigned by the AIA

(NFHS rule 3-2-4n) Order of Events—the meet will be ran as scheduled. If circumstances warrant a change, ample notice will be given.

(NFHS rule 3-2-4o) Items worn in excess of the school uniform—Sunglasses may be worn. Hats and bandanas may not be worn (AIA bylaws 29.8.5.1)

(NFHS rule 3-2-4p) Photo Finish – only equipment authorized by meet management shall be used to determine the official order of finish.

(NFHS rule 3-2-4q) Lapped Runners—should stay their normal course. All passing should be to the RIGHT, if at all possible.

(NFHS rule 3-2-4r) Starter—may use a voice amplification system.

(NFHS rule 3-2-4s) Race recall—the timing crews are authorized to fire a starter's pistol to recall the race.

(NFHS rule 3-2-4t) Correction of scoring errors—all scores shall be final within thirty (30) minutes after the conclusion of the last race, Saturday.

(NFHS rule 3-2-4u) Impounding of implements—impounded implements may be picked up at the conclusion of each session.

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SECTION TWO

FIELD EVENTS--GENERAL INSTRUCTIONS

2009-2010 AIA 1A-2A-3A State Track & Field Championships

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SPECIAL NOTE:

**Joe Selleh Track at Sun Angel Stadium
Arizona State University**

MONDO TRACK & FIELD SURFACE

A maximum spike length of 5mm (3/8 inch).

Only PYRAMID spikes are permitted. No needle spikes allowed.



SPECIAL NOTE:

Each session is scheduled to start at 12:30, 4:00, and 7:30 each day.

No session will start earlier than scheduled.

However, circumstances may come up (such as a weather delay) that could have the session starting late.

Within each session will be a rolling time schedule, that is—we will get through each session as quickly as possible.

2009-2010 AIA 1A-2A-3A Championship Schedule of Events

Joe Selleh Track at Sun Angel Stadium ~ Arizona State University ~ Tempe, Arizona

Friday May 14, 2010

11:00 a.m. Gates Open

SESSION ONE: 12:30 p.m.

Field Events (Prelims & Finals)

11:30 am—Weigh-ins

1A Boys Shot Put, 1A Girls Discus
2A Boys Long Jump, 2A Girls High Jump
3A Boys Pole vault, 3A Girls Triple Jump
3:30 pm—Awards

Track Events—Prelims

Prelims—High Hurdles (1A, 2A, 3A Girls)
Prelims—100m Dash (1A, 2A, 3A Boys)
Prelims—400m Dash (1A, 2A, 3A Boys)
Prelims—300m Hurdles (1A, 2A, 3A Boys)
Prelims—200m Dash (1A, 2A, 3A Girls)

SESSION TWO: 4:00 p.m.

Field Events (Prelims & Finals)

3:00 pm—Weigh-ins

1A Boys Long Jump, 1A Girls Triple Jump
2A Boys Pole Vault, 2A Girls Discus
3A Boys Shot Put, 3A Girls High Jump
7:00 pm—Awards

Track Events—Finals

Finals—4 X 800m Relay (1A, 2A, 3A Boys)
Finals—High Hurdles (1A, 2A, 3A Girls)
Finals—100m Dash (1A, 2A, 3A Boys)
Finals—1600m Run (1A, 2A, 3A Girls)
Finals—4 X 100m Relay (1A, 2A, 3A Girls)
Finals—400m Dash (1A, 2A, 3A Boys)

SESSION THREE: 7:30 p.m.

Field Events (Prelims & Finals)

6:30 pm—Weigh-ins

1A Boys Pole Vault, 1A Girls High Jump
2A Boys Shot Put, 2A Girls Triple Jump
3A Boys Long Jump, 3A Girls Discus
10:00 pm—Awards

Track Events—Finals

Finals—300m Hurdles (1A, 2A, 3A Boys)
Finals—800m Run (1A, 2A, 3A Girls)
Finals—200m Dash (1A, 2A, 3A Girls)
Finals—3200m Run (1A, 2A, 3A Boys)
Finals—800m Sprint Medley Relay (1A Girls)
Finals—4 X 400m Relay (2A, 3A Girls)

Saturday May 15, 2010

11:00 a.m. Gates Open

SESSION ONE: 12:30 p.m.

Field Events (Prelims & Finals)

11:30 am—Weigh-ins

1A Girls Shot Put, 1A Boys Discus
2A Girls Long Jump, 2A Boys High Jump
3A Girls Pole Vault, 3A Boys Triple Jump
3:30 pm—Awards

Track Events—Prelims

Prelims—High Hurdles (1A, 2A, 3A Boys)
Prelims—100m Dash (1A, 2A, 3A Girls)
Prelims—400m Dash (1A, 2A, 3A Girls)
Prelims—300m Hurdles (1A, 2A, 3A Girls)
Prelims—200m Dash (1A, 2A, 3A Boys)

SESSION TWO: 4:00 p.m.

Field Events (Prelims & Finals)

3:00 pm—Weigh-ins

1A Girls Long Jump, 1A Boys Triple Jump
2A Girls Pole Vault, 2A Boys Discus
3A Girls Shot Put, 3A Boys High Jump
7:00 pm—Awards

Track Events—Finals

Finals—4 X 800m Relay (1A, 2A, 3A Girls)
Finals—High Hurdles (1A, 2A, 3A Boys)
Finals—100m Dash (1A, 2A, 3A Girls)
Finals—1600m Run (1A, 2A, 3A Boys)
Finals—4 X 100m Relay (1A, 2A, 3A Boys)
Finals—400m Dash (1A, 2A, 3A Girls)

SESSION THREE: 7:30 p.m.

Field Events (Prelims & Finals)

6:30 pm—Weigh-ins

1A Girls Pole Vault, 1A Boys High Jump
2A Girls Shot Put, 2A Boys Triple Jump
3A Girls Long Jump, 3A Boys Discus
10:00 pm—Awards

Track Events—Finals

Finals—300m Hurdles (1A, 2A, 3A Girls)
Finals—800m Run (1A, 2A, 3A Boys)
Finals—200m Dash (1A, 2A, 3A Boys)
Finals—3200m Run (1A, 2A, 3A Girls)
Finals—4 X 400m Relay (1A, 2A, 3A Boys)

ENTRY MARKS

- Coaches are to follow all entry instructions (refer to the information on entries).
- Coaches are to submit entry marks that reflect season best marks found on the performance list located at www.directathletics.com
- Invalid marks are subject to editing which may include: (1) replacing the mark with the correct mark; (2) putting in a “no mark” for seeding purposes; and (3), deleting the athlete altogether.
- Coaches intentionally submitting invalid marks are subject to the sportsmanship rule of the AIA.

SEEDING

- Region champions will be seeded on season best marks.
- Then, all remaining entries will be seeded based on season best marks.
- Athletes will be placed in reverse order on the start list (the #1 seed will be at the very bottom of the list)
- Long Jump & Triple Jump: Prelims are an “open pit” and the start list will be in one flight.
- Shot Put & Discus: Prelims will be set-up in flights, groups of 5-10 athletes each.
- Pole Vault & High Jump: The officials will conduct the event in a “5-alive format.”

WEIGH-INS & INSPECTIONS

- **SESSION ONE FIELD EVENTS: 11:30**
- **SESSION TWO FIELD EVENTS: 3:00**
- **SESSION THREE FIELD EVENTS: 6:30**
- Only implements passing weigh-ins & inspections may be used in warm-ups and competition.
- Poles will be inspected during the warm-up session.
- Impounded implements may be picked-up at the conclusion of the session.

TIME SCHEDULE

- Three (3) session format shall be used.
- Each session should start on time. However, there could be delays due to weather or other circumstances.
- Each conference is **scheduled** to have only one boys’ event, and one girls’ event competing at any one time.
- NOTE: With three conferences and up to 118 schools competing, a great deal of consideration has been utilized or formulating the time schedule. Meet management was very cognizant of all the variant demands placed on the athletes, coaching staff, and general public. Though not all conflicts were avoided, meet management made every effort to alleviate many of the competition-type conflicts at the same time ensuring that the meet is conducted in a highly cost effective manner.
- The schedule is set-up for a 30-minute warm-up and a 2 ½ -hour competition block. If an event gets behind schedule, efforts will be made to catch-up to avoid any overlap.
- Awards will be presented to the top eight (8) place winners immediately following the last track event in that particular session.

COACHES’ BOXES

- (NFHS 3-2-4g) meet management, in conjunction with ASU facilities management, has opted **not** to allow for coaches’ boxes during the competition **except for the pole vault, whereby one coach per participating school for that session may be in the coaches’ box.**
- (AIA Bylaws 16.3.1) Coaches not cooperating with meet management shall be subject to the AIA sportsmanship rule and the coach may be ordered to leave the contest with ample notification of the school’s administration.

POLE VAULT

(NFHS rule 3-2-3m) Seeding will follow the prescribed seeding procedure.

(NFHS rule 3-2-3j) The opening height was determined by dropping two (2) consecutive heights from last year's 8th place mark. Progressions were set-up to expedite the event and to break ties more easily.

(NFHS rule 3-5-3-2) 3A Boys (Friday) and Girls (Saturday) Weigh-ins will be 11:30

(NFHS rule 3-5-3-2) 2A Boys (Friday) and Girls (Saturday) Weigh-ins will be 3:00

(NFHS rule 3-5-3-2) 1A Boys (Friday) and Girls (Saturday) Weigh-ins will be 6:30

3A Boys (Friday 12:30) 11-00, 11-06, 12-00, 12-06, then 3-inch increments

2A Boys (Friday 4:00) 11-00, 11-06, 12-00, 12-06, then 3-inch increments

1A Boys (Friday 7:30) 7-06, 8-00, 8-06, 9-00, then 3-inch increments

3A Girls (Saturday 12:30) 7-00, 7-06, 8-00, 8-06, then 3-inch increments

2A Girls (Saturday 4:00) 6-06, 7-00, 7-06, 8-00, then 3-inch increments

1A Girls (Saturday 7:30) 6-00, 6-06, 7-00, 7-06, then 3-inch increments

(AIA bylaws 29.1.1) Official rules for the pole vault shall be those published in the current edition of the NFHS rules book, case book, and officials' manual.

(NFHS rule 3-2-4g) COACHES' BOX

- (NFHS 3-2-4g) meet management, in conjunction with ASU facilities management, has opted **not** to allow for coaches' boxes during the competition **except for the pole vault**.
- (NFHS 3-2-4g) Coaches must sign-in with the recorder (one coach per team that is participating in that session), once the competition starts—coaches must remain in the coaches box, coaches are to limit their conversation to that event (I.E.—may not coach the discus athletes), coaches may address the meet official(s) when convenient to do so and must not question their judgment.
- (AIA Bylaws 16.3.1) Coaches not cooperating with meet management shall be subject to the AIA sportsmanship rule and the coach may be ordered to leave the contest with ample notification of the school's administration.

(NFHS rule 4-2-2) Athletes are officially competitors when they weigh-in for the pole vault.

(NFHS rule 4-2-3) Any athlete that has not weighed-in will not be permitted to compete and will be officially scratched from the event.

(NFHS rule 7-2-5) Contestants officially entered shall report promptly to the event judge at the venue when the event is announced.

(NFHS rule 4-1-3) Contestants who fail to report after the judge starts competition in the prescribed field event shall not be allowed to participate in that field event.

(NFHS rule 3-5-5) Prior to warm-ups, all poles shall be inspected.

(NFHS rule 3-2-4u) Any poles failing inspection will be impounded and returned after the conclusion of the meet that day.

(NFHS rule 3-2-3o) Meet management has adopted NCAA rule 6-6-b: *in the vertical jumps, the head event judge of the event may allow the competitor to take attempts out of official order. The competition must continue in the excused competitor's absence and the competitor shall compete at the existing height upon return* (the head event judge is authorized to wait no more than five (5) minutes before raising the bar). *If a competitor is not present when the bar is raised, the competitor shall be credited with a pass.*

(NFHS rule 7-5-17) The event judge will implement a "five-alive" format.

(NFHS rule 7-2-5a) A competitor shall initiate a trial that is carried to completion within 90 seconds.

When three or fewer competitors remain in the competition, the time limit shall be four minutes. When only one competitor remains in the competition, the time limit shall be six minutes.

(AIA bylaws 29.8.3.2.1) Medals will be presented to the top FOUR (4) finishers following the last track event for that particular session (determined by executive order—March, 2010)

HIGH JUMP

(NFHS rule 3-2-3m) Seeding will follow the prescribed seeding procedure.

(NFHS rule 3-2-3j) The opening height was determined by dropping two (2) consecutive heights from last year's 8th place mark. Progressions were set-up to expedite the event and to break ties more easily.

2A Girls (Friday 12:30) 4-06, 4-08, 5-00, 5-02, then 1-inch increments

3A Girls (Friday 4:00) 4-04, 4-06, 4-08, 5-00, then 1-inch increments

1A Girls (Friday 7:30) 4-02, 4-04, 4-06, 4-08, then 1-inch increments

2A Boys (Saturday 12:30) 5-02, 5-04, 5-06, 5-08, then 1-inch increments

3A Boys (Saturday 4:00) 5-06, 5-08, 5-10, 6-00, then 1-inch increments

1A Boys (Saturday 7:30) 5-02, 5-04, 5-06, 5-08, then 1-inch increments

(AIA bylaws 29.1.1) Official rules for the high jump shall be those published in the current edition of the NFHS rules book, case book, and officials' manual.

(NFHS rule 3-2-4g) COACHES' BOX

- (NFHS 3-2-4g) meet management, in conjunction with ASU facilities management, has opted not to allow for coaches' boxes during the competition.
- **(NFHS 3-2-4g) Athletes are not permitted to cross the track to confer with their coach.**
- (AIA Bylaws 16.3.1) Coaches not cooperating with meet management shall be subject to the AIA sportsmanship rule and the coach may be ordered to leave the contest with ample notification of the school's administration.

(NFHS rule 7-2-5) Contestants officially entered shall report promptly to the event judge at the venue when the event is announced.

(NFHS rule 4-1-3) Contestants who fail to report after the judge starts competition in the prescribed field event shall not be allowed to participate in that field event.

(NFHS rule 4-1-2) Athletes, once they check-in, are officially competitors in that event.

(NFHS rule 7-4-7) Meet management has adopted NCAA rule 6-9-C for check marks. Each athlete may have one (1) piece of tape no larger than 2 X 4 inches (may be labeled with a *sharpe* pen).

(NFHS rule 3-2-3o) Meet management has adopted NCAA rule 6-6-b: *in the vertical jumps, the head event judge of the event may allow the competitor to take attempts out of official order. The competition must continue in the excused competitor's absence and the competitor shall compete at the existing height upon return* (the head event judge is authorized to wait no more than five (5) minutes before raising the bar). *If a competitor is not present when the bar is raised, the competitor shall be credited with a pass.*

(NFHS rule 7-5-17) The event judge will implement a "five-alive" format.

(NFHS rule 7-2-5a) A competitor shall initiate a trial that is carried to completion within 60 seconds.

When three or fewer competitors remain in the competition, the time limit shall be three minutes. When only one competitor remains in the competition, the time limit shall be five minutes.

(AIA bylaws 29.8.3.2.1) Medals will be presented to the top FOUR (4) finishers following the last track event for that particular session (determined by executive order—March, 2010)

LONG JUMP

(NFHS rule 3-2-3m) Seeding will follow the prescribed seeding procedure.

<u>FRIDAY</u>	<u>TIME</u>	<u>SATURDAY</u>
	Start Time	
2A Boys	12:30	2A Girls
1A Boys	4:00	1A Girls
3A Boys	7:30	3A Girls

(AIA bylaws 29.1.1) Official rules for the long jump shall be those published in the current edition of the NFHS rules book, case book, and officials' manual.

(NFHS rule 4-1-2) Athletes, once they check-in, are officially competitors in that event.

(NFHS rule 3-2-4g) COACHES' BOX

- (NFHS 3-2-4g) meet management, in conjunction with ASU facilities management, has opted not to allow for coaches' boxes during the competition.
- **(NFHS 3-2-4g) Athletes are not permitted to cross the track to confer with their coach.**
- (AIA Bylaws 16.3.1) Coaches not cooperating with meet management shall be subject to the AIA sportsmanship rule and the coach may be ordered to leave the contest with ample notification of the school's administration.

PRELIMS

(NFHS rule 7-2-1 & 2) Preliminaries shall use 90-minute "open pit" format

(NFHS rule 7-6-8) Each competitor shall be allowed three preliminary trials.

(NFHS rule 7-2-2) Any competitor who does not complete his/her preliminary trials before the close of the "open pit" shall forfeit any remaining preliminary trials.

FINALS

(NFHS rule 7-2-9) The top nine (9) plus ties from the prelims shall advance to the finals

(NFHS rule 7-2-10) Finals shall use a 30-minute "open pit" format

(NFHS rule 7-2-8) Each competitor advancing to the finals shall be allowed three additional trials

(NFHS rule 7-2-2) Any competitor who does not complete his/her finals trials before the close of the "open pit" shall forfeit any remaining finals trials.

(NFHS rule 7-2-8) Competitors shall be credited with the best performance regardless of whether this occurs in the prelims or finals.

