

NORTHLAND PREPARATORY ACADEMY
Home of the Spartans



**TH
11 ANNUAL
Northland Prep Skydome Classic
J. Lawrence Walkup Skydome
Northern Arizona University
Flagstaff, Arizona
Wednesday March 11, 2015**

Your high school's track-and-field team is cordially invited to participate in the 11th Annual Skydome Classic hosted by NPA scheduled to be held **Wednesday March 11, 2015**

NOTE: Because the Big Sky Conference Basketball Tournament plays at the "higher seed" we may have to reschedule the meet at the last minute.

**Michael Elder
Athletic Director
Northland Preparatory Academy
3300 E. Sparrow Ave.
Flagstaff, AZ 86001
melder@northlandprep.org
Cell: 928-380-6287
Office: 928-214-8776, ext. 308**

We would like for you to confirm your team's participation by contacting Mike Elder as soon as possible.

SITE DIRECTOR

Michael Elder
Northland Preparatory Academy
3300 E. Sparrow Ave.
Flagstaff, AZ 86001
office: 928-214-8776, EXT. 308
cell: 928-380-6287
melder@northlandprep.org

MEET DIRECTOR

Greg Wayne (AIA Certified Official)
Monument Valley High School
PO Box 337
Kayenta, AZ 86033
E-MAIL: gregory.wayne@kayenta.k12.az.us
E-MAIL: gwayne@hughes.net
TEL: 928-697-8572 (Home)
CELL: 928-429-1680

ENTRY FEE

\$300 for both a girls' and boys' team (make checks payable to: Northland Prep Academy) or, \$175 per girls team or, \$175 per boys team. If your school must have a W-9 prior to payment, it is your responsibility to request this form prior to the meet.

NO PURCHASE ORDERS WILL BE ACCEPTED. PAYMENT DUE ON DAY OF MEET.

NOTE: The entry fee is used to cover the cost of renting the dome and other nominal expenses occurred for the meet (such as covering the cost of broken cross-bars, shells, hip numbers, etc.).

For officiating, each school will get a deduction of \$50 off their entry fee.

PLEASE NOTE: The procedures noted in the meet information must be adhered to. For instance, the online entry deadline cannot be extended any later due to the fact that Greg Wayne has to download the entries and seed the meet prior to departure to Flagstaff.

SCORING — The meet will not be scored.

AWARDS

Due to the financial nature of the meet, we will not present awards this year.

SANCTION

(AIA bylaws 10.1.3) The meet is under the authority of the Arizona Interscholastic Association, Inc.

(AIA bylaws 29.1.1) Official rules shall be those published in the current edition of the NFHS rules and case books.

ENTRIES

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

(NFHS rule 4-2-2) A competitor shall not be **ENTERED** in more than four (4) individual events.

NOTE: Athletes may scratch an individual event and be entered into a relay

(NFHS rule 4-2-4c) Not more than three (3) contestants from a given school be entered in an individual event

(NFHS rule 4-2-4d) Each school may enter one (1) team in a relay event

NOTE: For track events—submit entries with a time. If not, we have a poorly seeded meet.

SCRATCH/SUBSTITUTION

FIELD EVENTS: At the field event venue-

TRACK EVENTS: **NO CHANGES FROM YOUR SUBMITTED ENTRIES DUE TO TIME CONSTRAINTS**

RELAYS: Each school competing will have an entry in the 4 X 400m Relay.

Heats will be set-up by the clerk. All four (4) athletes must report in.

ADDS: Will not be permitted—even if less than three were originally entered.

ONLINE ENTRIES

(NFHS RULE 3-2-2) The stipulated deadline for online entries shall be **Monday 6:00 pm**

WEBSITE:

www.athletic.net must be used for online entries. No other forms of entries will be accepted.

PARKING

All buses must park in the Skydome parking lot.

BASKETBALL COURT

Absolutely no one is allowed on the basketball court or the surrounding portable bleachers.

CLIMBING OVER THE WALLS

Absolutely no one is allowed to climb up into the bleachers (or down onto the arena floor).

STAIRWELL BY THE LONG JUMP RUNWAY

Once the meet starts, only the video personnel should use this stairwell. There are 3 other stairwells as well as the elevator.

HIGH JUMP APRON

This is not a warm-up area and needs to remain clear.

DRESSING ROOMS

No dressing rooms will be available. It is recommended to come dressed to the meet.

KEEPING THE DOME CLEAN

Please police your team area at the conclusion of the meet

Please remove all tape from the arena floor

Please keep the bathrooms clean. NOTE: Used paper towels belong only in the trash cans (not the floor, etc.)

SPIKES

MONDO recommends that all high school athletes use 3/16 inch PYRAMID spikes or less.

Under no circumstances should needle or Christmas tree type spikes be used—PYRAMID ONLY!

SPIKES WILL BE CHECKED. The maximum length is ¼ inch PYRAMID.

SPIKES NOT IN COMPLIANCE WILL BE IMPOUNDED IMMEDIATELY AND NOT RETURNED UNTIL AFTER THE MEET.

