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2019 AIA State Track & Field Tournament Guide



**2019 AIA State Track & Field**  
**TOURNAMENT GUIDE**

**Schedule, Rules, Regulations, Instructions (10-11-18)**

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**ALL NEW INFORMATION FOR THIS YEAR'S TOURNAMENT GUIDE  
ARE IN THIS COLOR PRINT.**

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### Hosting a State Qualifying Meet

Those Schools who wish to host a state qualifying meet will have to send a coach or meet director to the Mandatory Coaches meeting in the spring. This meeting will take place after the open session for coaches of Track and Field is completed on February 2, 2019. At this meeting rules, procedures, and application will be available.

Hy-Tek must be used to export qualifying data to MaxPreps within 72 hours after completion of the meet.

A back up copy of the meet must be emailed to Sue Hysong, at [chsyong@cox.net](mailto:chsyong@cox.net) within 96 hours after the completion of the meet.

It is the coaches' responsibility to confirm results for athletes are correct. A coach has seven calendar days after the meet to question results. After this time there will be NO changes allowed. IF a coach has a question, an email needs to be sent to Dave Shapiro at [Dshapiro@aiaonline.org](mailto:Dshapiro@aiaonline.org) within these seven days.

It is also the coaches' responsibility to check state rankings on maxpreps.com throughout the season.

A listing of all qualifying meets will be found at [www.aiaonline.org](http://www.aiaonline.org) under Coaches→:Track.

### Calendar of the Track Season

Monday	January 21	Deadline for Hardships—AD and Parent responsibility
Saturday	February 2	Mandatory Spring Coaches Meeting Site TBD
Monday	February 4	First day of permissible practice
Wednesday	February 20	First day of permissible competition
Friday	February 22	Rosters and Schedule Inputted into MaxPreps deadline
Wednesday	April 17	Declaration process for State Track opens up on MaxPreps
Friday	April 19	Coaches and Manager Roster for state passes due.
Friday	April 19	Copy of Pole Vault Certification course due for coaches box pass.
Wednesday	April 24	Last day for State Qualifying Meets
Thursday	April 25	Results of last chance meets must be posted to Maxpreps by 2PM
Friday	April 26	State Declaration closes at 5:00 PM.
Saturday	April 27	State Performance lists are emailed to coaches.
Monday	April 29	Deadline for any relay member change. Email to <a href="mailto:cran@msn.com">cran@msn.com</a>
Tuesday	April 30	Lane Assignments are posted at azpreps365
Wednesday	May 1	Division One and Two State Track Meet, Day One at MCC
Friday	May 3	Division Three and Four State Track Meet, Day One at MCC
Saturday	May 4	Finals for all four Divisions at MCC.
Saturday	May 11	AIA Meet of Champions at ASU

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### RULES

Rules shall be those of the current National Federation Track and Field Rule Book with exceptions noted in the AIA Constitution and Bylaws and these tournament instructions.

### GENERAL INFORMATION

- Coaches will remain in the stands; under no circumstances should coaches come onto the field.
- Participants will be assigned designated areas at each site and shall remain in those areas. Participants will not be allowed on the field unless participating.
- Sportsmanship Rule will be in effect and is in continuation from regular season. (Refer to the AIA Constitution and Bylaws, Article 16, Section 3)
- Field Event Contestants shall report promptly to the event judge at the designated location when the event is called. A contestant shall be charged with an unsuccessful attempt if he/she does not complete the trial or indicate his/her passing it within one minute after he/she has been called for a trial, unless he/she has been excused by the event judge to participate in another event.
- Starting blocks will be provided at the state meet.
- All pole vaulters will be weighed prior to the start of their competition. **Athletes must be in uniform and have their shoes.**
- Pole vault poles will not be allowed to be used unless an appropriate weight label is on that pole per National Federation rules.
- *34.92° sectors will be used in shot put and discus for all divisions.*
- The meet director will determine the procedure used in the long and triple jump.
- Spikes must be 1/8 to 1/4 inch in length; long spikes are unacceptable.
- Throwing implements (shot/discus) will be provided for all Divisions. No school or personal implements will be permitted during competition. (Should a competitor have a special, high tech discus, not merely a personal favorite, that discus can be given to the Head Field Judge no later than one (1) hour prior to the scheduled competition to be weighed, measured and certified. It will then be kept by the Head Field Judge, placed on the rack of implements to be used in competition, and be available for use by all competitors.)
- Neither the AIA nor the host site shall be responsible for lost or stolen articles.
- Any coach or competitor using tobacco, alcoholic beverages, or misusing drugs at the tournament site during athletic contests sponsored by AIA shall be disqualified from the contest. (Refer to the AIA Constitution and Bylaws, Article 14, Section 14.13)
- Locker room facilities will not be available.
- No field event warm up can commence till **an** official is at the event venue.
- **Unfortunately, events will not be changed to accommodate outside events (i.e. testing, graduation, personal conflicts, etc.)**
- **Electronic devices may be used in unrestricted areas and coaching boxes, providing the location does not interfere with progress of the meet as determined by the meet referee.**

