



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

PO Box 337

Kayenta, AZ 86033

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

Athletic Directors and Track & Field Coaches:

Enclosed you will find our meet information for our home meets.

We have three (3) home meets scheduled for the year:

- | | | | |
|-------------|----------------|------------------|---------------------------|
| • Saturday | March 5, 2011 | Mustang Classic | Meet starts at 11:00 a.m. |
| • Wednesday | March 30, 2011 | Sunset Meet | Meet starts at 4:00 p.m. |
| • Wednesday | April 27, 2011 | Last Chance Meet | Meet starts at 4:00 p.m. |

NOTE: We will be on Mountain Daylight Saving Time for the two Wednesday meets.

Meet management, after obtaining input from various coaches and needing to comply with the new AIA state qualification requirements, are going to have teams submit their complete list of entries (not just their rosters) online. Details are included in the meet information.

For Arizona and New Mexico schools, all three meets are state qualifiers.

For Utah, the Mustang Classic is held prior to the first permissible start date for UHSAA schools. The two Wednesday meets are state qualifiers for UHSAA schools.

Also, we are in the process of filling our schedule—if you are hosting a meet, please send us an invitation and we will try to fit it in if at all possible.

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

Jacob Holiday

Ollie Whaley

Greg Wayne

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

Ollie Whaley
MVHS Head Coach—Track & Field
owhaley@kayenta.k12.az.us
928-697-2187 (Weight Room)

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



Arizona Interscholastic Association, Inc.

SANCTION (AIA bylaws 10.1.3.2)

- The meet is under the authority of the Arizona Interscholastic Association.
- Application for sanction has been sent to Colorado, Utah, and New Mexico.
- Out-of-state schools are responsible for verification of their state association's approval.



RULES OF THE MEET (AIA Bylaws 29.1.1.)

- Officials rules shall be those published by the National Federation.



ENTRY FEES (NFHS rule 3-2-3)

- The cap (maximum) amount per school is \$300 (\$150 for boys, \$150 for girls)
- It is recommended that schools process a purchase order for the cap amount prior to the meet
- Each team will be billed for \$3 for each individual entry (track and/or field events)
- Each team will be billed for \$10 for each relay entry
- Teams wishing to provide meet workers (timers and assistant field event judges) may do so to offset their entry fee costs at \$25 per worker. Please contact the meet director no later than one (1) week prior to the meet (positions are limited) so the meet staff can be finalized by Tuesday:

Greg Wayne (Meet Director)

Home: 928-697-8572

Cell: 928-429-1680

School: 928-697-2181 (challenge center)

E-MAIL: greg.wayne@kayenta.k12.az.us



GENERAL ADMISSION (KUSD board policy)

- \$5 general admission to the public
- Team members (in uniform), bus drivers, trainers, meet staff, and coaches admitted free
- AIA and KUSD pass holders need to sign-in (be prepared to present appropriate I.D.)



ONLINE ENTRIES (NFHS rule 3-2-2)

- Teams must submit their **ENTRIES** online no later than **one (1) day** prior to the meet.
- Use **personal records** for entry marks.
- HINT: Set-up your rosters by March 1 so that you have some leeway time built in for glitches
- www.directathletics.com contact information:

URL: www.directathletics.com

E-MAIL: support@directathletics.com

US-MAIL: PO Box 1151~Boston, Mass. ~ 02134

TEL: 617-879-1797



FINAL DECLARATIONS (NFHS rule 3-2-2)

- **Changes (scratch/add/sub) must be made no later than one (1) hour prior to the start of the meet.**
- **Because of the increased requirements, documentation, and scrutiny for state qualification meets, we won't allow any changes at the starting line or field event venues.**
- For relays, each school competing will have a team entered in each relay. If your team isn't running, that's okay—it will merely be a scratch.
- For relays, all four (4) runners must report to the starting line one-event prior.
- RULE 4-2-4: Teams may have as many athletes entered in an event as conditions warrant; 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.**
- **The start lists will be posted at the stadium prior to the start of the meet, and distributed to the coaches as soon as copies can be made available.**



