



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

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Kayenta, AZ 86033

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36.73°N 110.26°W (Elev. 5668 ft)

Athletic Directors and Track & Field Coaches,

Enclosed you will find the meet information for the **2015-2016 MVHS LAST CHANCE MEET**

MEET	<i>MVHS LAST CHANCE MEET</i>
DAY	Monday and Wednesday
DATE	April 25 and 26, 2016
COACHES MEETING	3:00 p.m. Mountain Daylight Saving Time
START TIME	3:45 p.m. MDT

NOTE: The ending time depends on the number of teams, how fast athletes report, etc. We want to be done by 7:30, if not earlier.

NOTE: For Arizona schools – MVHS is an altitude-adjusted site for the 800, 1600, 3200 and 3200 relay.

NOTE: We are scheduled to run Arizona events only, and the time schedule is set-up to replicate the AIA Division III state meet as much as possible. However, we can add the 4 X 200 and/or 1600 sprint medley relays upon request if needed. The pole vault and javelin will be conducted “home site” if we choose to do so.

- **PLEASE, PLEASE, PLEASE ... you get unlimited entries so there is no need for a “scratch-add” meeting**
- **That means you need to make sure that each kid on your roster is entered into the meet**
- **You can scratch athletes out of individual events to compete in relays**
- **If a kid is a no-show, it is simply a scratch**
- **If you have to—I mean just gotta—do an add, athletes go into available lanes only—we won’t add heats, flights, etc.**
- **Do not – I repeat – do not – sub an athlete in for a team mate—it’s a serious violation of the amateur code**
- **To ensure accurate seeding – have an entry mark—DO NOT COMPLAIN IF YOUR KID IS THE SLOW HEAT IF YOU DON’T SUBMIT ENTRY MARK**

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ENTRY FEE

- **RECIPROCITY:** MVHS is more than willing to waive entry fees with schools that have MVHS compete at their meet(s)
- **FLAT FEE:** \$200 per team (\$150 for boys, \$150 for girls)
- **PER ENTRY:** After the meet, teams can be billed for those athletes and relay teams that actually compete (teams not billed for scratches)
- **FEE SCHEDULE:** \$3 per individual entry, \$10 per relay team.
- **WORKER CREDIT:** Teams wishing to help offset their entry fee by supplying meet workers will be credited at \$50 per worker.
- **WORKER CREDIT:** Teams overseeing a field event will have their entry fee waived.

RULES, SANCTION, STATE QUALIFICATION

- **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 all AIA, UHSAA, and NMAA schools.
- **AIA Bylaws 29.1.1:** Rules of the meet shall be listed in the current NFHS rules book, case book, and officials manual.
- Specific details for state qualification procedures will be discussed at the coaches meeting.
- NOTE: The sportsmanship rule is in effect

ENTRIES

- **NFHS rule 4-2-4:** Teams may have UNLIMITED entries in each individual event (BUT ONLY 3 MAY SCORE) and one (1) scoring relay
- **NFHS rule 4-2-2:** Athletes may be **initially entered** in four (4) individual events
- **NFHS rule 4-2-1:** Athletes may compete in four (4) events (any combination of individual and relay events)
- **NMAA 7.21:** (New Mexico schools only) no more than three (3) events may be 400m or longer (including relay legs).
- **AIA Bylaws 11.2.4.4:** Out of state schools must abide by their rules for eligibility
- **National Federation Charter:** No school may violate their own state and/or local school rules.