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### **GENERAL INFORMATION (CONT.)**

- For eligibility at the State Championships in the long jump, triple jump, or any race that is not run around the complete oval of the track, a wind gauge recorded speed indicating any assisting wind did not exceed an average velocity of 3.0 meters per second is required.
- Any substitutions in a relay must come from the six names listed in the maxpreps declaration (or any corrections emailed by 4/29 to Sue Hysong). Any athlete that is substituted into the relay that is NOT on this list will result in disqualification of the relay team from the event and team results.

### **ELECTRONIC DEVICES**

- Electronic devices shall not be used to transmit information to the competitor during the race or trial. Once a field event athlete's name has been called and their trial begins, that athlete may NOT view any video with or without a coach.
- Electronic devices/videos shall not be used for any review of an official's decision.
- Meet management will allow the viewing of video by a field event athlete after the beginning of a trial only if the competitor is taking consecutive trials. This does not change the amount of time the athlete has to initiate a trial.

**NO PETS ARE ALLOWED—unless they are service animals. Comfort animals will not be allowed into the facility at Mesa Community College.**

## UNIFORM SHORT RULING

Since the National Federation made compression shorts a legal uniform bottom, many of the shorts that were previously worn as undergarments are now worn as a team's uniform bottom. This change, coupled with the increasingly common practice of individual athletes purchasing their own matching color compression shorts to wear as their team uniform, has presented the following challenge when applying rule 4-3-1 (5c) addressing manufacturer's logos. Many of the compression style shorts, whether purchased by athletes or the school, have waistbands sporting multiple and/or oversized manufacturer logos. Often, the waistbands are not seen until an athlete is participating in an event. Or the infraction is revealed when they are asked to tuck in their uniform top before a race so hip numbers are clearly visible in the picture of the finish. The AIA is asking coaches and athletes to solve this violation by tucking the waistband inside of the short and stitching the band permanently in this position, sewing a matching solid color material over the band to cover the logos, or any other permanent solutions that will not allow the logos to be seen. Officials that observe this violation prior to the contestant becoming a competitor will not allow athletes to compete until the athlete changes the uniform or makes the uniform compliant with a permanent solution. AIA supports the intent of the logo rule (athletes not advertising for various manufacturers), it also does not want this issue to prevent athletes from competing or incurring additional expenses with the purchase of a different uniform. Coaches, please inform you athletes of the uniform rules and have them resolve any violations prior to competition.

### **Pole Vault coaches box Certification requirement.**

This year anyone who is in the coaching box at the state meet will be required to show proof of one of the following two Pole Vault courses. A copy of the certificate will need to be emailed to [dshapiro@aiaonline.org](mailto:dshapiro@aiaonline.org) by Friday, April 19.

NFHS: Coaching Pole Vault: Successful Skill Development. A free course found at: NFHS <https://nfhslearn.com/courses/40000/coaching-pole-vault>

OR:

<https://www.everythingtrackandfield.com/npvca>

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### **STATE MEET ENTRY DEADLINE**

- **The deadline for entering qualified athletes into the State Track & Field meet is 5:00 pm on Friday, April 26, 2019.** The entry process will be through the roster page of MaxPreps. Instructions for the entry process will be located on the Track & Field page of [www.aiaonline.org](http://www.aiaonline.org) . **Athletes that are not entered by that date will not participate in the State Meet per NFHS rules. (Rule 4 Section 1 Art. 1)**
- Last date for a State Qualifying Meet is **Wednesday April 24, 2019**
- **MAXPREPS is the official entry portal and MUST be used.**

**ENTRIES WILL ONLY BE PLACED IN MAXPREPS THIS YEAR.**  
**THERE IS NO BACK UP ENTRY PORTAL.**

### **2019 NUMBER OF ENTRIES AT STATE**

- A maximum of 26 will qualify for running events.
- A maximum of 18 relay teams will qualify for state.
- A maximum of 26 will qualify for Long and Triple Jump
- A maximum of 26 will qualify for Discus and Shot Put
- A maximum of 24 will qualify for Javelin, High Jump and Pole Vault.
- If there is a tie for the last qualifying individual, then those tied will be admitted into the state meet.