AWARDS

(AIA bylaws 29.8.3.2.1) Medals will be presented to the top FOUR (4) finishers following the last track event for that particular session (determined by executive order—March, 2010)

TRIPLE JUMP

(NFHS rule 3-2-3m) Seeding will follow the prescribed seeding procedure.

<u>FRIDAY</u>	<u>TIME</u>	<u>SATURDAY</u>
	Start Time	
3A Girls	12:30 p.m.	3A Boys
1A Girls	4:00 p.m.	1A Boys
2A Girls	7:30 p.m.	2A Boys

(AIA bylaws 29.1.1) Official rules for the triple jump shall be those published in the current edition of the NFHS rules book, case book, and officials' manual.

(NFHS rule 4-1-2) Athletes, once they check-in, are officially competitors in that event.

(NFHS rule 3-2-4g) COACHES' BOX

- (NFHS 3-2-4g) meet management, in conjunction with ASU facilities management, has opted not to allow for coaches' boxes during the competition.
- (NFHS 3-2-4g) **Athletes are not permitted to cross the track to confer with their coach.**
- (AIA Bylaws 16.3.1) Coaches not cooperating with meet management shall be subject to the AIA sportsmanship rule and the coach may be ordered to leave the contest with ample notification of the school's administration.

PRELIMS

(NFHS rule 7-2-1 & 2) Preliminaries shall use 90-minute "open pit" format

(NFHS rule 7-6-8) Each competitor shall be allowed three preliminary trials.

(NFHS rule 7-2-2) Any competitor who does not complete his/her preliminary trials before the close of the "open pit" shall forfeit any remaining preliminary trials.

FINALS

(NFHS rule 7-2-9) The top nine (9) plus ties from the prelims shall advance to the finals

(NFHS rule 7-2-10) Finals shall use a 30-minute "open pit" format

(NFHS rule 7-2-8) Each competitor advancing to the finals shall be allowed three additional trials

(NFHS rule 7-2-2) Any competitor who does not complete his/her finals trials before the close of the "open pit" shall forfeit any remaining finals trials.

(NFHS rule 7-2-8) Competitors shall be credited with the best performance regardless of whether this occurs in the prelims or finals.

AWARDS

(AIA bylaws 29.8.3.2.1) Medals will be presented to the top FOUR (4) finishers following the last track event for that particular session (determined by executive order—March, 2010)

SHOT PUT

(NFHS rule 3-2-3m) Seeding will follow the prescribed seeding procedure.

<u>FRIDAY</u>	<u>TIME</u>	<u>SATURDAY</u>
	Start Time	
1A Boys	12:30 p.m.	1A Girls
3A Boys	4:00 p.m.	3A Girls
2A Boys	7:30 p.m.	2A Girls

(AIA bylaws 29.1.1) Official rules for the shot put shall be those published in the current edition of the NFHS rules book, case book, and officials' manual.

(NFHS rule 4-1-2) Athletes, once they check-in, are officially competitors in that event.

(NFHS rule 3-2-4g) COACHES' BOX

- (NFHS 3-2-4g) meet management, in conjunction with ASU facilities management, has opted not to allow for coaches' boxes during the competition.
- (NFHS 3-2-4g) Athletes are not permitted to cross the track to confer with their coach.
- (AIA Bylaws 16.3.1) Coaches not cooperating with meet management shall be subject to the AIA sportsmanship rule and the coach may be ordered to leave the contest with ample notification of the school's administration.

WEIGH-INS & INSPECTION

(NFHS rule 6-5-2) 1A Boys (Friday) and Girls (Saturday) Weigh-ins will be 11:30

(NFHS rule 6-5-2) 3A Boys (Friday) and Girls (Saturday) Weigh-ins will be 3:00

(NFHS rule 6-5-22) 2A Boys (Friday) and Girls (Saturday) Weigh-ins will be 6:30

(NFHS rule 3-2-3u) Impounded implements may be picked-up at the conclusion of the session.

WARM-UPS

(NFHS rule 3-2-3n) A brief, but ample, warm-up opportunity shall take place prior to each preliminary flight and the finals. Athletes may only use weighed-in and inspected implements during warm-ups. Athletes are encouraged to warm-up with two implements.

PRELIMS

(NFHS rule 6-2-1 & 2) Preliminaries shall be conducted of flights (5-10 athletes per flight)

(NFHS rule 6-2-1) Each competitor shall be allowed three preliminary trials.

(NFHS rule 6-2-2) The event judge may alter the order of competition if circumstances warrant.

FINALS

(NFHS rule 6-2-4) The top nine (9) plus ties from the prelims shall advance to the finals

(NFHS rule 6-2-5) Each competitor advancing to the finals shall be allowed three additional trials

(NFHS rule 6-2-1) Competitors shall be credited with the best performance regardless of whether this occurs in the prelims or finals.

AWARDS

(AIA bylaws 29.8.3.2.1) Medals will be presented to the top FOUR (4) finishers following the last track event for that particular session (determined by executive order—March, 2010)

DISCUS

(NFHS rule 3-2-3m) Based on entry marks, the region champions will be seeded first. Then, the remaining athletes will be seeded. Athletes will be placed on the start list in reverse order of the seeding.

<u>FRIDAY</u>	<u>TIME</u>	<u>SATURDAY</u>
	Start Time	
1A Girls	12:30 p.m.	1A Boys
2A Girls	4:00 p.m.	2A Boys
3A Girls	7:30 p.m.	3A Boys

(AIA bylaws 29.1.1) Official rules for the discus shall be those published in the current edition of the NFHS rules book, case book, and officials' manual.

(NFHS rule 4-1-2) Athletes, once they check-in, are officially competitors in that event.

(NFHS rule 3-2-4g) COACHES' BOX

- (NFHS 3-2-4g) meet management, in conjunction with ASU facilities management, has opted not to allow for coaches' boxes during the competition.
- (NFHS 3-2-4g) **Athletes are not permitted to cross the track to confer with their coach.**
- (AIA Bylaws 16.3.1) Coaches not cooperating with meet management shall be subject to the AIA sportsmanship rule and the coach may be ordered to leave the contest with ample notification of the school's administration.

WEIGH-INS & INSPECTIONS

(NFHS rule 6-5-2) **1A Girls (Friday) and Boys (Saturday) Weigh-ins will be 11:30**

(NFHS rule 6-5-2) **2A Girls (Friday) and Boys (Saturday) Weigh-ins will be 3:00**

(NFHS rule 6-5-2) **3A Girls (Friday) and Boys (Saturday) Weigh-ins will be 6:30**

(NFHS rule 3-2-3u) Impounded implements may be picked-up at the conclusion of the session.

WARM-UPS

(NFHS rule 3-2-3n) A brief, but ample, warm-up opportunity shall take place prior to each preliminary flight and the finals. Athletes may only use weighed-in and inspected implements during warm-ups. Athletes are encouraged to warm-up with two implements.

PRELIMS

(NFHS rule 6-2-1 & 2) Preliminaries shall be conducted of flights (5-10 athletes per flight)

(NFHS rule 6-2-1) Each competitor shall be allowed three preliminary trials.

(NFHS rule 6-2-2) The event judge may alter the order of competition if circumstances warrant.

FINALS

(NFHS rule 6-2-4) The top nine (9) plus ties from the prelims shall advance to the finals

(NFHS rule 6-2-5) Each competitor advancing to the finals shall be allowed three additional trials

(NFHS rule 6-2-1) Competitors shall be credited with the best performance regardless of whether this occurs in the prelims or finals.

AWARDS

(AIA bylaws 29.8.3.2.1) Medals will be presented to the top FOUR (4) finishers following the last track event for that particular session (determined by executive order—March, 2010)

DRAFT 4/17/2010
SECTION THREE
TRACK EVENTS
GENERAL INSTRUCTIONS

2009-2010 AIA 1A-2A-3A State Track & Field Championships

NOTE: In lieu of a coaches meeting at the state meet, all stakeholders should review both the general and specific instructions for the track events.



CONTACT INFORMATION

Greg Wayne, Meet Director
AIA 1A-2A-3A State Track & Field Championships
Alternative Programs Coordinator
Monument Valley High School
PO Box 337
Kayenta, Arizona 86033
gwayne@kayenta.k12.az.us
gwayne@hughes.net
(Challenge Center) 928-697-2181
(Home) 928-697-8572

SPECIAL NOTE:

**Joe Selleh Track at Sun Angel Stadium
Arizona State University**

MONDO TRACK & FIELD SURFACE

A maximum spike length of 5mm (3/8 inch).

**Only PYRAMID spikes are permitted. No needle spikes
allowed.**



SPECIAL NOTE:

Each session is scheduled to start at 12:30, 4:00, and 7:30 each day.

No session will start earlier than scheduled.

However, circumstances may come up (such as a weather delay) that could have the session starting late.

Within each session will be a rolling time schedule, that is—we will get through each session as quickly as possible.

2009-2010 AIA 1A-2A-3A Championship Schedule of Events

Joe Selleh Track at Sun Angel Stadium ~ Arizona State University ~ Tempe, Arizona

Friday May 14, 2010

11:00 a.m. Gates Open

SESSION ONE: 12:30 p.m.

Field Events (Prelims & Finals)

11:30 am—Weigh-ins

1A Boys Shot Put, 1A Girls Discus

2A Boys Long Jump, 2A Girls High Jump

3A Boys Pole vault, 3A Girls Triple Jump

3:30 pm—Awards

Track Events—Prelims

Prelims—High Hurdles (1A, 2A, 3A Girls)

Prelims—100m Dash (1A, 2A, 3A Boys)

Prelims—400m Dash (1A, 2A, 3A Boys)

Prelims—300m Hurdles (1A, 2A, 3A Boys)

Prelims—200m Dash (1A, 2A, 3A Girls)

SESSION TWO: 4:00 p.m.

Field Events (Prelims & Finals)

3:00 pm—Weigh-ins

1A Boys Long Jump, 1A Girls Triple Jump

2A Boys Pole Vault, 2A Girls Discus

3A Boys Shot Put, 3A Girls High Jump

7:00 pm—Awards

Track Events—Finals

Finals—4 X 800m Relay (1A, 2A, 3A Boys)

Finals—High Hurdles (1A, 2A, 3A Girls)

Finals—100m Dash (1A, 2A, 3A Boys)

Finals—1600m Run (1A, 2A, 3A Girls)

Finals—4 X 100m Relay (1A, 2A, 3A Girls)

Finals—400m Dash (1A, 2A, 3A Boys)

SESSION THREE: 7:30 p.m.

Field Events (Prelims & Finals)

6:30 pm—Weigh-ins

1A Boys Pole Vault, 1A Girls High Jump

2A Boys Shot Put, 2A Girls Triple Jump

3A Boys Long Jump, 3A Girls Discus

10:00 pm—Awards

Track Events—Finals

Finals—300m Hurdles (1A, 2A, 3A Boys)

Finals—800m Run (1A, 2A, 3A Girls)

Finals—200m Dash (1A, 2A, 3A Girls)

Finals—3200m Run (1A, 2A, 3A Boys)

Finals—800m Sprint Medley Relay (1A Girls)

Finals—4 X 400m Relay (2A, 3A Girls)

Saturday May 15, 2010

11:00 a.m. Gates Open

SESSION ONE: 12:30 p.m.

Field Events (Prelims & Finals)

11:30 am—Weigh-ins

1A Girls Shot Put, 1A Boys Discus

2A Girls Long Jump, 2A Boys High Jump

3A Girls Pole Vault, 3A Boys Triple Jump

3:30 pm—Awards

Track Events—Prelims

Prelims—High Hurdles (1A, 2A, 3A Boys)

Prelims—100m Dash (1A, 2A, 3A Girls)

Prelims—400m Dash (1A, 2A, 3A Girls)

Prelims—300m Hurdles (1A, 2A, 3A Girls)

Prelims—200m Dash (1A, 2A, 3A Boys)

SESSION TWO: 4:00 p.m.

Field Events (Prelims & Finals)

3:00 pm—Weigh-ins

1A Girls Long Jump, 1A Boys Triple Jump

2A Girls Pole Vault, 2A Boys Discus

3A Girls Shot Put, 3A Boys High Jump

7:00 pm—Awards

Track Events—Finals

Finals—4 X 800m Relay (1A, 2A, 3A Girls)

Finals—High Hurdles (1A, 2A, 3A Boys)

Finals—100m Dash (1A, 2A, 3A Girls)

Finals—1600m Run (1A, 2A, 3A Boys)

Finals—4 X 100m Relay (1A, 2A, 3A Boys)

Finals—400m Dash (1A, 2A, 3A Girls)

SESSION THREE: 7:30 p.m.

Field Events (Prelims & Finals)

6:30 pm—Weigh-ins

1A Girls Pole Vault, 1A Boys High Jump

2A Girls Shot Put, 2A Boys Triple Jump

3A Girls Long Jump, 3A Boys Discus

10:00 pm—Awards

Track Events—Finals

Finals—300m Hurdles (1A, 2A, 3A Girls)

Finals—800m Run (1A, 2A, 3A Boys)

Finals—200m Dash (1A, 2A, 3A Boys)

Finals—3200m Run (1A, 2A, 3A Girls)

Finals—4 X 400m Relay (1A, 2A, 3A Boys)

TRACK EVENTS

GENERAL INSTRUCTIONS

(NFHS Rule 3-15-2) CALLS

- FIRST CALL—Athletes should be aware that their event will start shortly
- SECOND CALL—Athletes should be aware that their event will start shortly
- THIRD CALL—Athletes should be making their way to the bullpen (3 events prior)
- REPORT CALL—Athletes should be at the bullpen (2 events prior)
- ON THE INFIELD—Athletes should be on the infield for final warm-ups (1 event prior)

NOTE: Each conference is a separate event—1A girls is one event, 2A girls is another event, and so on

(NFHS Rule 3-7-2) INSTRUCTIONS

- Meet management's philosophy is this—at this stage of the season, and since each athlete and relay team qualified for the state meet, all stakeholders should be well versed in the rules.
- Instructions at the bullpen will be brief.
- The starter's instructions will be brief.
- Since every track is slightly different, it is expected that athletes will ask questions pertaining to markings, break lines, etc.
- **Meet management has detailed out each event . Coaches and athletes should be familiar with the details of their events.**

(AIA Bylaws 29.8.2.5) PRELIMS ADVANCEMENT

- The heat winners and the next best times shall advance from the prelims to the finals

(NFHS Rule 3-2-3e) SEEDING (100, 200, 400, 300H, & High Hurdles)

- For the prelims—region champions will be seeded first, then the remaining entries, based on season best marks as submitted by the coaches.
- Team mates will be split-up as much as possible. Meet management won't add a heat just to split-up any team mates.
- For the finals—the heat winners will be seeded first based on their prelims time, then the remaining qualifiers will be seeded based on their prelims time.
- Preferred Lanes—5-4-6-3-7-2-8-1-9

(NFHS Rule 3-2-3e) SEEDING (Relays)

- All relays will be conducted in sections as needed as "timed finals."
- If more than one section (heat) is needed, the region champions and the next best entries will be placed in the last section (fast heat).
- All others will be placed in the earlier section(s).

(NFHS Rule 3-2-3e) SEEDING (800m, 1600m, and 3200m)

- All distance events will be conducted in sections as needed as "timed finals."
- If more than one section (heat) is needed, the region champions and the next best entries will be placed in the last section (fast heat).
- All others will be placed in the earlier section(s).
- A multiple-waterfall start shall be used.

(NFHS Rule 3-2-2) EXITING THE TRACK

- All athletes must immediately report to the **recovery** area after each track event (both prelims and finals)
 1. To get their official time, place, and/or advancement status
 2. To be notified of any reported infractions and/or pending disqualifications
 3. To get medical assistance including hydration.

(AIA Bylaws 29.8.3.2.1) AWARDS

- (AIA bylaws 29.8.3.2.1) Medals will be presented to the top FOUR (4) finishers following the last track event for that particular session (determined by executive order—March, 2010)

(AIA Bylaws 12.1) SCHEDULE OF EVENTS

- There will be three (3) distinct sessions each day.
- Each session will start at the scheduled time unless a delay is announced by the meet referee
- No session will start ahead of schedule
- Once the session starts, the meet will be on a rolling time schedule
- Times listed for each event are an estimated time only.

(NFHS Rule 3-2-3h) RELAY MARKINGS

- Meet management has adopted NCAA rule 5-8-4 for relay markings.
- Markings may not be used in the 4 X 800m Relay and the 4 X 400m Relay
- “Outgoing runners may place two separate pieces of tape on the track. The tape may not be wider than 2 inches, and may not extend beyond the boundaries of the line lanes.”
- Loose objects such as cones, tennis balls, etc. may not be used.

(NFHS Rule 3-2-4h) BLOCKS AND BATONS

- Teams must provide their own batons
- Blocks will be provided per ASU

(NFHS rule 5-7-7) BLOCK HOLDERS

- Attendants will be assigned by meet management to hold blocks. **No unauthorized personnel shall be permitted on the track**

(NFHS rule-4-5-8e and 3-18-4k) ELECTRONIC DEVICES

- Electronic devices shall not be permitted in any restricted area.

(NFHS rule 4-5-8f) RESTRICTED AREAS

- The infield and track itself are restricted areas by definition. Only athletes competing and officials shall be permitted in these two restricted areas.

(NFHS rule 3-2-4a) SPIKES

- 5mm pyramid spikes or less.

