



## Monument Valley High School Office of the Athletic Director

PO Box 337

Kayenta, AZ 86033

TEL: 928-697-2172 FAX: 928-697-2170

36.73°N 110.26°W (Elev. 5668 ft)

**NOTE: Revisions as of March 10, 2012—(1) No pole vault. When we pulled out the pit from storage, we found a family of mice and they ruined the top cover subsequently making the pit illegal. (2) Since some schools want to use the steeplechase as a qualifier for the GSW meet, we will leave the barrier up for the girls at the water jump.**

**NOTE: Revisions as of April 4, 2012—we had 19 teams compete at the Sunset Meet in March—which was exciting. However, with our meets growing to that size, we need to make some changes in order to ensure a smooth running and timely meet.**

- 1. TEAMS SHOULD ARRIVE AT 2:00 PM—PLEASE BE ON TIME—All teams need to arrive on time. At the Sunset meet, we delayed the start of the meet by 20 minutes since four teams arrived late (we had 19 total). We started the last race at 9:44 and want to end much earlier for this meet.**
- 2. Please note the time schedule revisions—there aren't many, but a few.**
- 3. The TRIPLE JUMP will start at 2:30 and conclude at 3:15 pm (boys and girls—each athlete gets 4 attempts).**
- 4. All online entries are due by 8:00 p.m. MDT on Tuesday night. If you are running late, call Greg Wayne (928-429-1680).**
- 5. No ADDS the day of the meet. We recommend that you enter each athlete in four (4) events and scratch as needed.**
- 6. All line-up changes must be made in the Hy-Tek computer no later than 3:00 pm. We need to printout the final start lists and distribute to the appropriate officials, load up the Lynx computer, etc. Trying to make changes in the bullpen takes us about one minute longer per heat, and when we had 21 heats of the 100—that means we take 21 minutes longer to run the meet. Furthermore, all of our little typo-mistakes in the results at our last minute were attributed to last minute line-up changes.**
- 7. We want to start the shot put and discus as soon as close to 3:30 pm – stadium lighting is insufficient for those events.**

### Athletic Directors and Track & Field Coaches:

Enclosed you will find the meet information for the **2012 MVHS Last Chance Meet**. Meet management will continue to operate our home meets in “bad weather/hurry-up/get the meet over with” mode regardless of the conditions. We know the information is quite extensive, however—5 of the pages are devoted strictly to the state qualification process of the various states.

**The meet is a state qualification meet for the AIA, UHSAA, and NMAA.**

NOTE: We have formulated a plan where we can start earlier by having the two non-state-meet events conducted first (800m Sprint Medley and 2000m Steeplechase) with the use of a “skeleton crew” and the help of a few coaches. Then, at 4:00—when our meet staff is ready to go (school is out at 3:30)—we can conduct the meet as usual.

**MEET DATE: Wednesday April 25, 2012**

**COACHES' MEETING: 3:15 p.m. Mountain Daylight Time (at the finish line)—3:15 p.m. MST**

**START TIME—Track events: 3:30 p.m. Mountain Daylight Time (800 sprint Medley)**

**START TIME—Triple Jump: 2:30 p.m. Mountain Daylight Time**

**START TIME—Throwing Events: 3:30 p.m. Mountain Daylight Time (weigh-ins start at 2:45 pm)**

**START TIME—LJ & HJ: 4:00 p.m. Mountain Daylight Time**

**ANTICIPATED ENDING TIME: 8:00 p.m. (note—our starting time is a little bit earlier than last year).**

If there are any other questions, comments, or concerns—please do not hesitate to contact us.

*Jacob Holiday*

*Sophia Parrish*

*Greg Wayne*

Jacob Holiday

MVHS Athletic Director

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Sophia Parrish

MVHS Head Coach—Track & Field

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Meet Director & AIA Official

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928-429-1680 (cell)

## MEET DATE

- Wednesday April 25, 2012

## MEET SITE

- Monument Valley High School (Kayenta, Arizona)

## ENTRY FEE

- \$300 per team (\$150 for boys, \$150 for girls)  
**OR**
- Teams can be billed for actual individual and relay entries (teams will not be billed for scratches) after the meet
- \$3 per individual entry and \$10 per relay entry
- **Teams wanting to reduce their entry fee can volunteer to help (\$25 per position). Contact Greg Wayne for details.**

## ENTRIES

- **All Entries MUST be submitted online (see instructions on page 4)**
- **If you are having issues—please call Greg Wayne at 928-429-1680 the day before the meet.**
- For relays, teams not submitting entries will have an A-team submitted with a “no time” for an entry.
- B-teams may be added at the starting line by the clerk of the course.
- For relays, all four (4) runners must report to the starting line one-event prior.
- RULE 4-2-4: Teams may have **unlimited** entries in each event; however, only three (3) athletes may score.
- RULE 4-2-2: Athletes may be **initially entered** into four (4) individual events.
- RULE 4-2-1: Athletes may **compete** in four (4) events (relays and individual events).
- NMAA 7.21.1d (New Mexico schools only)—no more than 3 events can be 400m or longer (including relay legs).
- **AIA Bylaws 11.2.4.4—Out of state schools must abide by their rules for eligibility**

## SCORING

- The meet shall be scored using two scoring methods
- 10-8-6-5-4-3-2-1 (top 8 places)
- 5-3-1 (dual meet scoring)
- When the results are mailed out, the dual meet scores will be enclosed