### **Advancement to finals from Running Preliminaries**

#### **Nine to all finals**

- Four heats: Heat winners and next five times.
- Three heats: Heat winners and next six times.
- Two heats: Heat winners and next seven times.

### **PACKET PICK UP**

At MCC school packets can be picked up at the team check-in area at the Team Entrance Gate. Note the new location on the map included in this tournament guide.

There will be no early packet pick up in 2019.

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### **TEAM CHECK IN**

- Each member school will receive a maximum of four (4) coaches' wristbands per gender for a total of eight (8). Each school will also receive two (2) additional wristbands for your school manager/statistician. The wrist bands will be updated each day with a new color for that specific day and will not carry over to the next day. Only coaches listed on the coaches list will be admitted through the pass gate and will need to check in at the tent located near the SW entrance of the stadium. The team check in table will screen athletes and coaches for the proper wristbands and bib number for each participating athlete. All coaches must have the appropriate color wristband and the athletes' must have their state championship bib number.
- [Roster of Coaches and Manager for wrist bands are due on Friday, April 19. Email list to Dshapiro@aiaonline.org. Please use excel for this listing.](mailto:Dshapiro@aiaonline.org)

### **WARM UP AREA**

- At MCC the athlete warm up area is the field south of the complex.

### **BULL PEN / STAGING AREA**

- At MCC the bull pen is located SOUTH of the east bleachers. All check in, hip numbers and staging will take place at this location. **NOTE the new location of the bull pen on the facility map located on page 10.**
- **Please note that cell phones, iPods, and other musical devices are not allowed in this area. Athletes should be "competition ready" (warm ups removed, dressed in a legal uniform, spikes on, etc. upon arrival to the staging area.**

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### **2019 ADMISSION PRICE**

**Adults - \$10.00**

**Students – \$5.00 Elementary through High School (w/ school ID)**

### **FREE ADMISSION**

Children five or under

Media with proper credentials

AIA Lifetime Pass Holder and One Guest

AIA Complimentary Pass and One Guest

*Photo ID required for AIA Pass Holder and all AIA Complimentary Passes*

### **PROGRAMS AND SOUVENIRS**

Kukulski Brothers is the official supplier for AIA Programs and Souvenirs. *Sale or distribution of AIA State Tournament related game programs, t-shirts or any other souvenirs by any individual or company other than the Kukulski Brothers at any AIA State Tournament playoff site or game is prohibited.*

T-shirts, caps, etc. will be available at the site of the State Meet.

Please call David Kukulski or Dan Kukulski at (480) 921-1975 if you have any questions regarding AIA Team Pictures, Team Rosters, Programs, Souvenirs and/or Digital Photography.

Map of MCC



- New- Bull Pen location—at the gate behind the scoreboard
- Coaches Corner and ATC

New—Athlete pass gate

New- Team Camp Area

**After teams are dropped at the pass gate, busses are to proceed to the parking lot, just south of the softball field.**

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### GAMES COMMITTEE

#### **1A Conference**

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Jury of Appeals	Rick Samon	Mogollon
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#### **2A Conference**

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Jury of Appeals	Mike Elder	Northland Prep
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#### **3A Conference**

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Jury of Appeals	Paul Demuth	Holbrook
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#### **4A Conference**

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Jury of Appeals	Lori Larson	Williams Field
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#### **5A Conference**

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Jury of Appeals	Eric Bolus	Deer Valley
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#### **6A Conference**

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Jury of Appeals	Jennifer Burks	Perry
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	<b>Additional Members of the Games Committee:</b>	
Division One:	David Van Sickle	Xavier
Alt:	Robert Mika	Trevor Browne
Division Two:	Roger Bristow	Buena
Alt:	Mike Gleason	Horizon
Division Three:	Robert London	Blue Ridge
Alt:	Mike Carlin	Florence
Division Four:	Linda Lamb	Benson
Alt:	Mike Danehy	Immaculate Heart

#### **AIA Representatives**

Tournament Coordinator	Dean Visser
Meet Director	David Shapiro

#### **Games Committee Duties/Responsibilities**

- Members of the committee should be available throughout the contest for assistance to the director.
- The Games Committee, upon the request of the Meet Director, shall consider and take appropriate action on any protest of the tournament operation.
- The decision of the Meet Director and/or Games Committee shall be final.

