



2010 101st Arkansas High School TRACK AND FIELD CHAMPIONSHIPS

CONDUCTED BY THE ARKANSAS ACTIVITIES ASSOCIATION
3920 Richards Road * North Little Rock, AR 72117
501-955-2500 * Fax 501-955-2600 or 955-2521

STATE MEET SCHEDULE - PRELIMS and FINALS

Class 7A — Thursday, April 29 — UA, Fayetteville, hosted by Fayetteville HS

Class 6A — Saturday, May 1 — Lake Hamilton High School

Class 5A — Friday, April 30 — Paragould High School

Class 4A — Saturday, May 1 — Pocahontas High School

Class 3A — Thursday, April 29 — Prescott High School

Class 2A — Friday, April 30 — Mineral Springs High School

Class 1A — Saturday, May 1 — Genoa Central HS, hosted by Trinity Christian

REQUIRED COACHES MEETING: Attend one of the two before school's athlete(s) may compete.
Class A - 9:00 a.m. or 1:30 p.m. Classes AA-AAAAA - 9:00 a.m. or 2:00 p.m.

<u>Class 1A</u>	<u>2A-7A</u>	<u>EVENT</u>	<u>Class 1A</u>	<u>2A-7A</u>	<u>EVENT</u>
9:00	9:00	Weigh in 1st coaches meeting	1:30	2:00	Weigh in Final coaches Meeting
10:30	10:30	Girls Pole Vault Girls Discus Girls Long Jump	2:30	2:30	Boys Pole Vault
		Boys Shot Boys Triple Jump Boys High Jump	3:00	3:30	Girls Shot
12:30	12:30	Running Prelims Girls 100 m High Hurdles 33" Boys 110 m High Hurdles 39" 100 m Dash 4x800 m Relay Finals 4x100 m Relay Girls 300 m Low Hurdles 30" Boys 300 m Int. Hurdles 36" 200 m Dash			Girls Triple Jump Girls High Jump Boys Discus
			5:00	5:30	Boys Long Jump Running Finals 100/110 m Hurdles 100 m Dash 1600 m Run 4x100 m Relay 400 m Dash 300 m Hurdles 800 m Run 200 m Dash 3200 m Run 4x400 m Relay