## AWARDS

- Ribbons to the top 8 (individual events)
- Ribbons to the top 8 (relay events)
- Plaques to the winning teams (boys and girls)

## FORMAT

- All running events are timed finals contested in sections (heats) as needed (NFHS rule 5-5-6)
- The throwing events will be contested as prelims and finals (NFHS rule 6-2-1)
- The long jump and triple jump will be contested as a 1-hour open-pit (NFHS rule 7-6-8)

## SCHEDULE OF FIELD EVENTS (Starting at 4:00 p.m. MDT)

<u>EVENT</u>	<u>START</u>	<u>FORMAT</u>	<u>NOTES</u>
<b>(31 &amp; 32) Discus</b> M-137-05 Oliver Whaley, MV 2005 W-130-09 Deezbaa Whaley, MV 2007	3:30 pm (Boys)	Prelims & Finals	Top 10 to the finals—Boys contested first Girls will get started as soon as the boys have concluded Measuring marks—50 ft (girls) and 70 ft (boys)
<b>(33 &amp; 34) Shot Put</b> W-40-00.50 Melanie Heslop, KC 2010 M-43-08 Ryan Brown, TC 2005	3:30 pm (Girls)	Prelims & Finals	Top 10 to the finals—Girls contested first Boys will get started as soon as the girls have concluded Measuring marks—20 ft (girls) and 30 ft (boys)
<b>(35 &amp; 36) Triple Jump</b> W-33-05 Maria Lupe, Alchesay 2009 M-44-10 Michael Ball, MV 2005	2:30 pm	Open Pit Format (1 hour)	Boys and Girls will compete at the same time Each athlete gets four (4) attempts
<b>(37 &amp; 38) Long Jump</b> M-20-11.75 Ryan Eck, Grand Canyon 2005 W-16-01.50 Maria Lupe, Alchesay 2009	4:00 pm. (apx.)	Open Pit Format	Boys contested first Girls will start 30 minutes after the boys conclude (about 7 pm)
<b>(39 &amp; 40) Pole Vault</b> W-8-06 Taylor Duncan, KC 2009 M-11-00 Easton Sherwood, KC 2010	4:00 pm	Boys and Girls together	Progressions: 4 ft, 5 ft, 6 ft, 6-06, 7-00, 7-06, 8-00, 8-06, 9-00 Three inch progressions after that.
<b>(41 &amp; 42) High Jump</b> W-5-00 Tia Dalton, Chinle 2010 M-6-02 Michael Ball, MV 2004	4:00 pm (Girls)		Girls, open at 3-06 Boys, open at 4-06 Boys will start approximately 30 minutes after the girls conclude

## SCHEDULE OF TRACK EVENTS (Starting at 3:30 pm. MDT—rolling time schedule—girls go first)

<b>EVENT</b>	<b>START</b>	<b>FINISH</b>	<b>NOTES</b>
<b>(1 &amp; 2) 800m Sprint Medley</b> (100-100-200-400)  M-1:46.38 Tuba City (2004) W-2:06.83 Ganado (2005)	White Line Blocks—yes	Wildcard (not in lanes)	All four (4) runners check-in #1 Exchange—Yellow Triangles—near 300m hurdles start #2 Exchange—Yellow Triangles—near 200m start #3 Exchange—Yellow Triangles—near finish line 400 runner gets baton in lane, then may cut-in
<b>(3 &amp; 4) 2000m Steeplechase</b> M-6:40.83 Rick Worker, TC (2005) W-7:21.38 Rolonda Jumbo, Chinle (2011)	Waterfall Blocks—no	Wildcard (not in lanes)	4 ¾ laps (girls—no barrier at the waterjump) 4 barriers & 1 waterjump each lap Lap Caller Required
<b>(5 &amp; 6) 300m Hurdles</b> M-39.64 Aaron Tachine, Chinle (2004) W-49.87 Kourni Ashcroft, KC (2010)	White Lines Blocks—yes	In lanes	8 flights of hurdles (white marks)—boys 36", girls 30"
<b>(7 &amp; 8) 200m Dash</b> M-22.92 Justin Kremer, Gr. Cany. (2005) W-26.57 Talia Jones, MV (2006)	White Lines Blocks—yes	In lanes	<b>Need Wind Readings</b>
<b>(9 &amp; 10) 4 X 800m Relay</b> M-8:47.13 Tuba City (2008) W-10:36.71 Tuba City (2011)	Waterfall Blocks—no	Wildcard (not in lanes)	All four (4) runners check-in Exchange—yellow triangles Each runner does two (2) laps
<b>(11 &amp; 12) High Hurdles</b> M-15.41 Aaron Tachine, Chinle (2004) W-16.91 Courtney Norberto, Chinle (2008)	White Line Boys—farthest North Blocks—yes	In Lanes	Boys—39" (blue marks), Girls—33" (yellow marks) 10 flights <b>Need Wind Readings</b>
<b>(13 &amp; 14) 100m Dash</b> M-11.18 Justin Kremer, Gr. Cany. (2005) W-12.60 Talia Jones, MV (2007)	White Line Blocks—yes	In Lanes	<b>Need Wind Readings</b>
<b>(15 &amp; 16) 1600m Run</b> M-4:30.67 Billy Orman, TC (2011) W-5:28.76 Rolonda Jumbo, Chinle (2011)	Waterfall Blocks—no	Wildcard (not in lanes)	4 laps around the track Lap Caller required Read Split Times Aloud
<b>(17 &amp; 18) 4 X 100m Relay</b> M-45.40 Kirtland Central (2010) W-52.54 Kirtland Central (2010)	White Line Blocks—yes	In Lanes	All four (4) runners check-in Acc. Zone—Sm. Yellow Triangles Ex. Zone—Lg. Yellow Triangles
<b>(19 &amp; 20) 400m Dash</b> M-52.60 Matthew Murray, TC (2011) W-62.91 Talia Jones, MV (2007)	White Line	In Lanes Blocks—yes	
<b>(21 &amp; 22) 1600m Sprint Medley</b> (200-200-400-800)  M-4:07.25 Tuba City (2004) W-4:51.00 Shiprock (2004)	White Line Blocks—yes	Wildcard (not in lanes)	All four (4) runners check-in 200-200 Exchange—yellow triangles—near 200m start 200-400 Exchange—yellow triangles—near finish line 400 runner get baton in lane, then may cut-in 400-800 Exchange—yellow triangles (wildcard)
<b>(23 &amp; 24) 800m Run</b> M-2:04.15 Billy Orman, TC (2011) W-2:29.51 Shannon Yellowhair, Chinle (2004)	Waterfall Blocks—no	Wildcard (not in lanes)	2 laps around the track
<b>(25 &amp; 26) 4 X 200m Relay</b> M-1:35.29 Monument Valley (2004) W-1:55.56 Monument Valley (2005)	Black Line (4-turn) Blocks—yes	In Lanes	All four (4) runners check-in #1 Exchange—Black Triangles—near 200m start #2 Exchange—Black Triangles—near finish line #3 Exchange—Yellow Triangles—near 200m start
<b>(27 &amp; 28) 3200m Run</b> M-10:07.09 Billy Orman, TC (2011) W-11:36.79 Rolonda Jumbo, Chinle (2009)	Waterfall Blocks—no	Wildcard (not in lanes)	8 laps around the track Girls & Boys may run together Lap Caller Required Read Split Times Aloud
<b>(29 &amp; 30) 4 X 400m Relay</b> M-3:40.22 Monument Valley (2005) W-4:37.58 Shiprock (2005)	Blue Line (3-turn) Blocks—yes	Wildcard (not in lanes)	All four (4) runners check-in #1 Exchange—Blue Triangles—near finish line (#2 leg runs first curve in lanes, then cuts-in at green break line) #2 & #3 Exchange—Yellow Triangles—near finish Line (Wildcard Exchange)

