



**19TH ANNUAL
Northland Prep Skydome Classic
J. Lawrence Walkup Skydome
Northern Arizona University
Flagstaff, Arizona
Saturday March 4, 2023**



Due to COVID everything subject to change

SPONSORED BY:

Run Flagstaff—your source for all things running: the best gear, high quality events, year-round training. Come visit the booth on the main concourse during the meet.

www.runflagstaff.com 204-A East Route 66, Flagstaff AZ 86001 928-774-2990

MEET DIRECTOR

Greg Wayne
GREG WAYNE – EVENT MANAGEMENT LLC
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909 Rough Rock Road—KUSD HSG—HWY 163
Kayenta, AZ 86033
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CELL: 928-380-7020

SITE DIRECTOR

Mike Elder
Athletic Director
Northland Preparatory Academy
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PARTICIPATING TEAMS

- ~ Schools need to be invited on mile-split to compete
- ~ AIA member schools – if you need an invite to be on mile-split – contact GREG
- ~ Bordering states – you must be a member of your state association (CIF, NMAA, NIAA, CHSAA, UHSAA) and contact Mike Elder by February 15.
- ~ CAA member schools are not eligible to compete.

ENTRY FEE:

\$400 for both genders, \$250 for a single gender team
Make checks out to Northland Preparatory Academy Athletics

USFR DISCLOSURE REQUIREMENT—all revenues generated from entry fees shall be used to offset the expenses of the meet

COVID-19 PRECAUTIONS AND SUBSEQUENT ANNOUNCEMENTS

Competing athletes will **not** be required to wear masks
All others (coaches, spectators, non-competing athletes, officials) **MAY** be required to wear a mask
Social distancing of 2 meters is required when feasible to do so
Don't be the reason to end the season.

COACHES MEETING

10:00 am in the stands same side as 200m start and opposite side of the finish

LIVE RESULTS

To be sure, the internet is sketchy in the dome—we may have a delay in getting to results updated—but will be posted on www.milesplit.com

SHOT PUT

Do **NOT** bring any implements-metal shots can damage the floor -- Quality indoor shots will be provided

BLOCKS

BRING YOUR OWN BLOCKS SUITABLE FOR ALL-WEATHER TRACKS—SPIKES ¼ INCH OR LESS

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

EVENTS NOT BEING CONTESTED

- ~ Discus & Javelin – the bottom line is that from a logistical stand-point – trying to host these events elsewhere would be a nightmare
- ~ 300 hurdles—the track is marked—2 turns instead of one, the turns are incredibly tight, and the AIA said it can't be a qualifier—so no
- ~ 4 x 1, 4 X 2, 4 X 8, DMR – again, we investigated the possibility for each of these relays – all had issues.
- Conclusion—since 2004 these are the events (and order) contested with this meet – and will continue to do so.**

ONLINE ENTRIES (MILE-SPLIT)

- ~ This entry format was implemented in 2017—our contract with NAU is based on a specified time frame.
- ~ (NFHS RULE 3-2-2) The stipulated deadline for online entries shall be **THURSDAY 7:00 pm MST**
- ~ **WEBSITE: az.milesplit.com** must be used for online entries. No other forms of entries will be accepted.
- ~ (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 4-2-4d) Each school may enter one (1) team in a relay event – you can run four (4) of the possible eight (8) entries
- ~ **NOTE—2020 AND 2022, all alternates got in.**

- ~ We have allotted 45 minutes for both the boys and girls for each running event
- ~ For each event, a maximum number of heats is listed (example: 1600 – 3 boys and 3 girls)
- ~ For each heat, a maximum number of participants is listed (example: 200m—6 per heat)
- ~ Each school may enter **six (6)** per event
- ~ Each school will be guaranteed **two (2)** per event—the **other four (4)** are considered alternates
- ~ The top two (2) – as well as the #3, #4, #5, and #6 will be determined by the entry marks submitted.
- ~ The entry marks submitted by the coaches will be the only way the athletes will ranked (both team and meet)
- ~ After the entries have been closed and downloaded from mile-split, the events shall be seeded.
- ~ If there is enough room per the prescribed matrix – the #3 athletes shall be added.
- ~ If there is enough room per the prescribed matrix – the #4 athletes shall be added.
- ~ If there is enough room per the prescribed matrix – the #5 athletes shall be added.
- ~ If there is enough room per the prescribed matrix – the #6 athletes shall be added.
- ~ **NOTE—If every athlete entered is accepted and placed on the start list, then its set – and no further changes will be made for that event.**
- ~ Any athletes that were entered and not put added to the start list shall remain on the alternates list.
- ~ SATURDAY—for the alternates to get in—we will keep this as simple as it gets
- ~ alternates go to the starting line and let's the staging clerk know they are on the alternate list.
- ~ If a lane opens up—the staging clerk will fill the open lane with an alternate
- ~ Filling any empty lanes is strictly at the discretion of the staging clerk, no rhyme or reason – just the discretion of the clerk to fill lanes
- ~ On Saturday, athletes not reporting within ten(10) minutes of the scheduled start time MAY be scratched