ONLINE ENTRIES (NFHS rule 3-2-2)

- All entries must be submitted no later than 7:00 pm Mountain Time, the night before the meet.
- **ARIZONA SCHOOLS**—use www.athletic.net
- **NEW MEXICO SCHOOLS**—use www.athletic.net
- **COLORADO**—use www.runnercard.com
- **UTAH**—use www.runnercard.com

RESTAURANTS

928-697-8448
928-697-3396
928-697-8427
928-697-3170
928-697-8169
928-697-8176

Amigo Cafe
Blue Coffee Pot
Pizza Edge
Hampton Inn
McDonalds
Bashas'

928-697-3793
928-697-3221
928-697-8140
928-697-3534
928-697-3684
928-697-

Anasazi Inn
Holiday Inn
Sonic
Burger King
Golden Sands
Subway

MEET FORMAT AND PARTICULARS

- **RUNNING EVENTS**—prelims and finals for the 100, 200, and HH – everything else is timed finals
- **800**—1 turn stagger (green line)
- **1600**—waterfall--two heats will be ran if numbers dictate
- **3200 and relays**—may have boys and girls ran together
- **DT, SP, LJ, and TJ**--will be prelims and finals (top 8 to the finals—NFHS rule 6-2-1)
- **Opening heights** will be 4-00 for the girls, 5-00 for the boys.
- **ATHLETE CHECK-IN** (field events)—report to the head judge for that field event immediately following report call
- **ATHLETE CHECK-IN** (individual running events)—report to the bullpen prior to report call (must have pull-tag/sticker)
- **ATHLETE CHECK-IN** (relay events)—report to the bullpen with a completely filled-in relay card.
- **AWARDS**—top six (6) in each event, and the winning teams shall receive awards
- **SCORING**—10-8-6-4-2-1 (NFHS rule 2-2)
- **No camps on the infield**—please limit the use of the infield to warm-ups only (the infield is a restricted area)—NFHS rule 3-2-4i
- **SPIKES**—quarter-inch only (NFHS rule 3-2-4a)
- **PARKING**—please lock all vehicles completely
- **NOTE:** The AIA and MVHS are not liable for lost or stolen items (AIA Bylaws 14.14)
- **ADMISSION**--\$5 general admission (AIA passes will be honored)
- **RESTRICTED AREAS**—no coaching, electronics, or unauthorized personnel inside restricted areas (NFHS rule 4-5-8e)
- **MEDICAL**—A first-responder will be on duty, and an ER is less than a mile from campus—have permission-to-treat forms available
- **SPORTSMANSHIP**—The AIA (as well as other state associations) sportsmanship rule is in affect
- **DISQUALIFICATIONS, PROTESTS, AND APPEALS**—will be discussed at the coaches meeting
- **HOSPITALITY ROOM**—The states' auditor general stated that using entry fees for hospitality rooms are a misuse of public monies, thus no room.
- **CONCESSIONS**—Under the direct supervision of our student council.
- **IMPLEMENT WEIGH-INS**—At the truck stationed between the shot put and the discus
- **FLAGGED OFF AREAS**—stay-out for safety reasons—NFHS rule 3-2-4g
- **MARKINGS**---tape may be used for relay markings and field events (NFHS rule 3-2-4b)
- **POLICING YOUR AREAS**—please use the trash bag that is in your coaches packet.

MONUMENT VALLEY HIGH SCHOOL – RECORDS

MVHS SCHOOL RECORDS

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
18-06.25	Kaitlyn Wayne—2015	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
15.57	Kaitlyn Wayne—2015	High Hurdles	15.7	Bob McAdoo—1996
46.58	Kaitlyn Wayne--2015	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—2006

ELECTRONIC DEVICES PROHIBITED

– NFHS Rule(s) 3-2-4k, 3-2-8, and 4-5-8e

The only state meet not having a blanket rule on electronics was New Mexico. However, they have limitations and restrictions.

In order to prepare our student-athletes for their respective state meets, meet management has opted for the following policies and procedures within the parameters of NFHS rules.

While occupying a restricted area, the use of electronic devices and/or wireless communication devices, other than the official communication equipment, shall be prohibited unless approved by the games committee.

Athletes and coaches are reminded that the use electronic devices and/or wireless communication devices such as cell phones, pagers, radios, music devices with headsets (ipods) and any other type of electronic device and/or wireless communication device is prohibited while the athlete is warming-up or competing and/or while they are in the warm-up or competition areas.