*** TIME SCHEDULE (Boys First in all running events)**

10:00 a.m. Coaches Meeting

10:30 a.m. Field Events

Boys Shot Put *followed by* Girls Shot Put
Girls Long Jump *followed by* Boys Long Jump
Boys Triple Jump *followed by* Girls Triple Jump
Girls Pole Vault *followed by* Boys Pole Vault
Boys High Jump *followed by* Girls High Jump

10:30 a.m. Track Events

1600m Run
400m Dash
60m Hurdles
60m Dash
800m Run
200m Dash
3200m Run
4 X 400m Relay

HORIZONTAL JUMPS

For the long jump and triple jump there will be a two-hour open pit and all athletes will get four (4) attempts.

SHOT PUT

Do not bring any shots with you. They will be supplied by meet management. Outdoor shots can severely damage the floor.

Each athlete will get three (3) preliminary throws with the top seven (7) advancing to the finals for three (3) more attempts.

HIGH JUMP

Girls Opening Height: 4-00 (4 inch increments until 4-08, then 2 inches)

Boys Opening Height: 5-00 (4 inch increments until 5-08, then 2 inches)

POLE VAULT

Girls Opening Height: 6-00 (1 foot increments until 8-00, then 6 inches)

Boys Opening Height: 10-00 (1 foot increments until 12-00, then 6 inches)

800/1600/3200

The top twelve (12) to sixteen (16) entries (or at a natural break with the entry times) shall be placed in the **FAST HEAT**. All others shall be put in heats one/two. The number of heats will depend on the number of entries.

800—2 and 2/3 around the track

1600—5 and 1/3 laps of the track

3200—10 and 2/3 laps of the track

60m HURDLES

Standard high school hurdle height, and standard distance to the first hurdle. 5 flights (versus the 10 usually run outdoors) shall be ran.

60m DASH

Start on the main straight.

200m DASH

Start on the back stretch (2/3 length of the track).

NOTE: When coming onto the home stretch, there are two more lanes on the inside of the track. Thus, lane 1 turns into lane 3, lane 2 into lane 4, etc. Therefore, runners must know to stay in their current lane (if it starts out gold, stay gold—if it starts out blue, stay blue).

400m DASH

Waterfall start (located near the bay door). Up to 9 athletes per heat.

4 X 400m RELAY

Waterfall start. Each leg is 1 1/3 laps of the track.

First exchange: At the finish line

Second exchange: At the 200/800 start.

Third exchange: At the 400m start

MEET RECORDS

Boys 1600	4:33.89	3/2/2010	Billy Orman, Tuba City
Girls 1600	5:32.81	3/5/2013	Mikayla Serunsun, Sedona Red Rock
Boys 400	49.98	3/4/2014	Ryan Talbot, Mingus
Girls 400	59.51	3/14/2006	Talia Jones, Monument Valley
Boys 60 HH	8.41	3/4/2009	Matt Boyd, Blue Ridge
Girls 60 HH	9.37	3/4/2008	Arona Spader, Snowflake
Boys 60	7.03	3/4/2008	Matt Reidhead, Snowflake
Girls 60	7.92	3/1/2007	Talia Jones, Monument Valley
Boys 800	1:59.25	3/4/2014	Travis Okie, Sedona
Girls 800	2:23.38	3/4/2014	Brianna Loughran, Tuba City
Boys 200	22.62	3/4/2014	Bryce Henderson, Blue Ridge
Girls 200	26.42	3/1/2007	Talia Jones, Monument Valley
Boys 3200	9:49.74	3/2/2010	Billy Orman, Tuba City
Girls 3200	11:36.95	3/6/2012	Rolonda Jumbo, Chinle
Boys 1600 Relay	3:31.75	3/5/2012	Mingus
Girls 1600 Relay	4:17.98	3/14/2006	Snowflake
Boys HJ	6-08	3/5/2013	Ross Lake, Coconino
Girls HJ	5-03	3/5/2013	Michelle Davov, Sedona Red Rock & Kaelee Penrod, Blue Ridge
Boys PV	14-06	3/6/2012	Keith Williams, Payson
Girls PV	10-03	3/5/2013	Michelle Davov, Sedona Red Rock
Boys LJ	22-10.5	3/6/2012	Tyler Johnson, Snowflake
Girls LJ	18-08	3/5/2005	Stephanie Garnett, Winslow
Boys TJ	43-09	3/6/2012	Steven Roesigg, Coconino
Girls TJ	37-06.5	3/1/2007	Paulla Hart, Mesa Skyline
Boys SP	55-00.75	3/5/2013	Jacob Moore, Sedona Red Rock
Girls SP 40-00.50	3/6/2012	Heather Calandra, Coconino	

RETIRED RECORDS

Boys 1500	4:16.43	3/1/2007	Tanner Crothers, Northland Prep
Girls 1500	5:12.52	3/4/2008	Jessica Rydberg, Blue Ridge
Boys 3000	9:29.05	3/5/2005	Matt Rowell, Blue Ridge
Girls 3000	11:35.71	3/1/2007	Marilyn Curley, Ganado