

**FROM:** Vince Mendiola, Meet Director (Athletic Administrator, Lowry H.S.)  
Donnie Nelson, Meet Coordinator (NIAA Assistant Director)

## **2008 NIAA 1A, 2A & 3A NORTHERN LEAGUE TRACK and FIELD CHAMPIONSHIPS @ LOWRY HIGH SCHOOL**

The 2008 NIAA Class 1A/2A/3A Northern League boys & girls Track and Field Championships are set for Friday, May 9 (day one) and Saturday, May 10 (day two) at Lowry High School in Winnemucca. The meet will be contested following the state meet (two-day) format. Coaches and athletes should note that the 2008 schedule has NOT changed from the 2007 schedule, per the two-year scheduling block endorsed by the NIAA's Track and Field Coaches Advisory Committee in 2006 (the schedule will next rotate for the 2009 and 2010 seasons).

**PLEASE NOTE THAT ENTRIES ARE DUE MONDAY, MAY 5 (see next page).**

The top four (4) placers per event out of the 1A and 2A Northern League championship meets / the top five (5) placers per event out of the 3A Northern League championship meet qualify for the 2008 NIAA Nevada State High School boys & girls Track and Field Championships meet. The state meet is set to be contested May 16 & 17 in Reno.

### **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. **A PROTEST FEE OF \$25 WILL BE CHARGED. THE FEE WILL BE RETURNED IF THE PROTEST IS WON.**

A three/five-member Jury of Appeals will rule on any protest. Again, the decision of the Jury of Appeals is final.

**\*\*\* MEET ENTRIES – DUE MONDAY, MAY 5 BY 3:00 P.M. \*\*\***

**ATTENTION 1A, 2A & 3A NORTHERN NEVADA TRACK & FIELD COACHES!**

Please be advised that all entries for the 2008 NIAA 1A, 2A & 3A Northern Track and Field Championships meet will now be done exclusively on [www.directathletics.com](http://www.directathletics.com). It is very important that you note this change in your meet information packet.

Please find attached back on the track and field main page a document on how to 1) register your school / team for access at [directathletics.com](http://directathletics.com) and 2) how to complete your entries. The deadline for meet entries is still the same -- Monday, May 5 @ 3:00 p.m. After that deadline, the site shuts down and entries are closed!

***THERE IS NO COST FOR YOU (the coach / schools) TO ENTER ATHLETES AT DIRECTATHLETICS.COM. The NIAA will be picking up those fees. However, the responsibility to enter your student-athletes correctly (on time and in the right events) falls on you! Please, don't be late and make sure you get kids where they need to be!***

Please feel free to contact Vince Mendiola, Athletic Administrator and Meet Director at Lowry High School, with any questions. Thank you for your assistance and cooperation.

Vince Mendiola  
Athletic Administrator  
Lowry High School  
1-775-623-8134

Each 1A and 2A school is limited to four (4) individual (boys and girls separate) entries and one relay team entry per event. Each 3A school is limited to three (3) individual (boys and girls separate) entries and one relay team entry per event. Marks used for seeding must be from 2008 Nevada (in-state meets only) season.

***IMPORTANT: The NIAA staff and its hosting school / Meet Director 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 has passed.***

**STATE QUALIFYING**

1A Northern & Southern = The top four (4) placers in each event...

2A Northern & Southern = The top four (4) placers in each event...

3A Northern = The top five (5) placers in each event...

3A Southern = The top three (3) placers in each event qualify for the state meet.

**MEET SCHEDULE – DAY ONE @ LOWRY H.S.**

***Friday, May 9 – TRACK EVENT TRIALS***

**2:00 p.m.**, Coaches Meeting

**3:00 p.m.**, 1A Boys 110m Hurdles – TRIALS (115)

2A Boys 110m Hurdles – TRIALS (79)

3A Boys 110m Hurdles – TRIALS (43)

1A Girls 100m - TRIALS (127)

2A Girls 100m - TRIALS (91)

3A Girls 100m - TRIALS (55)

1A Boys 200m - TRIALS (110)

2A Boys 200m - TRIALS (74)