(NFHS rule 3-2-4g) WARM-UPS

- The track will be open up to 15 minutes prior to the start of the first event for each session
- Runners may warm-up outside the track competition area once the track has been closed.

4X 800m RELAY (SESSION TWO)

<u>FRIDAY</u>	<u>EST. TIME</u>	<u>SATURDAY</u>
1A Boys	4:00 p.m. *	1A Girls
2A Boys	4:15 p.m. *	2A Girls
3A Boys	4:30 p.m. *	3A Girls

* This is an estimated time only—the meet will use a rolling time schedule

(NFHS Rule 5-9-2) RELAY CARDS:

The four (4) actual runners need to be listed, preferably in order, on the relay card (coaches will find them in their packets).

(NFHS Rule 4-1-2) COMPETITORS:

Once the relay card is submitted to the clerk-of-the-course, those four (4) runners are official competitors in the event. No changes can be made to the relay card after that point.

(NFHS Rule 4-1-3) CHECK-IN:

All athletes must be in the bullpen at report call. Relay runners must adhere to all uniform rules.

(NFHS Rule 5-7) START:

A multiple-waterfall (1-turn stagger) start shall be used. The break line is located at the end of the turn.

(NFHS Rule 5-3-7) LAPS:

Eight (8) laps total. Each runner completes two (2) laps.

(NFHS Rule 5-9-10) EXCHANGE:

A wildcard exchange near the finish line shall be used.

(NFHS Rule 5-8) FINISH:

Wildcard finish (not in lanes).

The number four runner must report to the Finish Line Recorder at the conclusion of the race (should remain in place order) to ensure accurate results.

(NFHS Rule 4-6-1) EXITING THE TRACK:

All athletes must proceed to the awards area immediately following the finish of the race.

(NFHS Rule 3-7-2) POINTS OF EMPHASIS

All athletes must be properly equipped (proper uniform, no jewelry, etc.)

No electronics in the bullpen, infield, or on the track.

Do not false start

Do not run on, or across, the lane line

Do not impede the progress of another runner

Do not commit any unfair acts

Obey all relay team rules

Do not commit any unsporting or flagrant misconduct acts.

HIGH HURDLES (yellow/blue marks point toward finish line)

PRELIMS (SESSION ONE)

<u>FRIDAY</u>	<u>EST. TIME</u>	<u>SATURDAY</u>
1A Girls (yellow marks)	12:30 p.m. *	1A Boys (blue marks)
2A Girls	12:40 p.m. *	2A Boys
3A Girls	12:50 p.m. *	3A Boys

FINALS (SESSION TWO)

<u>FRIDAY</u>	<u>EST. TIME</u>	<u>SATURDAY</u>
1A Girls	4:45 p.m. *	1A Boys
2A Girls	4:50 p.m. *	2A Boys
3A Girls	4:55 p.m. *	3A Boys

* This is an estimated time only—the meet will use a rolling time schedule

(NFHS Rule 5-5 & 5-6) FORMAT:

Prelims and finals.

(NFHS Rule 4-1-2) COMPETITORS:

Once an athlete checks-in to the bullpen, they are officially competitors in that event.

(NFHS Rule 4-1-3) CHECK-IN:

All athletes must be in the bullpen at report call.

(NFHS Rule 5-7) START:

In lanes, blocks may be used.

(NFHS Rule 5-3-8) HURDLES:

Ten flights (girls 33-inches, boys 39-inches)

(NFHS Rule 5-8) FINISH:

In lanes (stay in your lane when finished)

NOTE: All finishers must remain on the track until dismissed by the Finish Line Recorder

NFHS Rule 4-6-1) EXITING THE TRACK:

All athletes must proceed to the awards area immediately following the finish of the race.

(NFHS Rule 3-7-2) POINTS OF EMPHASIS

All athletes must be properly equipped (proper uniform, no jewelry, etc.)

No electronics in the bullpen, infield, or on the track.

Do not false start

Do not run on, or across, the lane line

Do not impede the progress of another runner

Do not commit any unfair acts

Obey all specific rules for the event

Do not commit any unsporting or flagrant misconduct acts.

100m DASH

PRELIMS (SESSION ONE)

<u>FRIDAY</u>	<u>EST. TIME</u>	<u>SATURDAY</u>
1A Boys 100m Dash	1:00 p.m.	1A Girls 100m Dash
2A Boys 100m Dash	1:10 p.m.	2A Girls 100m Dash
3A Boys 100m Dash	1:20 p.m.	3A Girls 100m Dash

FINALS (SESSION TWO)

<u>FRIDAY</u>	<u>EST. TIME</u>	<u>SATURDAY</u>
1A Boys 100m Dash	5:00 p.m.	1A Girls 100m Dash
2A Boys 100m Dash	5:05 p.m.	2A Girls 100m Dash
3A Boys 100m Dash	5:10 p.m.	3A Girls 100m Dash

* This is an estimated time only—the meet will use a rolling time schedule

(NFHS Rule 5-5 & 5-6) FORMAT:

Prelims and finals.

(NFHS Rule 4-1-2) COMPETITORS:

Once an athlete checks-in to the bullpen, they are officially competitors in that event.

(NFHS Rule 4-1-3) CHECK-IN:

All athletes must be in the bullpen at report call.

(NFHS Rule 5-7) START:

In lanes, blocks may be used.

(NFHS Rule 5-8) FINISH:

In lanes (stay in your lane when finished)

NOTE: All finishers must remain on the track until dismissed by the Finish Line Recorder

NFHS Rule 4-6-1) EXITING THE TRACK:

All athletes must proceed to the awards area immediately following the finish of the race.

(NFHS Rule 3-7-2) POINTS OF EMPHASIS

All athletes must be properly equipped (proper uniform, no jewelry, etc.)

No electronics in the bullpen, infield, or on the track.

Do not false start

Do not run on, or across, the lane line

Do not impede the progress of another runner

Do not commit any unfair acts

Obey all specific rules for the event

Do not commit any unsporting or flagrant misconduct acts.

1600m RUN

FINALS (SESSION TWO)

<u>FRIDAY</u>	<u>EST. TIME</u>	<u>SATURDAY</u>
1A Girls 1600m Run	5:15 p.m.	1A Boys 1600m Run
2A Girls 1600m Run	5:25 p.m.	2A Boys 1600m Run
3A Girls 1600m Run	5:40 p.m.	3A Boys 1600m Run

* This is an estimated time only—the meet will use a rolling time schedule

(NFHS Rule 5-5 & 5-6) FORMAT:

Finals only. If there are twenty-four (24) or more entries, then the race will be conducted in two sections with the top 8-12 seeded athletes in the last section (fast heat). All others shall be in the first section.

(NFHS Rule 4-1-2) COMPETITORS:

Once an athlete checks-in to the bullpen, they are officially competitors in that event.

(NFHS Rule 4-1-3) CHECK-IN:

All athletes must be in the bullpen at report call.

(NFHS Rule 5-7) START:

Double-Waterfall (1-turn stagger) start. The break line is located at the end of the first turn.

(NFHS Rule 5-3) LAPS:

Four (4) laps of the track.

(NFHS Rule 5-8) FINISH:

Wildcard finish (not in lanes).

NOTE: To ensure accurate results, athletes will wear a pull-tag (sticker) as well as hip numbers. The pull-tag will be turned into the finish line recorder at the end of the race.

NOTE: All finishers must remain on the track until dismissed by the Finish Line Recorder

NFHS Rule 4-6-1) EXITING THE TRACK:

All athletes must proceed to the awards area immediately following the finish of the race.

(NFHS Rule 3-7-2) POINTS OF EMPHASIS

All athletes must be properly equipped (proper uniform, no jewelry, etc.)

No electronics in the bullpen, infield, or on the track.

Do not false start

Do not run on, or across, the lane line

Do not impede the progress of another runner

Do not commit any unfair acts

Obey all specific rules for the event

Do not commit any unsporting or flagrant misconduct acts.

4 X 100m RELAY (SESSION TWO)

<u>FRIDAY</u>	<u>EST. TIME</u>	<u>SATURDAY</u>
1A Girls 4 X 100m Relay	5:50 p.m.	1A Boys 4 X 100m Relay
2A Girls 4 X 100m Relay	6:00 p.m.	2A Boys 4 X 100m Relay
3A Girls 4 X 100m Relay	6:20 p.m.	3A Boys 4 X 100m Relay

* This is an estimated time only—the meet will use a rolling time schedule

(NFHS Rule 5-5 & 5-6) FORMAT:

Timed finals ran in sections. The top 9 seeds will be placed in the last section (fast heat). All others will be placed in earlier sections.

(NFHS Rule 5-9-2) RELAY CARDS:

The four (4) actual runners need to be listed, preferably in order, on the relay card (coaches will find them in their packets).

(NFHS Rule 4-1-2) COMPETITORS:

Once the relay card is submitted to the clerk-of-the-course, those four (4) runners are official competitors in the event. No changes can be made to the relay card after that point.

(NFHS Rule 4-1-3) CHECK-IN:

All athletes must be in the bullpen at report call. Relay runners must adhere to all uniform rules.

(NFHS Rule 5-7) START:

Two-turn stagger.

(NFHS Rule 5-3-7) LAPS:

One lap total—each leg is 100m.

(NFHS Rule 5-9-10) EXCHANGE:

All exchanges in lanes with acceleration zones shall be used. The exchange zone is the “tan” section of the running track.

(NFHS Rule 5-8) FINISH:

In lanes.

The number four runner must report to the Finish Line Recorder at the conclusion of the race (should remain in place order) to ensure accurate results.

(NFHS Rule 4-6-1) EXITING THE TRACK:

All athletes must proceed to the awards area immediately following the finish of the race.

(NFHS Rule 3-7-2) POINTS OF EMPHASIS

All athletes must be properly equipped (proper uniform, no jewelry, etc.)

No electronics in the bullpen, infield, or on the track.

Do not false start

Do not run on, or across, the lane line

Do not impede the progress of another runner

Do not commit any unfair acts

Obey all relay team rules

Do not commit any unsporting or flagrant misconduct acts.

400m DASH

PRELIMS (SESSION ONE)

<u>FRIDAY</u>	<u>EST. TIME</u>	<u>SATURDAY</u>
1A Boys 400m Dash	1:30 p.m.	1A Girls 400m Dash
2A Boys 400m Dash	1:40 p.m.	2A Girls 400m Dash
3A_Boys 400m Dash	1:50 p.m.	3A Girls 400m Dash

FINALS (SESSION TWO)

<u>FRIDAY</u>	<u>EST. TIME</u>	<u>SATURDAY</u>
1A Boys 400m Dash	6:45 p.m.	1A Girls 400m Dash
2A Boys 400m Dash	6:50 p.m.	2A Girls 400m Dash
3A_Boys 400m Dash	6:55 p.m.	3A Girls 400m Dash

* This is an estimated time only—the meet will use a rolling time schedule

(NFHS Rule 5-5 & 5-6) FORMAT:

Prelims and finals.

(NFHS Rule 4-1-2) COMPETITORS:

Once an athlete checks-in to the bullpen, they are officially competitors in that event.

(NFHS Rule 4-1-3) CHECK-IN:

All athletes must be in the bullpen at report call.

(NFHS Rule 5-7) START:

In lanes, blocks may be used—two turn stagger.

(NFHS Rule 5-8) FINISH:

In lanes (stay in your lane when finished)

NOTE: All finishers must remain on the track until dismissed by the Finish Line Recorder

NFHS Rule 4-6-1) EXITING THE TRACK:

All athletes must proceed to the awards area immediately following the finish of the race.

(NFHS Rule 3-7-2) POINTS OF EMPHASIS

All athletes must be properly equipped (proper uniform, no jewelry, etc.)

No electronics in the bullpen, infield, or on the track.

Do not false start

Do not run on, or across, the lane line

Do not impede the progress of another runner

Do not commit any unfair acts

Obey all specific rules for the event

Do not commit any unsporting or flagrant misconduct acts.

300m HURDLES (red marks)

PRELIMS (SESSION ONE)

<u>FRIDAY</u>	<u>EST. TIME</u>	<u>SATURDAY</u>
1A Boys 300m Hurdles	2:00 p.m.	1A Girls 300m Hurdles
2A Boys 300m Hurdles	2:10 p.m.	2A Girls 300m Hurdles
3A Boys 300m Hurdles	2:20 p.m.	3A Girls 300m Hurdles

FINALS (SESSION THREE)

<u>FRIDAY</u>	<u>EST. TIME</u>	<u>SATURDAY</u>
1A Boys 300m Hurdles	7:30 p.m.	1A Girls 300m Hurdles
2A Boys 300m Hurdles	7:35 p.m.	2A Girls 300m Hurdles
3A Boys 300m Hurdles	7:40 p.m.	3A Girls 300m Hurdles

* This is an estimated time only—the meet will use a rolling time schedule

(NFHS Rule 5-5 & 5-6) FORMAT:

Prelims and finals.

(NFHS Rule 4-1-2) COMPETITORS:

Once an athlete checks-in to the bullpen, they are officially competitors in that event.

(NFHS Rule 4-1-3) CHECK-IN:

All athletes must be in the bullpen at report call.

(NFHS Rule 5-7) START:

In lanes, blocks may be used.

(NFHS Rule 5-3-8) HURDLES:

Eight flights (girls 30-inches, boys 36-inches)

(NFHS Rule 5-8) FINISH:

In lanes (stay in your lane when finished)

NOTE: All finishers must remain on the track until dismissed by the Finish Line Recorder

NFHS Rule 4-6-1) EXITING THE TRACK:

All athletes must proceed to the awards area immediately following the finish of the race.

(NFHS Rule 3-7-2) POINTS OF EMPHASIS

All athletes must be properly equipped (proper uniform, no jewelry, etc.)

No electronics in the bullpen, infield, or on the track.

Do not false start

Do not run on, or across, the lane line

Do not impede the progress of another runner

Do not commit any unfair acts

Obey all specific rules for the event

Do not commit any unsporting or flagrant misconduct acts.

800m RUN

FINALS (SESSION THREE)

<u>FRIDAY</u>	<u>EST. TIME</u>	<u>SATURDAY</u>
1A Girls 800m Run	7:45 p.m.	1A Boys 800m Run
2A Girls 800m Run	7:55 p.m.	2A Boys 800m Run
3A Girls 800m Run	8:05 p.m.	3A Boys 800m Run

* This is an estimated time only—the meet will use a rolling time schedule

(NFHS Rule 5-5 & 5-6) FORMAT:

Finals only. If there are sixteen (16) or more entries, then the race will be conducted in two sections with the top 8-12 seeded athletes in the last section (fast heat). All others shall be in the first section.

(NFHS Rule 4-1-2) COMPETITORS:

Once an athlete checks-in to the bullpen, they are officially competitors in that event.

(NFHS Rule 4-1-3) CHECK-IN:

All athletes must be in the bullpen at report call.

(NFHS Rule 5-7) START:

Double-waterfall start.

(NFHS Rule 5-3) LAPS:

Two (2) laps of the track.

(NFHS Rule 5-8) FINISH:

Wildcard finish (not in lanes).

NOTE: To ensure accurate results, athletes will wear a pull-tag (sticker) as well as hip numbers. The pull-tag will be turned into the finish line recorder at the end of the race.

NOTE: All finishers must remain on the track until dismissed by the Finish Line Recorder

NFHS Rule 4-6-1) EXITING THE TRACK:

All athletes must proceed to the awards area immediately following the finish of the race.

(NFHS Rule 3-7-2) POINTS OF EMPHASIS

All athletes must be properly equipped (proper uniform, no jewelry, etc.)

No electronics in the bullpen, infield, or on the track.

Do not false start

Do not run on, or across, the lane line

Do not impede the progress of another runner

Do not commit any unfair acts

Obey all specific rules for the event

Do not commit any unsporting or flagrant misconduct acts.

200m DASH

PRELIMS (SESSION ONE)

<u>FRIDAY</u>	<u>EST. TIME</u>	<u>SATURDAY</u>
1A Girls 200m Dash	2:30 p.m.	1A Boys 200m Dash
2A Girls 200m Dash	2:40 p.m.	2A Boys 200m Dash
3A Girls 200m Dash	2:50 p.m.	3A Boys 200m Dash

FINALS (SESSION THREE)

<u>FRIDAY</u>	<u>EST. TIME</u>	<u>SATURDAY</u>
1A Girls 200m Dash	8:15 p.m.	1A Boys 200m Dash
2A Girls 200m Dash	8:20 p.m.	2A Boys 200m Dash
3A Girls 200m Dash	8:25 p.m.	3A Boys 200m Dash

* This is an estimated time only—the meet will use a rolling time schedule

(NFHS Rule 5-5 & 5-6) FORMAT:

Prelims and finals.

(NFHS Rule 4-1-2) COMPETITORS:

Once an athlete checks-in to the bullpen, they are officially competitors in that event.

(NFHS Rule 4-1-3) CHECK-IN:

All athletes must be in the bullpen at report call.

(NFHS Rule 5-7) START:

In lanes, blocks may be used (1-turn stagger)

(NFHS Rule 5-8) FINISH:

In lanes (stay in your lane when finished)

NOTE: All finishers must remain on the track until dismissed by the Finish Line Recorder

NFHS Rule 4-6-1) EXITING THE TRACK:

All athletes must proceed to the awards area immediately following the finish of the race.