**ENTRY DEADLINE:**  
(NFHS rule 3-2-2)

**Tuesday—8:00 p.m. Mountain Daylight Time**  
7:00 p.m. Mountain Standard Time

Schools will use one of the four websites depending on their state's preference.

**ARIZONA SCHOOLS:**

[www.athletic.net](http://www.athletic.net)



Arizona Interscholastic Association, Inc.

**Athletic.net**

**NEW MEXICO SCHOOLS:**

[www.directathletics.com](http://www.directathletics.com)



**Direct Athletics**

**UTAH SCHOOLS:**

[www.runnercard.com](http://www.runnercard.com)



**COLORADO SCHOOLS:**

[www.milesplit.com](http://www.milesplit.com)



**MileSplit.us**

**NOTE:** It is strongly recommended that changes are kept to a minimum in order to ensure that the results are properly uploaded back to the various websites.

**NO ADDS THE DAY OF THE MEET. ALL LINE-UP CHANGES MUST BE PUT INTO THE COMPTUER NO LATER THAN 3:00 PM SO THAT FINAL START LISTS CAN BE PRINTED OFF FOR THE MEET OFFICIALS**

**SANCTION AND STATE QUALIFIER STATUS**

- (AIA bylaws 10.1.3.2 )The meet is under the authority of the Arizona Interscholastic Association, Inc
- (AIA bylaws 29) **The meet is a state qualification meet for the AIA**
- (AIA bylaws 29.1.1) rules of the meet shall be listed in the current NFHS rules book, case book, and officials' manual.
- The meet is sanctioned by the UHSAA, NMAA and CHSAA.
- **The meet is a state qualifier for the UHSAA and NMAA.**

## SPIKES

- ¼ inch spikes or less (polyurethane *EUROTAN* surface – similar to that used for the 1984 Los Angeles Olympics) (NFHS rule 3-2-4a)

## PARKING

- Park at the stadium parking lot by 2:30 p.m.
- Teams should not leave the venue until after 3:45 p.m. due to the bus line-up.
- Team buses should be locked and fully-secured when not attended.

## LOST AND STOLEN ITEMS

- MVHS and the AIA shall **NOT** be held responsible for lost and stolen items (AIA bylaws 14.14).
- Lost & Found located at the press box.

## MEDICAL

- A first-responder is scheduled to be on duty throughout the meet
- Please bring your own tape and supplies
- The Kayenta Service Unit (Indian Health Service) has an ER less than a mile from campus
- Please have your permission to treat forms available with the necessary information (social security numbers, CIB numbers, insurance information, etc.)