RATIONALE FOR ENTRY PROCEDURES

- ~ We need to work with the time schedule per the contract with NAU—a few times we have gone over – and we have been admonished to adhere to the contract
- ~ Most meets – to be equitable – allow each team so many slots and allow so many athletes per event – then the time schedule set accordingly
- ~ This meet – to be equitable – set the time schedule first – 45 minutes per event – then we set the number of heats, total athletes, and entries per team accordingly
- ~ The few times we used this – it worked well. And, in 2020 all the athletes got in. In 2018, only the 200 where we have kids standing by, 2 got in, 2 didn't.

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.

AWARDS

- ~ TBA

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).

HIGH JUMP APRON

- ~ If you ain't jumping – you ain't there

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.

SCORING, RESULTS, and ALTITUDE ADJUSTMENTS

~ (NFHS rule 2-2) 10-8-6-5-4-3-2-1 (8 places)

~ RESULTS will be posted on the concourse, and sent to the live results link

~ coaches have 48 hours by rule to note any corrections needed (contact GREG by Monday 7 pm)

~ Mile-split over a 20 year span has demonstrated reluctance in making changes—thus, they will be sent to mile-split Monday at 8pm and shall be final.

NOTE—the altitude adjusts implemented in 2018 for 6,000 ft plus sites have been made to meet records for the distance events prior to 2018.

12. Mike Elder addressed concern for more significant altitude adjustments similar to NCAA.

a. Currently altitude adjustment is done by the meet director/Hytek operator.

b. Mike moved and Rick seconded 4000-6000 feet keep 2 sec 800m, 5 sec 1600m, 10 sec 3200m, 8 sec 4x800 and above 6000 feet move 2 sec 800m, 8 sec 1600m, 16 sec 3200m, 8 sec 4x800m

c. Committee passed unanimously.

Nearby Hotels:

Holiday Inn Express

2320 E. Lucky Lane

(928) 714 – 1000

Courtyard by Marriott

2650 S. Beulah Blvd.

(928) 774 – 5800

Little America Hotel

2515 E. Butler Ave.

(928) 779 – 7900

Hampton Inn and Suites

2400 S. Beulah Blvd.

(928) 913 – 0900

Springhill Suites

2455 S. Beulah Blvd.

(928) 774 – 8042

Check-In/Warm-Up/Team Camps:

The location for check-in will be at the bottom of the elevator on the south-east side of Skydome. Participants may check in as early as desired, but no later than 30' prior to the start of the race, with the report time being no later than 15' prior to the start of the race. Participants may warm up on the concourse area of the Skydome, or on the backstretch during the short sprints and hurdles. Throwers may only warm up in the throws area.

FIELD EVENTS START AT 10:30 AM

Girls LJ 18-08	3/5/2005	Stephanie Garnett, Winslow	flights of 8	10:30	pit along north turn
Boys LJ 22-10.5	3/6/2012	Tyler Johnson, Snowflake	flights of 8	10:30	pit long home straight
Boys SP 58-11	3/5/2022	Quinton Maxwell, Show Low	flights of 8	10:30	DO NOT BRING SHOTS WE SUPPLY THEM—IRON SHOTS DAMAGE THE FLOOR
Girls SP 40-10	3/7/2017	Hannah Ringer, Sedona Red Rock	flights of 8	1:00	
Girls TJ 37-06.	3/1/2007	Paulla Hart, Mesa Skyline	flights of 8	1:00	pit along north turn
Boys TJ 43-10	3/7/2017	Matt Fields, Joseph City	flights of 8	1:00	pit along home straight