(NFHS Rule 3-7-2) POINTS OF EMPHASIS

All athletes must be properly equipped (proper uniform, no jewelry, etc.)

No electronics in the bullpen, infield, or on the track.

Do not false start

Do not run on, or across, the lane line

Do not impede the progress of another runner

Do not commit any unfair acts

Obey all specific rules for the event

Do not commit any unsporting or flagrant misconduct acts.

3200m RUN

FINALS (SESSION THREE)

<u>FRIDAY</u>	<u>EST. TIME</u>	<u>SATURDAY</u>
1A Boys 3200m Run	8:30 p.m.	1A Girls 3200m Run
2A Boys 3200m Run	8:45 p.m.	2A Girls 3200m Run
3A Boys 3200m Run	9:00 p.m.	3A Girls 3200m Run

* This is an estimated time only—the meet will use a rolling time schedule

(NFHS Rule 5-5 & 5-6) FORMAT:

Finals only. If there are sixteen (16) or more entries, then the race will be conducted in two sections with the top 8-12 seeded athletes in the last section (fast heat). All others shall be in the first section.

(NFHS Rule 4-1-2) COMPETITORS:

Once an athlete checks-in to the bullpen, they are officially competitors in that event.

(NFHS Rule 4-1-3) CHECK-IN:

All athletes must be in the bullpen at report call.

(NFHS Rule 5-7) START:

Double-waterfall (1-turn stagger) start. The break line is located at the end of the first turn.

(NFHS Rule 5-3) LAPS:

Eight (8) laps of the track.

(NFHS Rule 5-8) FINISH:

Wildcard finish (not in lanes).

NOTE: To ensure accurate results, athletes will wear a pull-tag (sticker) as well as hip numbers. The pull-tag will be turned into the finish line recorder at the end of the race.

NOTE: All finishers must remain on the track until dismissed by the Finish Line Recorder

(NFHS Rule 4-6-1) EXITING THE TRACK:

All athletes must proceed to the awards area immediately following the finish of the race.

(NFHS Rule 3-7-2) POINTS OF EMPHASIS

All athletes must be properly equipped (proper uniform, no jewelry, etc.)

No electronics in the bullpen, infield, or on the track.

Do not false start

Do not run on, or across, the lane line

Do not impede the progress of another runner

Do not commit any unfair acts

Obey all specific rules for the event

Do not commit any unsporting or flagrant misconduct acts.

4 X 400m RELAY
FINALS (SESSION THREE)

FRIDAY	EST. TIME	SATURDAY
1A Girls 800m Sprint Medley	9:15 p.m.	1A Boys 4 X 400m Relay
2A Girls 4 X 400m Relay	9:30 p.m.	2A Boys 4 X 400m Relay
3A Girls 4 X 400m Relay	9:45 p.m.	3A Boys 4 X 400m Relay

* This is an estimated time only—the meet will use a rolling time schedule

(NFHS Rule 5-5 & 5-6) FORMAT:

Timed finals ran in sections. The top 9 seeds will be placed in the last section (fast heat). All others will be placed in earlier sections.

(NFHS Rule 5-9-2) RELAY CARDS:

The four (4) actual runners need to be listed, preferably in order, on the relay card (coaches will find them in their packets).

(NFHS Rule 4-1-2) COMPETITORS:

Once the relay card is submitted to the clerk-of-the-course, those four (4) runners are official competitors in the event. No changes can be made to the relay card after that point.

(NFHS Rule 4-1-3) CHECK-IN:

All athletes must be in the bullpen at report call. Relay runners must adhere to all uniform rules.

(NFHS Rule 5-7) START:

Sprint Medley—two turn stagger (100-100-200-400). The 200-400 exchange may use an acceleration zone. The 400m runner has to get the baton in their lane, then may cut in.

4 X 400m Relay—three turn stagger. The #1 leg runs entirely in their lane. The first exchange is in lanes. The #2 runner cuts in at the end of the first curve. The #2 and #3 exchanges are wildcard exchanges.

(NFHS Rule 5-3-7) LAPS:

Sprint Medley-two laps.

4 X 400m Relay--Four (4) laps total. Each runner completes one (1) lap.

(NFHS Rule 5-8) FINISH:

Wildcard finish (not in lanes).

The number four runner must report to the Finish Line Recorder at the conclusion of the race (should remain in place order) to ensure accurate results.

(NFHS Rule 4-6-1) EXITING THE TRACK:

All athletes must proceed to the awards area immediately following the finish of the race.

(NFHS Rule 3-7-2) POINTS OF EMPHASIS

All athletes must be properly equipped (proper uniform, no jewelry, etc.)

No electronics in the bullpen, infield, or on the track.

Do not false start

Do not run on, or across, the lane line

Do not impede the progress of another runner

Do not commit any unfair acts

Obey all relay team rules

Do not commit any unsporting or flagrant misconduct acts.

DRAFT 4/17/2010
SECTION FOUR
APPEALS & PROTESTS
GENERAL INSTRUCTIONS

2009-2010 AIA 1A-2A-3A State Track & Field Championships

NOTE: In lieu of a coaches meeting at the state meet, all stakeholders should review both the general and specific instructions for appeals and protests



CONTACT INFORMATION

Greg Wayne, Meet Director
AIA 1A-2A-3A State Track & Field Championships
Alternative Programs Coordinator
Monument Valley High School
PO Box 337
Kayenta, Arizona 86033
[**gwayne@kayenta.k12.az.us**](mailto:gwayne@kayenta.k12.az.us)
[**gwayne@hughes.net**](mailto:gwayne@hughes.net)
(Challenge Center) 928-697-2181
(Home) 928-697-8572

1A-2A-3A

STATE TRACK & FIELD MEET

APPEALS & PROTESTS

(NFHS rule 3-11-3) TRACK EVENTS—an eight (8) step process shall be used for dealing with infractions in the track events. The process is outlined on the sample form enclosed.

(NFHS rule 3-11-3) FIELD EVENTS—an eight (8) step process shall be used for dealing with infractions in the track events. The process is outlined on the sample form enclosed.

(AIA bylaws 17.4.3.1) KNOWLEDGE OF RULES—Coaches have been entrusted by their local governing boards to be responsible for the knowledge of the rules for Track & Field as stated in the current edition of the NFHS rules book, case book, and officials manual. It is recommended that a coach from each school attend an officials' clinic.

(AIA bylaws 17.4.1) RESPONSIBILITY TO TEACH RULES AND PROCEDURES—the burden of responsibility for instructing student-athletes in the various aspects of the rules of competition for Track & Field as stated in the current edition of the NFHS rules book, case book, and officials' manual is placed on the coaching staff of each school.

NOTE: The Appeals Clerk will be located outside the track near the finish line.

NOTE: The Referee will be located near the awards area.

FIELD EVENTS—INFRACTIONS FORM



Arizona Interscholastic Association, Inc.

EVENT	ATHLETE	SCHOOL
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UNFAIR ACT

- 1. Interference with another competitor (NFHS rule 4-5-8a)
- 2. Pacing by a person not participating in the event (NFHS rule 4-5-8b)
- 3. Competitor was coached or assisted from a **restricted area.** (NFHS rule 4-5-8f)
- 5. Competitor used any illegal aid during the event (NFHS rule 4-5-8d)
- 6. Competitor views video during the competition (NFHS 4-5-8g)
- 7. Competitor uses an electronic device in a **restricted area.** (NFHS 4-5-8e)

UNIFORMS

- 1. Illegal uniform (NFHS rule 4-5-7)
- 2. Jewelry (NFHS rule 4-3-3)
- 3. Illegal undergarments (NFHS rule 4-3-1d)
- 4. Failure to wear shoes (NFHS rule 4-3-1a)
- 5. **Removed uniform (NFHS rule 4-3-4)** **Warning** **Penalize**

WARM-UPS

- 1. **WARNING—warming up without supervision (NFHS rule 6-2-12)**
- 2. **PENALIZE—warming up without supervision (NFHS rule 6-2-12)**

COMPETITION

- 1. Use of an illegal implement or equipment (NFHS rule 6-2-15)
- 2. Use of personal reference marks in the impact sector (6-2-16)

UNSPORTING CONDUCT

- 1. Unethical conduct (NFHS rule 4-5-1)
- 2. Taunting (NFHS rule 4-5-1)
- 3. Addressing an official in a disrespectful manner (NFHS rule 4-5-1)
- 4. Uses profanity addressed at another person (NFHS rule 4-5-1)
- 5. Flagrant behavior or intentional contact (NFHS rule 4-5-1)
- 6. Uses tobacco, alcohol, or other banned substance (NFHS rule 4-5-1)

UNACCEPTABLE CONDUCT

- 1. Willful failure to follow the directions of a meet official (NFHS rule 4-5-2)
- 2. Use of profanity which is not directed at someone (NFHS rule 4-5-2)
- 3. Any action which brings discredit to the athlete or institution (NFHS rule 4-5-2)

OTHER

- 1. _____

DESCRIPTION OF THE INFRACTION

NFHS rule 3-12-4 STEP 1	NFHS rule 3-12-4 STEP 2	NFHS rule 3-12-4 STEP 3	NFHS rule 3-4-5 STEP 4
EVENT JUDGE TIME _____ : _____ Mountain Standard Time	HEAD F.J. _____ Overruled _____ Upheld	REFEREE _____ Overruled _____ Upheld	REFEREE _____ : _____ Notified Athlete Mountain Standard Time _____ : _____ Notified Coach Mountain Standard Time
X _____	X _____	X _____	X _____
NFHS rule 3-13 STEP 5	NFHS rule 3-5-3a STEP 6	NFHS rule 3-5-2 STEP 7	AIA bylaws 29.8.5.1 STEP 8
Meet Scorer Notified of DQ _____ : _____ Mountain Standard Time	Results reflecting DQ posted _____ : _____ Mountain Standard Time	Coaches files appeal with Appeals Clerk _____ : _____ Mountain Standard Time	GAMES COMMITTEE _____ Overruled (Scorer notified) _____ Upheld (No action required)
X _____	X _____	X _____	X _____



TRACK EVENTS—INFRACTIONS FORM (Page 1 of 2)

ATHLETE

SCHOOL

EVENT

HEAT

LANE

- ___1. Steps on or over the lane 3 or more consecutive steps with either or both feet (NFHS rule 5-11-1a)
- ___2. Runs in an adjacent lane and interferes with or impedes another competitor (NFHS rule 5-11-1b)
- ___3. Runs over the outside lane and interferes with another competitor (NFHS rule 5-11-1c)
- ___4. Does not finish, or pass the baton, within the assigned lane in the assigned lane (NFHS rule 5-11-1d)
- ___5. Takes one or more steps inside the assigned lane line at the break line (NFHS rule 5-11-1e)
- ___6. Deliberately ran on or inside the lane line to gain an advantage (NFHS rule 5-12-1).

NOTE: An athlete may leave the track to retrieve a baton.

___7. In a race not ran in lanes, the runner impedes another runner by crossing the path of another without a full stride length between the two (NFHS rule 5-12-2).

___8. Steps on or over the lane for 3 or more consecutive steps with either or both feet (NFHS rule 5-12-2)

HURDLES

- ___1. Did not attempt to clear each hurdle (NFHS rule 5-13-2a)
- ___2. Knocks down any hurdle by hand or foot (NFHS rule 5-13-2b)
- ___3. Advances a trail leg or foot alongside or below the height of the hurdle gate (NFHS rule 5-13-2c)
- ___4. Runs over a hurdle not in an assigned lane (NFHS rule 5-13-2d)
- ___5. Runs around a hurdle (NFHS rule 5-13-2e)
- ___6. Impedes another hurdler (NFHS rule 5-13-2f)

UNFAIR ACT

- ___1. Interference with another competitor (NFHS rule 4-5-8a)
- ___2. Pacing by a person not participating in the event (NFHS rule 4-5-8b)
- ___3. Competitor was coached or assisted from a **restricted area**. (NFHS rule 4-5-8f)
- ___4. Competitors join hands during the race (NFHS rule 4-5-8c)
- ___5. Competitor used any illegal aid during the race (NFHS rule 4-5-8d)
- ___6. Competitor views video during the competition (NFHS rule 4-5-8g)
- ___7. Competitor uses an electronic device in a **restricted area**. (NFHS rule 4-5-8e)

RELAY TEAMS

- ___1. Violation of the substitution rule (NFHS rule 5-9-2)
- ___2. Failure to carry the baton (NFHS rule 5-9-6)
- ___3. Failure to be positioned within an acceleration zone (NFHS rule 5-9-9)
- ___4. Failure to be positioned within an exchange zone (NFHS rule 5-9-7)
- ___5. Failure to pass the baton within the exchange zone (NFHS rule 5-9-6)
- ___6. Baton not handed between runners (NFHS rule 5-9-7)
- ___7. Incoming runner pushes outgoing runner (NFHS rule 5-10-1)
- ___8. Throwing the baton after the race has concluded (NFHS rule 5-10-2)
- ___9. Competitor wearing gloves during competition (NFHS rule 5-9-5)

UNIFORMS

- ___1. Failure to wear a legal uniform (NFHS rule 4-5-7)
- ___2. Failure of relay team to wear identical uniforms (NFHS rule 4-3-2)
- ___3. Jewelry (NFHS rule 4-3-3)
- ___4. Illegal undergarments (NFHS rule 4-3-1d)
- ___5. Failure to wear shoes (NFHS rule 4-3-1a)
- ___6. **WARNING—Removed uniform (NFHS rule 4-3-4)**
- ___7. **PENALIZE—Removed uniform after warning (NFHS rule 4-3-4)**



TRACK EVENTS—INFRACTIONS FORM (Page 2 of 2)

UNSPORTING CONDUCT

- 1. Conduct that is unethical or dishonest (NFHS rule 4-5-1)
- 2. Taunting (NFHS rule 4-5-1)
- 3. Addressing an official in a disrespectful manner (NFHS rule 4-5-1)
- 4. Uses profanity addressed at another person (NFHS rule 4-5-1)
- 5. Flagrant behavior or intentional contact (NFHS rule 4-5-1)
- 6. Uses tobacco, alcohol, or other banned substance (NFHS rule 4-5-1)

UNACCEPTABLE CONDUCT

- 1. Willful failure to follow the directions of a meet official (NFHS rule 4-5-2)
- 2. Use of profanity which is not directed at someone (NFHS rule 4-5-2)
- 3. Any action which brings discredit to the athlete or institution (NFHS rule 4-5-2)

OTHER

1. _____

DESCRIPTION OF THE INFRACTION

4 X 800relay	HH	100	1600	4 X 100relay	400	300hurdles	800	200	3200	4 X 400relay
Lane _____ Heat _____ Hurdle Flight _____ Relay Exchange _____										

LOCATION OF THE INFRACTION

200m Start

300 Hurdles Start



High Hurdles & 100 start

Relays, 400, 800, 1600, 3200 & Common Finish

NFHS rule 3-12-4 STEP 1	NFHS rule 3-12-4 STEP 2	NFHS rule 3-12-4 STEP 3	NFHS rule 3-4-5 STEP 4
UMPIRE	HEAD UMPIRE	REFEREE	REFEREE
TIME _____ : _____ Mountain Standard Time	_____ Overruled _____ Upheld	_____ Overruled _____ Upheld	_____ : _____ Notified Athlete Mountain Standard Time _____ : _____ Notified Coach Mountain Standard Time
X _____	X _____	X _____	X _____
NFHS rule 3-13 STEP 5	NFHS rule 3-5-3a STEP 6	NFHS rule 3-5-2 STEP 7	AIA bylaws 29.8.5.1 STEP 8
Meet Scorer Notified of DQ	Results reflecting DQ posted	Coaches files appeal with Appeals Clerk	GAMES COMMITTEE
_____ : _____ Mountain Standard Time	_____ : _____ Mountain Standard Time	_____ : _____ Mountain Standard Time	_____ Overruled (Scorer notified) _____ Upheld (No action required)
X _____	X _____	X _____	X _____



APPEAL FORM

To the coach: Under NFHS rule 3-5-2, the coach may appeal a disqualification if the coach believes there is a misapplication of the rule. NFHS rule 3-5-3a—appeals must be made 30 minutes after the results have been announced and/or posted.

The following are not subject to appeal:

- NFHS rule 3-5-4a—Judgment decisions pertaining to rule(s) infractions.
- NFHS rule 3-5-4b—Decisions made by the finish judges or timers that does not involve a misapplication of a rule, or terms established by the games committee.
- NOTE: The games committee has adopted NCAA rule 12-3 (timing procedures—championship events) which stipulates that at least three cameras shall be utilized, and one of the cameras on each side of the track. If the various timing crews are in disagreement on the order of finish, under NFHS rule 3-8-6, the Head Finish Judge shall certify the finish order. As a courtesy, after the conclusion of the day's events, the FAT crew may be able to show the coach one of the Lynx pictures. However, the decisive picture may have been from one of the other cameras (i.e., the runner in lane 2 may block out the view of the inside-the-track camera of the close finish between 3 and 4—thus, the outside-the-track camera would determine that outcome).
- NFHS rule 3-5-4c—Whether the start was fair and legal.

