

The Northern Arizona Shootout

@ Cromer Stadium
2801 N. Izabel Street, Flagstaff, AZ 86004



April 28, 2012



Thanks for your interest in the inaugural running of the Northern Arizona Shootout Invitational. This meet is under the authority of the Arizona Interscholastic Association and is an AIA State Qualifying meet. The National Federation of State High School Associations Track and Field Rules Book will be used. This meet will offer both a F/S and Varsity division. The F/S division will be Timed Finals, non-scoring, with individual event medals. The Varsity division will have prelims and finals, scoring, with individual event medals, Team Trophies, and Athlete of the Meet awards. Your Team entry fees will cover both divisions. The following information should help you plan for this year's event.

TIMES:

- Coaches Meeting – 8:30 am
- Shot/Disc & PV Weigh-Ins – 8:30 am
- Field Events Start – 9:00 am
- Track Events Start – 10:00 am
- Track Finals Start – 2:00pm

ENTRIES:

- Entry Fees - \$200 (\$100 for Boys, \$100 for Girls). Checks will be made out to “Flagstaff High School Track and Field”. *****Special Pricing For our inaugural running*****
- The Meet will be open to the first 10 teams.
- Entries will be done on www.athletic.net
 - Entries are due by 11:30 pm on Thursday, April 26, 2012
 - No ADDS permitted the day of the meet. Only Scratches and Substitutions.
 - 3 entries in each division in the running and field events.
 - 1 entry in each division in the relay events.
 - Please use the athlete's current season PR for entries.
 - Athletes may only compete in one division. They cannot compete in the F/S division in one event and Varsity in another.

FACILITIES:

- 8 Lane all-weather Hellas Sports Track™ 1000 (installed 2010)
- All-weather runways and take off areas for the LJ,TJ, PV, and HJ
- Certified NFHS concrete rings for the SP, and Discus
- Facility pictures are available at the following link:
 - http://www.hellasconstruction.com/projectlibrary_details.php?ProjectID=138&ProductLineID=1&State=AZ
- ¼ in maximum spike length will be enforced for all events.
 - Spikes will be available for purchase on the day of the meet.
- The main stands are covered. No EZups will be allowed in the main stands. Team camps and EZups will be allowed in the Warm-up area only.
- Trainer will be available on site.

- Coaches Hospitality room will be provided.

SCORING & AWARDS:

- Varsity will be scored on a 10-8-6-5-4-3-2-1 basis.
 - Boys and Girls Team trophies will be awarded to the Top 2 scoring teams.
 - Individual medals will be awarded for the top 3 finishers in each event final.
 - 1 Boys and Girls Athlete of the Meet package will be awarded.
- F/S will be Non-Scoring.
 - Timed Finals for all Track events
 - 4 jumps in the LJ, TJ. No finals.
 - Individual medals will be awarded for the top 3 finishers in each event.

TRACK EVENTS:

- Varsity prelim lane assignments in the 100, 200, 400, and Hurdle races will be assigned according to NFHS rule 5-6
- Number of heats will depend on the number of qualified entries per event.
- Qualifying for Finals (100-200-400-100/110HH-300IH):
 - The 8 fastest times in the prelims will qualify for the finals
 - If there is a malfunction of the electronic timing system in the qualifying heats, then all heats will advance to the finals by hand times.
- 800-1600-3200 meter runs:
 - Boys and girls will be run separately.
 - Box Alley starts will be used.
 - Multiple heats may be used depending on the number of runners. Fastest times will be placed in the second heat.
- 400-1600-3200 relays:
 - (4x100M & 4x400M) to be run in 2 heats if necessary. Fastest times in the second heat.
 - 4x400M will run a 3 turn stager.
 - 4x800M to be run in 1 heat. Box Alley start will be used.
- F/S races:
 - JV division will be run as a Timed Final.
 - Number of heats will depend on the number of qualified entries per event.
 - Heats will be ordered by entry times. Fastest entry times will be in the final heat.
 - 1600-3200 Meter Runs may be combined with Varsity depending on number of entries. F/S and V will be scored and placed according to the athletes division if combined.

FIELD EVENTS:

- Long Jump & Triple Jump:
 - Open Pit format will be used for both V and F/S divisions.
 - All legal jumps will be measured.
 - Varsity will hold prelims and finals. Top 8 advance to finals.
 - F/S will be given 4 jumps. No finals.
- Pole Vault & High Jump:
 - F/S and V will jump together and score according to their division.
 - Boy's Pole Vault will start at 8' with 6" raises to 13' and then 3" raises.
 - Girl's Pole Vault will start at 6' with 6" raises to 10' and then 3" raises.
 - Boy's High Jump will start at 5' with 2" raises to 6'2" and then 1" raises.

- Girl's High Jump will start at 4' with 2" raises to 5' and then 1" raises.
- The starting heights may be changed at the discretion of the Meet Director.
- Shot Put & Discus:
 - All throws will be measured.
 - Varsity will follow F/S.
 - Athletes will be placed in flights according to the entry marks. Athletes with the farthest entry marks will be placed in the final flight.
 - Multiple flights may be used depending on number of entries.
 - F/S will receive 4 attempts. No Finals.
 - Varsity will hold prelims and finals. Top 8 advance to finals.

APPEALS:

- All appeals must be processed through the Meet Referee.
- No appeals will be processed on judgment Calls of Meet Officials.

ADMISSION:

- Adults: \$3.00
- Students with ID: \$2.00
- Children under 12: FREE
- Athletes in uniform or with Coach: FREE
- AIA Passes and FHS Student Athletic pass w/ ID: FREE

If you have any further questions or comments please feel free to contact us:

Jeannine Brandel
 FHS Athletic Director
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jbrandel@fusd1.org

Kyle Harris (**Meet Director**)
 FHS Head Track & Field Coach
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coachharris@q.com

Walter Taite
 FHS Head Track & Field Coach
 (928) 380-0983
Luv2hurdle400ih@aol.com

The Northern Arizona Shootout - Entry Form *April 28, 2012*

Please complete and Email or Fax this form to:

Jeannine Brandel

Flagstaff High School 400 Elm Ave. Flagstaff, AZ 86001

Phone : (928) 773-8105 **Fax :** (928) 773-8146 **Email :** jbrandel@fusd1.org

School: _____

Address: _____

Athletic Director: _____

Phone: _____ Fax: _____

Men's Coach: _____

Phone: _____ Email: _____

Women's Coach: _____

Phone: _____ Email: _____

AD Signature : _____