## ADMISSION

- \$5 general admission
- KUSD and AIA passes accepted (cardholders must sign-in and may be asked to present appropriate photo identification)
- Team members, bus drivers, coaches, and officials admitted free

## DRESSING FACILITIES

- Teams are encouraged to come to the facility already dressed to compete
- The locker rooms at the SAC gym will be available prior to the meet
- Teams may use the restrooms located directly behind the main grandstand

## RESTRICTED AREA

- **NO ELECTRONICS IN ANY RESTRICTED AREA (NFHS rule 4-5-8e)**
- The infield, track, and all field event venues are deemed restricted areas (NFHS)
- A coaches box will be set-up for each field event and explained at the coaches meeting (NFHS rule 3-2-4g)

## INFIELD

- **NO CAMPS ALLOWED ON THE INFIELD (NFHS rule 3-2-4i)**
- Athletes may warm-up on the infield
- The infield is a restricted area

## IMPLEMENT WEIGH-INS AND INSPECTIONS

- The throwing events will have all implements weighed-in at the truck between the shot put and discus venues.
- All pole vault athletes will be weighed-in
- All poles will be inspected
- Any implements failing to make weight or inspection will be impounded until after the meet.

## MARKINGS

- Relays—schools may use one piece of tape—loose items such as tennis balls are not recommended (NFHS rule 3-2-4b)
- LJ & TJ—note—the runway is marked every foot from the edge of the pit. One piece of tape may be used (NFHS rule 3-2-4b)
- HJ—one piece of tape may be used (NFHS rule 3-2-4b)

## NON-ARIZONA STATE MEET EVENTS

- 2000m steeplechase (NFHS rule 8-2-c)—4 and ¾ laps of the track (start by the 300m hurdles start) and no barrier for the girls at the waterjump.
- 800m Sprint Medley (Colorado – girls only – state meet event)
- 1600m Sprint Medley (New Mexico and Utah state meet event)
- 4 X 200m Relay (New Mexico state meet event)

## JAVELIN

- **MVHS does not contest the javelin because (1) it violates KUSD risk management policy); (2) is not a state meet event; and (3) we don't have a venue (both runway and impact area).**
- However, last year meet management secured approval for the Utah and New Mexico schools to contest the event at their home site prior to the meet.
- Each school will then turn in the results to the meet director upon arrival (note: all six attempts must be noted).
- Each school is responsible for verification of the results, the implements (weight, size, grip, etc.) per NFHS rules
- The event will count as one (1) of the four (4) allotted events (participation limits).

## COACHES' MEETING

- To keep the meeting short, we are asking all coaches to review the meet information prior to the meet
- Any last minute items, items needing clarification, or items not addressed in the meet information will be discussed.

## **STATE QUALIFIERS**

- After the meet, Greg Wayne will review all results and will ensure that the results are 100% accurate.
- All Lynx and video timing pictures will be reviewed.
- All field event score sheets will be reviewed.
- For the Utah schools, the results will be manually entered at [www.runnercard.com](http://www.runnercard.com)
- For the New Mexico schools, the results will be sent back to [www.directathletics.com](http://www.directathletics.com), and the state qualification form will be sent back the NMAA offices
- For the Arizona schools, the results will be sent back to [www.athletic.net](http://www.athletic.net) and will be sent back to the AIA office in the appropriate format.

## **AWARDS**

- After the results have been verified and the state qualification procedures have been completed, the awards will be sent back to each school.

## **RESULTS**

- Results will be sent via e-mail to [www.arizonatrack.com](http://www.arizonatrack.com)
- Results will be sent via e-mail to the coaches

## **WEATHER AND OTHER DELAYS**

- The weather forecast will be monitored very closely
- If the weather looks really bad, then a decision will be reached as soon as possible.
- For Saturday meets, we will try to notify all the schools by Friday—lunch time.
- For weekday meets, we will try to notify all the schools by 8:30 a.m. the day of the meet.
- The decision to postpone or cancel the meet will be decided amongst the MVHS coaching staff, athletic director, and meet director.
- Once we start the meet, we will make every effort to complete the entire meet. There is nothing more frustrating than driving to a meet, contesting two events—and then cancelling the meet especially in light of transportation costs, costs for subs, loss of school time, etc.

## **CHECK-IN FOR ATHLETES**

- RELAYS—all four (4) runners must report (in order) to the finish line for final instructions and lane assignments.
- TRACK EVENTS—with the clerk-of-the-course near the **finish** line one event prior.
- FIELD EVENTS—with the field event judge immediately following report call.
- NOTE—athletes may be shifted to another section (heat) or flight by the clerk or event judge
- All athletes should wear their pull-tags (stickers) when checking in.

## **SEEDING**

- Strictly by the performance marks entered by the coaches.
- Marks deemed out of range (such as 2:34 for the 1600) will be tossed-out and replaced with a “no-mark”

## **LANE AND HEAT ASSIGNMENTS**

- We plan on running the meet as set-up. **Changes may be made as circumstances dictate.**
- Athletes may scratch an event to compete in a relay.
- Athletes missing their heat will not be placed into another heat.
- Thus, it is imperative that all athletes report on time.

## **TIMING**

- Lynx timing shall be used as the primary FAT system (NFHS rule 3-8-7)
- Video (Pyroflash) timing shall be used as an FAT back-up (NFHS rule 3-8-7)
- Hand timers shall be used to ensure that all runners are accounted for, and that we do have an official time for all competitors.

## **METRIC MEASUREMENT**

- In order to run the *field series* option for all field events, metric measurement will be used (NFHS 6-5-11)
- The best performance will be converted to English measurement for each athlete by the Hy-Tek computer
- This is an important safety net in that if the best attempt is not a qualifier (wind-aided for example) the second-best attempt can be used which is now part of the official results
- By using metric measurement, it does allow us to expedite the meet since the marks are read and written down faster, and there is less room for human error.