3A Boys 200m - TRIALS (38)

***Friday, May 9 – TRACK EVENT FINALS***

**4:00 p.m.**, 1A Boys 3200m Relay (120)

2A Boys 3200m Relay (84)

3A Boys 3200m Relay (48)

1A Boys 110m Hurdles (115)

2A Boys 110m Hurdles (79)

3A Boys 110m Hurdles (43)

1A Girls 100m (127)

2A Girls 100m (91)

3A Girls 100m (55)

1A Boys 800m Relay (118)

2A Boys 800m Relay (82)

3A Boys 800m Relay (46)

1A Boys 1600m (113)

2A Boys 1600m (77)

3A Boys 1600m (41)

1A Girls 400m Relay (135)

2A Girls 400m Relay (99)

3A Girls 400m Relay (63)

1A Boys 400m (section finals\*) (111)

2A Boys 400m (section finals\*) (75)

3A Boys 400m (section finals\*) (39)

\* Top times overall advance to state.

1A Girls 300m Hurdles (section finals\*) (134)  
2A Girls 300m Hurdles (section finals\*) (98)  
3A Girls 300m Hurdles (section finals\*) (62)

\* Top times overall advance to state.

1A Girls 800m (finals) (130)  
2A Girls 800m (finals) (94)  
3A Girls 800m (finals) (58)

1A Boys 200m (110)  
2A Boys 200m (74)  
3A Boys 200m (38)

1A Girls 3200m (132)  
2A Girls 3200m (96)  
3A Girls 3200m (60)

1A Girls 1600m Relay (137)  
2A Girls 1600m Relay (101)  
3A Girls 1600m Relay (65)

***Friday, May 9 – FIELD EVENT FINALS***

***2:00 p.m.***, Shot Put, Discus weigh-ins open

***3:00 p.m.***, 2A Boys High Jump (87)  
1A Boys High Jump to follow (123)  
3A Boys High Jump to follow (51)  
***3:00 p.m.***, 1A Boys Long Jump (121)  
3A Boys Long Jump to follow (49)  
2A Boys Long Jump to follow (85)

***3:00 p.m.***, 3A Girls Triple Jump (68)  
2A Girls Triple Jump to follow (104)  
1A Girls Triple Jump to follow (140)

***3:00 p.m.***, 2A Girls Pole Vault \* (106)  
3A Girls Pole Vault \* to follow (70)  
1A Girls Pole Vault \* to follow (142)  
\* Weigh-ins will be conducted during check-in times

***3:00 p.m.***, 1A Girls Shot Put (143)  
2A Girls Shot Put to follow (107)  
3A Girls Shot Put to follow (71)  
***3:00 p.m.***, 3A Boys Discus (54)  
1A Boys Discus to follow (126)  
2A Boys Discus to follow (90)

MEET SCHEDULE – DAY TWO – CONTINUED ON NEXT PAGE.

**MEET SCHEDULE – DAY TWO @ LOWRY H.S.**

***Saturday, May 10 – TRACK EVENT TRIALS***

**9:00 a.m.**, 1A Girls 110m Hurdles – TRIALS (133)

2A Girls 110m Hurdles – TRIALS (97)

3A Girls 110m Hurdles – TRIALS (61)

1A Boys 100m - TRIALS (109)

2A Boys 100m - TRIALS (73)

3A Boys 100m - TRIALS (37)

1A Girls 200m - TRIALS (128)

2A Girls 200m - TRIALS (92)

3A Girls 200m - TRIALS (56)

***Saturday, May 12 – TRACK EVENT FINALS***

**10:00 a.m.**, 1A Girls 3200m Relay (138)

2A Girls 3200m Relay (102)

3A Girls 3200m Relay (66)

1A Girls 110m Hurdles (133)

2A Girls 110m Hurdles (97)

3A Girls 110m Hurdles (61)

1A Boys 100m (109)

2A Boys 100m (73)

3A Boys 100m (37)

1A Girls 800m Relay (136)

2A Girls 800m Relay (100)

3A Girls 800m Relay (64)

1A Girls 1600m (131)

2A Girls 1600m (95)

3A Girls 1600m (59)

1A Boys 400m Relay (117)

2A Boys 400m Relay (81)

3A Boys 400m Relay (45)

1A Girls 400m (section finals\*) (129)  
2A Girls 400m (section finals\*) (93)  
3A Girls 400m (section finals\*) (57)  
\* Top times overall advance to state.

