



**Monument Valley High School
Office of the Athletic Director**

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Kayenta, AZ 86033

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Lat/Lon: 36.73°N 110.26°W Elevation: 5668 ft

21 miles south of the UT state line, 70 miles west of the NM state line

Home Meet Information Packet

COACHES AND ATHLETIC DIRECTORS:

You and your team are cordially invited to participate in any, or all, of our 2009-2010 home meets.

- **Mustang Classic** **Wednesday March 10, 2010** (please note date change)
- **Sunset Meet** **Wednesday March 31, 2010**
- **Last Chance Meet** **Wednesday April 28, 2010**

We made some changes in some procedures—thus, we are asking the coaches and athletic directors to be especially mindful for the following:

- **Online entry procedures and deadlines** (note—we only are asking rosters to be submitted online)
- **Entry fee process**
- **Uniform and equipment rules—especially electronics in any restricted area.**
- **3:30 p.m. Quick Coaches' Meeting** (NOTE: The Navajo Nation does recognize Daylight Saving Time)
- **4:00 p.m. Both Field Events and Track Events get started**

If you have any further questions, comments, or concerns – please don't hesitate to contact us.

Jacob Holiday

Jacob Holiday
MVHS Athletic Director
928-697-2172 (Athletics Office)
jbholiday@kayenta.k12.az.us

Ollie Whaley

Ollie Whaley
MVHS Head Coach—Track & Field
928-697-2187 (Weight Room)
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Greg Wayne

Greg Wayne
Meet Director
928-697-2181 (Alt. School)
gwayne@kayenta.k12.az.us

SANCTION (AIA Bylaws 11.4.3):

The meet(s) has been sanctioned by, and is under the authority of, the Arizona Interscholastic Association, Inc. The meet(s) has been sanctioned by Utah, New Mexico, and Colorado.

RULES (AIA bylaws 29.1.1)

Official rules for the meet shall be those published in the current edition of the NFHS rules book, case book, and officials' manual.

NOTE: Coaches are responsible for the knowledge of all NFHS rules. We strongly encourage that coaches go through a rules clinic, either with their state association or online at www.nfhs.org

STATE MEET QUALIFICATION:

ARIZONA—the meet is a state qualifier for all conferences.

NEW MEXICO—(NMAA bylaws 7.21.3-3)—the meet is a state qualification meet.

UTAH—(UHSAA bylaws)—We have been granted special exemption by the UHSAA to be a state qualification meet.

COLORADO—(CHSAA bylaws)—this meet is **not** a state qualification meet.

SCORING (NFHS Rule 2-1-2):

We will score the meet under two methods.

First—the meet will be scored as duals (where each duals each other) and those results will be mailed to each school with their entry fee invoice.

Second—the meet will be scored compositely to eight places (10-8-6-5-4-3-2-1) and that is what will be reflected in the results distributed during and immediately after the meet, in the various media outlets, and at www.directathletics.com

ONLINE ENTRIES (NFHS rule 3-2-2)—PRIOR TO THE MEET:



CONTACT INFORMATION:

DirectAthletics, Inc.
P.O. Box 1151
Boston, MA 02134

Sales, Pricing & General Information: info@directathletics.com
Customer Service: support@directathletics.com

Phone: (617) 879-1797

Fax: (617) 879-1788

- This year, we are only asking teams to submit their rosters online (no event declarations will be made).
- **Deadline is Monday, 10:00 p.m.—we simply need your rosters.**
- All teams should have accounts. If not, contact Direct-Athletics two (2) weeks prior to the meet to get a USERNAME and a PASSWORD.
- Once the coach logs on, the meet should be on the school's "INVITE" list. If not, contact GREG WAYNE as soon as possible (home phone is 928-697-8572, work phone is 928-697-2181).
- **Do not wait until the last minute.**
- On a sidebar note, if we have to cancel the meet due to weather—only the teams that have submitted entries online will be notified of the cancellation.
- **First—make sure your roster is up-to-date**
- **Second—when registering for the meet—check-off the athletes that have the slightest possible chance of making the trip. They aren't officially "entered" until they compete in an event. So, even if they are ineligible, hurt, or may not make the trip—enter them anyway. We don't have enough time to generate additional pull-tags for the athletes.**
- **Third—click on the SUBMIT button at the bottom of the page**
- **Fourth—e-mail yourself a copy of your entries.**

ENTRIES (NFHS rule 3-2-2)—the day of the meet:

(NFHS rule 4-2-1) A competitor shall **not compete** in more than four (4) events, including relays.

(NFHS rule 4-2-4) Each school is permitted to enter as many contestants as conditions warrant; however, only three (3) contestants from any particular school may score in an event.