Restricted areas are defined as follows: Inside the fence that surrounds the track and infield; inside the fence that surrounds the discus areas; inside the fence that surrounds the shot put areas (NFHS rule 3-2-4i). **The infield is considered to be a restricted area. That means no coaches, spectators, or non-competing athletes are allowed on the infield. Athletes are permitted on the infield provided they are warming-up 1-2 events prior.** The penalty for violation of NFHS Rule 3-2-4k, 3-2-8, and 4-5-8e will be a warning (yellow card) by a meet official on the first offense, and event disqualification (red card) only if they violate the rules a second time. Electronic devices are allowed in any non-restricted area such as the bleachers, restrooms, concessions area, etc.

NOTE: It is an unfair act if a competitor views a videotape of a particular event prior to the completion of the meet (NFHS rule 4-5-8g).

COACHES' BOX—NFHS rule 3-2-4g

- Each school may have one (1) coach in the designated coaching box for the jumping events contested on the track interior.
- Coaches are restricted to the bench, or immediately nearby.
- Technically, coaches are limited to coaching that event (NFHS rule 4-5-8f).
- Coaches must not leave any bags unattended
- **Rules pertaining to electronics are in effect.**

INFIELD USE RESTRICTED – NFHS rule 3-2-4i

BAG RESTRICTIONS – Per KUSD Administrative Directive

Meet management is cognizant of the fact that there are limited options for spaces to warm-up. **Athletes are permitted on the infield provided they are warming-up 1-2 events prior.** That means no coaches, spectators, or non-competing athletes are allowed on the infield.

NOTE: Cheering (coaching) from the infield is not permitted (NFHS rule 4-5-8f).

After the Boston Marathon bombings, the Kayenta Unified School District, per safe school policies and procedures, have given meet management the following directive(s).

At this time, no plans for searching bags have been implemented. However, if deemed necessary by KUSD Security and/or Navajo PD—bags will be searched at the front gate.

1. Since we have no practical and suitable warm-up area, the infield may be used for warm-ups (at most every state meet – a separate area will be provided for warm-ups).
2. **Athletes and coaches—no bags, back packs, etc. may be on the infield at any time. However, they may be taken to the throwing venues and left at the benches.**
3. Meet staff (trainers, officials, etc.) may bring bags on the infield; however, they must remain on their person or at the table designated for their assigned duty station.
4. **Unattended bags will be picked up and impounded—and, if they appear to be suspicious the Navajo Police Department will be contacted and safe school procedures will be followed.**
5. Coaches, unless working as a meet official, may not be on the infield (NFHS rule 4-5-8f).
6. Coaches may be in the coaches' box for the long jump and high jump areas only
7. **Athletes and coaches—per NFHS rule 4-5—no electronic devices are allowed on the infield**
8. The meet referee will have a clipboard with each team's roster. The first time an electronic device is spotted—that athlete or coach will get a yellow card and it will be noted. Please note that yellow cards will carry over from other/previous events throughout the meet. If the same athlete or coach gets a second yellow card, it will become a red card situation and the athlete is disqualified from that event, coaches will be ejected under the AIA sportsmanship rule.

In order to prepare our student-athletes for the state meet, meet management will implement the same policy as the Arizona state meet...

(Per AIA State Tournament Guide) The bull pen is located South end of the main straightaway. All check in, hip numbers and staging will take place at this location. **Please note that cell phones, iPods, and other music devices are not allowed in this area. Athletes should be “competition ready” (dressed in a legal uniform, sweats ready to be removed, spikes on, no jewelry, etc. upon arrival to the staging area.**

NO BAGS WILL BE ALLOWED PAST THE BULLPEN.



NOTE: The staging clerk (at the starting line) will inspect the athletes. A competitor shall not compete while wearing illegal equipment/uniform (NFHS rule 4-5-7). Any athlete illegally equipped will get a warning (yellow card). If the athlete can correct the problem immediately, then a green card shall be shown. If the athlete can't correct the problem, then the athlete shall be disqualified from the event (red card).