I wish to appeal the following disqualification:

Athlete _____ School _____ Event _____ Lane _____ Heat _____

Ruling made by the umpire:

Why I believe it was a misapplication of a rule:

COACH _____ X _____

GAMES COMMITTEE'S DECISION _____

_____ Disqualification Upheld _____ Disqualification Overruled

GAMES COMMITTEE CHAIR _____ X _____

Attach the original disqualification form to this document

PROTEST FORM



TO THE COACH: A protest occurs when a coach brings to the attention of the APPEALS CLERK that a “no call” situation occurs. That is, the coach believes an infraction occurred and the umpire (track events) or the event judge (field events) did not indicate there was an infraction.

NFHS rules are silent when pertaining to protests. Thus, meet management is under no obligation to entertain protests. However, the games committee and meet management would like to be aware of any items worthy of a protest.

ATHLETE _____ EVENT _____ HEAT _____ LANE _____

QUICK RULES REFERENCE GUIDE

- | | |
|----------------------------------------------------------------------------------|-----------------------------------------------------------------------------|
| <input type="checkbox"/> (5-11-1a) Athlete running on inside of the track | <input type="checkbox"/> (5-11-1b) Athlete impedes another runner |
| <input type="checkbox"/> (5-11-1c) On the curve, impedes another runner | <input type="checkbox"/> (5-11-1-d) Did not finish in assigned lane |
| <input type="checkbox"/> (5-11-1e) Break line violation | <input type="checkbox"/> (5-12-1) Ran inside the curve to gain advantage |
| <input type="checkbox"/> (5-12-2) Jostling—impedance | <input type="checkbox"/> (5-12-3) Lane violation on a curve |
| <input type="checkbox"/> (5-13-2a) Did not attempt to clear each hurdle | <input type="checkbox"/> (5-13-2b) Deliberately knocks down a hurdle |
| <input type="checkbox"/> (5-13-2c) Dragged trail-leg or foot below the hurdle | <input type="checkbox"/> (5-13-2d) Ran over hurdle in the wrong lane |
| <input type="checkbox"/> (5-13-2e) Ran around a hurdle | <input type="checkbox"/> (5-13-2f) Impeded another hurdler |
| <input type="checkbox"/> (4-5-8a) Interference with another competitor | <input type="checkbox"/> (4-5-8b) Pacing |
| <input type="checkbox"/> (4-5-8f) Assistance from a RESTRICTED area | <input type="checkbox"/> (4-5-8c) Competitors joined hands |
| <input type="checkbox"/> (4-5-8d) Used an illegal aid during the race | <input type="checkbox"/> (4-5-8g) Viewed video during the competition |
| <input type="checkbox"/> (4-5-8e) Used an electronic device in a RESTRICTED area | |
| <input type="checkbox"/> (5-9-2) Violation of the substitution rule | <input type="checkbox"/> (5-9-6) Failure to carry the baton |
| <input type="checkbox"/> (5-9-9) Not within the acceleration zone | <input type="checkbox"/> (5-9-7) Not within the exchange zone |
| <input type="checkbox"/> (5-9-6) Baton not passed within the ex. Zone | <input type="checkbox"/> (5-9-7) Baton not passed between runners |
| <input type="checkbox"/> (5-10-2) Incoming runner pushed outgoing runner | <input type="checkbox"/> (5-10-2) Threw the baton in disgust |
| <input type="checkbox"/> (5-9-5) Competitor wore gloves | <input type="checkbox"/> (4-3-2) Relay team not in identical uniform |
| <input type="checkbox"/> (4-5-7) Failure to wear legal uniform | <input type="checkbox"/> (4-3-3) Jewelry |
| <input type="checkbox"/> (4-3-1d) Illegal undergarments | <input type="checkbox"/> (4-3-1a) Failure to wear shoes |
| <input type="checkbox"/> (4-3-4) Removed uniform in RESTRICTED area | |
| <input type="checkbox"/> (4-5-1) Unethical conduct, taunting | <input type="checkbox"/> (4-5-1) Addressed official in disrespectful manner |
| <input type="checkbox"/> (4-5-1) Profanity addressed to another person | <input type="checkbox"/> (4-5-1) Intentional contact or flagrant behavior |
| <input type="checkbox"/> (4-5-1) Use of a banned substance | <input type="checkbox"/> (4-5-2) Non-directional use of profanity |
| <input type="checkbox"/> (4-5-2) Failure to follow directions of officials | <input type="checkbox"/> (4-5-2) Inappropriate action or conduct |

DESCRIPTION OF INCIDENT:

COACH _____ x _____

DRAFT 4/17/2010
SECTION FIVE
ENTRY PROCEDURES
GENERAL INSTRUCTIONS

2009-2010 AIA 1A-2A-3A State Track & Field Championships

NOTE: In lieu of a coaches meeting at the state meet, all stakeholders should review both the general and specific instructions for coaches to submit entries for the state meet.



CONTACT INFORMATION

Greg Wayne, Meet Director
AIA 1A-2A-3A State Track & Field Championships
Alternative Programs Coordinator
Monument Valley High School
PO Box 337
Kayenta, Arizona 86033
gwayne@kayenta.k12.az.us
gwayne@hughes.net
(Challenge Center) 928-697-2181
(Home) 928-697-8572

1A-2A-3A AIA STATE TRACK & FIELD CHAMPIONSHIPS ENTRY PROCEDURES

(AIA bylaws 12.2.1)—Mechanics and procedures for state tournaments will be determined by the AIA Executive Board (or designees).

HISTORY: With the advent of outside qualifying in 1986, the possibility of an athlete qualifying in more than four (4) individual events became a regular occurrence. Prior to the online entry system being introduced to the state meet, 99% of the entries were done correctly. However, due to various breakdowns in the communication triangle (coaches-region meet directors-state meet directors) entry omissions as well as erroneous entry submissions were taking place.

SOLUTION: (NFHS rule 3-18-3) each school is responsible for submitting their entries for the state meet online at www.directathletics.com prior to the stipulated deadline.

(NFHS rule 3-18-3) Athletes are officially **entered** into the meet when the coach has submitted their team's entries online and the stipulated deadline has passed (Tuesday, 12:00 noon MST).

(NFHS rule 4-2-1) Each athlete is limited to being **entered** in four (4) **individual** events for which they qualify either through the region meet or the outside qualification process.

(NFHS rule 4-1-2) An athlete is said to **compete** in a given event once he or she reports to the bullpen or field event venue.

(NFHS rule 4-2-2) Each athlete is limited to actually **competing** in four (4) events including relays.

(AIA bylaws 29.8.1) An athlete may scratch an individual event to compete in a relay.

SUBSTITUTIONS (region place winners): Each region has been allotted a specific number of slots in each event at the state meet. If a **region place winner** (athlete A) is not going to compete in that particular event at the state meet, the subsequent region place winner (athlete B) may be substituted in for that athlete or relay team. **Please note that it is the responsibility of the coach of Athlete A to contact the coach of Athlete B no later than MONDAY 3:00 pm MST.**

SUBSTITUTIONS (outside qualifiers): There are no substitutions for outside qualifiers.

All entries, including substitutions per the above mentioned provision, must be submitted online at www.directathletics.com no later than 12:00 noon MST—Tuesday May 11, 2010.

CHALLENGES: If a coach believes an athlete has not qualified (and shouldn't be entered in the meet), or an illegitimate mark has been submitted, a challenge can be submitted to the appeals clerk located at the press box prior to the start of the meet as per any other protest.

ONLINE ENTRY PROBLEMS: Please contact Greg Wayne (Meet Director) prior to the entry deadline.



CONTACT INFORMATION

PO Box 1151
Boston, Mass. 02134
TEL: 617-879-1797
support@directathletics.com

COACHES—please follow this step-by-step process long before the season begins.

1. Activate your account

- Prior to the start of the season, coaches should visit www.directathletics.com
- If a username and password is known and available, each coach should logon.
- **If a username and password is not available, do not create a new account. Contact support@directathletics.com via e-mail and they will get that to you as soon as feasible to do so. It has been known for the webmaster to get this information out to schools a few days later—so, be patient.**
- After logging on, the state meet should appear on the team's invite list. This is located on the right hand side of the screen, the state meet should be there dated 5/14/2009 and a **GREEN** capsule should be there as well stating "register."
- Greg Wayne has invited every 1A, 2A, and 3A school that has an account to the state meet. If for some reason you aren't invited—contact him via e-mail at gwayne@kayenta.k12.az.us
- Update the team's contact information (coaches, e-mail, phone number, etc.)

2. Performance list

- The performance list is **not** the official outside qualification list (that is outlined in another section). The performance list for each conference is located at www.directathletics.com.
- Regular season meets using www.directathletics.com for online entries should export the results back to the website and the performance list will be automatically updated.
- For regular season meets not using the website, the coaches will then have to manually add performances to the list (after logging on, click on TEAM, then click on ADD PERFORMANCES—note that all field events use English measurement and it should look something like 15'03.25")
- **The performance list should reflect each athlete's season best mark. These are the marks that should be used when submitting entries for the state meet.**
- NOTE: Prior to the region meets, wind-aided marks will be deleted from the performance list. Normally, the website will automatically then load up the next best mark for that athlete.
- Region meets are encouraged, but not required, to use www.directathletics.com

3. Submitting individual entries for the state meet

- All entries, including substitutions, must be submitted by **12:00 noon MST—Tuesday May 11, 2010**. With 118 schools participating, meet management can't afford to extend the deadline. Coaches having online entry issues—contact Greg Wayne prior to the deadline.
- Only submit entries that have qualified – either through the region meets or as outside qualifiers.
- Entry marks submitted should be season best marks as noted on the performance list. Incorrect entries will be edited by meet management.
- (AIA bylaws 16.3.1) coaches that **knowingly and/ or intentionally** submit erroneous entries may be subject to ejection per the *sportsmanship rule* of the AIA.
- (NFHS rule 3-4-8) by submitting entries, the head coach agrees to make sure all athletes will exhibit good sportsmanship, that all athletes will compete properly equipped, and that all rules and regulations will be adhered to.

4. Submitting relay entries for the state meet

- (AIA bylaws 29.1.3) Coaches should not be preoccupied with the names of the runners originally submitted through the online process.
- (NFHS rule 5-9-2) Relay cards will be submitted to the clerk-of-course located in the bullpen no later than “report call” the day of the meet. Since a “timed-finals” format is being used, only the names of the four (4) actual runners (preferably in order), need to be submitted. Relay cards shall be in each team's packet.

5. Start lists

- Will be posted on the AIA website (www.aiaonline.org) no later than Wednesday morning.

6. Results

- Will be posted at the meet site (please—do not remove posted start lists and/or results)
- Will be posted online

7. Disputes

- Coaches with a dispute on the start list or results should bring that to the attention of the appeals clerk

DRAFT 4/17/2010
SECTION SIX
UNIFORM RULES SUMMARY
GENERAL INSTRUCTIONS

2009-2010 AIA 1A-2A-3A State Track & Field Championships

NOTE: In lieu of a coaches meeting at the state meet, all stakeholders should review both the general and specific instructions for uniform rules.



CONTACT INFORMATION

Greg Wayne, Meet Director
AIA 1A-2A-3A State Track & Field Championships
Alternative Programs Coordinator
Monument Valley High School
PO Box 337
Kayenta, Arizona 86033
gwayne@kayenta.k12.az.us
gwayne@hughes.net
(Challenge Center) 928-697-2181
(Home) 928-697-8572

SUMMARY—UNIFORM RULES

NOTE: At both the region and state meets, meet management does not want to engage in any disputes over uniform and equipment regulations. Furthermore, meet management does want to exhaust a disproportionate amount of time dealing with uniform infractions. Thus, meet management is asking that the coaches take the time to properly instruct their students on the various uniform and equipment rules.

PLEASE REVIEW AND ADVISE TEAMS OF THE JEWELRY RULE. NO JEWELRY

INTRODUCTION: Athletes are prohibited from competing while wearing any jewelry. (Rule 4-3-3, NFHS Rules Book) The only exceptions to this rule are religious and medical medals and watches. While not inclusive, the following are some examples of acceptable and unacceptable items:

LEGAL ITEMS:

- a. Watches (worn on the wrist).
- b. Religious medal – medal must be taped to the body under the uniform (no chain allowed).
- c. Medical alert bracelet – taped to the wrist with the faceplate showing.
- d. Insulin pump – taped to body, worn under the uniform and adequately padded.
- e. Heart monitor – only with the physician’s statement documenting the need (shown to the meet referee).
- f. Atomizer – only with physician’s statement documenting the need (shown to the meet referee).
- g. Glasses—including sunglasses.
- h. Rubber bands or elastic bands to control the hair – even if the elastic band has a small piece of metal.
- i. A *scrunchie* or a ribbon to control hair – maximum of two ribbons in total hair.
- j. Tattoo – unless objectionable. The tattoo must be covered if found objectionable.
- k. Regulation headband or knit cap – must be unadorned except for school name, school nickname, or school mascot—if the weather is cold.
- l. Regulation “sweat band” for the head or wrists when needed – must be unadorned except for school name, school nickname, or school mascot.
- m. An American flag not to exceed 2 x 3 inches.
- n. One manufacturer’s logo/trademark is permitted on each piece of apparel that does not exceed 2 inches square inches in any dimension.

ILLEGAL ITEMS:

- a. Cloth/yarn/hemp/etc., bracelets.
- b. Rubber band(s) on wrist/ankle. This includes the Lance Armstrong “Live Strong” yellow wristbands.
- c. Earrings – even if covered with tape.
- d. Rings or any other jewelry (i.e., navel rings, tongue rings, eyebrow rings, nose ring, or post earrings of any kind).
- e. Barrettes or bobby pins/beads/etc.
- f. Face/body paint and/or stickers.
- g. Glitter.
- h. Baseball hats, scarves, bandannas, do-rags, etc.
- i. Pins, except to hold on competitor numbers.
- j. Ribbons, pins, etc., attached to shoes/shoelaces.

PLEASE REVIEW AND ADVISE TEAMS OF THE UNIFORM RULE.

JERSEYS

INTRODUCTION: Track-and-Field athletes must wear a school issued jersey.

- a. Must be school issued.
- b. Must be tucked into the shorts (must be able to see hip numbers).
- c. Body suits (either one or two piece) may be worn in lieu of the traditional jersey and shorts.
- d. The jersey may contain no ornamentation that is objectionable.
- e. Any visible undergarments under the jersey must be unadorned and of a single color; however, the undergarment and jersey don't have to be the same color.
- f. Bras are considered foundation garments and not undergarments under NFHS Track-and-Field rules.
- g. Relay team members that chose to wear undergarments (shirts under their jerseys) must have the same color undergarments. NOTE: Not all team members must wear undergarments; however, if they do they must be the same color.
- h. Foundation garments (example: bras) are not undergarments and may be of different colors.
- i. Bare midriffs are not acceptable. The jersey must be tucked in or touch the waistband of the shorts when standing erect.
- j. No knots or knot-like protrusions.
- k. The jersey may be a tank top or t-shirt style jersey; however, football jerseys are not track-and-field uniforms and may not be used. If there are circumstances where a uniform situation may be a problem, it is recommended that the coach consult with the referee after the coaches meeting.
- l. The jersey shall not be removed in any competition areas.

SHORTS

INTRODUCTION: Track-and-Field athletes must wear a school issued shorts.

- a. Must be school issued.
- b. Loose fitting boxer type shorts are permitted for boys and girls, and closed leg briefs are acceptable for girls.
- c. Body suits (either one or two piece) may be worn in lieu of the traditional jersey and shorts.
- d. The shorts may contain no ornamentation that is objectionable.
- e. Any visible undergarments under the shorts must be unadorned and of a single color; however, the undergarment and jersey don't have to be the same color.
- f. Relay team members that chose to wear undergarments (such as bicycle shorts) must have the same color undergarments. NOTE: Not all team members must wear undergarments; however, those runners that do must be the same color.
- g. Hip numbers will be worn on both hips.
- h. No knots or knot-like protrusions—NOTE: The NFHS rule interpretation is that the waistband may **not** be rolled over provided the shorts remain above the hips (NFHS rule 4-3-1). The competitor's uniform shall be issued by the school and worn as intended by the manufacturer
- i. Athletes may compete in sweat pants provided they are school issued.
- j. Shorts shall not be removed in any competition areas.

SOCKS, SHOES, AND HEADGEAR

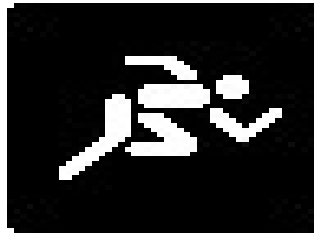
- a. The only rule pertaining to socks is that no more than one logo in one individual sock.
- b. Athletes are required to wear a bona-fide shoe.
- c. Meet management has determined that hats and other full-cover headwear are **not** permissible. If a special needs case does exist, the referee may approve headwear for a competing athlete on a case-by-case basis. The referee does have the authority to request medical or other appropriate documentation.
- d. No spikes shall be longer than one-quarter inch or five centimeters.
- e. Relay or field event competitors shall not wear gloves.
- f. Throwers may wear weightlifting belts, but may not wear weights.
- g. Sunglasses may be worn; however, it is not recommended for the high jump or pole vault due to liability.
- h. Bandanas may not be worn, and beads in the hair are considered jewelry.
- i. Head bands of a single color may be worn.

