

From: Jeff Evans, Meet Director (Athletic Director, Douglas High School)
JeffEvans@dcsd.k12.nv.us... Phone 775-782-5136 ext. 1017 or 1015.
Dave Pyle, Site Director (Athletic Administrator, Douglas High School)
Lynn Mentzer, Competition Coordinator (Northern Nev. T & F Coaches Association)
Cathy Rahe, Meet Secretary (Athletic Secretary, Douglas High School)
Donnie Nelson, Meet Coordinator (Assistant Director, NIAA)

2009 NIAA 4A NORTHERN REGION TRACK & FIELD CHAMPIONSHIPS

The 2009 Nevada Interscholastic Activities Association's Class 4A Northern Region boys & girls Track and Field Championships meet is scheduled to be contested on Saturday, May 9 (trials) and Saturday, May 16 (finals) at Douglas High School in Minden (address: 1670 Highway 88, Minden, 89423... school phone 775-782-5136). The top three (3) placers per event in this meet advance to the 2009 NIAA Nevada State High School Track and Field Championships (May 22-23 at Del Sol H.S. in Las Vegas).

MEET ORGANIZATION, MANAGEMENT AND OPERATIONS

The Games Committee is responsible for the entire meet's management and all information above and beyond what is printed in this meet information packet.

The Jury of Appeals is responsible for the interpretation of all rules, regulations and policies set forth in this meet information packet and the National Federation rulebook.

The NIAA staff and Board of Control will communicate only with the Meet Director with regards to meet operations.

RULES

National Federation rules will govern the meet unless otherwise stated in this meet information packet. A three/five-member Jury of Appeals will rule on any protest. The decision of the Jury of Appeals is final. No recourse (to the NIAA office, its staff or Board of Control) of action will be permitted after a ruling by the Jury of Appeals.

PROBLEM PROTOCOL

The head coach should proceed to the clerk / staging area to get in immediate contact with the Meet Referee when a protest situation occurs. Judgment decisions cannot be protested. THE PROTEST FEE IS \$25 (cash or check payable to NIAA). A three/five-member Jury of Appeals will rule on any protest. The decision of the Jury of Appeals is final. The protest fee will be returned if the protest is won.

No recourse (to the NIAA, its staff or Board of Control) of action will be permitted after a ruling by the Jury of Appeals.

****** ENTRIES – DUE FRIDAY, MAY 1 BY 3:00 P.M. ******

Entries are due by 3:00 p.m. on Friday, May 1 through www.directathletics.com. All questions / concerns relating to entries should be addressed to Lynn Mentzer, Competition Coordinator (teacher at Reed H.S.), at lmentzer@washoe.k12.nv.us. Again, teams must register on-line at www.directathletics.com (exclusively).

****** IMPORTANT:** The NIAA staff and its hosting school / Meet Directors are NOT responsible for errors made on entry forms. Coaches should be absolutely sure the entry form is accurate and correct before submitting it to the Meet Director. All entries are final once the deadline of 3:00 p.m. on Friday, May 1 has passed. ****

NOTE: Should an athlete achieve a better mark in a meet contested on May 2 (the day after entries are due), please contact Lynn Mentzer VIA E-MAIL ONLY at lynnmentzer@sbcglobal.net and give the athlete's performance update. ***Only performance updates, not a change to the entry form, will be accepted.*** This performance update must be submitted NO LATER than on Sunday, May 3 via e-mail to Lynn Mentzer. Lynn's phone number (for verifications only) is 355-7991.

OPTIONAL COACHES REVIEW MEETING – MONDAY, MAY 4 @ 6:00 p.m.

The 4A Northern Region will hold a coaches (entry review) meeting Monday, May 4, 6:00 p.m. TBA, at Damonte Ranch High School (TBA). This meeting will provide the coaches an opportunity to review entry marks and meet procedures. This is NOT a mandatory coaches meeting, just the opportunity to review and challenge entry marks.

STATE QUALIFYING

4A Track = The top three (3) placers in each event from the Northern Region meet, the top two (2) placers in each event from the Sunrise Region meet and the top two (2) placers in each event from the Sunset Region meet automatically advance to the 2009 NIAA Nevada State Track & Field Championships, presented by the Las Vegas Review-Journal and Farmers Insurance Group. The eighth / fifth Southern Nevada qualifier will be determined by matching the results between the No. 3 placers from both the Sunrise and Sunset region meets. Qualifiers are always based on place first, then time, including when comparing Sunrise and Sunset Region third-place finishers.