STATE QUALIFICATION MEET REQUIREMENTS

- MVHS has three FAT systems (2 lynx cameras and 1 video timing camera)
- NOTE: We do use hand-times for 1st place in the lane events to ensure we don't have a time in the results from a premature start signal in the FAT results.
- NOTE: We do use a printable stop watch in the distance events so that an FAT time doesn't have a lapped runners time mixed-in the results.
- **ALL TIMES NOTED IN THE RESULTS SHALL BE FAT.**
- ARIZONA SCHOOLS—this is an altitude adjusted site (2 sec. 800, 5 sec. 1600, 10 sec. 3200, 8 sec. 4 X 800 Relay)
- Certified officials
- Umpires in use
- Implements weighed and inspected
- Wind gauges in use (note—with rare exceptions, our venue layout yields negative wind (a.k.a. headwinds)
- **Every effort is made to enforce all NFHS rules.**
- Altitude adjusted marks are posted at www.athletic.net and max-preps.
- Non-altitude adjusted marks are posted at www.runnercard.com and milesplit.com
- Non-altitude adjusted marks are used on the NMAA forms.
- Results are e-mailed to the *Navajo Times*, *Gallup Independent*, *San Juan Times*, and *San Juan Record*.

WEATHER CANCELLATIONS OR DELAYS

- **All notifications will be by e-mail and/or text message as noted on the contact information listed on www.athletic.net and/or www.runner.card.**
- **COACHES—MAKE SURE YOUR ACCOUNT IS UP TO DATE.**

RELAYS

EVENT	BLOCKS	START	EX. 1	EX. 2	EX. 3	FINISH
4 X 100 Relay	Yes	White	Yellow w/fly zone	Yellow w/fly zone	Yellow w/fly zone	In Lanes
4 X 200 Relay	Yes	Black	Black w/fly zone	Black w/fly zone	Yellow w/fly zone	In Lanes
4 X 400 Relay	Yes	Blue	Blue	Yellow	Yellow	Wildcard #2 runner cuts in at break line (near 300m hurdles start)
4 X 800 Relay	No	Waterfall	Yellow	Yellow	Yellow	Wildcard
800 SMR 100-100-200-400	Yes	White	Yellow	Yellow	Yellow	Wildcard 400 runner gets baton in lane, then cuts in
1600 SMR 200-200-400-800	Yes	White	Yellow	Yellow	Yellow	Wildcard 400 runner gets baton in lane, then cuts in

TIME SCHEDULE (MDT)

MONDAY

2:00 p.m. Team entrance opens

3:00 p.m. Coaches Meeting

3:45 p.m. Field Events

Long Jump - Boys
Triple Jump - Girls
High Jump - Boys
Shot Put - Girls
Discus - Boys

4:30 p.m. Track Events

Prelims 100m Hurdles Girls
Prelims 110m Hurdles Boys
Finals 4X800 Relay Boys
Prelims 100m Dash Girls
Prelims 100m Dash Boys
Finals 1600m Run Girls
Finals 4 X 100 Relay Boys
Finals 400m Dash Girls
Finals 300m Hurdles Boys
Finals 800m Run Girls
Prelims 200m Dash Girls
Prelims 200m Dash Boys
Finals 3200m Run Boys
Finals 4X400 Relay Girls

WEDNESDAY

2:00 p.m. Team entrance opens

3:00 p.m. Coaches Meeting

3:45 p.m. Field Events

Long Jump - Girls
Triple Jump - Boys
High Jump - Girls
Shot Put - Boys
Discus - Girls

4:30 p.m. Track Events

Finals 100m Hurdles Girls
Finals 110m Hurdles Boys
Finals 4X800 Relay Girls
Finals 100m Dash Girls
Finals 100m Dash Boys
Finals 1600m Run Boys
Finals 4X100 Relay Girls
Finals 400m Dash Boys
Finals 300m Hurdles Girls
Finals 800m Run Boys
Finals 200m Dash Girls
Finals 200m Dash Boys
Finals 3200m Run Girls
Finals 4X400 Relay Boys

