



KAYENTA UNIFIED SCHOOL DISTRICT

ATHLETIC DEPARTMENT

PO BOX 337

KAYENTA, ARIZONA 86033

Athletic Director and Track & Field Coaches:

Your team(s) is/are cordially invited to compete in the Colt Relays (Middle School/Junior High) and Mustang Relays (High School) on **Thursday April 12, 2012 (4:00 p.m. MDT)**.

To be sure, per AIA rules, high school and middle school will not compete against each other.

The middle schools in the area wanted a meet that was short-and-sweet, and also have the upcoming weekend free with AIMS testing starting April 16. The week prior to AIMS, as well as the weekend, requires extra-attention for the middle school teachers (prepping classrooms, odd-ball lesson plans, last-minute staff meetings, etc.).

The high schools in the area are in a scheduling crunch the week of AIMS testing April 10-11. We have AIMS testing (in the mornings) Tuesday and Wednesday, and ACT testing on Saturday April 14. There simply are no meets around the area on Friday. In years past, we have gone to Page on Thursday. However, with the AIA's reconfiguration, Page has eliminated their weekday meets.

Subsequently, we opted to have a High School and Middle School relay carnival that would not be a distraction to the academic focus with AIMS, and still keep the student-athletes engaged with track-and-field.

Thus, we will run the Mustang Relays and the Colt Relays on **Thursday April 12**, starting at **4pm** Mountain Daylight Time and should have everyone on their buses home by 8:30 p.m.

ENTRY FEE: \$100 per school (boys and girls team is one school)
(middle school and high schools are separate teams)

Make checks payable to:
Kayenta Unified School District Athletics

JACOB HOLIDAY
Athletic Director
928-697-2172

SOPHIA PARRISH
MVHS Head Coach
928-697-2188

MIKE FRANKLIN
KMS Head Coach
928-697-2313

GREG WAYNE
Meet Director
928-697-2181

SCHOOL _____ **COACH** _____

ADDRESS _____ **CITY** _____ **ZIP** _____

SCHOOL PHONE _____ **CELL** _____

E-MAIL _____

___ **Yes, we are planning on competing at the relays on Thursday April 12 (4:00 pm MDT)**



KAYENTA UNIFIED SCHOOL DISTRICT



MUSTANG RELAYS

COLT RELAYS

SCHEDULE OF EVENTS

3:00 (Mountain Daylight Time)

Coaches' Meeting

FIELD EVENT RELAYS

Schools can have unlimited entries; however, the top three (3) from each school will have their best mark tallied for their relay score.
Each athlete will get three (3) attempts (no finals)

4:00 p.m.

JH Girls—High Jump
JH Boys—Long Jump
HS Girls—Shot Put
HS Boys—Discus

5:00 p.m.

JH Boys—High Jump
JH Girls—Long Jump
HS Boys—Shot Put
HS Girls—Discus

6:00 p.m.

HS Girls—High Jump
HS Boys—Long Jump
JH Girls—Shot Put
JH Boys—Shot Put

7:00 p.m.

HS Boys—High Jump
HS Girls—Long Jump
JH Boys—Shot Put
JH Girls—Discus

4:00 p.m.

Jr. High—Distance Medley

4:15 p.m.

High School—Distance Medley
(1200-400-800-1600)

4:30 p.m.

Jr. High Girls—1600m Sprint Medley

4:37 p.m.

Jr. High Boys—1600m Sprint Medley

4:45 p.m.

High School Girls—1600m Sprint Medley

4:53 p.m.

High School Boys—1600m Sprint Medley
(200-200-400-800)

5:00 p.m.

Jr. High Girls—800m Sprint Medley

5:05 p.m.

Jr. High Boys—800m Sprint Medley

5:10 p.m.

High School Girls—800m Sprint Medley

5:15 p.m.

High School Boys—800m Sprint Medley
(100-100-200-400)

5:25 p.m.

Jr. High Girls—4 X 100m Shuttle Hurdles

5:30 p.m.

High School Girls—4 X 100m Shuttle Hurdles

5:35 p.m.

Jr. High Boys—4 X 110m Shuttle Hurdles

5:40 p.m.

High School Boys—4 X 110m Shuttle Hurdles

For the shuttle hurdles, the four runners shall run 10 flights of hurdles, usual heights, back and forth—with a 4 foot zone for the incoming runner (marked by cones). When the incoming runner passes that mark—the outgoing runner may start.

5:50 p.m.

Jr. High—4 X 800m Relay

6:05 p.m.

High School—4 X 800m Relay

6:20 p.m.

Jr. High Girls—4 X 100m Relay

6:25 p.m.

Jr. High Boys—4 X 100m Relay

6:30 p.m.

High School Girls—4 X 100m Relay

6:35 p.m.

High School Boys—4 X 100m Relay



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SCHEDULE OF EVENTS (continued)

6:40 p.m.	Jr. High Girls—4 X 200m Relay
6:45 p.m.	Jr. High Boys—4 X 200m Relay
6:50 p.m.	High School Girls—4 X 200m Relay
6:55 p.m.	High School Boys—4 X 200m Relay
7:00 p.m.	Jr. High—4 X 1600m Relay
7:25 p.m.	High School—4 X 1600m Relay
7:50 p.m.	Jr. High Girls—4 X 400m Relay
7:57 p.m.	Jr. High Boys—4 X 400m Relay
8:05 p.m.	High School Girls—4 X 400m Relay
8:12 p.m.	High School Boys—4 X 400m Relay
8:20 p.m.	Awards

NOTES:

- E-mail your team's **ROSTER** to gregory.wayne@kayenta.k12.az.us no later than 12:00 noon Tuesday April 5.
- In your packet, each team will have 4 sets of pull-tags (stickers) which must be given to the head judge at each event (running and field events alike).
- Each team may have an unlimited number of athletes in the field event relays, but only the top three (3) from each team will have their best marks tallied for teams scores.
- Each school may have two (2) relay teams entered (one scoring, one non-scoring) in each running event relay.
- For the 4 X 800m Relay, 4 X 1600m Relay, and Distance Medley—we will most likely run the boys and girls at the same time.
- SCORING: 15-12-9-6-3 (FIVE PLACES)
- AWARDS: Ribbons to the top five relay teams, plaques to the winning teams



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COACHES,

A few last minute items:

1. Field Events—you can have unlimited entries, but only your best three (3) will be part of the results, get ribbons, score points, etc.
2. Field Events—for the long jump, shot put, and discus relays—each team has its entire roster on individual score sheets. If an athlete isn't on there, just sign-in.
3. Field Events—long jump, shot put, and discus relays—each athlete will get three (3) attempts (no finals).
4. The high jump will be contested like it usually is his.
5. If a team doesn't have a third athlete, a "phantom athlete" will be assigned to the team and given a mark of "foul." NOTE: It isn't fair to the teams that have three athletes compete against one or two and they get to use an average or something to off-set a third athlete that may have a sub-par performance.
6. For the track relays, all four runners need to check-in at the bullpen so lanes can be assigned.
7. Last year, we thought we could combine heats—subsequently an additional team appeared on the track. That meant we had to set-up the heats again and chase some teams off the track. Let's not do that this year.
8. Yes—we do need to know the names of all four runners. They should have a first and last name.