(NFHS rule 4-2-4d) Each school is permitted to enter one (1) team per relay event.

NOTE: Out-of-state schools may not violate any of their own state's rules (NFHS Charter).

(AIA 11.2.4.4) Out-of-state schools shall meet their own local and state eligibility rules.

NEW MEXICO SCHOOLS: (NMAA 7.21.1D) No more than three (3) events may be 400 meters or longer which includes participation on relays.

PROCEDURES

Each team's packet will contain four (4) sets of pull-tags (stickers) for each athlete submitted online.

For field events—athletes will be placed randomly on the score sheet. When reporting, the athlete must give the head field judge their pull-tag (sticker).

For individual track events—athletes need to report to the bullpen no later than report call. In order to have the best athletes compete head-to-head, we want each school to have their #1 athlete compete in the first group of heats. We want the #2 athletes to compete with the second group, and so forth. Athletes will get their heat and lane assignments in the bullpen, as well as their hip numbers. The finish line recorder will collect the pull-tags at the end of each race.

For relays—all four athletes from each team need to report to the bullpen no later than report call. Relay teams will be drawn-in randomly by the clerk of the course.

NOTE: we may combine the relays (run the boys and girls together) and the 3200m run if the number of entries warrant.

For all track events—athletes and relay teams will be released to the infield one event prior.

RATIONALE

The purpose of submitting entries prior to the meet is to seed the athletes based on season-best or personal-best marks.

Since this meet is so early in the season—for many schools their first meet of the year—many of the marks submitted are simply guesses. Furthermore, after the scratch/add process is completed—we have a lot of unbalanced heats and some heats really messed up.

Therefore, meet management opted to simply line-up the athletes and compete. Athletes will then get some marks to be used at meets later in the season (and may possibly qualify for state in the process).

By following the prescribed process—we will have a minimal amount of heats (saving time), have fairly decent grouping of athletes, have all athletes accounted for, and correct results immediately following the meet (we won't have to go back to check to make sure we have made each and every change that occurred).

FACILITY

8-lane polyurethane track—1/4 inch spikes required.

AWARDS (NFHS rule 3-2-2):

Individual Events:	Medals 1-8
Relay Events:	Ribbons 1-8
Team Awards:	Plaques to winning teams (boys and girls)

ADMISSION:

\$5.00 per person

FREE ADMISSION

- Children five or under
- Teams (in uniform) entering with their District's School Board Approved Coach(es)
- All tournament workers
- Media with proper credentials
- AIA Pass Holders
- *Photo ID required for AIA Pass Holder and all AIA Complimentary Passes*

ENTRY FEES (NFHS rule 3-2-2):

Each school will be billed after the meet. The balance due will reflect the number of entries that actually competed in the meet as defined by NFHS rules 4-1-2. Scratches, both individual and relay events, will **not** be counted as competitive entries.

\$3 for each individual entry

\$10 for each relay team entry

There will be a \$300 cap per school (both boys and girls) or \$150 per single-gender teams.

PLEASE DO NOT PREPAY YOUR ENTRY FEE

NOTE: to avoid any USFR issues with your business office, schools may generate a purchase order for the cap amount prior to the meet and be billed for the actual entry fee amount following the meet.

NOTE: entry fees and gate admission receipts are used to offset meet expenses (awards, personnel costs, supply items, online entries, postage, and various capital items).

Last year, a few schools paid the entry fee cap prior to the meet by mailing their entry fee check to our business office. Subsequently, after the meet those teams were invoiced for their revised entry fee. Needless to say, that caused a lot of confusion and it was well into June before some of those accounts got resolved.

RESPONSIBILITY FOR LOST AND STOLEN ARTICLES (AIA bylaws 14.14)

Neither the host school, nor the AIA, shall be responsible for lost or stolen articles.

NOTE: Do not leave your valuables unattended. All vehicles **must** be locked. KUSD security will occasionally conduct walkthroughs of the parking lot – any vehicles with their lights on, doors unlocked, etc. will have their owners report to the front gate to be notified of an issue with a vehicle.

DRESSING ROOMS

Locker rooms will be available in the SAC gym 2 hours prior to the start of the meet and secured shortly after the coaches meeting. No belongings shall be left in the locker rooms. Each team should secure all personal articles.

ELECTRONIC & WIRELESS COMMUNICATION DEVICES (NFHS 3-2-8 & 4-5-8e)

Cell phones and music devices, etc. are prohibited in all competition areas and the infield.

Athletes may be filmed from unrestricted areas; however, athletes may not review the film until after the meet.

RESULTS (NFHS rule 3-13)

Results shall be posted on the white colored storage bins at the far North-West corner of the stadium.