## DISQUALIFICATIONS, PROTESTS, AND APPEALS

- Will be discussed at the coaches' meeting

## HOSPITALITY ROOM

- The state auditors have told our business office that the funding of hospitality rooms by gate receipts and/or entry fees is a misuse of funds
- Thus, at this time—we are not scheduled to have a hospitality room.

## CONCESSIONS

- The MVHS Student Council assigns student clubs to work the concessions at all athletic events.
- The concession stand is scheduled to be open throughout the meet.

## ORDER OF EVENTS

- The NFHS order of events has been tweaked in order to accommodate the various non-Arizona state meet events
- The 800m Medley Relay will be ran first
- The Steeplechase will be ran second
- The 300m Hurdles was moved to the third event (and the 1600m Sprint Medley was put in its place)
- The 200m Dash was moved to the fourth event (and the 4 X 200m Relay was put in its place)
- All other events remain in order per NFHS rule 1-2-1a
- This also alleviates the number of times the start cable for the Lynx has to be moved.
- After the 100m dash, all events start at the common finish line—which expedites the meet.

## RECORDS

- The records shown with the time schedule are VENUE records – not necessarily meet records.

## MVHS SCHOOL RECORDS

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38-08.5	Deezbaa Whaley--2007	Shot Put	56-10.5	Jeff Miller—2000
139-04	Deezbaa Whaley—2007	Discus	164-05	Oliver Whaley—2004
5-00	Charlotte Salt—1985	High Jump	6-05	Jess Whitla—1993
8-06	Keri Blackrock—2007	Pole Vault	12-00	Mike Sandlin—1973
17-03	Latasha Ball—2007	Long Jump	22-00	Michael Ball—2004
33-04	Merilee Tom—1986	Triple Jump	44-10	Michael Ball—2004
12.56	Talia Jones—2007	100m Dash	11.1	Byron Davis—2008
26.02	Talia Jones—2007	200m Dash	22.7	Tim McGee—1964
57.83	Talia Jones—2007	400m Dash	50.8	Merle Clitso—2000
2:19.4	Talia Jones—2007	800m Run	1:55.9	John Tenekhongva—1989
5:09.6	Danielle Bornfield—1991	1600m Run	4:19.6	John Tenekhongva—1989
11:16.6	Rebecca Wiseman—2001	3200m Run	9:28.1	Harold Stanley—1971
16.5	Shaylin Arthur—1998	High Hurdles	15.7	Bob McAdoo—1996
48.8	Shaylin Arthur—1998	300m Hurdles	42.01	Ashton Curley—2007
53.14	Brittney Davis, Latasha Ball, Ingriue Salt, Talia Jones—2007	4 X 100m Relay	45.62	Doug Yazzie, Gavin Cly Michael Ball, Travis Curley—2003
4:19.2	Danielle Bornfield, Pam White, Griselda Gray, Michelle Stanley—1993	4 X 400m Relay	3:36.5	N. Nephew, A. Tutt G. Tallis, P. Kinlacheeny—1985
10:15.9	State Meet Team--1986	4 X 800m Relay	8:49.3	C. Cowboy, L. Cowboy I. Parrish, D. Yellowhair—20

## RESTAURANTS

928-697-8448	Amigo Cafe	928-697-3793	Anasazi Inn
928-697-3396	Blue Coffee Pot	928-697-3221	Holiday Inn
928-697-8427	Pizza Edge	928-697-8140	Sonic
928-697-3170	Hampton Inn	928-697-3534	Burger King
928-697-8169	McDonalds	928-697-3684	Golden Sands
928-697-8176	Bashas'	928-697-	Subway



Revised March 22, 2011



UTAH HIGH SCHOOL ACTIVITIES ASSOCIATION  
199 EAST 7200 SOUTH - MIDVALE, UT 84047

[www.uhsaa.org](http://www.uhsaa.org)



## HIGH SCHOOL TRACK & FIELD QUALIFYING MEET STANDARDS AND REGULATIONS

*The following are standards which must be met in order for an institution to host a track meet where qualifying standards for the state meet may be met and/or where state records may be set:*

1. All qualifying meets must be approved and sanctioned in writing by the UHSAA. Requests are taken at the UHSAA office and must be made at least 30 days prior to the meet.
2. The meet must involve 5 or more schools and at least 2 different regions.
3. The meet is required to use the RunnerCard meet management software to record and report marks. The software is available to state qualifying meets free of charge. Instructions for creating a meet director's account are available on the Boys' and Girls' Track & Field pages of the UHSAA web-site or directly from this link:  
<http://www.uhsaa.org/btrack/RunnercardMeetInstructions.pdf>
4. The meet must be limited to high school contestants only.
5. An individual may participate in no more than 6 qualifying meets in a season in addition to their region meet.
6. The National Federation Track & Field Rules Book must be followed, uniform rules included.
7. All officials, including starters and field judges, must have knowledge of their respective assignments and experience prior to this meet.
8. All running events must be timed by a fully automatic timing system.
9. State qualifying times or marks must be verified by the meet director and posted on the RunnerCard system with all other marks from the meet.
10. Full results of all qualifying meets including Region Meets must be posted using RunnerCard by midnight the final day of competition. Using the RunnerCard meet management system allows this to be done quickly and easily at the conclusion of the meet. Bona-fide errors in recording marks may be corrected when discovered.
11. A school or individual may not enter a state qualifying meet held after their Region Meet.
12. A state record may be set in any state qualifying meet, providing stipulations in numbers 13 and 14 below are accomplished.
13. All rules for establishing state records must be followed, including such items as necessary wind gauges (anemometer), implement inspection/weighing and measuring procedures and pole vault regulations. **No state qualifying times in the 100 or 200 meter dashes or in the 100 or 110 meter hurdles will be accepted without a valid and legal anemometer reading accompanying the time.**
14. Any state record breaking performance will not be considered until an official record application form is completed and filed with the UHSAA office by the meet director and/or the coach of the athlete. Record application forms can be obtained from the UHSAA website and from this link: <http://www.uhsaa.org/new/images/forms/tfrecapp.pdf>





Arizona Interscholastic Association, Inc.