WEATHER CANCELLATIONS (NFHS guidelines)

- Meet management will monitor the weather forecasts starting one week prior to the meet
- Unfavorable forecasts (30 mph winds, 70% chance of rain/snow, etc.) could cancel the meet
- **If meet management concludes that the forecast is bad enough to cancel the meet, teams will be notified ASAP.**
- Once we make the decision to host the meet, meet management will make every effort to have the meet run on schedule. We don't want schools to spend money on travel only to cancel the meet when the teams arrive. If a team wishes to cancel—despite the meet going on as scheduled—meet management requests that we are notified so that we don't delay the meet for a team that has no intention of participating.
- NFHS policies for lightning will be followed.



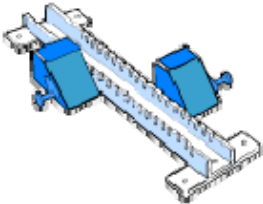
ELECTRONICS (NFHS rule 4-5-8e)

- The use of cell phones, ipods, and other electronic devices will not be permitted inside a restricted area including the infield, field event areas, and the track itself. This includes athletes and coaches in the restricted area coaching box.
- Electronic items may be used outside of restricted areas—such as the stands.
- NOTE: Officials are permitted to use cell phones to communicate with other officials.



UNIFORM RULES (NFHS rule 4-3-1)

- Meet management will enforce, but do not dwell upon, the uniform rule.
- NOTE: please be aware of the new National Federation procedure for wearing jewelry.
- Any uniform rules violations will be corrected prior to the start of the race, if possible.
- If any violations can't be corrected, then the coach will be notified.
- NOTE: $\frac{1}{4}$ inch spikes maximum.



STARTING BLOCKS (NFHS rule 5-7-7)

- Starting blocks will be provided.
- Teams may provide their own blocks (if they are compatible with all-weather tracks).



COACHES BOX (NFHS rule 3-2-4g)

- Meet management has opted to allow coaching boxes for the field events
- For the track events—coaches must remain outside of the track.
- One (1) coach per school may be in the coaching box
- Coaches must sign-in with the head event judge
- Coaches must abide by the rules for electronics
- Coaches must remain in the coaches box
- Coaches may address the head field event judge (no questioning of judgment)
- Coaches are restricted to coaching that event
- High Jump—stay on the paved area near the 300m Hurdles start line
- Pole Vault—stay on the North side of the pit
- Long Jump and Triple Jump—remain on the benches in the football end zone
- Shot Put and Discus—remain outside of cones/flags
- REMINDER—No reviewing film with the athletes until the competition concludes



SCORING (NFHS rule 2-1-2)

- 10-8-6-5-4-3-2-1 (eight places)
- Scores will be tallied in the Hy-Tek computer



MEASUREMENT (NFHS rule 6-5-11)

- Official measurement for all field events shall be in metric to the nearest centimeter
- English measurements will be announced and noted on the results
- RATIONALE #1: Alleviates errors when uploading results to various websites (in Hy-Tek, when results are uploaded to various websites—results are immediately converted to metric, then back to English—on occasion, a quarter-inch may be “lost” in the process).
- RATIONALE #2: Human error decreases dramatically when recording results at the venue
- RATIONALE #3: Data input into the Hy-Tek computer is faster and alleviates human error



FULLY AUTOMATIC TIMING (NFHS rule 3-9)

- Finish Lynx timing (primary) and Flash video timing (back-up) shall be used
- Hand timing will be used to ensure that all finishers get a time and are accounted for
- Lynx pictures shall be used even if the timing portion of the camera is not working.