Complete composite results will be ready approximately 10 minutes after the completion of the last event. They will also be posted at www.directathletics.com and www.arizonatrack.com. Results will also be sent to all the usual media outlets in the geographic area. Dual meet results will be mailed to each school with their entry fee invoices.

TIMING (NFHS rule 3-8-7, 8, & 9)

Lynx and video timing shall be used (both are FAT). The head timer shall time first place (and use a printable stopwatch for the distance races). As a back-up hand timers shall be used. To be sure, the hand timers will not determine placement or official times (that is the responsibility of the head finish judge and the FAT crews). The hand timers shall ensure that all athletes are accounted for and that every athlete has a time.

INFIELD (NFHS rule 3-2-4g)

No camps on the infield. The infield shall be limited to athletes warming up for their events. Tents may be set-up in the top rows of the bleachers. **Please note—only water is allowed on the infield and track. All other items must be consumed in the stands.**

If the infield is covered with a tarp, then it is most definitely off-limits and out-of-bounds.

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

NOTE: For the long jump, triple jump, high jump, and pole vault – those events contested on the interior of the track – each team will be allowed to have one (1) coach in the coaching box. The stipulations are the same as those at the state meet (pole vault)

- (NFHS 3-2-2) Coaches must possess and display appropriate credentials (in each team's packet)
- (NFHS 3-2-2) Coaches must sign-in with the recorder
- (NFHS 3-2-2) Coaches must remain in the designated coaches' box
- (NFHS 3-2-2) Coaches must limit their conversation to coaching that event
- (NFHS 3-2-2) Coaches may only be in the coaches' box while their conference is participating
- (NFHS 4-5-8e) Electronics, including filming and cell phones, will **not** be permitted in the coaches' box. All filming must be done from unrestricted areas.
- (NFHS 3-5-3a) Coaches may address the event judge when convenient to do so—however, the conversation shall be limited to the application of rules (no judgment calls).
- (AIA bylaws 16.3) The AIA Sportsmanship Rule shall be in effect

COACHES MEETING—3:30 pm Wednesday

Normally, the coaches' meetings are held at the bullpen (blue tent located outside the track by the start of the 100m dash).

At the coaches meeting, team packets will be distributed. In your packets you should find:

- (1) Trash bag (please patrol your team's area prior to your departure)
- (2) Meet information
- (3) State meet qualification information for each state.
- (4) Four sets of pre-printed pull-tags for each athlete entered
- (5) A tentative time schedule based on the meet entries.
- (6) Other appropriate last-minute items

We want to keep the coaches meetings brief; at the same time, we want to make sure the coaches know how the meet is being conducted. The agenda for the coaches meeting:

- (1) Check-in process for the field events
- (2) Check-in process for the individual track events
- (3) Check-in process for the relay events
- (4) Awards pick-up & results
- (5) State qualification
- (6) Appeals & Protest
- (7) Entry fee invoices

WIND READINGS (NFHS rule 3-17)

Wind readings shall be recorded for the 100, 200, High Hurdles, Long Jump and Triple Jump.

PROTESTS & APPEALS (NFHS rule 3-5-2)

An **appeal** is when a disqualification occurs, and the coach wishes to appeal the disqualification based on a misapplication of a rule (not a judgment call).

A **protest** is when a “no call” violation has occurred, and the coach wishes to bring it to the attention of the referee.

If a coach wishes to file an appeal, forms shall be available in the press box and the referee shall review the appeal and act accordingly.

NFHS rules are silent pertaining to protests; however, forms shall be available in the press box and the referee will review the situation and act accordingly.

NOTE: We work tirelessly on training our officials. However, many of them don't have an extensive track & field background. Hence, they will misapply a rule from time to time. Please bring to the attention of the meet management of any problems you may observe so that it can be addressed and corrected.

MEET SUSPENSIONS (NFHS rule 3-2-5)

The meet may be suspended in accordance with NFHS rules due to weather hazards, power failures, etc. If it appears we will have very poor weather we will contact each school the day before the meet if at all possible. We won't postpone to a later date due to other meets being scheduled. If we call the meet the day of the meet, we will notify all schools by 8:00 a.m.

MEDICAL CARE (AIA bylaws 14.15)

A trainer, or first-responder, is scheduled to be on duty throughout the meet. If needed, there is a PHS/IHS emergency room and clinic less than a mile from campus with ambulance services. Please have complete permission-to-treat forms on hand.