BOYS
STATE HIGH SCHOOL RECORDS (and FAT equivalents)
 Updated 5/26/09

EVENT	7A	6A	5A	4A	3A	2A	1A
100 Meters	Chris Johnson El Dorado 10.71 00	Fred Rose Texarkana 10.68 07	Torrium Cobb Magnolia 10.63 07	Robert Ibeh Subiaco 10.82 01	Demond Burns Smackover 11.04 08	Jarvaria Forbes Foreman 10.90 06	Edgar Cooper Emerson 10.9 (11.14) 84
200 Meters	Sam Glover Pine Bluff 21.1 (21.34) 98	Sam Glover Pine Bluff 21.1 (21.34) 98	James Hamilton Hot Springs 21.72 01	Jeffery Curry McGehee 21.93 04	Demond Burns Smackover 22.71 07	Shermar Bracy Rison 21.83 01	Edgar Cooper Emerson 22.0 (22.24) 84
400 Meters	Mike Clemmons LR Hall 47.3 (47.54) 85	Mike Clemmons LR Hall 47.3 (47.54) 85	James Hamilton Hot Springs 47.73 01	Erwin Beasley Elaine 48.5 (48.74) 79	Dee Gibbs Harding Academy 49.87 08	Chris Bullard Bearden 48.6 (48.84) 92	Darryl Brown Saratoga 50.9 (51.14) 78
800 Meters	John Feltner Russellville 1:52.3 (1:52.54) 70	John Feltner Russellville 1:52.3 (1:52.54) 70	Robert Bradley Crossett 1:51.7 (1:51.94) 85	Sylvester Mitchell McGehee 1:55.2 (1:55.44) 71	Chris Gray Paris 2:02.10 08	Henry Harrell Cam Harmony Grove 1:56.4 (1:56.64) 77	Cleo Hunter Sparkman 1:58.1 (1:58.34) 71
1600 Meters	Eric Gross Mountain Home 4:10.45 01	Eric Gross Mountain Home 4:10.45 01	Brian Baker Batesville 4:11.5 (4:11.74) 89	Ron Davis Bay 4:23.2 (4:23.44) 72	Barrett Kerth Perryville 4:30.61 08	Chuck Elder Gentry 4:25.1 (4:25.34) 64	Johnny Purvis Jasper 4:24.13 07
3200 Meters	David Carroll Rogers 9:24.8 (9:25.04) 97	David Carroll Rogers 9:24.8 (9:25.04) 97	Mickey Detlefsen Crossett 9:33.0 (9:33.24) 86	Carlos Arrizon Berryville 9:29.52 00	Barrett Kerth Perryville 10:09.24 08	Scotty Young Eureka Springs 9:48.3 (9:48.54) 89	Johnny Purvis Jasper 9:45.70 07
110 m HH (39")	Eric Mitchel Pine Bluff 13.6 (13.84) 85	Eric Mitchel Pine Bluff 13.6 (13.84) 85	Joe Trotter PB Merrill 13.9 (14.14) 86	Caleb Cross Newport 14.07 09	Jacob Fetters Jessieville 14.95 09	Ira Moore Rison 14.2 (14.44) 73	Earl Smith Emerson 15.2 (15.44) 79
300 m IH (36")	Mark Bradley Pine Bluff 37.33 00	Mark Bradley Pine Bluff 37.33 00	Sandy Nolley Crossett 37.8 (38.04) 84	Caleb Cross Newport 37.20 09	Deon Accor Prescott 40.06 07	Dwayne Davis AR Sch f/t Deaf 39.1 (39.34) 80	Justin Hoppe Crowley's Ridge Acly 40.45 99
4 x 100m Relay	Pine Bluff 41.27 00	Pine Bluff 41.27 00	Arkadelphia 41.6 (41.84) 85	Osceola 42.35 05	Prescott 43.76	Lewisville 42.5 (42.74) 84	Emerson 43.6 (43.84) 82
4 x 200m Relay	LR Central 1:26.2 (1:26.44) 85	LR Central 1:26.2 (1:26.44) 85	Arkadelphia 1:26.6 (1:26.84) 85	Altheimer 1:28.3 (1:28.54) 79		Bradley 1:29.5 (1:29.74) 85	Kensett 1:32.8 (1:33.04) 83
4 x 400m Relay	LR Central 3:16.9 (3:17.14) 68	LR Central 3:16.9 (3:17.14) 68	Hot Springs 3:19.29 01	McGehee 3:22.3 (3:22.54) 85	Prescott 3:32.42 07	Bradley 3:23.4 (3:23.64) 84	Sparkman 3:27.5 (3:27.74) 71
4 x 800m Relay	Pine Bluff 7:57 (7:57.24) 97	Pine Bluff 7:57 (7:57.24) 97	Helena-W. Helena 8:05.68 07	Heber Springs 8:09.91 04	Prescott 8:46.60 08	Pea Ridge 8:31.7 (8:31.94) 98	Acorn 8:38.1 (8:38.34) 98
High Jump	Mark Bradley Pine Bluff 7'1" 00	Mark Bradley Pine Bluff 7'1" 00	Rod Newton Crossett 7' ½" 96	Greg Schaper Waldron 7' 0" 79	Tony Gillard Prescott 6'4" 08	Kelvin Howell Stamps 6' 8 ¼" 97	Doug Henderson Taylor 6' 11" 85
Long Jump	Basil Shabazz Pine Bluff 24' 3 ½" 91	Basil Shabazz Pine Bluff 24' 3 ½" 91	Chris Wright Morrilton 24' 1" 93	Johnny Johnson Nashville 24' 2 ½" 83	B.J. Haynie Prescott 22'4 ½" 08	Bruce Mack Cotton Plant 23'8 ½" 85	Craig Gentry FS Christian 23' ½" 02
Triple Jump	Donavan Loring LR Parkview 47' 11" 06	Donavan Loring LR Parkview 47' 11" 06	Kelby Moore Crossett 46' 2 ¼" 05	Kylon Boyd Lonoke 45' 4 ½" 06	Ray Smith Prescott 45'1 ½" 08	M.J. Davis Mountain Pine 44'4" 08	Avery Howell Emerson 44' 4 ½" 05
Shot	Paul White Russellville 65' 10 ¾" 74	Paul White Russellville 65' 10 ¾" 74	Karl Salb Crossett 65' 5 ¾" 67	Adrian Miller Rivercrest 56' 11 ½" 93	James Kee Harding Academy 49'5" 07	Byron Bryant Genoa Central 56' 6 ½" 01	Jason Burleson Newark 52' 7" 86
Discus	Jesse Williams Cabot 185' 0" 05	Jesse Williams Cabot 185' 0" 05	Andre Gillett Camden 187' 2" 90	Brock Bertrand Heber Springs 169' 6" 97	Roy Richards Lafayette County 155'1" 08	Stoy Holland Magnet Cove 171' 11" 82	Jason Burleson Newark 163' 0" 86
Pole Vault	Spencer McCorkel Bryant 16' 8" 06	Sam Ewing Lake Hamilton 16' 8 ¾" 09	Morry Sanders Lake Hamilton 16' 6" 88	Walter Mooneyhan Heber Springs 15' 4 ½" 87	Daniel Reese Genoa Central 14'0" 08	Ryan Jones Jessieville 15' 0" 91	Blaine Austin Delaplaine 14' 1 ½" 83