DISCUS

- With the prevailing wind coming from the Southwest, we usually use the North ring.
- Weigh-ins will start at 1 hour prior to the start of the meet (at the truck between the shot and the discus, near the 200m start)
- PRELIMS: Flights will be set-up
- FINALS: Top ten (10) advance
- Boys will be contested first
- Two-implement warm-up shall be utilized between flights and prior to the finals



SHOT PUT

- Meet management is planning on using the North ring, but may move to the South if needed.
- Weigh-ins will start 1 hour prior to the start of the meet (at the truck between the shot and the discus, near the 200m start)
- PRELIMS: Flights will be set-up
- FINALS: Top ten (10) advance
- Girls will be contested first
- Two-implement warm-up shall be utilized between flights and prior to the finals



LONG JUMP AND TRIPLE JUMP

- One-hour open pit. Each athlete will get four (4) attempts
- TRIPLE JUMP: First rotation (Boys and Girls will compete at the same time)
- BOYS LONG JUMP: Second rotation
- GIRLS LONG JUMP: Third rotation
- Painted lines (in lieu of boards) at 5 feet, 20 feet, 25 feet, 30 feet, and 35 feet from the pit.
- The runway has tic marks every foot measuring from the end of the pit.
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POLE VAULT

- Progressions: 5-00, 6-00, 7-00, then 6 inches to 9 feet, then 3 inches.
- Special heights due to records and state qualifying will be implemented if needed.
- 30 minutes prior to the start--Weigh-ins and pole inspection (at the pit)
- SAFETY: We will place a heavy emphasis on safety.
- 1. Pit—oversized (collegiate size) pit with built in “fitted” collar (NFHS rule 7-5-14)
- 2. Poles—will be inspected. Poles not passing inspection shall be impounded for the meet
- 3. Athletes—must weigh less than the poles weight rating
- 4. Run-throughs—may be taken each time the bar is raised
- 5. Preferred landing zone—athletes continually landing outside of the zone may be removed from the competition per NFHS rules.
- 6. At 12 feet, additional outside padding shall be introduced to the pit
- 7. The competition may be stopped for excessive winds
- 8. Coaches should be available for their athletes
- 9. Check marks are noted on the side of the runway (distance from the box) for easy marking of steps



HIGH JUMP

- The Girls High Jump shall start at the conclusion of the Pole Vault
- Progressions: 3-6, 3-8, 3-10, 4-00 then one inch.
- The Boys High Jump shall start after the Girls.
- Progressions: 4-6, 4-8, 4-10, 5-00 then one inch.



TRACK EVENTS

- All track events are timed finals, in multiple-sections (heats), as needed.
- 100, 200, 400, high hurdles, and 300m hurdles start and finish in lanes
- The distance events will use a single or double-waterfall start depending on the number of entries.
- Athletes need to report to the bullpen to pick-up hip numbers and pull-tags two events prior.
- (NFHS rule 8-2-1c) The 2000m steeplechase will use modified USATF age-group rules. 4 barriers and 1 waterjump per lap. The girls won't have a barrier at the waterjump. The start is by the 300m hurdles start. The first time the runners come through the finish line, four laps remain (the race is 4 and ¾ laps).



RELAYS

- Relays contested are those contested at the state meet in at least one of the *four-corners* states.
- All four athletes must report to the starting line.
- 4 X 100m Relay (2-turn stagger—white starting line—yellow triangles)
- 4 X 200m Relay (4-turn stagger—black starting line—ex. 1 & 2—black triangles, ex. 3—yellow)
- 4 X 400m Relay (3-turn stagger—blue starting line—ex. 1—blue triangles, ex 2 & 3—yellow)
- NOTE: The break line for the #2 runner is the green line at the end of the 1st curve
- 4 X 800m Relay (double-waterfall start—yellow triangles)
- 800m Sprint Medley (100-100-200-400—2 turn stagger-white line—yellow triangles)
- 1600m Sprint Medley (200-200-400-800—2 turn stagger-white line—yellow triangles)



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



MEDICAL

- A first responder is scheduled to be on duty throughout the meet
- The IHS-PHS clinic is less than one-mile from campus (ER: 697-4100).
- Athletes needing to be treated at the clinic will need permission-to-treat forms, insurance information, social security numbers, and CIB numbers (if applicable).
- Teams should bring their own tape, ice, and medical kits