For the LJ, TJ, SP—max of 40 kids, 5 flights of 8—each flight gets 10 minutes for warm-ups, 20 minutes to get in 4 attempts each athlete

Boys HJ 6-08	3/5/2013	Ross Lake, Coconino	OH: 5-00	5-0, 5-4, 5-8, 5-10, 6-00, then 1 inch
<i>FOLLOWED BY</i>				
Girls HJ 5-03	3/5/2013	Michelle Davov, Sedona & Kaelee Penrod, Blue Ridge	OH: 4-00	4-0, 4-4, 4-8, 4-10, 5-00, then 1 inch
Girls PV 11-00	3/11/2015	Kaija Bramwell, American Leadership Academy	OH: 6-00	6-0, 7-0, 8-0, 8-6, 9-0, 9-6, 10-0, then 3 in.
<i>FOLLOWED BY</i>				
Boys PV 14-06	3/6/2012	Keith Williams, Payson	OH: 9-00	9, 10, 11, 11-6, 12, 12-6, 13, then 3 in.

For the HJ and PV—max of 30 kids each event

TRACK EVENTS—BOYS FIRST—TIMED FINALS

11:00 am—ROLLING SCHEDULE (# of heats shown is per gender)

11:00 am-MAX—3 HEATS OF 1600 -4 1/3 laps—cap of 20 runners per heat—8 minutes per heat

Boys 1600	4:25.89	3/2/2010	Billy Orman, Tuba City
Girls 1600	5:17.32	3/05/2016	Daangoiina Haven, Ganado

11:45 am-MAX—7 HEATS OF 400—1 1/3 laps—cap of 9 runners per heat—3 minutes per heat—waterfall start

Boys 400	49.98	3/4/2014	Ryan Talbot, Mingus
Girls 400	59.51	3/14/2006	Talia Jones, Monument Valley

12:30 pm-MAX—6 HEATS—8 per heat—4 minutes per heat 5 FLIGHTS (BOYS BLUE, GIRLS YELLOW)

Boys 60 HH 39 in	8.41	3/4/2009	Matt Boyd, Blue Ridge
Girls 60 HH 33 in	9.37	3/4/2008	Arona Spader, Snowflake

1:15 pm-MAX—7 HEATS OF 60—cap of 8 runners per heat—3 minutes per heat

Boys 60	7.03	3/4/2008	Matt Reidhead, Snowflake
Girls 60	7.86	3/7/2017	Hanah Flodin, Blue Ridge

2:00 pm-MAX—4 HEATS OF 800—2 AND 2/3 LAPS—cap of 15 runners per heat—5 minutes per heat

Boys 800	1:59.25	3/4/2014	Travis Okie, Sedona
Girls 800	2:23.38	3/4/2014	Brianna Loughran, Tuba City

2:45 pm-MAX—10 HEATS OF 200—cap of 6 runners per heat—2:00 per heat

Boys 200	22.62	3/4/2014	Bryce Henderson, Blue Ridge
Girls 200	26.35	3/11/2015	Hanah Flodin, Blue Ridge

3:30 pm-MAX—1 HEAT OF 3200—10 and 2/3 laps —cap of 30 runners—each runner MUST report with a lap counter and record all 300m splits. If numbers permit, we can add a third heat (combined boys and girls—non scoring).

Boys 3200	9:43.74	3/2/2010	Billy Orman, Tuba City
Girls 3200	11:30.95	3/6/2012	Rolonda Jumbo, Chinle

4:15 pm-MAX—2 HEATS OF 4 X 400 RELAY—7:00 per heat —waterfall start

1st exchange at finish line – 2nd exchange at 200 start – 3rd exchange at start line

Teams may submit eight (8) runners online and compete with 4 of the 8 initially entered

Boys 1600 Relay	3:31.75	3/5/2012	Mingus
Girls 1600 Relay	4:09.25	3/2/2019	Fountain Valley, CA

SCAN THIS CODE ON YOUR PHONE – WILL GO DIRECTLY TO LIVE RESULTS APP

NPA SKYDOME CLASSIC

Mar 04, 2023 NAU Skydome Flagstaff, AZ Timing/Results: Greg Wayne Event Management, LLC

Add Logo

Teams Entered: 19

Athletes in Individual Events: 94

Events Entered: 126

Teams Scheduled: 6

Athletes in Relay Events: 23

Teams Total: 25

Athletes Total: 76

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