### **CRITERIA FOR A STATE QUALIFYING TRACK & FIELD MEET**

- AIA state qualifying track & field meets must be sanctioned and approved by the AIA for any state qualifying time, height or distance to be achieved.
- A meet flyer outlining the details of the meet (location, time, rules, awards ,process for submitting entries, etc.) must be attached to this application.
- Five or more schools must participate in the meet.
- Three certified officials to include: Starter, Referee and Head Field Event Judge (**Names of all officials must be included in the Post Meet Report**)
- A fully automatic timing system and wind gauges are required.
- **Wind readings must be on the hy-tek result files, that are sent to the AIA, events with no wind readings will not count as qualifying marks**
- State qualifying meet must follow the NFHS Rules Book.
- The Meet Director must forward a **results export file, complete written results in .pdf format, and a completed Post Meet Report** to the AIA Tournament Coordinator for Track & Field. (David Hines [dhines@aiaonline.org](mailto:dhines@aiaonline.org)) within **48** hours of completion of meet.



### **CRITERIA FOR A STATE QUALIFYING TRACK & FIELD MEET**

To be considered for approval, all qualifying meets must satisfy the following conditions:

- a. The regular season invitational meet must be comprised of teams representing at least three (3) schools.
- b. Declared special qualifying track and field meets must be submitted and approved by the NMAA in advance of the season, prior to Monday of Week #31. This form may be found on the NMAA website at [www.nmact.org](http://www.nmact.org). The link for submitting this information is located on the Forms section of the NMAA website. Once approved, acknowledgement will be made from the NMAA with the meet host.
- c. A simultaneous starting device must be used for all running races.

#### **Certification of Qualifying Results**

- a. For individual and/or relay team results to be considered based on meeting the qualifying marks (at a qualifying or district meet), the times, heights and/or distances must be verified by the end of that meet. The official results must be certified by the meet referee and sent to the NMAA office within a week of the conclusion of the meet.
- b. It is the responsibility of the coach to submit qualification information for his/her athletes at [www.directathletics.com](http://www.directathletics.com). No other forms of submissions will be accepted. Member schools have seven (7) calendar days to post qualifying marks established at qualifying meets.
- c. District meet results and the season composite of results are due by entering the qualified athletes and teams at [www.directathletics.com](http://www.directathletics.com) on the Sunday prior to the State Championships (12:00 noon). This system will no longer take entries after this time.

**NOTE:** Qualifying marks in running events must be submitted to the nearest hundredth second for seeding purposes.

***UHSAA Track & Field State Qualifying Standards  
2012***

**Girls' Standards**

<b>Event</b>	<b>1A</b>	<b>2A</b>	<b>3A</b>	<b>4A</b>	<b>5A</b>
100 M. Dash	13.83	13.44	13.11	12.92	12.81
200 M. Dash	28.60	27.71	26.89	26.50	26.24
400 M. Dash	1:05.61	1:02.99	1:00.05	1:00.01	59.40
800 M. Run	2:35.81	2:33.62	2:25.08	2:22.84	2:21.65
1600 M. Run	5:49.90	5:49.95	5:27.23	5:18.84	5:19.87
3200 M. Run	12:59.41	13:09.56	11:53.92	11:36.25	11:37.15
100 M. Hurdles	18.16	17.63	16.73	16.74	16.12
300 M. Hurdles	52.18	51.08	48.07	47.91	46.87
4x100 M. Relay	56.34	54.51	52.11	50.84	50.66
Medley Relay	4:56.83	4:52.27	4:29.98	4:26.72	4:25.26
4x400 M. Relay	4:51.49	4:35.18	4:14.03	4:08.71	4:07.81
Discus	85' 7"	86' 2"	101' 7"	98' 10"	104' 3"
Javelin	96' 11"	98' 4"	103' 1"	105' 4"	105' 10"
Shot Put	30' 6"	30' 7"	32' 7"	34' 1"	34' 9"
High Jump	4' 7"	4' 9"	4' 11"	5' 1"	5' 1"
Long Jump	14' 7"	15' 3"	16' 2"	16' 3"	16' 1"