4A Field = The top three (3) placers in each event from all three regions will advance to the 2008 Nevada State Track & Field Championships meet. The event's tie-breaking procedures will be used to determine third place in each region.

The meet (and event) staff will break ties, even in the case of state qualifying positions, according to the procedures outlined in Rule 6, Section 3, Article 2 for throwing events and in Rule 7, Section 3, Article 2 for jumping events.

MEET SCHEDULE – DAY ONE (Saturday, May 9 @ DOUGLAS H.S.)

SATURDAY, MAY 9 -- FIELD EVENT TRIALS

Weigh-ins open at 7:30 a.m. and remain open through 12:30 p.m. (close of girls discus check-in)

Girls Long Jump ** @ 8:30 a.m. (check-in deadline is 8:00 a.m.)

Boys Pole Vault ^ @ 8:30 a.m. (check-in deadline is 8:00 a.m.)

Boys Shot Put ** @ 8:30 a.m. (check-in deadline is 8:00 a.m.)

Girls High Jump ^ @ 9:30 a.m. (check-in deadline is 9:00 a.m.)

Boys Long Jump ** @ 9:30 a.m. (check-in deadline is 9:00 a.m.)

Girls Shot Put ** @ 10:00 a.m. (check-in deadline is 9:30 a.m.)

Boys High Jump ^ @ 10:30 a.m. (check-in deadline is 10:00 a.m.)

Girls Triple Jump ** @ 10:30 a.m. (check-in deadline is 10:00 a.m.)

Girls Pole Vault ^ @ 10:30 a.m. (check-in deadline is 10:00 a.m.)

Boys Triple Jump ** @ 11:30 a.m. (check-in deadline is 11:00 a.m.)

Boys Discus ** @ 11:30 a.m. (check-in deadline is 11:00 a.m.)

Girls Discus ** @ 1:00 p.m. (check-in deadline is 12:30 p.m.)

Check-in requirements for field events

NOTE: An athlete / relay team must check-in at least 30 minutes prior to the scheduled start of the event (by the published deadline time) or he/she/they will be scratched from the event. **THE ATHLETE ONLY WILL BE PERMITTED TO CHECK-IN.**

Athletes may leave the event site after check-in, but it is the athlete's responsibility to then report back in time for the start of the event.

Field Events – Advancing from trials to finals

^ The top nine (9) remaining athletes, plus ties for the ninth position, advance to the finals.

** Each athlete will receive four (4) attempts in the trials. The top nine (9) remaining athletes, plus ties for the ninth position, advance to the finals.

Starting heights for the high jump and pole vault will be two increments below the mark of the eighth qualifier / entrant or one increment below the 16th qualifier / entrant, whichever is lower.

SATURDAY, MAY 9 – TRACK EVENT TRIALS

Event time (Check-in deadline time!), Race (event number)

9:00 a.m. (**8:30**), Boys 110m Hurdles (7)

9:25 a.m. (**8:55**), Girls 100m Hurdles (25)

9:50 a.m. (**9:20**), Boys 100m (1)

10:10 a.m. (**9:40**), Girls 100m (19)

10:30 a.m. (**10:00**), Boys 800m (4x200) Relay (10)

10:45 a.m. (**10:15**), Girls 800m (4x200) Relay (28)

11:00 a.m. (**10:30**), Boys 1600m (5)

11:20 a.m. (**10:50**), Girls 1600m (23)

11:45 a.m. (**11:15**), Boys 400m (4x100) Relay (9)

11:55 a.m. (**11:25**), Girls 400m (4x100) Relay (27)

12:10 p.m. (**11:40**), Boys 400m (3)

12:35 p.m. (**12:05**), Girls 400m (21)

1:00 p.m. (**12:30**), Boys 300m Hurdles (8)

1:25 p.m. (**12:55**), Girls 300m Hurdles (26)

1:50 p.m. (**1:20**), Boys 800m (4)

2:05 p.m. (**1:35**), Girls 800m (22)

2:15 p.m. (**1:45**), Boys 200m (2)

2:40 p.m. (**2:10**), Girls 200m (20)

3:15 p.m. (**2:45**), Boys 1600m (4x400) Relay (11)

3:40 p.m. (**3:10**), Girls 1600m (4x400) Relay (29)

Check-in requirements for track events

NOTE: (!) An athlete / relay team must check-in at least 30 minutes prior to the scheduled start of the event (by the published deadline time) or he/she/they will be scratched from the event. **THE ATHLETE ONLY WILL BE PERMITTED TO CHECK-IN.**

Athletes will be seeded into heats and lanes for the prelims according to entry times and number of checked-in athletes. Athletes from the same school will be distributed evenly between the heats.