MEET RECORDS—MUSTANG CLASSIC

5-00	(2010) Tia Dalton, Chinle	High Jump	6-02	(2004) Michael Ball, Monument Valley
8-06	(2009) Taylor Duncan, Kirtland Central	Pole Vault	11-00	(2010) Easton Sherwood, Kirtland Central
16-01.50	(2009) Maria Lupe, Alchesay	Long Jump	20-11.75	(2005) Ryan Eck, Grand Canyon
33-05	(2009) Maria Lupe, Alchesay	Triple Jump	44-10	(2005) Michael Ball, Monument Valley
130-09	(2007) Deezbaa Whaley, MV	Discus	137-05	(2005) Oliver Whaley, Monument Valley
40-00.50	(2010) Melanie Heslop, Kirtland Central	Shot Put	43-08	(2005) Ryan Brown, Tuba City
8:20.42	(2004) Brianna Little, Tuba City	2000m Steeplechase	6:40.83	(2005) Rick Worker, Tuba City
49.87	(2010) Kourtnei Ashcroft, Kirtland Central	300m Hurdles	39.64	(2004) Aaron Tachine, Chinle
26.57	(2005) Talia Jones, Monument Valley	200m Dash	22.92	(2005) Justin Kramer, Grand Canyon
10:37.46	(2007) Chinle	4 X 800m Relay	8:47.13	(2008) Tuba City
16.91	(2008) Courtney Norberto, Chinle	High Hurdles	15.41	(2004) Aaron Tachine, Chinle
16.30 (2.4)	(2010) Kourtnei Ashcroft, Kirtland Central	wind aided		
12.60	(2007) Talia Jones, Monument Valley	100m Dash	11.18	(2005) Justin Kramer, Grand Canyon
5:40.33	(2009) Macee Nielson, Monticello	1600m Run	4:45.81	(2009) Ryan Yazzie, Tuba City
52.54	(2010) Kirtland Central	4 X 100m Relay	45.40	(2010) Kirtland Central
62.91	(2007) Talia Jones, Monument Valley	400m Dash	54.68	(2004) Zane Jenkins, Tuba City
4:51.00	(2004) Shiprock	1600m Sprint Medley Relay	4:07.25	(2004) Tuba City
2:29.51	(2004) Shannon Yellowhair, Chinle	800m Run	2:09.07	(2004) Eric Bahe, Chinle
1:55.56	(2005) Monument Valley	4 X 200m Relay	1:35.29	(2004) Monument Valley
11:36.79	(2009) Rolonda Jumbo, Chinle	3200m Run	10:23.03	(2008) Lance Williams, Tuba City
2:06.83	(2004) Ganado	800m Sprint Medley Relay	1:46.38	(2004) Tuba City
4:37.58	(2005) Shiprock	4 X 400m Relay	3:40.22	(2005) Monument Valley

MEET RECORDS—SUNSET MEET

Records are not maintained for the Sunset Meet. This meet was set-up as a temporary filler in the schedule until Window Rock and Chinle are able to resume their meets.

MEET RECORDS—LAST CHANCE

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	
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

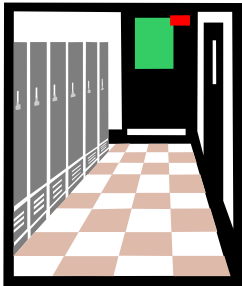
MVHS SCHOOL RECORDS

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
17-03	Latasha Ball—2007	Long Jump	22-00	Michael Ball—2004
33-04	Merilee Tom—1986	Triple Jump	43-05	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 Arthure—1998	300m Hurdles	42.01	Ashton Curley—2007
53.14	Brittney Davis, Latasha Ball, Ingrique 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—2007



HOSPITALITY ROOM

Sorry—no hospitality room will be available. Our business office got an interpretation from the auditors a few years ago that entry fees (auxiliary account monies) are not to be used for hospitality rooms because it is construed to be a misuse of funds.



LOCKER ROOM ACCESS

Locker room access will be available prior to the meet at the Student Activity Center. Please use the red doors at the South side of the gym near the weight room.



OFFICIALS

- We have a pretty good crew in place, many of which are certified by the AIA.
- Especially with a minor or finer detail of an event, please don't engage the official(s).
- If you have any comments, questions, or concerns—please contact the meet director.