Updated 5-26-09

Records set from 1999 on are shown only in FAT.

GIRLS
STATE HIGH SCHOOL RECORDS (and FAT equivalents)
 Updated 5/26/09

EVENT	7A	6A	5A	4A	3A	2A	1A
100 Meters	Stephanie Adams FS Southside 11.7 (11.94) 82	Stephanie Adams FS Southside 11.7 (11.94) 82	Antisha Anderson Robinson 12.08 01	LaTasha Anderson Nashville 12.29 99	Clara Ellingburg Mansfield 12.43 08	Amber Bledsoe Turrell 12.14 02	Marcie Grilliot Shirley 12.6 (12.84) 82
200 Meters	Inetta Lee Pine Bluff 24.3 (24.54) 84	Inetta Lee Pine Bluff 24.3 (24.54) 84	Courtenay Brown Sylvan Hills 24.99 04	Antisha Anderson Robinson 25.23 99	Clara Ellingburg Mansfield 26.04 08	Amber Bledsoe Turrell 25.06 01	Mary Green Saratoga 25.8 (26.04) 85
400 Meters	Inetta Lee Pine Bluff 55.9 (56.14) 84	Inetta Lee Pine Bluff 55.9 (56.14) 84	LaToya McBride Watson Chapel 57.10 01	Lori Nevel Ozark 58.4 (58.64) 89	Lindsey Roe Shiloh Christian 59.34 08	Petra Wilson Foreman 56.9 (57.14) 89	Lisa Gay McRae 59.3 (59.54) 83
800 Meters	Katya Kostetskya Jonesboro 2:15.33 03	Katya Kostetskya Jonesboro 2:15.33 03	Melanie Gibson Alma 2:18.3 (2:18.54) 78	Dawnyell Fletcher Atkins 2:18.13 00	Grace Heymsfield Elkins 2:22.28 07	Chelsie Mock Jessieville 2:18.71 01	Sarah Pate Spring Hill 2:21.6 (2:21.84) 80
1600 Meters	Julie Jiskra Conway 5:01.8 (5:02.04) 86	Julie Jiskra Conway 5:01.8 (5:02.04) 86	Melissa Campbell Harrison 5:08.8 (5:09.04) 88	Kelsey Hatcher Pulaski Academy 5:23.50 05	Grace Heymsfield Elkins 5:15.93 07	Julie Duncan Gentry 5:11.7 (5:11.94) 81	Johanne Runyan Winslow 5:26.6 (5:26.84) 98
3200 Meters	Ashley Williams Mt St Mary 11:04.31 03	Ashley Williams Mt St Mary 11:04.31 03	Melissa Campbell Harrison 11:17.0 (11:17.24) 87	Melissa Pollreis Gravette 11:53.50 06	Grace Heymsfield Elkins 11:39.53 09	Beverly Hogrefe Lamar 11:42.7 (11:42.94) 87	Johanne Runyan Winslow 11:32.9 (11:33.14) 97
100 m HH (33")	Dee Brown LR Hall 14.2 (14.44) 97	Dee Brown LR Hall 14.2 (14.44) 97	Angela Greene Malvern 14.3 (14.54) 84	Crystal Kemp Mansfield 14.65 05	Alyssa Merriott Magnet Cove 15.36 08	LaTonya Johnson Rison 14.6 (14.84) 85	Denesha Henderson Guy-Perkins 15.75 07
300 m LH (30")	Katya Kostetskya Jonesboro 41.57 03	Katya Kostetskya Jonesboro 41.57 03	Antisha Anderson Robinson 43.89 01	Tina Bullard Star City 45.2 (45.44) 88	Alyssa Merriott Magnet Cove 47.33 08	Allyson Price Spring Hill 46.15 05	Lori Smith Saratoga 47.6 (47.84) 87