RESTAURANTS

Amigo Café	928-697-8448	McDonalds	928-697-8169	Burger King	928-697-3534
Pizza Edge	928-697-8427	Subway	928-697-8400	Sonic	928-697-8140
K-Town Pizza	928-697-3900	Blue Coffee Pot	928-697-3396	Holiday Inn	928-697-3221
Hampton Inn	928-697-3170	Anasazi Inn	928-697-3793	Bashas	928-697-8176

SPIKES (NFHS rule 3-2)

The track was resurfaced in October, 2008 with *Beynon 300*—the same surface as Hayward Field (Eugene, Oregon).

¼ implements, or less, required.

Only water is allowed on the track and the infield. All food and drinks (other than water) must be consumed outside the track's perimeter.

BLOCKS (NFHS rule 3-2)

Blocks will be provided, but teams may opt to use their provided they are good for all-weather tracks.

THROWING IMPLEMENTS (NFHS rule 3-2)

- Implements will be weighed-in at the gold/tan truck out at the throwing venues starting at 9:30 a.m.
- Implements not meeting legal requirements shall be impounded. Teams must pick these up after the meet.
- Athletes are encouraged to use two legal implements for warm-ups.

HOSPITALITY ROOM

There will be no hospitality room. State financial laws do not permit hospitality rooms to be funded through normal M & O funding or gate receipts. Please plan accordingly. We apologize for any inconvenience.

CONCESSIONS

The concessions stand is scheduled through the MVHS Student Council and should be open throughout the meet.

VEHICLE SECURITY

- If the bus driver is not attending the bus, it must be locked with all doors and windows secured.
- All personal vehicles should be secured (windows rolled up, all doors and trunks locked).
- **Do not leave any valuables unattended**
- Monument Valley High School nor the AIA shall assume any liability for loss of property

CALLS (TRACK EVENTS)

- First Call – athletes should be aware that they will need to report to the bullpen shortly
- Second Call – athletes should be aware that the event will be starting shortly
- Third Call – athletes should be making their way to the bullpen
- Report Call – athletes must be at the bullpen to receive instructions and obtain hip numbers
- On the Infield – athletes may go onto the infield and report to the staging clerk (starting line)
- On the Track – this is the event that is actual competing

NOTE: Boys and Girls will be called separately except for the relays and 3200m runs.

MUSTANG CLASSIC MEET RECORDS

GIRLS RECORD

4-10 (2009) Shae Guerrero, Grand (UT)
8-06 (2009) Taylor Duncan, Kirtland
16-01.50 (2009) Marie Lupe, Alchesay
33-05.00 (2009) Maria Lupe, Alchesay
130-09 (2007) Deezbaa Whaley, MV
38-07 (2007) Deezbaa Whaley, MV
10:37.46 (2007) Chinle
16.91 (2008) Courtney Norberto, Chinle
12.60 (2007) Talia Jones, MV
5:40.33 (2009) Macee Nielson, Monticello
53.82 (2009) Kirtland Central
62.91 (2007) Talia Jones, MV
50.82 (2008) Courtney Norberto, Chinle
2:29.51 (2004) Shannon Yellowhair, Chinle
26.57 (2005) Talia Jones, MV
11:36.79 (2009) Rolonda Jumbo, Chinle
4:37.58 (2005) Shiprock
8:20.42 (2004) Brianna Little, TC
2:06.83 (2004) Ganado
4:51.00 (2004) Shiprock
1:44.56 (2004) Monument Valley

EVENT

High Jump
Pole Vault
Long Jump
Triple Jump
Discus
Shot Put
4 X 800m Relay
High Hurdles
100m Dash
1600m Run
4 X 100 Relay
400m Dash
300m Hurdles
800m Run
200m Dash
3200m Run
4 X 400m Relay
2000m Steeplechase
800m Sprint Medley
1600m Sprint Medley
4 X 200m Relay

BOYS RECORD

6-02 (2004) Michael Ball, MV
10-06 (2009) Brady Fourr, Kirtland
20-11.75 (2005) Ryan Eck, Grand Canyon
44-10 (2005) Michael Ball, MV
137-05 (2005) Oliver Whaley, MV
43-08 (2005) Ryan Brown, TC
8:47.13 (2008) Tuba City
15.41 (2004) Aaron Tachine, Chinle
11.18 (2005) Justin Kremer, Grand Can.
4:45.81 (2009) Ryan Yazzie, TC
45.95 (2009) Kirtland Central
54.68 (2004) Zane Jenkins, TC
39.64 (2004) Aaron Tachine, Chinle
2:09.07 (2004) Eric Bahe, Chinle
22.92 (2005) Justin Kremer, Grand Can.
10:23.03 (2008) Lance Williams, TC
3:40.22 (2005) Monument Valley
6:40.83 (2005) Rick Worker, TC
1:46.38 (2004) Tuba City
4:07.25 (2004) Tuba City
1:35.59 (2004) Monument Valley

NOTE:

We don't maintain meet records for the Sunset meet. We started this meet to fill in a gap when Window Rock folded their meet due to facilities issues. When that meet resumes, the plan is to give back that date to Window Rock.