Meet officials must still do preventative officiating and check all athletes before they compete. However, if an athlete competes while wearing illegal uniform/apparel, jewelry, and/or illegal items/equipment, he/she is subject to disqualification.

DRAFT 4/17/2010
SECTION SEVEN
QUALIFICATION PROCEDURES

2009-2010 AIA 1A-2A-3A State Track & Field Championships

NOTE: In lieu of a coaches meeting at the state meet, all stakeholders should review both the general and specific instructions for uniform rules.



CONTACT INFORMATION

Greg Wayne, Meet Director
AIA 1A-2A-3A State Track & Field Championships
Alternative Programs Coordinator
Monument Valley High School
PO Box 337
Kayenta, Arizona 86033
gwayne@kayenta.k12.az.us
gwayne@hughes.net
(Challenge Center) 928-697-2181
(Home) 928-697-8572

(AIA bylaws 29.8.1.1) Each conference shall determine the qualification process for its state track & field meet.

Each conference has stipulated that there shall be two means of which to qualify for the state meet.

1. Region meets

- 1A Conference—two inter-region meets (top 8 qualify)
- 2A Conference—region meets (top 4 qualify)
- 3A Conference—region meets (top 4 qualify)

2. Outside (a.k.a. automatic) qualification

REGION MEETS

- Each region **must** use online entries with www.directathletics.com and export the results back to the website no later than Sunday afternoon **if** the meet is to be considered an outside qualification meet as well as a region championship meet.
- No later than May 1, each region should have its meet information posted at www.arizonatrack.com .
- No later than May 1, each region should have its meet information posted at www.alstats.com
- The meet results must be posted at www.arizonatrack.com no later than Sunday afternoon.
- The meet results must be posted at www.alstats.com no later than Sunday afternoon.
- **Region meet directors must make sure that the coaches know where to obtain the AIA Tournament Guide and this season information packet prior to the state meet.**
- Each region is allotted a specific number of qualifying slots in each event. Each region is empowered to determine those qualifiers.
- If a region place winner is not going to compete in a particular event (Athlete A), then the subsequent place winner (Athlete B) may compete in that athlete's place.
- The coach of Athlete A must notify the coach of Athlete B no later than 3:00 pm Monday.
- **The coaches are responsible for submitting all entries online no later than 12:00 noon Tuesday.**
- Coaches having online entry issues need to contact Greg Wayne prior to the Tuesday.

Greg Wayne, Meet Director
1A-2A-3A State Track-and-Field Championships
Monument Valley High School
Alternative Programs Coordinator
PO Box 337
Kayenta, Arizona 86033
E-MAIL: gwayne@kayenta.k12.az.us
E-MAIL: gwayne@hughes.net
CHALLENGE CENTER: 928-697-2181
HOME PHONE: 928-697-8572

OUTSIDE QUALIFICATION

TO: Meet Directors—State Track-and-Field Qualification Meets

FROM: Greg Wayne
1A, 2A & 3A Conferences
Meet Director--State Track-and-Field Championships
Outside Qualification Chair
Monument Valley High School
Alternative Programs Coordinator
PO Box 337
Kayenta, Arizona 86033
E-MAIL: gwayne@kayenta.k12.az.us
E-MAIL: gwayne@hughes.net
CHALLENGE CENTER: 928-697-2181
HOME PHONE: 928-697-8572

SUBJECT: 2009-10 Outside Qualification Procedures

There are **two (2)** forms that must be completed before the meet is to be an outside qualification meet for the 1A-2A-3A Conference(s).

- (AIA bylaws 10.1.3.2) The meet must be sanctioned by the Arizona Interscholastic Association. Please use the enclosed form or download the PDF form from
- http://www.aiaonline.org/story/uploads/Form_10.1_B_1249485757.pdf.
- **The host school's athletic director must submit this form directly to the AIA.**

NOTE: Out-of-state schools wishing to have their meets sanctioned by the AIA must contact their state association office, usually a few months in advance.

- (Reference: Conference Bylaws & Constitution) The meet must be pre-certified by Al Nelson, Valley Christian High School—seven (7) days prior to the meet. **The host school's athletic director must submit this form directly to Al Nelson.**

Criteria specifics are noted on the pre-certification form. These criteria are modeled after NFHS rule 10 (records).

To be considered as an outside qualification mark, the mark must be listed on the conferences performance list at www.directathletics.com

Al Nelson (Valley Christian High School) will verify marks from the performance list. The official confirmation list shall be posted at www.alstats.com

**1A-2A-3A Conferences
Pre-Certification Form
State Track & Field Meet Outside Qualification**

SUBMIT TO:

Al Nelson
Valley Christian High School
6900 W Galveston St
Chandler, AZ 85226-2508
TEL: (480) 705-8888 FAX: (480) 705-8889
anelson@vchstrojans.org

HOST SCHOOL	ATH. DIR.
ADDRESS	
FAX	PHONE
E-MAIL	E-MAIL
MEET DATE	MEET

CRITERIA

- _____ (NFHS rule 10-1-1a) The meet is sanctioned by the Arizona Interscholastic Association
- _____ (NFHS rule 10-1-1b) Five or more schools competing
- _____ (NFHS rule 10-1-1c) Events limited to high school contestants in good standing
- _____ (NFHS rule 10-2) Starter, head field judge, referee, and head event judges are state association approved officials.
- _____ (NFHS rule 10-2) Wind readings noted in official results for the 100, 200, HH, LJ, TJ
- _____ (NFHS rule 10-2) Umpires used for the duration of all track events
- _____ (NFHS rule 10-3) All throwing implements both measured and inspected for NFHS compliance
- _____ (NFHS rule 10-3) All field event venues shall be in compliance per NFHS rules
- _____ (NFHS rule 10-3) All field events shall be conducted per NFHS rules
- _____ (NFHS rule 7-5-3-2) Net weight of all athletes in the PV must be recorded on the PV score sheet
- _____ (NFHS rule 10-4) Fully-Automatic-Timing required for the 100, 200, and High Hurdles
- _____ (NFHS rule 10-4) Track events 300 meters or longer may use hand times per NFHS rules and so noted as hand times in the official results.
- _____ (NFHS rule 10-4) Facilities for track events shall be in accordance to NFHS rule 5-1-1.

REPORTING OF RESULTS

_____ It is strongly encouraged that all meets use www.directathletics.com for online entries and export the official results back to the website after the meet. For meets not using this website, coaches must manually enter their official marks at the website after the meet.

_____ Meet results must be sent via e-mail to www.arizonatrack.com immediately after the meet

_____ Meet results must be sent via e-mail to anelson@vchstrojans.org immediately after the meet

NOTE: Meet results must include wind readings in the 100, 200, HH, LJ, and TJ.

_____ If a mark is challenged per NFHS rule 3-5-2, the host school may be asked to provide pertinent items such as officials' rosters, FAT photos, weigh-in documentation, etc.

1A CONFERENCE

(AIA Bylaws 8.3.2.4) Qualification for the state meet

1. **Inter-Region meet qualification**—each inter-region is entitled to qualify eight (8) athletes and/or relay teams in each event.
2. **Outside qualification**—any athlete or relay team meeting or exceeding the established outside qualification mark in a sanctioned AIA qualification meet may participate in the state meet in that event.

2009-10 OUTSIDE QUALIFICATION MARKS

1A Conference

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
14.24	100m	11.97
28.73	200m	24.26
66.50	400m	55.02
2:40.87	800m	2:07.18
6:12.82	1600m	4:58.20
13:30.19	3200m	11:06.64
19.66	HH	18.72
54.81	300H	45.33
59.45	4 X 100 Relay	48.56
2:13.42 (800m Sprint Medley)	4 X 400 Relay	3:54.45
12:54.56	4 X 800 Relay	9:52.26
27-01	Shot Put	39-04
88-04	Discus	107-03
4-05	High Jump	5-05
6-00	Pole Vault	8-06
13-06.50	Long Jump	18-07.75
27-02	Triple Jump	37-03

Outside qualification marks are determined by last year's 8th place marks. If there is no 8th place mark in the finals (or deemed out-of-range), then the 8th place mark from the prelims shall be used.

Hand times will only be accepted for events 300m or longer.

All times noted are FAT. For manual times, when submitting marks to www.directathletics.com, click on the *manual times* box.

NOTE: 10.81 manual time rounds up to 10.9 + .24 = 11.14 for FAT conversion.

2A CONFERENCE

(AIA Bylaws 8.3.2.4) Qualification for the state meet:

1. **Region meet qualification**—each region is entitled to qualify four (4) athletes and/or relay teams in each event. NOTE: If a region place winner will not be participating at the state meet, then the 5th place winner may participate at the state meet.
2. **Outside qualification**—any athlete or relay team meeting or exceeding the established outside qualification mark in a sanctioned AIA qualification meet may participate in the state meet in that event.

2009-10 OUTSIDE QUALIFICATION MARKS

GIRLS	EVENT	BOYS
13.70	100m	11.82
28.86	200m	23.79
65.99	400m	54.06
2:34.12	800m	2:06.94
5:57.50	1600m	4:47.13
13.22.04	3200m	10:29.73
18.14	HH	17.47
52.68	300H	44.85
55.29	4 X 100 Relay	46.84
4:34.42	4 X 400 Relay	3:42.60
11.12.43	4 X 800 Relay	8:59.76
30-00	Shot Put	42-03
90-06	Discus	121-02
4-08	High Jump	5-07
7-06	Pole Vault	11-05
14-11	Long Jump	19-05
30-10	Triple Jump	39-01

These marks are an average of the 8th place winners at the state meet (2005-2009), with out-of-range marks not included in the average. Field event marks are rounded to the nearest whole inch.

Times for the track events are listed as FAT. Hand times will only be accepted for events 300m or longer.

For manual times, when submitting marks to www.directathletics.com, click on the *manual times* box.

NOTE: 10.81 manual time rounds up to 10.9 + .24 = 11.14 for FAT conversion.

3A CONFERENCE

(AIA Bylaws 8.3.2.4) Qualification for the state meet:

1. **Region meet qualification**—each region is entitled to qualify four (4) athletes and/or relay teams in each event. NOTE: If a region place winner will not be participating at the state meet, then the 5th place winner may participate at the state meet.
2. **Outside qualification**—any athlete or relay team meeting or exceeding the established outside qualification mark in a sanctioned AIA qualification meet may participate in the state meet in that event.

2009-10 OUTSIDE QUALIFICATION MARKS

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
13.35	100m	11.37
27.58	200m	23.20
63.15	400m	51.77
2:31.81	800m	2:02.49
5:42.86	1600m	4:41.23
12:49.41	3200m	10:14.16
17.15	HH	16.05
48.24	300H	41.44
54.19	4 X 100 Relay	45.23
4:27.62	4 X 400 Relay	3:33.50
10:50.16	4 X 800 Relay	8:40.42
32-06	Shot Put	44-04
96-10	Discus	125-09
4-08	High Jump	6-01
8-00	Pole Vault	12-00
14-03.75	Long Jump	19-11.25
31-06	Triple Jump	41-03

Outside qualification marks are determined by last year's 8th place marks. If there is no 8th place mark in the finals (or deemed out-of-range), then the 8th place mark from the prelims shall be used. 6 years ago we used 4th place marks. Then, when the South Region had 12 teams and qualified 6, the East and West had 6 teams and qualified 3, and the North had 8 and qualified 4—the games committee quickly discovered the South had an unfair scoring advantage which no other sport had to deal with. In the interest of equity, the games committee opted to lower the qualification standard to 8th place.

Times for the track events are listed as FAT. Hand times will only be accepted for events 300m or longer.

For manual times, when submitting marks to www.directathletics.com, click on the *manual times* box.

NOTE: 10.81 manual time rounds up to 10.9 + .24 = 11.14 for FAT conversion

DRAFT 4/17/2010
SECTION EIGHT
FREQUENTLY ASKED QUESTIONS

2009-2010 AIA 1A-2A-3A State Track & Field Championships

NOTE: In lieu of a coaches meeting at the state meet, all stakeholders should review the FAQ section.



CONTACT INFORMATION

Greg Wayne, Meet Director
AIA 1A-2A-3A State Track & Field Championships
Alternative Programs Coordinator
Monument Valley High School
PO Box 337
Kayenta, Arizona 86033
gwayne@kayenta.k12.az.us
gwayne@hughes.net
(Challenge Center) 928-697-2181
(Home) 928-697-8572

COACHES,

I have generated a list of “Frequently Asked Questions.”

Feel free to ask me most anything that pertains to the state track & field meet.

Please note that during the state meet, a lot of spare time is not a luxury meet management has at its disposable.

Thus, I am asking the coaches to read over the FAQ section prior to the meet.

If there is a specific question you need answered prior to the meet, feel free to contact me.

If there is a specific question you need answered at the meet venue, someone will be stationed at the appeals table located near the finish line outside the track that can answer your question.

Please be mindful that I have not addressed questions specific to the venue. Reason being is that when I have done that in past years, Murphy’s Law has manifested itself and modifications have been made by the host institution. Subsequently, I have had to amend my stadium maps and announcements.

Specifics about the venue will be found in your team’s packet upon arrival at the meet site.

GREG

FAQ's

Greg, why aren't we having a coaches' meeting?

If I had my druthers, I would have the coaches meeting the night before like most collegiate championship meets do. But, that wouldn't work due to the travel costs and time restrictions the individual schools would face.

Over the years, based on my experience running the state wrestling tournament and the state track & field meet—I have found it best to simply spell out the details in the meet literature and make myself available prior to the meet to answer any specific questions the coaches may have.

Here are my reasons for not having a coaches' meeting:

First—my personal experience is that with this many schools, it simply becomes a waste of time. The coaches that really should be there aren't. At the same time, the coaches that have done their homework and read through all the literature about the meet don't need to be there. And, most of the questions fielded are really best asked one-on-one such as uniform issues, taping concerns, equipment issues, etc.

Second—I hate to have coaches arrive excessively early for a meeting that they really don't need. If we added a coaches meeting, we would need to add another hour to the schedule—which is long enough at this point.

Third—I saw what a lot of other states do at their state meets, and many don't have coaches' meetings for the same reasons. Many big meets like Arcadia—don't have coaches' meetings.

Fourth—trying to find a suitable venue for the coaches' meeting is a problem. With 118 schools, we could easily have 200 – 300 coaches. The only rational venue would be an auditorium or lecture hall—and, that would be a considerable expense.

Fifth—if the coaches are at the coaches' meeting, who is supervising your athletes? There is a considerable liability issue to contend with.

With that said, I believe the best meeting a coach can attend to prepare for the state meet is a rules clinic. This is especially true when 90% of the agenda and questions & answers session of a coaches' meeting pertains to rules.

Greg, will there be someone to field questions if needed?

Either I, or someone from meet management, will be stationed at the appeals table. If the person there can't answer the question—someone will be found that can.

The appeals table will be located near the finish line on the outside of the track.

Greg, why did the AIA want to have the 1A, 2A, and 3A all at the same venue?

Over the years, if the seven state championships are examined as a whole, in year's past the AIA was showing a profit. However, in more recent years the AIA was showing unacceptable financial losses. Best financial practices dictate that contracting the number of venues from three to two would substantially reduce operating expenses.

Subsequently, the AIA Executive Board gave the tournament coordinators a directive to have the 1A, 2A, and 3A at one venue—the 4A I & II as well as the 5A I & II at another.

Greg, why didn't you formulate a schedule in a more traditional format?

When the AIA gave me the directive to formulate a schedule for the 1A, 2A, and 3A State Track & Field Championships, it came with three iron-clad stipulations.

1. Do not increase the cost of travel for the participating schools.
2. Do not increase the loss of school time.
3. Use restraint when increasing the budgetary expense items.

If we used a traditional model in a two-session format, we would have had to start at 11:30 am on Friday, and 2pm on Saturday—to conclude by 10pm each night—that is going straight through with no breaks.

The other option would have been a three-session format—which would be cost prohibitive.

Coming back on Saturday morning would have required teams that normally commute back-and-forth each day to stay overnight in hotels—thus, that would not have been an acceptable option.

Conducting a session on Thursday night would have required teams that usually stay overnight to stay an additional night (as well as additional loss of school time)—thus, that would not have been an acceptable option.

Thus, I had to think “outside-of-the-box” and develop a schedule that would meet our needs—even if that meant using an unconventional format.

Besides travel, the extremely high temperatures that Arizona encounters in May also have to be taken into account. I had to set-up a schedule where the distance events didn't start any earlier than 5:00 pm.

Greg, what exactly are the travel issues that you alluded to?

We have a large number of schools that are in the geographic position to commute to and from the meet site (2 – 2 ½ hours one way on a bus) each day.

1A Conference—24 of 48 schools

2A Conference—23 of 42 schools

3A Conference—13 of 28 schools

It is simply out of the question to formulate a schedule that would require these schools to acquire 10-20 hotel rooms for the night when they have never done so in the past.

To be sure, looking at the economic situation and the challenges for school administrators when it came to athletic travel—the mindset for the athletic directors would normally be that no additional travel expenses would be absorbed by the athletic department. Furthermore, most schools have had to reduce travel expenses for athletic events that they have undertaken for several years now. For these schools that have never had to stay overnight at a hotel for the state track & field meet would place an unfair, if not impossible, financial burden on the respective athletic departments' budgets.