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### 2019 State Track & Field Coaches Information

State entries due by **5:00 pm Friday, April 26, 2019** through the roster page of MaxPreps

- A Performance listing of athletes by event that have qualified to state will be emailed by Sunday, evening—April 28. Emails will be sent by way of MaxPreps. This email has actually been sent out by Saturday evening (this year April 27) so start checking your emails.
- State qualifiers will be posted on [www.aia365.com](http://www.aia365.com) by 12:00 noon Monday, April 29, 2019
- Any correction of relay members must be emailed to [chysong@cox.net](mailto:chysong@cox.net) by Monday (April 29) afternoon, 12:00 PM
- **Individuals can only be entered in four events—individual or relay.**

Facilities for Mesa Community College opens at 10:00 a.m.

- Team check-in begins at 9:45 a.m. each day
- Team camp area MCC: South warm-up fields.

Hip Numbers

- Located near or next to the bull pen.

Bull Pen

- See map of the facilities.
- Bull Pen will open one hour before the first scheduled race.

Coaches Corner

- At MCC south side of east straight-away. (near the athletic trainer area)
- Pole Vault weigh ins
- PV, LJ, TJ, HJ coaches check-in for Coaches Boxes
- Shot / Discus weigh-ins if needed
- Coaches questions, concerns, protests, explanations for DQ's
- Javelin weigh-ins will occur at the event.

Coaches Box

- Coaches' boxes will be available for one (1) coach per school at the LJ, TJ, HJ and the PV. Passes **MUST be returned** or a new one will NOT be issued for any other field event.

Coaches Seating

- On Championship Saturday – coaches are to sit in the east bleachers or around the small interior fence of the track.
- No teams will be allowed in the home (west side) bleachers

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### Admin Tent

- West side of stadium at the finish line

### Scoreboards

- Located on the SW corner of the track and finish line infield.

### Results

- Event results will be posted near the finish line.
- Event results will be posted online live at [www.azpreps365.com](http://www.azpreps365.com)

### Opening Heights:

- Provisional State qualifying marks will serve as opening heights for the high jump and pole vault.

### Awards

- The top 4 finishers will receive medals immediately following the conclusion of their event
- No college sweatshirts/T-shirts or advertising of any commercial products on the awards stand. Athletes are to be in school issued uniform.

### Certified Athletic Trainer

- Located in the SW corner of the track at MCC
- The trainer is present to provide water around the site and for emergencies only.
- The trainer will not be available for treatment or taping.

### Media Area

- Located at the SW corner of the track

## **MEDIA CREDENTIAL POLICY**

AIA has a Media Policy that needs to be followed to protect the proprietary rights of the Association and to protect the student-athletes and coaches at region and state tournament events. The following link (<http://aiaonline.org/news/press-center>) is to the AIA media center, which houses the AIA online media credential form and the AIA approved master media list (those that have requested and been granted AIA media credentials). The editor/manager of an outlet already granted access to AIA media credentials must go online and order credentials for a member of the media not on the master list. Please note that some members of the media might show up with freelance credentials. These have no pictures on them, but do allow for access to the event per the designated media outlet on the AIA media credential. Additionally, all member schools were allotted a number of school-based credentials for the school year. These will allow admittance equal to a media or freelance credential.

Once again, please remember to download the AIA master media list to use at the gates for signing in the media, and pass gate sign-in sheets for school media.

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2019 ARIZONA STATE TRACK & FIELD CHAMPIONSHIP  
SCHEDULE OF EVENTS

SITE: Mesa Community College; 1833 W. Southern Ave. Mesa, AZ 85202

WEDNESDAY, MAY 1, 2019

Day One DIVISION I & II

9:45 am	Team entrance open	
11:00 am	Javelin	D1 Boys/D2 Boys/D2 Girls
11:30 am	High Jump	D1 Boys/D2 Boys/D1 Girls
	Pole Vault	D2 Boys/D2 Girls/D1 Boys
	Triple Jump	D2 Girls/D1 Girls
1:00 pm	Long Jump	D2 Boys/D1 Boys
2:00 pm	Discus (northeast ring)	D1 Girls/D2 Girls
	Shot Put	D2 Boys/D1 Boys
1:00 pm	Coaches Meeting	

<b>Time.</b>	<b>Track Events</b>	<b>Boys/Girls</b>	<b>D2/D1</b>
<b>2:30 pm</b>	<b>4X800m Relay</b>	<b>Boys</b>	
3:00	110m Hurdles	Boys	
3:24	100H Hurdles	Girls	
3:48	100m Dash	Boys	
4:06	100m Dash	Girls	
<b>4:30 pm</b>	<b>1600m Run</b>	<b>Girls</b>	
4:46	4X100 Relay	Boys	
5:02	4X100 Relay	Girls	
5:16	400m Dash	Boys	
5:39	400m Dash	Girls	
6:05	300m Hurdles	Boys	
6:35	300m Hurdles	Girls	
<b>7:00 pm</b>	<b>800m Run</b>	<b>Girls</b>	
7:25	200m Dash	Boys	
7:49	200m Dash	Girls	
<b>8:05 pm</b>	<b>3200m Run</b>	<b>Boys</b>	
8:35	4X400 Relay	Boys	
9:05	4X400 Relay	Girls	