LAST CHANCE MEET RECORDS

6:55.00	Harold Smiley, TC--2004	2000m Steeplechase	8:22.04	Brianna Little, TC--2004
43.34	Ashton Curley, MV—2007	300m Hurdles	53.90	Cynthia Wilson, MV--2007
23.12	Byron Davis, MV—2007	200m Dash	26.36	Talia Jones, MV--2006
9:08.37	Ganado—2007	4 X 800m Relay	10:55.64	Ganado—2007
16.76	Ashton Curley, MV--2007	High Hurdles	18.42	Sabrina Seaton, MV--2008
11.41	Byron Davis, MV--2007	100m Dash	13.24	Talia Jones, MV-2006
4:40.00	Chris Holve, TC—2007	1600m Run	5:46.88	Brianna Little, TC--2006
44.38	Kirtland Central-2009	4 X 100m Relay	54.21	Monument Valley—2007
51.68	Byron Davis, MV—2007	400m Dash	63.04	Courtney Norberto, Chinle--2008
4:10.21	Laguna-Acoma—2009	1600m Sprint Medley	4:45.03	Laguna-Acoma—2009
2:02.61	Dominik Fitzpatrick, Red Mesa--2007	800m Run	2:25.66	Talia Jones, MV--2007
1:37.71	Kirtland Central—2009	4 X 200m Relay	2:08.17	Laguna-Acoma—2009
10:27.15	George Concho, Laguna-Acoma--2007	3200m Run	12:13.45	Charmayne Sandoval, MV--2006
1:52.28	Red Mesa	800m Sprint Medley	None	None
3:31.91	Kirtland Central—2009	4 X 400m Relay	4:32.41	Chinle--2008
47-03	Oliver Whaley, MV—2004	Shot Put	38-7.5	Deezbaa Whaley, MV--2006
149-04	Oliver Whaley, MV--2004	Discus	133-09	Deezbaa Whaley, MV--2007
20-10	Michael Ball, MV--2005	Long Jump	16-05.25	Latasha Ball, MV-2007
41-09	Michael Ball, MV--2005	Triple Jump	32-08	Latasha Ball, MV-2007
11-00	Blaine Sarracino, Laguna-Acoma—2007	Pole Vault	8-00	Keri Blackrock, MV—2007
6-02	Michael Ball, MV—2005	High Jump	5-02	Andrea Dailey, Pinon—2008

CONDUCT OF FIELD EVENTS (NFHS rule 3-2-2)

There shall only be one set of calls (report call) for the field events. Athletes need to check-in as soon as possible once the report call is made. Athletes must check-out of the field events when competing in other events, per NFHS rule 6-2-10 and 7-2-7. For the pole vault and high jump, the judge will wait a maximum of five (5) minutes for an excused athlete; then, raise the bar to the next consecutive height. The athlete that was excused to compete in another event shall be credited with a PASS.

POLE VAULT

- 3:30 Weigh-ins and implement inspections
- Opening ht. 5-00
- Progression: 5-00, 6-00, 7-00, 7-06, 8-00, 8-06, 9-00, then 3 inches
- NOTE: Boys and Girls shall compete concurrently but scored separately
- MARKS: Standard markings are painted on the runway including tick marks every foot (from the box).
- MARKS: All other marks must be on the side of the runway.
- SAFETY: Pit far exceeds NFHS specs (21'6" W x 24' L x 32" H)
- SAFETY: Angulax front units are fitted—thus, no box collar is required
- SAFETY: Once the bar is at 12-00, old pits will be placed alongside the PV pit to cover the tarmac
- SAFETY: Athletes not landing in the preferred-landing-zone (white box) will be cautioned.
- SAFETY: Poles must adhere to current NFHS rules
- SAFETY: Poles failing inspection will be impounded

HIGH JUMP

- 5:30 Girls (after the conclusion of the Girls & Boys Triple Jump)
- 7:00 Boys (after the conclusion of the Boys Long Jump)
- OH & pr: Girls: 3-08, 4-00, 4-04, 4-06, 4-08, then 1 inch
- OH & pr: Boys: 4-08, 5-00, 5-04, 5-06, 5-08, then 1 inch

SHOT PUT AND DISCUS

- VENUE: Ollie Whaley will decide, pending on wind direction, to use the North or the South rings.
- 3:30 pm Weigh-ins—all implements—gold/tan truck located at the selected throwing venues.
- 4:00 pm Boys Discus and Girls Shot Put
- 5:30 p.m. Girls Discus and Boys Shot Put (or when ready to compete)
- FLIGHTS: Set-up by the event judge
- PRELIMS: Each athlete get three (3) trials
- FINALS: Top ten (10) plus ties advance to the finals (conducted right after the prelims)
- FINALS: Athletes in the finals gets three (3) additional trials, the best mark of the day determines placement.
- SAFETY: Anyone in the sectors must face and look at the throwing circles
- SAFETY: No unauthorized personnel inside the restricted area (flagging)
- SAFETY: All implements must be contained (stored) when not in use – and, only used in restricted areas.