In order to be able to commute back and forth each day, the bus driver has to comply with all state and federal NTSB regulations. By law, bus drivers can only have a 15 hour day. That means we have to limit the time at the meet site to ten (10) hours. If we have teams departing for home at 10:30 pm, we need to set-up the schedule so these teams don't have to arrive any earlier than 12:30 pm.

For the rural schools, they have budgeted for travel based on previous years. If we had a session on Thursday, that would require an additional night's stay. This would place a financial hardship on those particular schools. Furthermore, it would increase the loss of school time.

Greg, you have the meet starting in the mid-afternoon. What was done to alleviate the issues pertaining to the dangerously high temperatures?

The distance events aren't going to be contested much earlier in the day than in past years—4:00 p.m.

For years back in the 1970's and 1980's, we always had the prelims start in the mid-afternoon and the finals in the evening. I wouldn't anticipate any real hardship or drop-off in performances for the sprints and hurdles.

For the field events, the events themselves don't pose any real issues. It is the down time for the athletes that pose any real problems. We will make every effort to ensure there is adequate shade, hydration, etc. We also anticipate that many athletes will remain on their air-conditioned buses until it is time to warm-up and compete.

Greg, you chose to continue the practice implemented the past two years of not having prelims and finals for the relays—what is your rationale for that?

Even though the National Federation recommends a format that leads to head-to-head competition, it isn't required under current NFHS rules.

The data for the past two years indicate that the seeding has been better than originally anticipated. I can only recall one instance where a team that should have been in the last (fast) heat that wasn't. Most of the time, a team placing in the top 8 that wasn't in the last (fast) heat was because a team seeded in the top 8 was disqualified (dropped baton, false start, etc.).

One benefit of using a timed-finals format is that there are always eight teams placing. With prelims and finals, we had many cases where less than eight teams placed when a team got disqualified in the finals.

The most overwhelming reason for not conducting the relays in a prelims & finals format was time. By doing a "finals only" format, 15-20 minutes was saved in the 4 X 100m Relay, and 20-30 minutes was saved in the 4 X 400m Relay. And that is essentially one hour saved each day, possibly more.

Furthermore, it truly benefits the student-athletes under the anticipated weather conditions.

Greg, why won't you allow schools to provide their own block holders?

At last year's 1A & 3A meet, the first day went okay. However, it became a zoo the second day. We had to spend more time chasing people off the infield and track that claimed to be "block holders" than anyone could possibly imagine. And, we had all of the nonsense that went with it. We had one block holder needing to take an important call on his cell phone between "on your marks" and "set."

Thus, absolutely under no conditions will schools be allowed to provide block holders. All unauthorized personnel will remain in the stands.

To ensure a smooth running meet, block holders will be provided.

Greg, the NFHS rules allow for "coaches' boxes" for all field events—what specifically are you doing for that.

Those details are spelled out in the "Instructions for Field Events."

Meet management, in conjunction for ASU facilities management, has opted to only allow coaches to be present during the warm-up period, up to 15 minutes prior to the start of that session. With all field events contested on the infield, coaches have to remain outside the fenced areas once the session starts.

Greg, you chose to have the prelims and finals the same day for both field events and track events—what is the rationale for that?

For the field events, the data showed no significant discrepancy between performance with the field event finals the same day or the next day. We opted for the prelims and finals the same day because...

- The coaches have expressed their desire to have the field events conducted this way.
- It is more media and fan friendly
- For those athletes competing in just one event, it is more cost effective for the athletes, parents, and schools to have them compete just one day.
- With 36 different field events needing to have medals presented, it helps alleviate the potential bottleneck of presenting awards all on Saturday night.

For the track events, a traditional format wasn't going to work. By doing the prelims and finals the same day it addressed several issues ...

- It is more media and fan friendly
- For those athletes competing in just one event, it is more cost effective for the athletes, parents, and schools to have them compete just one day.
- With 48 individual running events, and 18 relay events, it helps alleviate the potential bottleneck of presenting awards all on Saturday night.
- It avoided an unbalanced schedule of a long day Friday, and a short day on Saturday.

Greg, what inspired you to use a “gender-alternating” format?

In Arizona, we are faced with some unique challenges in that we have seven (7) state championship meets, the high temperatures, and the more rural schools have quite a long distance to travel.

I looked at 20 or so different state meets. Some states have just one state champion—like California and Indiana. Some have all their meets at one site over a few days, like Texas, Utah, Hawaii, and Virginia. The North-East states not only have their respective state meets—they have the “New England Championships.” Arkansas is the only other state to have seven (7) state championships. Several states have University stadiums that can handle 10,000 people or more such as Kansas (Cessna Stadium), Oregon (Hayward Field), Texas (Mike Myers Stadium), Iowa (Drake Stadium), and New York (Icahn Stadium).

Nevada's model was the most relevant. They are the only state with similar weather issues (heat). They have similar demographics. They have similar travel constraints.

I contacted Donnie Nelson at the NIAA. They have used their current “gender-alternating” format for 12 years. It has worked very well for them. Thus, adapting their model to Arizona's needs made the most sense.

Greg, it would be the same amount of time using a traditional format versus a “gender alternating” format. Why not go that direction?

- I didn't feel comfortable having the 1600m run conducted at 2:00 pm.
- This allowed for the prelims to be in the afternoon, and the finals in the evening—being for spectator friendly.
- It allowed for more “competitive friendly” options such as the 400-800 double.

Greg, exactly how is this three-session format going to work?

For the track events--each of the three sessions will start at the scheduled time; then, the meet will be on a rolling time schedule through that particular session.

For the field events—each of the three sessions will start at the scheduled time. If any of the field events are behind schedule to the point of where they encroach the other session—then meet management will simply conclude the event as quickly as possible and give ample warm-up time to the athletes in the next session.

Under no circumstances will the session start early. Field event athletes need to report no later than 30 minutes prior to the scheduled start time. Track event athletes need to report no later than “report call” to the bull-pen.

Traditionally, the only events that should take more than 2 ½ hour would be the pole vault and high jump. However, meet management has put in starting heights that are reasonable without diminishing the quality of the competition. Considering the fact that this will be the only field event contested for this gender & conference during this session, and looking at previous years, it is anticipated that the events should conclude within the 2 ½ hour allotted timeframe.

Greg, why the three session format each day—why not just go straight through?

With the pole vault and high jump, the wisest course of action would have been to start at 12:30 pm each day—regardless of the schedule for the track events.

To ask the officials to work straight through for 7-8 hours each day, in extreme heat under a blazing sun—that would simply be too harsh.

By having a 15-30 minute break the officials, spectators, and athletes would all have an opportunity to find some shade and cool-down a bit, use the restroom, get something to eat and hydrate.

This would also allow for any contingencies such as an equipment failure, lengthy discussion over a disqualification, and it would give ample opportunity to have the awards presented for the field events.

I would hate to see parents come and see their child participate in let's say the shot put at 1:30 pm and have to wait until 9:00 pm to see the awards presentation. Or, even a scenario where the athlete is in the second session, so the start time isn't definitive—the parents show up at 1:30 pm, their child competes at 3:30 pm and they hang around until 9:00 pm getting awards. By doing sessions, they have a definitive time schedule allowing them to plan, show up when they need to, and leave all within a relatively short time frame.

This also helps the teams with just a few athletes. If that team has no athletes in the first session, the coach can plan the team's travel to arrive later. It would be frustrating to have to arrive at 12:30 pm to weigh-in implements, but no one on the team competes until 4:30 pm.

Greg, you addressed the needs of the small teams, but what about the teams with large numbers—how does this schedule help those teams?

Normally, large teams have more coaches. Hence, the distance coach can stay at the hotel (or school, or the mall) and bring those students competing in the second session at 3pm—which would give those athletes ample time to warm-up.

Greg, there have been issues in the past where athletes have been held in the bullpen far too long. What is being done to alleviate that?

The past two years, I have prepared an 80-100 page script for the announcer. Each event will have what comes down to seven calls:

1. **First Call** (five events prior)—athletes should be aware that their event will be coming up shortly
2. **Second Call** (four events prior)—athletes should be aware that their event will be coming up shortly
3. **Third Call** (three events prior)—athletes should be making their way to the bullpen.
4. **Report Call** (two events prior)—athletes should be in the bullpen getting final instructions, and have left their jewelry, cell phones, and ipods in their bag with their team managers, parents, coaches, or someone they trust.
5. **On the infield** (one event prior)—athletes will be released to the infield for final warm-ups and must report to the staging clerk at the starting line.
6. **On the track** (the event actually competing at that point)—athletes must be at the starting line, properly equipped, and ready to compete.
7. **On the awards stand** (immediately following the finals for that event)—the top eight finishers must be ready to go at the awards stand.

Our goal is to have the athletes in the bullpen for no more than 10 minutes. The relays may take a bit longer due to the nature of check-in process, uniform inspection, etc. Meet management is cognizant of the fact that the athletes don't need to be delayed at the bullpen unnecessarily.

Here are some things that help expedite the process.

- Make sure the athletes are properly equipped and don't have any electronic devices.
- Make sure the relay card is filled-out prior to going to the bullpen.
- Make sure the athletes are well versed with the rules.
- Make sure the athletes are well hydrated
- Make sure the relay teams have a baton

NOTE: An "event" in this case is separated by gender and conference. So, the 1A girls 100m dash is one event, the 2A girls 100m dash is another event, and the 3A girls 100m dash is still another event, so on and so forth.

Greg, why do all track event athletes have to go to the awards area prior to exiting the track?

To keep the meet running smoothly, athletes must go to the awards area immediately after completing a track event:

- Be notified of a reported infraction and/or pending disqualification
- Get their official time and place, as well as advancement status (if applicable)
- Get any needed medical assistance including hydration

Greg, what other possible formats could be considered by the AIA?

I always look at meets from the following perspectives:

- Athlete
- Coach
- Parents
- Administration
- Official

What all the various ideas thrown around to boil down to three formats (not used by the AIA at this point):

1. One state champion (like Indiana or California)
2. All the state meets at one venue (like Nevada, Kansas, Texas, or Nebraska).
3. Each conference competing at their own venue (like Arkansas).

Two huge, dominating factors in any decision for the state meet here in Arizona would be the high temperatures and the seven conferences (only Arkansas has this many conferences)

As an administrator and an official, I like the one state champion format. But, it isn't fair to the kids. All the other sports have a state champion for each conference. So, it is bad for the parents, coaches, and athletes.

The idea of all the state meets at one venue looks great on the outside. But, we would need a 10,000 seat venue with plenty of parking, restrooms, etc. That facility simply doesn't exist in Arizona. Another consideration—even a “finals only” format where each conference boiled down their fields to eight athletes in each event—then having a two-day state meet—we would have to start early in the morning to get done at 10:00 pm. We would have to run seven 3200m runs each day. We would have to run seven 4 X 800m Relays each day. It just becomes a logistical nightmare.

As a coach, athlete, parent, and athletic director—I like the idea of having each conference using their own venue like Arkansas. But, then when looking at the logistics like securing the sites, securing officials, managing the venues, etc. – it becomes cost prohibitive, most certainly shortages would occur in terms of officials, Lynx crews, etc.

Thus, at this point—taking into consideration all of the constraints it is faced with—I believe the AIA is taking a good course of action with utilizing two venues.

Greg, why wouldn't the idea of having each conference at its own venue on Friday and then coming together for the finals on Saturday -be considered?

That was tried in 2001 with the 2A at Chandler High School and the 3A at Hamilton. Even though there was a lot of positives about that—after the meet both conferences decided that it would be best to separate (keep in mind at the time the 1A, 4A, and 5A had their own meets—plus, no division 1 and division 2 at this point as well).

The biggest problem was the mobilization of the officials and meet workers. On both nights, people were being grabbed out of the stands to help work the meet. There were other problems as well such as data management, awards presentations, relay cards, etc.

For the 2009-2010 state meet, this idea was brought up as a possibility in our preliminary discussions and meetings. After examining all the fine details—it was thought best to not go in this direction.

Greg, what will happen if the meet doesn't go well?

Every year, the AIA has me debrief with various people (officials, coaches, athletic directors, etc.)

Three years ago, we had the infamous late-night on Friday. To be sure, we had meets when the 2A and 3A ran together go past 11:00 a few times. Thus, just trying to be more efficient wasn't going to work. That is when we scrapped the prelims for the relays and started at 5:00 pm—that pretty much ensured that we would be done at 9:30 p.m.—which proved to be the case the past two years.

Since every problem tends to be unique, all that I can say at this point is every problem will be closely examined.

Last year, we encountered the following problems and what we decided to do to correct it:

- **Block holders causing problems (cell phones, lingering around, etc.)**—meet management will supply the block holders
- **Athletes in field events crossing the track to talk to their coaches**—meet management will set-up a coaches' box for each field event
- **Unauthorized people going onto the infield**—two security guards for the infield
- **Protocols not being followed for disqualifications**—an eight-step process is outlined on the infraction form.
- **Athletes not knowing if they advanced to the finals**—all athletes will proceed to the awards area after each race and will get their official time, advancement status, etc.

So, after the meet—I will take a look at all of the little reports and take corrective action. If drastic measures need to be taken—I will talk it over with the AIA staff (or whomever the conversation needs to be directed to).

Greg, how did you become the 1A-2A-3A State Meet Director?

I spent my high school years in Tucson (Amphi) where I ran cross-country, wrestled a little bit, and ran track. I graduated at 17 and felt I had a lot of unfinished business (PR's: 4:43 mile and 10:03 two-mile).

I walked on to the cross-country and track teams at the University of Arizona. Even though I was just a middle of the pack runner (4:13 mile, 14:37 5k, 30:39 10k), I enjoyed my experience and truly became a "track-nut." At the time I graduated, I felt I still had some room to improve, but with the amateur code still firmly in place, I started my career as a teacher and coach.

My philosophy as a coach was to build a program through a wide variety of means. At both Amphi and the U of A, it was stressed that we were in the entertainment business and had to put forth a quality product. So, I always made it a big priority to host good quality home meets.

In 1997, I was asked to be the athletic director at Monument Valley and I did that for 7 years. In that time period, I hosted several region tournaments and served on various games committees. In 1998, I was selected by the 3A Conference to run the state wrestling tournament. In 2002, I was selected by the 3A Conference to run the state track & field championships. In 2005, the AIA asked me to host the 1A as well as the 3A state track & field championships. In 2009, the AIA asked me to host the 2A as well as the 1A and 3A state track & field championships.

Throughout the course of an academic year, it is quite common for me to run the Lynx at 20 meets between the collegiate indoor, high school, and even some junior high meets. It is a common occurrence for me to serve as the meet director for 10 of those. Thus, at this point, I feel well versed and comfortable in this position and the best part being associated with so many good quality folks. I have been able to work with so many outstanding people, all the way from junior high meets to D1 – it truly has been a blessing.

DRAFT 4/17/2010
SECTION NINE
RECORDS

2009-2010 AIA 1A-2A-3A State Track & Field Championships



NOTE: Only events contested at the state meet are listed. For other events (specialty relays, running events contested in yards, etc.) please visit www.aiaonline.org

This is the list prior to the start of the season and will be updated after the region meets

CONTACT INFORMATION

Greg Wayne, Meet Director
AIA 1A-2A-3A State Track & Field Championships
Alternative Programs Coordinator
Monument Valley High School
PO Box 337
Kayenta, Arizona 86033
gwayne@kayenta.k12.az.us
gwayne@hughes.net
(Challenge Center) 928-697-2181
(Home) 928-697-8572

SECTION NINE: RECORDS

GIRLS

100 METERS

NFHS	11.14	Marion Jones, California	1992
AIA	11.31	Jessica Onyepunuka Peoria	2002
3A State Meet	11.82	Eureka Hall Safford	1992
3A Conference	11.82	Eureka Hall Safford	1992
2A State Meet	12.15	Monica Thomas Tombstone	1991
2A Conference	12.15	Monica Thomas Tombstone	1991
1A State Meet	12.17	Traci Brown Williams	1990
1A Conference	12.17	Traci Brown Williams	1990

200 METERS

NFHS	22.52	Allyson Felix, California	2003
AIA	23.60	Jessica Onyepunuka Peoria	2002
3A State Meet	24.03	Eureka Hall Safford	1992
3A Conference	23.70	Eureka Hall Safford	1992
2A State Meet	26.01	Danni Ned St. Johns	2005
2A Conference	25.8	Charlotte Reeves Tombstone	1976
1A State Meet	25.91	Traci Brown Williams	1990
1A Conference	25.91	Traci Brown Williams	1990

400 METERS

NFHS	50.74	Monique Henderson, California	2000
AIA	52.99	Eureka Hall, Safford	1992
3A State Meet	53.35	Eureka Hall, Safford	1992
3A Conference	52.99	Eureka Hall Safford	1992
2A State Meet	57.46	Lauren Michaels, Arizona Lutheran	2006
2A Conference	57.46	Lauren Michaels, Arizona Lutheran	2006
1A State Meet	59.89	Lyssa Diument Grand Canyon	1996
1A Conference	59.89	Lyssa Diument Grand Canyon	1996

800 METERS

NFHS	2:07.74	Joetta Clark, New Jersey	1980
AIA	2:07.84	Kathy Gibbons, Alhambra	1971
3A State Meet	2:15.42	Emerald Raney, Blue Ridge	2009
3A Conference	2:14.59	Whitney Hardt Round Valley	2003
2A State Meet	2:21.06	Dani Higgins Benson	2005
2A Conference	2:21.04	Dianna Kirby Willcox	1976
1A State Meet	2:20.09	Kim Kelling, Valley Union	1985
1A Conference	2:16.18	Shannon Eckert Arizona Lutheran	1993