4 x 100 m Relay	Pine Bluff 47.0 (47.24) 84	Pine Bluff 47.0 (47.24) 84	Crossett 48.3 (48.54) 88	Nashville 49.66 99	Cam. Harmony Grove 51.51 08	Rison 49.0 (49.24) 81	Saratoga 50.6 (50.84) 88
4 x 200 m Relay	Pine Bluff 1:41.2 (1:41.44) 84	Pine Bluff 1:41.2 (1:41.44) 84	Crossett 1:43.9 (1:44.14) 88	Marvell 1:43.7 (1:43.94) 83		Rison 1:42.7 (1:42.94) 81	Saratoga 1:47.1 (1:47.34) 88
4 x 400 m Relay	Pine Bluff 3:57.4 (3:57.64) 83	Pine Bluff 3:57.4 (3:57.64) 83	Crossett 3:59.28 01	Eudora 4:07.5 (4:07.74) 82	Green Forest 4:18.55 07	Rison 4:02.2 (4:02.44) 80	Saratoga 4:13.8 (4:14.04) 88
4 x 800 m Relay	Bentonville 9:45.81 06	Bentonville 9:45.81 06	Harrison 9:56.81 01	Mountain View 10:09.1 (10:09.34) 95	Mansfield 10:28.66 08	Jessieville 10:06.1 (10:06.34) 96	Decatur 10:37.2 (10:37.44) 98
High Jump	Nyeshia Stevenson LR McClellan 5' 7 ¾" 04	Nyeshia Stevenson LR McClellan 5' 7 ¾" 04	Monique Kennedy Crossett 5' 8" 99	Amy Wyse Robinson 5' 8" 86	Jessica Otto Mansfield 5'4" 09	Stella Phillips Hoxie 5'6" 99	Amanda Hodges Emmet 5' 4 ½" 01
Long Jump	Dee Brown LR Hall 20' 1" 96	Dee Brown LR Hall 20' 1" 96	Wanda Harris Arkadelphia 19' 8 ¾" 01	Brandi Hemphill Ashdown 18' 6 ½" 01	Megan Snow Mountain View 17' 7 ¼" 09	Amber Bledsoe Turrell 19' 3" 01	Kippi Austin Delaplaine 17' 6 ¼" 76
Triple Jump	Whitney Jones, Searcy Karen Thomas, Cam. FV 38' 6 ¾" 06	Whitney Jones, Searcy Karen Thomas, Cam. FV 38' 6 ¾" 06	Brittney Leftwich Greenwood 38' 0" 04	Jasmine Ellis Nashville 37' 1" 09	April Martin Yellville-Summit 36' 0" 09	Hannah Pastor Abundant Life 34'6 ½" 09	Denesha Henderson Guy-Perkins 34' 7.5" 07
Shot	Roshendeda Ross Texarkana 43' 8" 91	Roshendeda Ross Texarkana 43' 8" 91	Lashonda Martin Crossett 42' 6" 04	Sarah Pfeifer Ozark 41' 9 ½" 01	Ashley Berry Gurdon 39'2¼" 07	Michelle Smith Bradford 39' 9" 87	Angela Sharp Umpire 38' 4 ½" 88
Discus	Shannon Emory Jacksonville 149' 11" 87	Shannon Emory Jacksonville 149' 11" 87	Karen Atchley LS Lakeside 138' 4" 83	Angie Blackwell Mountain View 130' 5" 98	Ashley Berry Gurdon 112'3" 07	Sonya McCutcheon Lewisville 131' 2" 85	Sarah Hudson Van-Cove 115' 10" 96
Pole Vault	Mallory Lawrence Russellville 12' 10" 07	Stephanie Foreman Lake Hamilton 13' ½" 08	Liz Walton Batesville 11' 0" 09	Staci Yahn Mena 11' 6" 06	Sheena Howell Centerpoint 10'0" 07	Brandie Plyler Centerpoint 11' 10" 01	Brittney Curtis Delaplaine 9' 0" 03

