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# BULLETIN

April, 2010

## Contents

The Value of Activities ..... 2  
 2009-10 Winter Academic State Champions..... 2  
 Mid-Year Schools of Excellence Standings ..... 3  
 Spring Sports Limitations ..... 6  
 Attention Administrators: Possible Violations ..... 7  
 Softball Rosters and Pictures ..... 7  
 Starting Date for 2010 Fall Sports ..... 7  
 Reminders for the 2010-11 Sports Seasons ..... 8  
 Nominations for 2011 Legends of the Game..... 8  
 2010-11 IHSAA Approved Calendar ..... 9  
 2010-11 State Tournament Sites, Dates & Managers..... 10  
 2010 State Debate Results ..... 11  
 2010 State Speech Results ..... 12  
 IHSAA to Induct Three into Hall of Fame ..... 13  
 Healthy Lifestyles ..... 14  
**COMING EVENTS**  
 2010 State Golf ..... 15  
 2010 State Tennis..... 16  
 2010 State Softball ..... 17  
 2010 State Track ..... 18  
**CITIZENSHIP CITATIONS** ..... 19

**SYNOPSIS OF IHSAA BOARD MEETING**

Synopsis of the April Board of Directors meeting is available on the web site: [www.idhsaa.org](http://www.idhsaa.org)

**THE VALUE OF ACTIVITIES**  
**By Sam Hermann, Genesee High School**  
**2009 Interscholastic Star**

Growing up, I watched as my brothers and sisters were involved in everything. Between them all, they were a part of every high school activity known to man, well at least Genesee High School. Sports, band, FFA – they did it all. And there was me. A little annoying squirt of a brother. They didn't know it, but deep down, I wanted nothing more in life but to be exactly like them. That's when I think it started. The desire to be part of everything began right then and there.

Trying to be part of everything has definitely had its ups and downs. As a freshman my goal was to try it all and decide what I liked and what I didn't. It turned out I liked it all. So for me, it's hard not to do it all. Through sports I build friendship, teamwork, and communication that will help me in my future life. Band and Choir gives me independence, but yet still with the idea of working towards one group goal. French Club gives me the opportunity to explore unique ideas and experience new places around the world. Working at the Boys and Girls Club, I get to pass what I've learned on to those younger than me. FFA and BPA not only help me build strong leadership skills, but open up large numbers of scholarships that will help me continue my education at a four year university after high school. Yes, the downs are pretty evident. Constantly busy, hardly anytime to rest, sometimes little time for friends or family. But in my mind, I think the positives high school sports and activities present, far out weigh the negatives. Juggling all of my activities has taught me some very important lessons. I've learned that in life, do what makes you happy. So when it was becoming too much I knew that making the chose to not be apart of BPA was a decision that I needed to make. I have learned I need to prioritize my time and organize some time for myself. Even with all the extra activities, I still consider myself a normal kid – I hang with the family, go to movies with friends, and I love to go camping. I realize you only live once and I know that's why I want to get to most out of high school and what it has to offer.

So what part does interscholastic sports and activities have in my life? Simple. EVERYTHING. They have helped me become a better "me" and continue to shape how successful I can be in the real world of the future.

**2009-2010 WINTER ACADEMIC STATE CHAMPIONS**

The Idaho High School Activities Association is pleased to announce the 2009-2010 winter sports Academic State Champions. This award is presented to the varsity team of each classification that achieves the highest cumulative grade point average. The IHSAA and its official sponsor, The United Dairymen of Idaho, congratulate these student-athletes for their outstanding academic achievement and commitment to excellence through athletics.

<b>GIRLS BASKETBALL</b>			<b>WRESTLING</b>			<b>BOYS BASKETBALL</b>		
5A	Highland	3.767	5A	Highland	3.400	5A	Idaho Falls	3.698
4A	Century	3.808	4A	Rigby	3.474	4A	Jerome	3.677
3A	Kimberly	3.880	3A	Wendell	3.390	3A	Wendell	3.776
2A	New Plymouth	3.762	2A	Firth	3.435	2A	Melba	3.762
1A DI	Raft River	3.848				1A DI	Prairie	3.498
1A DII	North Gem	3.828				1A DII	Nezperce	3.521