**Boys' Standards**

<b>Event</b>	<b>1A</b>	<b>2A</b>	<b>3A</b>	<b>4A</b>	<b>5A</b>
100 M. Dash	11.98	11.67	11.50	11.38	11.22
200 M. Dash	24.21	23.53	23.13	23.05	22.84
400 M. Dash	54.02	52.75	51.96	50.78	50.52
800 M. Run	2:09.70	2:07.66	2:01.71	1:59.42	1:58.70
1600 M. Run	4:52.56	4:49.93	4:35.87	4:27.70	4:25.71
3200 M. Run	10:51.92	10:48.77	10:05.08	9:47.97	9:41.67
110 M. Hurdles	17.79	17.43	16.26	16.06	15.62
300 M. Hurdles	44.44	44.71	41.88	40.99	40.69
4x100 M. Relay	48.37	46.34	45.22	44.51	44.13
Medley Relay	4:10.57	4:01.46	3:47.64	3:44.79	3:41.43
4x400 M. Relay	3:58.19	3:47.06	3:34.33	3:30.38	3:28.75
Discus	114' 9"	118' 8"	129' 4"	130' 3"	139' 7"
Javelin	148' 4"	143' 5"	158' 3"	154' 5"	156' 0"
Shot Put	39' 11"	40' 7"	44' 10"	45' 9"	47' 10"
High Jump	5' 9"	5' 9"	6' 0"	6' 0"	6' 1"
Long Jump	18' 8"	19' 6"	20' 2"	20' 6"	20' 9"
Pole Vault	8' 0"	10' 0"	8' 6"	9' 11"	12' 8"

formula to calculate the standard:  $(3X + Y)$  divided by 4 = new standard  
X=current standard, Y=previous year 8th place performance



## 2012 AIA STATE TRACK & FIELD QUALIFYING STANDARDS

### BOYS

#### DIVISION III

#### DIVISION IV

EVENT	AUTOMATIC	PROVISIONAL	AUTOMATIC	PROVISIONAL
4X800 RELAY	8:33.56	10:11.18	8:56.46	10:31.26
H. HURDLES	15.73	17.61	16.63	19.56
100 METERS	11.19	11.51	11.44	11.93
1600 METERS	4:32.41	5:04.82	4:45.32	5:29.13
4X100 RELAY	44.52	49.67	46.34	50.25
400 METERS	51.46	54.65	52.48	57.22
300 HURDLES	40.93	46.73	43.22	47.93
800 METERS	2:00.69	2:11.46	2:05.34	2:14.17
200 METERS	22.74	23.66	23.20	24.46
3200 METERS	9:57.84	10:47.62	10:39.14	12:07.70
4X400 RELAY	3:31.68	3:53.82	3:41.69	4:08.47
POLE VAULT	13' 0"	10' 6"	11' 9"	9' 0"
HIGH JUMP	6' 2"	5' 7"	5' 10"	5' 5"
LONG JUMP	20' 7"	17' 0"	19' 8"	15' 10"
TRIPLE JUMP	41' 11"	35' 9"	39' 9"	32' 11"
SHOT PUT	45' 1"	38' 1"	43' 5"	34' 0"
DISCUS	132' 4"	109' 3"	122' 10"	98' 0"

- ALL TRACK TIMES MUST BE WIND-LEGAL ELECTRONIC TIMES (F.A.T.)

### GIRLS

#### DIVISION III

#### DIVISION IV

EVENT	AUTOMATIC	PROVISIONAL	AUTOMATIC	PROVISIONAL
4X800 RELAY	10:37.84	11:53.00	11:21.40	13:20.43
H. HURDLES	16.60	18.57	17.34	20.56
100 METERS	13.02	13.90	13.20	14.41
1600 METERS	5:36.10	6:11.88	5:50.70	6:32.10
4X100 RELAY	52.62	59.28	53.73	1:02.22
400 METERS	61.39	1:11.95	1:04.62	1:13.13
300 HURDLES	48.89	58.66	51.89	60.98
800 METERS	2:27.90	2:43.23	2:34.78	2:50.87
200 METERS	27.03	29.54	27.88	30.51
3200 METERS	12:15.00	13:40.01	12:58.74	15:08.29
4X400 RELAY	4:16.13	4:48.85	4:41.41	4:55.37
POLE VAULT	9' 6"	7' 0"	7' 9"	6' 6"
HIGH JUMP	5' 0"	4' 6"	4' 10"	4' 2"
LONG JUMP	15' 9"	12' 11"	15' 5"	12' 4"
TRIPLE JUMP	32' 10"	26' 3"	32' 1"	23' 10"
SHOT PUT	32' 7"	26' 8"	30' 1"	24' 6"
DISCUS	97' 6"	77' 11"	89' 3"	68' 0"

- ALL TRACK TIMES MUST BE WIND-LEGAL ELECTRONIC TIMES (F.A.T.)