Updated 5-26-09

All Class AAA records set prior to 1987 and others set prior to 1982 were set in distances designated in yards. Class A records set in 1983 and 1984 were set on English tracks and new records were converted to metric time.

OVERALL STATE RECORDS (and FAT equivalents prior to 1999)

Required for

EVENT	GIRLS	BOYS
100 Meters	Shana Cobbs LR Hall 11.6 (11.84) 95	Fred Rose Texarkana 10.52 07
200 Meters	Inetta Lee Pine Bluff 24.3 (24.54) 84	Basil Shabazz Pine Bluff 20.8 (21.04) 91
400 Meters	Paige Farrell Springdale 55.54 04	Mike Clemmons LR Hall 47.3 (47.54) 85
800 Meters	Katya Kostetskya Jonesboro 2:06.44 03	Robert Bradley Crossett 1:51.7 (1:51.94) 85
1600 Meters	Grace Heymsfield Elkins 4:59.51 09	Eric Gross Mountain Home 4:10.45 01
3200 Meters	Allison Welk FS Southside 11:01.1 (11:01.34) 83	Brian Baker Batesville 9:09.8 (9:10.04) 89
100/110 m HH (33"/39")	Tiffany Gunn LR McClellan 14.30 01	Derek Russell LR Central 13.4 (13.64) 86
300 m LH/HH (30"/36")	Katya Kostetskya Jonesboro 41.57 03	Caleb Cross Newport 36.99 09
4x100 m Relay	Pine Bluff 47.0 (47.24) 84	Pine Bluff 40.9 (41.14) 90
4x200 m Relay	LR Parkview 1:40.7 (1:40.94) 80	Pine Bluff 1:26.1 (1:26.34) 85
4x400 m Relay	Conway 3:55.4 (3:55.64) 86	Forrest City * 3:14.7 (3:15.94) 77 *
4x800 m Relay	Bentonville 9:36.98 08	Russellville 7:53.30 (7:53.54) 02
High Jump	Jan Bennett Jonesboro 5' 10" 80	Kenny Evans Pine Bluff 7' 1 1/2" 96
Long Jump	Dee Brown LR Hall 20' 1" 96	Joseph Wright Conway 24' 5 3/4" 96
Triple Jump	Whitney Jones Searcy 39' 0 1/4" 07	Donovan Loring LR Parkview 47' 11" 06
Shot	Heather Lakey Rogers 44' 1/2" 97	Paul White Russellville 65' 10 3/4" 74
Discus	Shannon Emory Jacksonville 149' 11" 87	Bobby McDaniels Crossett 187' 11" 85
Pole Vault	Stephanie Foreman Lake Hamilton 13' 6 1/2" 08	Sam Ewing Lake Hamilton 16' 8 3/4" 09