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2019 ARIZONA STATE TRACK & FIELD CHAMPIONSHIP  
SCHEDULE OF EVENTS

SITE: Mesa Community College; 1833 W. Southern Ave. Mesa, AZ 85202

FRIDAY, MAY 3, 2019  
Day One DIVISION III & IV

9:45 am	Team entrance open	
11:00 am	Javelin	D3 Boys/D3 Girls/D4 Boys
12:30 pm	Triple Jump	D4 Girls/D3 Boys/D4 Girls
	High Jump	D3 Boys/D4 Girls
	Pole Vault	D4 Boy /D3 Girls
	Long Jump	D3 Boys/D3 Girls/D4 Boys
2:00 pm	Discus (northeast ring)	D3 Boys/D4 Boys
	Shot Put	D4 Girls/D3 Girls
1:00 pm	Coaches Meeting	

<b>Time.</b>	<b>Track Events</b>	<b>Boys/Girls</b>
<b>2:30 pm</b>	<b>4X800m Relay</b>	<b>Girls</b>
3:00	110m Hurdles	Boys
3:24	100H Hurdles	Girls
3:48	100m Dash	Boys
4:06	100m Dash	Girls
<b>4:30 pm</b>	<b>1600m Run</b>	<b>Boys</b>
4:46	4X100 Relay	Boys
5:02	4X100 Relay	Girls
5:16	400m Dash	Boys
5:39	400m Dash	Girls
6:05	300m Hurdles	Boys
6:35	300m Hurdles	Girls
<b>7:00 pm</b>	<b>800m Run</b>	<b>Boys</b>
7:25	200m Dash	Boys
7:49	200m Dash	Girls
<b>8:05 pm</b>	<b>3200m Run</b>	<b>Girls</b>
8:35	4X400 Relay	Boys
9:05	4X400 Relay	Girls

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**2019 ARIZONA STATE TRACK & FIELD CHAMPIONSHIP  
SCHEDULE OF EVENTS  
DAY 2**

**SITE: Mesa Community College; 1833 W. Southern Ave. Mesa, AZ 85202**

**SATURDAY, MAY 4, 2019**  
**DIVISION I / II / III / IV**

9:30 am	Team entrance open	
10:45 am	Javelin (main field)	D4 Girls/D1 Girls
11:30 am	Shot Put	D3 Boys/ D4 Boys/ D2 Girls/D1 Girls
	Discus	D2 Boys/ D1 Boys/ D3 Girls/D4 Girls
	Pole Vault	D1 Girls/ D4 Girls/ D3 Boys
	Long Jump	D4 Girls/ D1 Girls/ D2 Girls
	Triple Jump	D2 Boys/ D3 Girls/ D1 Boys
12:00 p.m.	High Jump	D4 Boys/D3 Girls/D2 Girls

<b>Time</b>	<b>Track Events</b>	<b>Boys/Girls</b>	<b>Div. IV / Div. III / Div. II / Div. I</b>
<b>1:45 p.m.</b>	<b>4X800 Relay</b>		<b>Div. IV Girls/ Div. III Girls/ Div. II Boys/Div. I Boys</b>
<b>2:35 p.m.</b>	<b>110/100m Hurdles</b>		
<b>3:10 p.m.</b>	<b>100m Dash</b>		
<b>3:50 p.m.</b>	<b>1600m Run</b>		<b>Div. IV Girls/ Div. III Girls/ Div. II Boys/Div. I Boys</b>
<b>4:35 p.m.</b>	<b>4X100 Relay</b>		
<b>5:05 p.m.</b>	<b>400m Dash</b>		
<b>5:50 p.m.</b>	<b>300m Hurdles</b>		
<b>6:30 p.m.</b>	<b>800m Run</b>		<b>Div. IV Girls/ Div. III Girls/ Div. II Boys/Div. I Boys</b>
<b>7:05 p.m.</b>	<b>200m Dash</b>		
<b>7:40 p.m.</b>	<b>3200m Run</b>		<b>Div. IV Girls/ Div. III Girls/ Div. II VBoys/Div. IBoys</b>
<b>8:40 p.m.</b>	<b>4X400 Relay</b>		

**NOTE: TIME SCHEDULE IS APPROXIMATE AND SUBJECT TO CHANGE!!!**