1600 METERS

NFHS	4:33.82	Christina Babcock, California	2008
AIA	4:49.11	Sara Gorton, Mountain Pointe	1999
3A State Meet	4:58.34	Jessica Rydberg, Blue Ridge	2009
3A Conference	4:54.44	Whitney Hardt Payson	2002
2A State Meet	5:08.12	Julie-Anne Bailey, Valley Christian	2004
2A Conference	5:08.12	Julie-Anne Bailey, Valley Christian	2004
1A State Meet	5:22.27	Jayne Lauderdale Tucson Desert Christian	1995
1A State Meet	5:22.27	Jayne Lauderdale Tucson Desert Christian	1995

3200 METERS

NFHS	9:48.59	Kim Mortensen, California	1996
AIA	10:15.94	Sara Gorton, Mountain Pointe	1999
3A State Meet	10:32.23	Jessica Rydberg, Blue Ridge	2009
3A Conference	10:27.57	Jessica Rydberg, Blue Ridge	2009
2A State Meet	11:38.60	Jillian Klassen Scottsdale Christian	2004
2A Conference	11:38.60	Jillian Klassen Scottsdale Christian	2004
1A State Meet	11:52.90	Andrea Klimowski Northland Prep	2009
1A Conference	11:52.90	Andrea Klimowski Northland Prep	2009

100 METER HURDLES (33")

NFHS	13.03	Vashti Thomas, California	2007
AIA	13.60	Jacquelyn Johnson Yuma Union	2003
3A State Meet	14.87	Nicole Nevitt Queen Creek	2004
3A Conference	14.71	Nicole Nevitt Queen Creek	2004
2A State Meet	14.01	Jaime Cluff Scottsdale Christian	2002
2A Conference	14.01	Jaime Cluff Scottsdale Christian	2002
1A State Meet	16.13	Martha Hernandez Valley Union	1986
1A Conference	16.13	Martha Hernandez Valley Union	1986

300 METER HURDLES

NFHS	39.98	Lashinda Demus, California	2001
AIA	42.67	Christy Nore Scottsdale Chaparral	1985
3A State Meet	44.44	Nicole Nevitt Queen Creek	2004
3A Conference	44.44	Nicole Nevitt Queen Creek	2004
2A State Meet	43.45	Jamie Cluff Scottsdale Christian	2002
2A Conference	43.45	Jamie Cluff Scottsdale Christian	2002
1A State Meet	47.32	Martha Hernandez Valley Union	1986
1A State Meet	47.32	Martha Hernandez Valley Union	1986

HIGH JUMP

NFHS	6-03	Amy Acuff, Texas	1992
AIA	6-00.50	Jeana McDowell, Gilbert	1996
3A State Meet	5-08	Jodi Smith St. Johns	1998
3A Conference	5-10	Jodi Smith St. Johns	1998
2A State Meet			
2A Conference			
1A State Meet	5-6	Shannon Kidder Phoenix Day School/Deaf	1988
1A Conference	5-6	Shannon Kidder Phoenix Day School/Deaf	1988

LONG JUMP

NFHS	22-01.75	Kathy McMillan, North Carolina	1976
AIA	20-04.50	Roxanne Keating Phoenix Cortez	1978
3A State Meet	19-06.25	Stephanie Garnett, Winslow	2003
3A Conference	20-00.25	Stephanie Garnett Winslow	2003
2A State Meet	18-04	Shamesha Smith, Valley Christian	2007
2A Conference	18-04	Shamesha Smith, Valley Christian	2007
1A State Meet	18-03.5	Polly Gappmeyer St. David	1984
1A Conference	18-03.5	Polly Gappmeyer St. David	1984

POLE VAULT

NFHS	14-01	Tori Anthony, California	2007
AIA	13-00.5	April Kubishta, Lake Havasu	2003
3A State Meet	11-02	Tara McWorthy Queen Creek	2002
3A Conference	11-02	Tara McWorthy Queen Creek	2002
2A State Meet	11-06	Jill Van Weelden Scottsdale Christian	2000
2A Conference	11-06	Delainey Rockwell Scottsdale Christian	2003
1A State Meet	9-03	Jessica Bryce Pima	2005
1A Conference	9-03	Jessica Bryce Pima	2005

TRIPLE JUMP

NFHS	44-02.25	Ychillindria Spears, Texas	2001
AIA	40-11	Nina Henson Tucson Sahuaro	2002
3A State Meet	37-05	Rheanna Martinez Payson	2001
3A Conference	39-6	Rheanna Martinez Payson	2000
2A State Meet	37-02.50	Jamie Cluff Scottsdale Christian	2002
2A Conference	37-02.50	Jamie Cluff Scottsdale Christian	2002
1A State Meet	34-08.75	Robyn Robledo Tempe Prep	2009
1A Conference	35-02.25	Robyn Robledo Tempe Prep	2009

SHOT PUT

NFHS	54-10.25	Michelle Carter, Texas	2003
AIA	47-05	Cindy Johnson Chandler	1980
3A State Meet	41-09	Kate Burton Buckeye	1982
3A Conference	42-11.50	Jennifer Moon Safford	1997
2A State Meet	43-08.50	Jessica Drake Bisbee	1995
2A Conference	43-08.50	Jessica Drake Bisbee	1995
1A State Meet	37-01.50	Tara Copas Patagonia	1996
1A Conference	37-01.50	Tara Copas Patagonia	1996

DISCUS

NFHS	188-04	Rachel Yurkovich, Oregon	2005
AIA	176-04	Cindy Johnson Chandler	1982
3A State Meet	138-04	Deezbaa Whaley, Monument Valley	2007
3A Conference	152-00	Charissa Bailey Page	1985
2A State Meet	143-09	Jessica Drake Bisbee	1995
2A Conference	143-09	Jessica Drake Bisbee	1995
1A State Meet	124-9	Ashlee Smith Seligman	2004
1A Conference	124-9	Ashlee Smith Seligman	2004

4 X 100m RELAY

NFHS	44.50	Long Beach Poly, California	2004
AIA	45.73	Peoria	2002
3A State Meet	49.68	Sahuarita	2005
3A Conference	48.37	Safford	1990
2A State Meet	49.66	Chandler Valley Christian	2002
2A Conference	49.66	Chandler Valley Christian	2002
1A State Meet	51.27	Mayer	1990
1A Conference	51.27	Mayer	1990

4 X 400m RELAY

NFHS	3:35.49	Long Beach Poly, California	2004
AIA	3:51.02	Phoenix South Mountain	2005
3A State Meet	4:01.95	Queen Creek	2004
3A Conference	3:52.44	Safford	1991
2A State Meet	4:02.26	Chandler Valley Christian	2007
2A Conference	4:02.26	Chandler Valley Christian	2007
1A State Meet	Not Contested	Not Contested	Not Contested
1A Conference	4:23.63	Tempe Prep	2008

800m SPRINT MEDLEY

NFHS	1:38.73	Long Beach Poly, California	2003
AIA	1:47.20	Westview	1997
1A State Meet	1:55.20	Mayer	1990

3200 METER RELAY

NFHS	8:58.42	Upper Dublin, Pennsylvania	1982
AIA	9:02.99	Phoenix Xavier	2007
3A State Meet	9:38.11	Springerville Round Valley	2003
3A Conference	9:38.11	Springerville Round Valley	2003
2A State Meet	9:55.53	Chandler Valley Christian	2001
2A Conference	9:55.53	Chandler Valley Christian	2001
1A State Meet	10:36.15	Northland Prep	2009
1A Conference	10:36.15	Northland Prep	2009

BOYS

100 METERS

NFHS	10.15	Henry Neal, Texas	1990
AIA	10.33	Ryan Milus Chandler Hamilton	2009
	10.33	LaNorris Marshall Dysart	1978
3A State Meet	10.78	Vince Masters, Coolidge	1984
3A Conference	10.33	LaNorris Marshall Dysart	1978
2A State Meet	10.63	Mark Oliver Chandler Seton Catholic	1988
2A Conference	10.63	Mark Oliver Chandler Seton Catholic	1988
1A State Meet	10.81	Justin Kramer Grand Canyon	2006
1A Conference	10.81	Justin Kramer Grand Canyon	2006

200 METERS

NFHS	20.13	Roy Martin, Texas	1985
AIA	20.22	Dwayne Evans Phoenix South Mountain	1976
3A State Meet	21.93	Vince Masters, Coolidge	1984
	21.93	Phillip Cann, Santa Cruz	2008
3A Conference	21.16	Cricket Marshall Dysart	1978
2A State Meet	21.61	Jim Howard, Cactus Shadows	1987
2A Conference	21.61	Quinton McCoy Chandler Valley Christian	2001
1A State Meet	22.12	Justin Kramer Grand Canyon	2006
1A Conference	21.93	Justin Kramer Grand Canyon	2006

400 METERS

NFHS	45.25	Calvin Harrison, California	1993
AIA	46.47	Spencer Chase, Desert Vista	2009
3A State Meet	48.84	Jamie Jones Apache Junction	1993
3A Conference	48.84	Jamie Jones Apache Junction	1993
2A State Meet	48.97	Eddie Cade Eloy Santa Cruz	1991
2A Conference	48.97	Eddie Cade Eloy Santa Cruz	1991
1A State Meet	47.91	Justin Kramer Grand Canyon	2006
1A State Meet	47.91	Justin Kramer Grand Canyon	2006

800 METERS

NFHS	1:46.45	Michael Granville, California	1996
AIA	1:51.33	John Kline, Desert Vista	2008
3A State Meet	1:55.37	Eric Chavez, Rio Rico	2003
3A Conference	1:53.30	Mark Hochstettler Payson	1989
2A State Meet	1:55.29	Eric Dall Scottsdale Christian	2002
2A State Meet	1:55.29	Eric Dall Scottsdale Christian	2002
1A State Meet	2:00.36	Elliot Godzich Phoenix Veritas Prep	2008
1A Conference	2:00.36	Elliot Godzich Phoenix Veritas Prep	2008

1600 METERS

NFHS	3:59.51	Alan Webb, Virginia	2001
AIA	4:09.64	Jeff Cannada Phoenix Greenway	1983
3A State Meet	4:16.71	Ryan Yazzie, Tuba City	2009
3A Conference	4:19.52	John Tenakhongva Monument Valley	1991
2A State Meet	4:18.22	Eric Dall Scottsdale Christian	2002
2A Conference	4:18.22	Eric Dall Scottsdale Christian	2002
1A State Meet	4:33.85	Brad Reidhead, Mogollon	1994
1A Conference	4:30.33	Alex Barnard Flagstaff Northland Prep	2005

3200 METERS

NFHS	8:34.23	German Fernandez, California	2008
AIA	8:50.24	Jeff Canada Phoenix Greenway	1984
3A State Meet	9:21.90	Ricky Bedonie Many Farms	1987
3A Conference	9:15.01	Billy Orman, Tuba Cty	2009
2A State Meet	9:26.65	Eric Dall Scottsdale Christian	2002
2A State Meet	9:26.65	Eric Dall Scottsdale Christian	2002
1A State meet	10:02.20	Tema Maldonado, PDS	1989
1A Conference	9:33.05	Tanner Carothers Flagstaff Northland Prep	2007

110 METER HURDLES

NFHS	13.30	Chris Nelloms, Ohio	1990
AIA	13.69	Mossy Cade Eloy Santa Cruz	1980
3A State Meet	14.47	Andre Carmen, Safford	1984
3A Conference	13.69	Mossy Cade, Eloy Santa Cruz	1980
2A State meet	13.93	Armon Williams Chandler Vallely Christian	1991
2A Conference	13.93	Armon Williams Chandler Vallely Christian	1991
1A State Meet	15.03	Dillon Goodman Pima	2009
1A Conference	14.89	Dillon Goodman Pima	2009

300 INTERMEDIATE HURDLES

NFHS	35.28	Jeshua Andereson, California	2007
AIA	37.01	Cylend Simmons Mesa Westwood	2006
3A State Meet	37.95	Todd Reid Payson	1988
3A Conference	37.95	Todd Reid Payson	1988
2A State Meet	38.77	Alberto Fernandez Camp Verde	1989
2A Conference	38.77	Alberto Fernandez Camp Verde	1989
1A State Meet	40.62	Mark Bellingradt Scottsdale Christian	1992
1A Conference	40.62	Mark Bellingradt Scottsdale Christian	1992

SHOT PUT

NFHS	77-00	Michael Carter, Texas	1979
AIA	69-3	Dallas Long Phoenix North	1958
3A State Meet	60-05.50	Mike Wright, Bisbee	1978
3A Conference	61-10.50	Chris Tsosie Page	1982
2A State Meet	58-3	D.J. Tucker Florence	1978
2A Conference	58-3	D.J. Tucker Florence	1978
1A State Meet	52-5	Nephi Judd St. David	1984
1A Conference	52-5	Nephi Judd St. David	1984

DISCUS

NFHS	234-03	Niklas Arrhenius, Utah	2001
AIA	212-11	Dwight Johnson Tempe Union	1987
3A State Meet	174-08	Jared Jonovich, Globe	2007
3A Conference	187-7	Mike Turner Safford	1988
2A State Meet	165-0	Steve Kuykendall Kearny Ray	1966
2A Conference	165-0	Steve Kuykendall Kearny Ray	1966
1A State Meet	161-3	Travis Carter Orme School	1999
1A Conference	161-3	Travis Carter Orme School	1999

LONG JUMP

NFHS	26-04.75	James Stallworth, California	1989
AIA	25-09.75	Lamont King, Dysart	1977
3A State Meet	24-00.75	Brian Marshall, Dysart	1985
3A Conference	25-09.75	Lamont King, Dysart	1977
2A State Meet	23-02.50	Quinton McCoy Chandler Valley Christian	2001
2A Conference	23-02.50	Quinton McCoy Chandler Valley Christian	2001
1A State Meet	23-01.25	Bernard Rock Orme School	1996
1A Conference	23-01.25	Bernard Rock Orme School	1996

HIGH JUMP

NFHS	7-05.75	Dothel Edwards, Georgia	1984
AIA	7-02	Gabriel Beecham Casa Grande	1989
3A State Meet	6-11	Lance Greer, Snowflake	1989
3A Conference	7-00.25	Marty Williams Show Low	1994
2A State Meet	6-10	Dakoda John Thatcher	2007
2A Conference	6-10	Dakoda John Thatcher	2007
1A State Meet	6-7	Seth Dittrich Arizona Lutheran	1999
1A Conference	6-7	Seth Dittrich Arizona Lutheran	1999

POLE VAULT

NFHS	18-02.25	Eric Eshbach, Texas	1999
AIA	17-04.75	Nick Hysong Tolleson	1990
3A State Meet	14-06	Kade Good, Safford	2003
3A Conference	16-05.75	Bo Altof Payson	1992
	16-05.75	Bernie DeMichaels, Miami	1978
2A State Meet	14-10	Daniel Fanelli Valley Christian	2007
2A State Meet	14-10	Daniel Fanelli Valley Christian	2007
1A State Meet	13-7	Wes Conners Pima	2004
1A Conference	13-7	Wes Conners Pima	2004

TRIPLE JUMP

NFHS	52-10.50	Charles Mayfield, California	1980
AIA	52-06	Bryce Lamb Chandler	2009
3A State Meet	48-03	Darren Reid Payson	1990
3A Conference	48-08.75	Darren Reid Payson	1991
2A State Meet	46-09	J.R. Harrison Tombstone	1999
2A Conference	46-09	J.R. Harrison Tombstone	1999
1A State Meet	43-09.75	Ryan Eck Grand Canyon	2005
1A State Meet	43-09.75	Ryan Eck Grand Canyon	2005

4 X 100m RELAY

NFHS	39.76	Wyatt, Texas	1998
AIA	40.90	Cesar Chavez	2009
3A State Meet	42.24	Dysart	1988
3A Conference	42.24	Dysart	1988
2A State Meet	43.05	Phoenix Northwest Christian	2003
2A Conference	43.05	Phoenix Northwest Christian	2003
1A State Meet	44.58	Grand Canyon	2005
1A Conference	44.58	Grand Canyon	2005

4 X 400m RELAY

NFHS	3:07.40	Hawthorne, California	1985
AIA	3:13.50	Tempe Desert Vista	2008
3A State Meet	3:22.07	Arizona Boys Ranch	1997
3A Conference	3:22.07	Arizona Boys Ranch	1997
2A State Meet	3:23.44	Chandler Valley Christian	2007
2A Conference	3:23.44	Chandler Valley Christian	2007
1A State Meet	3:32.02	St. David	1999
1A Conference	3:32.02	St. David	1999

4 X 800 RELAY

NFHS	7:36.24	Wissahickon, Pennsylvania	1982
AIA	7:45.40	Tempe Desert Vista	2008
3A State Meet	8:03.59	Safford	1996
3A Conference	8:03.59	Safford	1996
2A State Meet	8:12.02	Bisbee	1994
2A Conference	8:12.02	Bisbee	1994
1A State Meet	8:29.74	St. Augustine	2009
1A Conference	8:29.74	St. Augustine	2009