## 2012 NMAA STATE TRACK & FIELD CHAMPIONSHIPS QUALIFYING STANDARDS



### Girls

EVENT	A		AA		AAA		AAAA		AAAAA	
	State Record	Qualifying Marks	State Record	Qualifying Marks	State Record	Qualifying Marks	State Record	Qualifying Marks	State Record	Qualifying Marks
100 m. dash	12.20	13.00	12.52	13.00	12.10	13.00	12.36	12.70	11.78	12.50
200 m. dash	25.00	27.60	25.80	27.50	24.77	27.40	25.36	26.50	24.50	26.30
400 m. dash	55.80	64.80	57.60	64.00	56.62	63.40	57.44	61.80	55.31	60.50
800 m. run	2:18.70	2:39.90	2:19.96	2:36.00	2:16.32	2:34.00	2:15.90	2:26.00	2:13.39	2:26.00
1600 m. run	5:22.54	6:10.00	5:10.13	5:50.00	4:51.68	5:48.00	4:58.39	5:36.00	5:00.97	5:30.00
3200 m. run	11:25.71	14:00.00	11:23.23	13:00.00	10:32.79	12:44.00	11:01.10	12:25.00	10:46.72	12:07.00
100 m. hurdles	14.80	17.80	15.00	17.40	14.90	17.30	14.61	16.70	14.20	16.50
300 m. hurdles	44.84	52.00	46.26	51.30	43.67	51.20	44.17	49.20	43.20	48.70
400 m. relay	50.30	54.70	50.33	53.70	48.60	53.60	49.05	51.40	48.00	50.90
800 m. relay	1:44.30	1:57.20	1:46.66	1:55.50	1:43.79	1:55.00	1:44.44	1:49.60	1:41.80	1:48.00
Medley relay	4:25.42	4:56.20	4:20.42	4:45.00	4:13.58	4:44.20	4:12.86	4:30.00	4:11.73	4:25.60
1600 m. relay	4:03.05	4:38.00	4:10.07	4:32.20	4:00.59	4:28.00	3:59.56	4:16.00	3:56.65	4:14.00
Shot Put	40' 0"	32' 0"	41' 2"	31' 0"	42' 5"	31' 6"	42' 3/4"	33' 6"	50' 1/4"	34' 0"
Discus	124' 4"	92' 6"	135' 8"	97' 0"	136' 2"	98' 0"	136' 11"	102' 0"	162' 0"	108' 6"
Long Jump	18' 1 1/2"	15' 1"	18' 0"	15' 2"	18' 6 1/4"	15' 6"	18' 2 1/2"	16' 0"	19' 2 1/4"	16' 6"
High Jump	5' 9 1/2"	4' 8"	5' 6 1/4"	4' 10"	5' 9"	4' 10"	5' 6"	5' 0"	5' 10 1/4"	5' 0"
Triple Jump	37' 10 1/2"	31' 6"	37' 3 3/4"	31' 6"	39' 7"	31' 6"	38' 2 1/4"	33' 0"	38' 6 3/4"	33' 6"
Pole Vault	12' 1"	7' 6"	9' 6"	7' 6"	10' 1"	8' 0"	11' 6"	8' 6"	11' 6"	8' 9"
Javelin	132' 7"	100' 0"	130' 11"	103' 0"	136' 4"	104' 0"	141' 6"	106' 0"	134' 11"	107' 0"

\* FAT Conversion is .3

### Boys

EVENT	A		AA		AAA		AAAA		AAAAA	
	State Record	Qualifying Marks	State Record	Qualifying Marks	State Record	Qualifying Marks	State Record	Qualifying Marks	State Record	Qualifying Marks
100 m. dash	11.00	11.60	10.70	11.20	10.60	11.20	10.64	11.00	10.50	10.90
200 m. dash	22.40	23.90	22.29	23.40	21.20	23.00	21.82	22.70	21.30	22.30
400 m. dash	50.00	53.90	48.94	53.00	48.30	52.20	47.99	51.40	48.10	50.80
800 m. run	1:58.53	2:10.30	1:55.90	2:07.00	1:55.32	2:05.20	1:53.67	2:02.00	1:51.73	2:01.00
1600 m. run	4:33.82	5:05.00	4:19.90	4:53.00	4:11.20	4:46.00	4:12.60	4:38.00	4:12.84	4:34.00
3200 m. run	9:57.30	11:25.00	9:20.90	10:50.00	9:17.18	10:30.00	9:19.63	10:10.00	9:07.38	10:03.00
110 m. hurdles	15.10	17.70	14.90	16.70	14.30	16.30	14.24	16.00	13.98	15.40
300 m. hurdles	38.67	44.80	38.50	43.40	37.60	42.80	37.89	41.20	37.29	40.80
400 m. relay	44.10	46.90	43.45	45.60	42.80	45.20	42.23	44.20	41.60	43.50
800 m. relay	1:31.90	1:38.50	1:31.40	1:35.80	1:28.60	1:36.00	1:28.57	1:33.00	1:26.00	1:31.70
Medley relay	3:42.90	3:58.20	3:39.30	3:53.00	3:33.40	3:50.00	3:34.51	3:44.60	3:31.00	3:42.60
1600 m. relay	3:29.70	3:47.70	3:27.30	3:40.00	3:21.10	3:37.80	3:21.47	3:33.00	3:17.40	3:29.50
Shot Put	53' 9"	41' 6"	55' 2 1/4"	43' 0"	61' 11 1/4"	44' 0"	57' 7"	45' 6"	62' 11 1/2"	48' 6"
Discus	160' 9"	115' 0"	171' 6"	125' 0"	174' 0"	130' 0"	177' 1"	131' 0"	183' 9"	138' 0"
Long Jump	23' 3/4"	19' 3"	23' 5 3/4"	19' 10"	23' 8 1/2"	20' 0"	23' 0 1/2"	20' 6"	24' 3 1/4"	21' 6"
High Jump	6' 9"	5' 8"	6' 7"	5' 10"	7' 2 1/2"	5' 10"	7' 0"	6' 0"	7' 0"	6' 2"
Triple Jump	43' 5 1/4"	39' 0"	44' 6 1/2"	40' 0"	48' 9"	41' 0"	46' 5"	42' 0"	48' 4 3/4"	43' 0"
Pole Vault	15' 6"	10' 6"	14' 3 1/2"	11' 0"	17' 1 1/2"	11' 0"	15' 3"	12' 0"	16' 4"	12' 6"
Javelin	176' 11"	142' 0"	179' 5"	148' 0"	191' 7"	150' 0"	207' 4"	155' 0"	207' 6"	160' 0"

\* FAT Conversion is .3