## 2009-2010 SCHOOLS OF EXCELLENCE WINTER STANDINGS

<b>5A</b>	<b>Fall</b>	<b>Fall</b>	<b>Winter</b>	<b>Winter</b>	<b>Activity</b>	<b>Activity</b>	<b>ACA/ATH</b>
	<b>ACA</b>	<b>ATH</b>	<b>ACA</b>	<b>ATH</b>	<b>ACA</b>	<b>PERF</b>	<b>Total</b>
Eagle	560	450	260	170	515	190	2145
Highland-P	550	238	295	185	505	255	2028
Rocky Mtn.	525	340	260	85	520	275	2005
Centennial	530	260	255	225	435	200	1905
Boise	550	390	260	85	355	0	1640
Coeur d'Alene	510	408	255	200	85	75	1533
Mountain View	535	430	265	75	0	185	1490
Post Falls	495	150	250	175	0	150	1220
Capital	515	95	260	85	170	75	1200
Meridian	530	90	270	75	0	235	1200
Timberline-B	515	75	260	0	260	75	1185
Idaho Falls	530	225	270	75	0	75	1175
Madison	365	150	260	75	0	150	1000
Caldwell	505	0	250	75	165	0	995
Skyline	530	75	175	0	0	90	870
Lake City	0	235	250	75	0	165	725
Vallivue	0	150	255	75	0	85	565
Lewiston	0	75	170	95	0	75	415
Borah	0	185	0	180	0	0	365
<b>4A</b>	<b>Fall</b>	<b>Fall</b>	<b>Winter</b>	<b>Winter</b>	<b>Activity</b>	<b>Activity</b>	<b>ACA/ATH</b>
	<b>ACA</b>	<b>ATH</b>	<b>ACA</b>	<b>ATH</b>	<b>ACA</b>	<b>PERF</b>	<b>Total</b>
Twin Falls	530	428	285	250	425	75	1993
Century	555	245	270	75	255	340	1740
Pocatello	540	75	255	90	525	213	1698
Bishop Kelly	550	350	265	160	265	100	1690
Jerome	520	245	270	240	340	0	1615
Hillcrest	520	518	260	90	0	100	1488
Bonneville	505	195	255	170	85	170	1380
Moscow	530	75	250	170	250	75	1350
Sandpoint	515	460	250	0	0	95	1320
Wood River	525	235	250	0	250	0	1260
Skyview	535	240	255	85	0	85	1200
Kuna	515	255	255	75	0	0	1100
Rigby	445	75	275	150	0	150	1095
Middleton	510	150	250	100	80	0	1090
Minico	510	75	255	0	0	95	935
Canyon Ridge	335	0	180	0	330	0	845
Burley	515	0	250	0	0	75	840
Mountain Home	265	75	90	0	0	240	670
Columbia	90	75	85	100	0	175	525
Blackfoot	0	100	90	95	0	160	445
Preston	85	75	0	75	0	75	310
Emmett	85	0	0	0	0	90	175
Nampa	0	75	0	85	0	0	160
Lakeland	0	0	0	0	0	0	0

3A	Fall	Fall	Winter	Winter	Activity	Activity	ACA/ATH
	ACA	ATH	ACA	ATH	ACA	PERF	Total
Weiser	525	338	250	90	345	0	1548
Shelley	535	175	275	240	0	257.5	1482.5
Snake River	525	390	255	75	0	0	1245
American Falls	520	0	255	100	90	233	1198
Filer	255	150	170	75	175	175	1000
Kimberly	370	185	280	75	0	75	985
Sugar-Salem	180	260	180	170	0	175	965
Salmon	345	150	180	185	0	0	860
Bear Lake	290	85	175	0	85	160	795
Fruitland	90	280	195	150	0	75	790
McCall-Donnelly	440	90	260	0	0	0	790
Teton	175	340	0	0	0	167.5	682.5
Homedale	335	0	250	85	0	0	670
Payette	0	338	0	75	0	75	488
Orofino	95	150	0	0	0	215	460
Priest River	0	75	175	200	0	0	450
South Fremont	0	75	250	95	0	0	420
Bonnors Ferry	0	225	0	75	0	85	385
Buhl	90	0	175	75	0	0	340
Wendell	100	0	190	0	0	0	290
Gooding	0	270	0	0	0	0	270
Timberlake	90	175	0	0	0	0	265
St. Maries	0	100	0	75	0	0	175
Kellogg	0	0	0	95	0	75	170
Marsh Valley	0	0	0	75	0	45	120
2A	Fall	Fall	Winter	Winter	Activity	Activity	ACA/ATH
	ACA	ATH	ACA	ATH	ACA	PERF	Total
Declo	520	320	255	150	180	0	1425
Firth	370	185	275	250	175	150	1405
Soda Springs	340	290	245	170	170	160	1375
Parma	355	200	255	180	250	95	1335
Malad	330	150	245	150	170	195	1240
Butte County	365	160	190	0	90	0	805
Melba	175	75	175	170	0	75	670
Kamiah	185	75	180	95	0	75	610
Valley	335	0	265	0	0	0	600
New Plymouth	0	183	100	240	0	75	598
West Jefferson	185	75	0	175	0	0	435
West Side	0	85	95	90	0	90	360
Nampa Christian	0	170	180	0	0	0	350
Glenns Ferry	0	88	90	75	0	0	253
CDA Charter	0	160	0	0	0	85	245
Grangeville	90	75	0	75	0	0	240
Marsing	95	0	90	0	0	0	185
North Fremont	0	75	0	100	0	0	175
Aberdeen	0	0	0	0	0	85	85
Grace	0	75	0	0	0	0	75
Cole Valley	0	0	0	0	0	0	0