* CORRECTED 2006

BOYS DECATHLON

CABOT HIGH SCHOOL
Wednesday and Thursday * May 12-13, 2010
Day 1 – Report by 11:00 a.m. – Start at noon
Day 2 – Start at 10:00 a.m.

Entry deadline in AAA Office – May 5 * (May 6, 7 & 8 with \$25 late fee)

GIRLS HEPTATHLON

CABOT HIGH SCHOOL
Wednesday and Thursday * May 12-13, 2010
Day 1 – Report by 10:30 a.m. – Start at 11:30 a.m.
Day 2 – Start at 10:00 a.m.

Entry deadline in AAA Office – May 5 * (May 6, 7 & 8 with \$25 late fee)

MEET INFORMATION

All state meets will use International Starts and Stagers

STATE TRACK MEETS INSTRUCTIONS AND MECHANICS FOR REGISTRATION

Conference/district meet directors will advance electronically to the state meet director or designated recipient those qualifiers whose performance has earned them the opportunity to participate in the state meet. Additional qualifiers by the qualifying standards must be reported to the AAA office on the appropriate form.

Coaches: The coach must enter any athlete from his/her school who has met the qualifying standard in a certified meet in order to use that performance to enter the state meet. The proper form must be faxed to the AAA office within 48 hours following the conference meet. The required form is available at www.ahsaa.org ... Sports ... Track/XCountry. If this is not done, the athlete will not be allowed to compete in that event.

There shall be a maximum of one additional heat in each running event to accommodate athletes certified through qualifying performances. Additional field event entries shall be limited to eight.

If conference/district data is not advanced to the state meet, qualified athletes shall be allowed to participate but may be placed in available heats and lanes.

Each school's head coach and captain must meet with the Referee at the designated time and place. Coaches must confirm that all athletes are legally attired and equipped by signing the compliance verification form prior to the athletes competing. The coach must assume the following responsibilities for the school's athlete(s) to be allowed to participate.

Shot: Must be weighed and approved by the Head Field Judge or Inspector of Implements prior to the first warm-up throw.

Discus: Must be weighed, measured and approved by the Head Field Judge or Inspector of Implements prior to the first warm-up throw.

Pole Vault: It is required that vaulters be weighed at the site prior to reporting for warmups. The judge shall verify the legality of the pole at the event. Only legal poles, approved in advance of use, may be used in warm-up and/or competition. Coaches shall initial the event sheet to verify each vaulter's weight and that a legal pole has been provided and will be used throughout the competition.

Participating athletes must be at the site of the event at the start of the event in a proper uniform and legally equipped.

1/8" OR 1/4" PYRAMID SPIKES REQUIRED

MEET OF CHAMPS

Saturday, May 8, 2010

SITE – Lake Hamilton High School

SEE TIME SCHEDULE - T&F HANDBOOK, page 18

1:00 and 3:00 p.m. – Field Events * 4:30 p.m. Running Events

The winner of each event at the seven state meets, including first place ties, and the next five best performances statewide shall be invitees to the Meet of Champs. There shall be a maximum of twelve athletes per event, regardless of classification.

IMPORTANT! The list of invitees will be available on the AAA web site as soon as possible after 7:00 p.m. Sunday, May 2.

Important: Coaches of all invited athletes must notify the AAA office on Monday following the state meet whether an invited athlete WILL or WILL NOT participate.

E-mail kathy@ahsaa.k12.ar.us.