Track Events – Advancing from trials to finals

1. Entries must be submitted using best Nevada (in-state) mark achieved during the 2009 season.
2. The 3200 and 3200 (4x800) relay will not conduct trials.
3. Twelve (12) athletes will advance to the final in the 800 and 1600 events (see 4.a./b. below).
4. Finalists in the lane events will be determined as follows (see next page):
 - a. If two heats... the first two (2) finishers per heat plus the next four (4) fastest by time overall (8 fastest by time in the 800 and 1600 events) advance to the final.
 - b. If three heats... the first (1) finisher per heat plus the next five (5) fastest by time overall (9 fastest by time in the 800 event) advance to the final.
 - c. If four heats... the first (1) finisher per heat plus the next four (4) fastest by time overall advance to the final.
 - d. If five heats... the first (1) finisher per heat plus the next three (3) fastest by time overall advance to the final.
 - e. If six heats... the first (1) finisher per heat plus the next two (2) fastest by time overall advance to the final.
 - f. If seven heats... the first (1) finisher per heat plus the next one (1) fastest by time overall advance to the final.

MEET SCHEDULE – DAY TWO (Saturday, May 16 @ DOUGLAS H.S.)

SATURDAY, MAY 16 – FIELD EVENT FINALS

Weigh-ins open at 7:30 a.m. and remain open through 11:30 a.m. (close of girls discus check-in)

Girls High Jump @ 8:30 a.m.
Boys Long Jump @ 8:30 a.m.
Boys Pole Vault @ 8:30 a.m.
Boys Shot Put @ 8:30 a.m.

Boys High Jump @ 9:30 a.m.
Girls Long Jump @ 9:30 a.m.
Girls Shot Put @ 9:30 a.m.

Girls Pole Vault @ 10:00 a.m.

Boys Triple Jump @ 10:30 a.m.
Girls Triple Jump @ 10:30 a.m.

Boys Discus @ 11:00 a.m.

Girls Discus @ 12:00 p.m.

Field Events – Procedure for finals

All field events (except High Jump and Pole Vault) will be seeded by qualifying marks from the previous week. Qualifying marks from previous week do NOT carry over.

All Long Jump, Triple Jump, Shot Put and Discus event athletes will get three (3) attempts. The competitors (field) will then be re-ranked and (only) the top nine (9) athletes plus ties will receive three (3) additional attempts. **NO WARM-UP BETWEEN THE INITIAL THREE ATTEMPTS AND THE LAST THREE ATTEMPTS WILL BE PERMITTED.**

Starting heights for the high jump and pole vault will be two increments below the mark of the eighth qualifier.

SATURDAY, MAY 16 – TRACK EVENT FINALS

9:00 a.m., Boys 3200m (4x800) Relay (12)

9:15 a.m., Girls 3200m (4x800) Relay (30)

11:00 a.m., Boys 110m Hurdles (7)

11:10 a.m., Girls 100 Hurdles (25)

11:25 a.m., Boys 100m (1)

11:30 a.m., Girls 100m (19)

11:40 a.m., Boys 800m (4x200) Relay (10)

11:50 a.m., Girls 800m (4x200) Relay (28)

12:00 p.m., Boys 1600m (5)

12:10 p.m., Girls 1600m (23)

12:20 p.m., Boys 400m (4x100) Relay (9)

12:30 p.m., Girls 400m (4x100) Relay (27)

12:40 p.m., Boys 400m (3)

12:45 p.m., Girls 400m (21)

1:00 p.m., Boys 300m Hurdles (8)

1:15 p.m., Girls 300m Hurdles (26)

1:25 p.m., Boys 800m (4)

1:30 p.m., Girls 800m (22)

1:40 p.m., Boys 200m (2)

1:45 p.m., Girls 200m (20)

1:55 p.m., Boys 3200m (6)

2:10 p.m., Girls 3200m (24)

2:30 p.m., Boys 1600m (4x400) Relay (11)