LONG JUMP AND TRIPLE JUMP

- OPEN PIT: One hour open pit for all events, each athlete gets four (4) trials.
- TRIPLE JUMP 4pm (Boys and Girls conducted concurrently, scored separately)
- BOYS LJ: 5:30
- GIRLS LJ: 7:00
- BOARDS: Athletes need to place the cones at their predetermined board prior to jumping.
- BOARDS: In lieu of boards, 8-inch white painted lines are used (5', 20', 25', 30', and 35')
- MARKS: Starting at 40', from the edge of the pit, 1 foot tick marks are shown at the edge of the runway.
- MARKS: All other marks must be on the side of the runway.

CONDUCT OF RELAY EVENTS (NFHS 5-9)

For all relay events, the four (4) athletes competing in the relay for that school must check-in at the clerk of the course located at the bullpen—then, report to the staging clerk at the start & finish line area.

All four runners must line-up in running order and present their pull-tag to the staging clerk (who will then place them in order on that team's relay card).

NOTE: If numbers permit, boys and girls teams may run concurrently (but scored separately) per NFHS rule 1-2-3.

4 X 100m RELAY

START: 2-turn stager (white line)
LEG 1: 100m (in lane the whole way)
FIRST EXCHANGE (300m start)
Yellow triangles
may use acceleration zone

LEG 2: 100m (in lane the whole way)

SECOND EXCHANGE (200m start)
Yellow triangles
may use acceleration zone

LEG 3: 100m (in lane the whole way)

THIRD EXCHANGE (100m start)
Yellow triangles
may use acceleration zone

LEG 4: 100m (in lane the whole way)
FINISH—In lanes

4 X 200m RELAY

START: 4-turn stager (black line)
LEG 1: 200m (in lane the whole way)
FIRST EXCHANGE (200m start)
Black triangles
may use acceleration zone

LEG 2: 200m (in lane the whole way)

SECOND EXCHANGE (finish line)
Black triangles
may use acceleration zone

LEG 3: 200m (in lane the whole way)

THIRD EXCHANGE (200m start)
Yellow triangles
may use acceleration zone

LEG 4: 200m (in lane the whole way)
FINISH—In lanes

4 X 400m RELAY

START: 3-turn stager (blue line)
LEG 1: 400m (in lane the whole way)
FIRST EXCHANGE (finish line)
Blue Triangles
no acceleration zone

LEG 2: 400m (in lane the first curve
cuts in at green break line)

SECOND EXCHANGE (finish line)
Yellow Triangles
no acceleration zone

LEG 3: 400m

THIRD EXCHANGE (finish line)
Yellow Triangles
no acceleration zone

LEG 4: 400m
FINISH—Wildcard

4 X 800m RELAY

START: Double-Waterfall
LEG 1: 800m
FIRST EXCHANGE (finish line)
Yellow triangles
No acceleration zone

LEG 2: 800m
SECOND EXCHANGE (finish line)
Yellow triangles
No acceleration zone

LEG 3: 800m

THIRD EXCHANGE (finish line)
Yellow triangles
No acceleration zone

LEG 4: 800m

FINISH—Wildcard

800m SPRINT MEDLEY RELAY

START: 2-turn stager (white line)
LEG 1: 100m (in lane the whole way)
FIRST EXCHANGE (300m start)
Yellow triangles
may use acceleration zone

LEG 2: 100m (in lane the whole way)
SECOND EXCHANGE (200m start)
Yellow triangles
may use acceleration zone

LEG 3: 200m (in lane the whole way)

THIRD EXCHANGE (finish line)
Yellow triangles
may use acceleration zone

LEG 4: 400m
Runner gets baton in his/her lane
Then cuts in right away

FINISH—Wildcard

1600m SPRINT MEDLEY RELAY

START: 2-turn stager (white line)
LEG 1: 200m (in lane the whole way)
FIRST EXCHANGE (200m start)
Yellow Triangles
may use acceleration zone

LEG 2: 200m (in lane the whole way)
SECOND EXCHANGE (finish line)
Yellow Triangles
may use acceleration zone