Venue - Records

1	Women 2000 Meter Steeplechase	7:21.83	2011	Rolonda Jumbo - Chinle
2	Men 2000 Meter Steeplechase	6:40.83	2005	Rick Worker - Tuba City
3	Women 800 Sprint Medley	2:04.98	2012	- Tuba City
4	Men 800 Sprint Medley	1:46.38	2004	- Tuba City
5	Women 100 Meter Hurdles	13.57	2012	Shantel Foutz - Kirtland Central
6	Men 110 Meter Hurdles	15.41	2004	Aaron Tachins - Chinle
7	Women 4x800 Meter Relay	10:27.71	2012	- Winslow Rock
8	Men 4x800 Meter Relay	8:47.13	2012	- Chinle
9	Women 100 Meter Dash	12.60	2007	Talia Jones - Monument Valley
10	Men 100 Meter Dash	11.18	2005	Justin Kremer - Grand Canyon
11	Women 1600 Meter Run	5:15.85	2012	Rolonda Jumbo - Chinle
12	Men 1600 Meter Run	4:30.87	2011	Billy Orman - Tuba City
13	Women 4x100 Meter Relay	52.54	2010	- Kirtland Central
14	Men 4x100 Meter Relay	44.82	2012	- Aztec
15	Women 400 Meter Dash	1:01.37	2012	Kendra Mitchell - Aztec
16	Men 400 Meter Dash	31.25	2012	Matthew Murray - Tuba City
17	Women 1600 Sprint Medley	4:34.67	2012	- Tuba City
18	Men 1600 Sprint Medley	3:52.49	2012	- Kanab
19	Women 300 Meter Hurdles	48.46	2012	Mariah Clayton - Kanab
20	Men 300 Meter Hurdles	39.84	2004	Aaron Tachins - Chinle
21	Women 4x200 Meter Relay	1:54.23	2015	- Kirtland Central
22	Men 4x200 Meter Relay	1:34.54	2012	- Aztec
23	Women 800 Meter Run	2:28.53	2013	Nikesha Eagleman - Ganado
24	Men 800 Meter Run	2:02.43	2013	Aaron Secody - Page
25	Women 200 Meter Dash	26.16	2012	Kendra Mitchell - Aztec
26	Men 200 Meter Dash	22.92	2005	Justin Kremer - Grand Canyon
27	Women 3200 Meter Run	11:36.79	2009	Rolonda Jumbo - Chinle
28	Men 3200 Meter Run	9:53.20	2013	Adriano Joe - Pimon
29	Women 4x400 Meter Relay	4:27.03	2015	- Kirtland Central
30	Men 4x400 Meter Relay	3:36.20	2015	- Kirtland Central
31	Men High Jump	6:02.00	2004	Michael Ball - MV (2013 Paden James-PG)
32	Women High Jump	5:02.00	2015	Kasey Betts - Grand County
33	Men Long Jump	20:11.75	2005	Ryan Eck - Grand Canyon
34	Women Long Jump	16:06.00	2013	Kaitlyn Wayne - Monument Valley
35	Men Triple Jump	44:10.00	2005	Michael Ball - Monument Valley
36	Women Triple Jump	34:04.00	2012	Sarah Root - Aztec
38	Men Discus Throw	148:10	2012	Kevin Ballard - Grand County
39	Women Discus Throw	130:09	2007	Deezhaa Whaley - Monument Valley
40	Men Shot Put	52:00.00	2014	Christian Mackey - Kirtland Central
41	Women Shot Put	40:00.50	2010	Melanie Heslop - Kirtland Central
100	Men Pole Vault	11:00.00	2010	Easton Sherwood - Kirtland Central
101	Women Pole Vault	8:06.00	2010	Taylor Duncan - Kirtland Central