2:40 p.m., Girls 1600m (4x400) Relay (29)

STATE QUALIFYING

4A Track = The top three (3) placers in each event from the Northern Region meet, the top two (2) placers in each event from the Sunrise Region meet and the top two (2) placers in each event from the Sunset Region meet automatically advance to the 2009 NIAA Nevada State Track & Field Championships, presented by the Las Vegas Review-Journal and Farmers Insurance Group. The eighth qualifier / fifth Southern Nevada qualifier will be determined by matching the results between the No. 3 placers from both the Sunrise and Sunset region meets. Qualifiers are always based on place first, then time, including when comparing Sunrise and Sunset Region third-place finishers.

4A Field = The top three (3) placers in each event from all three regions will advance to the 2006 Nevada State Track & Field Championships meet. The event's tie-breaking procedures will be used to determine third place in each region.

The meet (and event) staff will break ties, even in the case of state qualifying positions, according to the procedures outlined in Rule 6, Section 3, Article 2 for throwing events and in Rule 7, Section 3, Article 2 for jumping events.

TIES FOR STATE QUALIFYING POSITIONS

In the case of a tie for a state qualifying position, the following guidelines will apply:

1. Field Events – If a tie exists after rule book tie-breaking (placing and scoring) procedures have been applied, each tied athlete will advance to the state meet.
2. Running Events of 400 meters or less = A run-off will take place 30 minutes after the conclusion of the last running event in the meet.
3. Running Events of 800 meters or more = Each tied athlete will advance to the state meet.

SCORING

Scoring will be to eight places (10, 8, 6, 5, 4, 3, 2 & 1) for all events.

AWARDS

The top three (3) placers in each event will receive medals. The top boys and girls team will receive a trophy.

CHECK-IN REQUIREMENTS / CLERK & STAGING AREA

Athletes must report and check-in 30 minutes prior to the beginning of all NON-FINAL events. The athletes may leave the staging area after check-in, however they will be responsible for arriving at the event site on time. **THE ATHLETE ONLY WILL BE PERMITTED TO CHECK-IN.**

UNIFORMS & JEWELRY

Please refer to pages 24-26 (and specifically RULE 4, SECTION 3, ARTICLES 1-4) of the 2009 NFHS Track & Field rules book for information on a “Competitor’s Uniform.”

**** SPIKES ****

The NIAA Track and Field Advisory Committee and NIAA office staff have officially adopted a 1/8-inch pyramid spike rule. Pyramid spikes may not protrude more than 1/8-inch into the track/runway surface. All removable protrusions must be removed from the spike plate/shoe base. If an athlete is found to have competed with improper equipment, that athlete (and relay team) will be disqualified. Adopted, 2004.

EVENT AREA

Coaches and non-participating athletes must stay outside all fenced, roped and flagged areas. Athletes must vacate the infield / event area immediately after the event’s conclusion (awards ceremony).

LANE ASSIGNMENTS

Lane assignments will follow National Federation rules, weighing place first and time second.

STAGGERS

400 Relay – 2-turn stagger (by lane)
800 Relay – 4-turn stagger (by lane)
1,600 Relay – 3-turn stagger (by lane)
3,200 Relay – 1-turn stagger (by lane or alley)

open 800 – 1-turn stagger (by lane or alley)
open 1,600 – 1-turn stagger (by lane or alley)
open 3,200 – 1-turn stagger (by lane or alley)

BLOCKS

The Games Committee will provide starting blocks. Athletes may, however, use their own starting blocks.

WEIGH-INS

Implement weigh-ins will take place.
Pole vault weigh-ins will take place at the event site.

STARTING HEIGHTS & PROGRESSIONS

High Jump – the Meet Director will determine the starting height for prelims. ***
The bar will progress up 2 inches until there are four competitors or less remaining, at which point the bar will then progress up 1 inch.

Pole Vault – the Meet Director will determine the starting height for prelims. ***
The bar will progress up 6 inches until there are four competitors or less remaining, at which point the bar will then progress up 3 inches.

*** It is recommended that starting heights be one increment below the mark of the 8th qualifier. It is the Meet Director's option, however, to start another increment lower depending on weather conditions and entry marks.

ADMISSION

Students, \$5; Adults, \$7
Children 8 and younger, Free
Senior Citizens 62 and older, Free
The NIAA Courtesy Card will be accepted.