LEG 3: 400m
Runner gets baton in lane
Then cuts in right away

THIRD EXCHANGE (finish line)
Yellow Triangles
no acceleration zone
Wildcard exchange

LEG 4: 800m

FINISH—Wildcard

CONDUCT OF INDIVIDUAL TRACK EVENTS (3-2-2)

- All events shall be conducted as timed finals.
- Sections (heats) shall be set-up based on the number of entries.
- Athletes need to report to the bullpen no later than REPORT CALL.
- Athletes will need to go to the infield when called to do so, and report to the STAGING CLERK.
- Athletes will need to have pull-tags (pre-printed stickers with their name, school, and competitor number).
- Athletes will need hip numbers on both hips.
- The no-false start rule is in effect.
- NFHS rules such as interference, impeding other runners, and hurdle infractions shall be enforced.
- The starter shall use commands as stated in the current edition of the NFHS rules book.

DISTANCE EVENTS (800, 1600, 3200, and Steeplechase)

- All distance events shall use a double-waterfall start. Athletes in the outside alley will cut in at the green break line.
- Prior to the start, all athletes should be one (1) step back from the waterfall line.
- The starter's commands shall be (1) to your marks and (2) firing of the gun.
- Heats will be set-up based on the number of initial entries, with the fastest seeded runners in the last heat.
- If possible, the girls and boys may run concurrently (but scored separately).
- As the runners finish, they need to report to the finish line recorder so that their pull-tags can be collected.
- The 800m run shall be 2 laps.
- The 1600m run shall be 4 laps.
- The 3200m run shall be 8 laps.
- The 2000m steeplechase is 4 $\frac{3}{4}$ laps (start near the 300m hurdles start line)
- The barrier height will be placed as low as it can go (30 inches)
- The 2000m steeplechase will have 1 water jump and 4 barriers per lap (except the first lap which will be 2)
- The girls will not have a barrier at the water jump.
- The boys will have a barrier at the water jump
- The head timer shall call-out splits at the finish line.
- The recall starter shall signal one lap remaining for the leader(s) by sounding the "gun lap."
- We will use a running clock on the scoreboard if at all possible (last year we had a power supply issue to the scoreboard and it was repaired in time for the region meets).

SPRINTS AND HURDLES (100, 200, 400, 300 Hurdles, and High Hurdles)

- All races shall start (white line) and finish in their lanes.
- The commands shall be (1) to your marks, (2) set, and (3) firing of the gun.
- Heats will be set-up depending on the number of initial entries, the last heat being the "fast" heat.
- When finished, the athletes need to come back toward the finish line in their lane.
- The hand timers will show the athletes their UNOFFICIAL times.
- The athletes will need to give their pull-tags to the finish line recorder to ensure accuracy of results.
- The Girls 100m Hurdles shall have ten (10) flights of 33-inch hurdles (yellow marks)
- The Boys 110m Hurdles shall have ten (10) flights of 39-inch hurdles (blue marks)
- The Girls 300m Hurdles shall have eight (8) flights of 30-inch hurdles (white marks)
- The Boys 300m Hurdles shall have eight (8) flights of 36-inch hurdles (white marks)
- Runners not using blocks are cautioned to be extra-diligent to remain motionless after the SET command.
- For block holders, teammates are recommended.

UNIFORM RULES SUMMARY (NFHS rule 4-3)

NO JEWELRY

INTRODUCTION: Athletes are prohibited from competing while wearing any jewelry. (Rule 4-3-7, NFHS 2010 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—MUST be of a single color.
- j. Tattoo – unless objectionable. The tattoo must be covered if found objectionable.
- k. Regulation headband – must be unadorned and of a single color.
- l. Regulation “sweat band” for the head or wrists when needed – must be unadorned and of a single color.
- 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. No metallic hair ties (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.
- k. No beads or decorations in the hair.

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. The general rule for girls closed leg brief is that the hem line on the leg must run parallel to the waistband.
- c. Body suits (either one or two piece) may be worn in lieu of the traditional jersey and shorts. Bicycle type shorts are also permissible.
- 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, if they do they 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—uniforms are to be 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

INTRODUCTION: Track-and-Field athletes must wear a bona-fide shoe.

- a. The only rule pertaining to socks is that no more than one logo on one individual sock.
- b. Athletes are required to wear a bona-fide shoe.
- c. While competing--hats may not be worn. 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.

MONUMENT VALLEY HIGH SCHOOL—TRACK & FIELD RECORDS

Believe it or not, we do get inquiries from other coaches about our school records.