1A Boys 300m Hurdles (section finals\*) (116)  
2A Boys 300m Hurdles (section finals\*) (80)  
3A Boys 300m Hurdles (section finals\*) (44)  
\* Top times overall advance to state.

1A Boys 800m (finals) (112)  
2A Boys 800m (finals) (76)  
3A Boys 800m (finals) (40)

1A Girls 200m (128)  
2A Girls 200m (92)  
3A Girls 200m (56)

1A Boys 3200m (114)  
2A Boys 3200m (78)  
3A Boys 3200m (42)

1A Boys 1600m Relay (119)  
2A Boys 1600m Relay (83)  
3A Boys 1600m Relay (47)

***Saturday, May 12 – FIELD EVENT FINALS***

**8:00 a.m.**, Shot Put, Discus weigh-ins open... \* Weigh-ins also open during this time.

**9:00 a.m.**, 2A Girls High Jump (105)  
1A Girls High Jump to follow (141)  
3A Girls High Jump to follow (69)

**9:00 a.m.**, 1A Girls Long Jump (139)  
3A Girls Long Jump to follow (67)  
2A Girls Long Jump to follow (103)

**9:00 a.m.**, 3A Boys Triple Jump (50)  
2A Boys Triple Jump to follow (86)  
1A Boys Triple Jump to follow (122)

**9:00 a.m.**, 2A Boys Pole Vault \* (88)  
3A Boys Pole Vault \* to follow (52)  
1A Boys Pole Vault \* to follow (124)

**9:00 a.m.**, 1A Boys Shot Put (125)  
2A Boys Shot Put to follow (89)  
3A Boys Shot Put to follow (53)

**9:00 a.m.**, 3A Girls Discus (72)  
1A Girls Discus to follow (144)  
2A Girls Discus to follow (108)

### **STATE QUALIFYING**

**Track Events** = The top four (4) placers in each event from the 1A and 2A Northern League meets / the top five (5) placers in each event from the 3A Northern League meet will advance to the 2008 NIAA Nevada State Track & Field Championships, presented by the Las Vegas Review-Journal and Farmers Insurance Group.

**Field Events** = The top four (4) placers in each event from the 1A and 2A Northern League meets / the top five (5) placers in each event from the 3A Northern League meet will advance to the 2008 Nevada State Track & Field Championships meet.

***The meet (and event) staff will attempt to 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) 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 THREE LEAGUES.

### **UNIFORMS & JEWELRY**

Please refer to pages 24-26 (and specifically RULE 4, SECTION 3, ARTICLES 1-4) of the 2008 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).

## **CHECK-IN / CLERK & STAGING AREA**

Athletes must report and check-in with the clerk prior to the beginning of all events. The athletes may leave the staging area after check-in, however they will be responsible for arriving at the event site on time.

## **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. \*\*\*

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. \*\*\*

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.

## **FIELD EVENT ATTEMPTS**

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. Marks do carry over.

## **AWARDS**

The top four (4) placers in each 1A and 2A event, and the top five (5) placers in each 3A event will receive medals. The top boys and girls team in each class meet will receive a trophy.

## **ADMISSION**

Students, \$4

Adults, \$6

Children 8 and younger, Free

Senior Citizens 62 and older, Free

The NIAA Courtesy Card will be accepted.

## **HOST SCHOOL**

Vince Mendiola, the Athletic Administrator at Lowry High School, will serve as the Meet Director. Vince Mendiola can be reached via phone at (775) 623-8134 and/or 623-8130 (main office). Vince Mendiola can also be reached via e-mail at [vmendiola@humboldt.k12.nv.us](mailto:vmendiola@humboldt.k12.nv.us).

Lowry High School is located at 5375 Kluncy Canyon Road in Winnemucca (89445).