LOST AND STOLEN ARTICLES

- The AIA, MVHS, and the Kayenta Unified School District will not be held responsible for lost or stolen articles.
- **All vehicles, while unattended, need to be locked with valuable items stored out of sight.**
- Children need to be supervised at all times and never left unattended



TRASH PICK-UP

- Trash bag(s) have been placed in each team's packet.
- Please help keep the stadium clean and police your team's area during and after the meet.
- By doing so, this will help keep the cost of the entry fees from rising (by not hiring more custodians to clean the stadium after the meet).



RESTROOMS

- Restrooms are located behind the home side bleachers
- Please help keep the restrooms clean.
- Reminder—paper towels are to be thrown in the trash can—not anywhere else.



RESULTS

- Results will be posted – and we will try to get the results copied for distribution to the coaches after the meet, but that may not be possible.
 - Normally, all results will be posted by white storage container at the end of the straight away
 - Results will be online after the meet
 - Results will be e-mailed to each school after the meet
 - **Any errors need to be brought to the attention of GREG WAYNE no later than 8:00 pm Monday.**
- (Cell phone: 928-429-1680, home phone: 928-697-8572, e-mail: greg.wayne@kayenta.k12.az.us)



AWARDS

- Medals 1st – 8th in the individual track and the field events
- Ribbons 1st – 8th in the relays
- Plaques to the winning boys and girls team
- Meet management found it best to mail out the awards, in case we have errors, misspelled names, etc.
- The day after the meet, results are e-mailed out to the coaches.
- If any errors are found in the results, we correct them within 2 days of the meet.
- Less than a week after the meet, we mail out the awards.



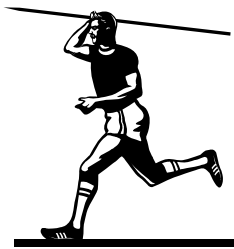
STATE QUALIFICATION FORMS

- The qualification forms and results will be sent to each of state association offices.
- **We take this very seriously—so, please don't hesitate to contact us to ensure none of your athletes are lost in the shuffle.**



CONCESSIONS

- Student council is in charge of assigning all concession sales at athletic events
- A full-scale concessions sale has been scheduled for all home meets



JAVELIN

- The javelin is not a state meet event in Arizona, nor normally contested around the state
- MVHS does not have a suitable impact area (all of the implements would be ruined)
- The javelin will **not** be contested at this meet.



MEET SCHEDULE

- **Despite being in Arizona, the Navajo Nation does recognize daylight saving time just like the rest of the country, beginning Sunday March 13.**
- The estimated time schedule will be published along with the start list
- **The meet will be officially on a rolling time schedule. That means we will get ahead of schedule if at all possible.**

11:30 P.M. (One day prior) **ENTRIES DUE ONLINE AT www.directathletics.com**

One hour prior to the start of the meet—all changes must be made in the press box.

11:00 a.m. FIELD EVENTS

(Mustang Classic) Boys Discus & Girls Shot Put
Girls and Boys Pole Vault (ran concurrently)

4:00 p.m. Girls and Boys Triple Jump (ran concurrently)
(Wednesday meets)

Followed by **FIELD EVENTS**
Girls High Jump and Boys Long Jump
Boys Shot Put & Girls Discus

Followed by **FIELD EVENTS**
Girls Long Jump and Boys High Jump

11:00 a.m. TRACK EVENTS (Boys will compete first)

(Mustang Classic) 2000m Steeplechase
300m Hurdles
4:00 p.m. 200m Dash
(Wed. meets) 4 X 800m Relay
High Hurdles
100m Dash
1600m Run
4 X 100m Relay
400m Dash
1600m Sprint Medley Relay (200, 200, 400, 800)
800m Run
4 X 200m Relay (4-turn stager)
3200m Run
800m Sprint Medley Relay (100, 100, 200, 400)
4 X 400m Relay (3-turn stager)

NOTE: If entries are small enough, we may run the boys and girls together in the relays
And the 3200m Run.