EVENT	RECORD	YEAR	ATHLETE
Shot Put	38-08.5	2007	Deezbaa Whaley
	56-10.5	2000	Jeff Miller
Discus	139-4	2007	Deezbaa Whaley
	164-5	2004	Oliver Whaley
High Jump	5-00	1985	Charlotte Salt
	6-05	1993	Jesse Whitla
Pole Vault	8-06	2007	Keri Blackrock
	12-00	1973	Mike Sandlin
Long Jump	17-03	2007	Latasha Ball
	22-00	2004	Michael Ball
Triple Jump	33-04	1986	Merrilee Tom
	43-05	2004	Michael Ball
100m Dash	12.56	2007	Talia Jones
	11.1	2008	Byron Davis
200m Dash	26.02	2007	Talia Jones
	22.7	1964	Tim McGee
400m Dash	57.83	2007	Talia Jones
	50.8	2000	Merle Clitso
800m Run	2:19.4	2007	Talia Jones
	1:55.9	1989	John Tenekhongva
1600m Run	5:09.6	1991	Danielle Bornfield
	4:19.6	1989	John Tenekhongva
3200m Run	11:16.6	2001	Rebecca Wiseman
	9:28.1	1974	Harold Stanley
High Hurdles	16.5	1998	Shaylin Arthur
	15.7	1996	Bob McAdoo
300m Hurdles	48.8	1998	Shaylin Arthur
	42.01	2007	Ashton Curley
4 X 100m Relay	45.62	2003	Doug Yazzie, Gavin Cly, Michael Ball, Travis Curley
	53.14	2006	Brittney Davis, Ingrique Salt Latasha Ball, Talia Jones
4 X 400m Relay	4:19.2	1993	Danielle Bornfield, Pam White Griselda Gray, Michelle Stanley
	3:36.5	1985	N. Nephew, A. Tutt G. Tallis, P. Kinlacheeny
4 X 800m Relay	10:15.9	1986	State Meet Team
	8:49.3	2007	C. Cowboy, L. Cowboy I. Parrish, D. Yellowhair

ORDER OF TRACK EVENTS (NFHS rule 1-2-1)

Included in the order-of-events are the Arizona state meet events, the 2000m Steeplechase, and additional relays conducted in the state meets of New Mexico, Utah, and Colorado.

NOTE: Under NFHS rule 8-2-1c, the steeplechase is permitted as a specialty event. To decrease liability we run 2,000m (USATF age group rules), lowered the barriers all the way down (28 inches), and don't run with a barrier at the water jump for the girls.

NOTE: Girls will compete first—we will try to get ahead of schedule if at all possible.

4:00 p.m.	2000m Steeplechase
4:30 p.m.	300m Hurdles
4:50 p.m.	200m Dash
5:20 p.m.	4 X 800m Relay
5:50 p.m.	High Hurdles
6:00 p.m.	100m Dash
6:30 p.m.	1600m Run
6:45 p.m.	4 X 100m Relay
7:00 p.m.	400m Dash
7:20 p.m.	1600m Sprint Medley
7:30 p.m.	800m Run
7:45 p.m.	4 X 200m Relay
7:55 p.m.	3200m Run
8:20 p.m.	800m Sprint Medley
8:30 p.m.	4 X 400m Relay

The order of events has been altered from the NFHS recommended order of events as outlined in the current rules book to fit in the additional events.

- (NFHS rule 8-2-1c) The 2000m Steeplechase was put as the first event, similar to an NCAA schedule of events.
- (NFHS rule 1-2-1) The 4 X 200m Relay (not normally run in Arizona) was put where the 200m Dash is normally ran, and the 200m Dash was moved to the front of the meet.
- (NFHS rule 9-2-1b) The 1600m Sprint Medley Relay (not normally run in Arizona) was put where the 300m Hurdles are normally ran, and the 300m Hurdles was moved to the front of the meet. (In Utah and New Mexico, this event is usually conducted either before or after the 800m run—this appeared to be a logical slot to put this event in).
- (NFHS rule 9-2-1b) In Arizona, the 1A Girls contest the 800m Sprint Medley Relay in lieu of the 4 X 400m Relay—conducted immediately following the 3200m run at the state meet.

ORDER OF FIELD EVENTS (NFHS rule 1-3)

NOTE: The javelin is not normally contested in Arizona. MVHS does not have a suitable runway or impact area. Thus, the javelin will not be contested.

SESSION ONE – 4:00

Boys and Girls Pole Vault
Boys Discus
Girls Shot Put
Boys and Girls Triple Jump

SESSION TWO—5:30

Girls High Jump
Boys Long Jump
Girls Discus
Boys Shot Put

SESSION THREE—7:00

Boys High Jump
Girls Long Jump

NOTE: Meet management will make every effort to conclude by 8:00 p.m., 9:00 p.m. at the latest.