<b>2A cont.</b>	<b>Fall</b>	<b>Fall</b>	<b>Winter</b>	<b>Winter</b>	<b>Activity</b>	<b>Activity</b>	<b>ACA/ATH</b>
	<b>ACA</b>	<b>ATH</b>	<b>ACA</b>	<b>ATH</b>	<b>ACA</b>	<b>PERF</b>	<b>Total</b>
North Star	0	0	0	0	0	0	0
Renaissance	0	0	0	0	0	0	0
Ririe	0	0	0	0	0	0	0
<b>1A DIV I</b>	<b>Fall</b>	<b>Fall</b>	<b>Winter</b>	<b>Winter</b>	<b>Activity</b>	<b>Activity</b>	<b>ACA/ATH</b>
	<b>ACA</b>	<b>ATH</b>	<b>ACA</b>	<b>ATH</b>	<b>ACA</b>	<b>PERF</b>	<b>Total</b>
Challis	90	260	255	175	175	0	955
Prairie	180	95	275	100	0	0	650
Raft River	175	75	185	165	0	0	600
Castleford	170	88	170	95	0	0	523
Liberty Charter	185	0	180	150	0	0	515
Cascade	165	75	170	75	0	0	485
Genesee	165	100	170	0	0	0	435
Lighthouse	175	0	180	0	0	0	355
Kendrick	95	0	90	75	90	0	350
Council	170	0	170	0	0	0	340
Timberline-W	165	0	165	0	0	0	330
Horseshoe Bend	320	0	0	0	0	0	320
Troy	0	90	0	160	0	0	250
Rimrock	165	75	0	0	0	0	240
Shoshone	0	75	0	165	0	0	240
Oakley	0	100	0	0	0	90	190
Wallace	90	88	0	0	0	0	178
Lapwai	0	75	0	95	0	0	170
Hagerman	0	75	0	0	0	75	150
Potlatch	0	75	0	0	0	75	150
Clearwater Vly	0	0	0	100	0	45	145
Notus	0	75	0	0	0	0	75
Deary	0	0	0	0	0	0	0
Gem State	0	0	0	0	0	0	0
Hansen	0	0	0	0	0	0	0
Idaho City	0	0	0	0	0	0	0
Lakeside	0	0	0	0	0	0	0
Sho-Ban	0	0	0	0	0	0	0
Wilder	0	0	0	0	0	0	0
<b>1A DIV II</b>	<b>Fall</b>	<b>Fall</b>	<b>Winter</b>	<b>Winter</b>	<b>Activity</b>	<b>Activity</b>	<b>ACA/ATH</b>
	<b>ACA</b>	<b>ATH</b>	<b>ACA</b>	<b>ATH</b>	<b>ACA</b>	<b>PERF</b>	<b>Total</b>
North Gem	180	160	185	150	0	0	675
Greenleaf	260	75	170	0	85	45	635
Dietrich	90	170	180	165	0	0	605
Garden Valley	170	150	250	0	0	0	570
Nezperce	190	75	190	100	0	0	555
Carey	0	163	175	190	0	0	528
Camas County	100	100	185	0	0	0	385
Highland-C	185	0	170	0	0	0	355
Leadore	185	0	170	0	0	0	355
Salmon River	0	100	175	75	0	0	350

<b>1A DIV II cont.</b>	<b>Fall</b>	<b>Fall</b>	<b>Winter</b>	<b>Winter</b>	<b>Activity</b>	<b>Activity</b>	<b>ACA/ATH</b>
	<b>ACA</b>	<b>ATH</b>	<b>ACA</b>	<b>ATH</b>	<b>ACA</b>	<b>PERF</b>	<b>Total</b>
Richfield	0	0	90	100	0	0	190
Mackay	0	95	0	85	0	0	180
Culdesac	175	0	0	0	0	0	175
Murtaugh	0	0	85	90	0	0	175
Clark Fork	0	90	0	75	0	0	165
Rockland	90	0	0	75	0	0	165
Kootenai	0	88	0	75	0	0	163
Cambridge	0	85	0	75	0	0	160
Midvale	0	85	0	75	0	0	160
Idaho Arts	0	0	0	0	0	100	100
Bliss	0	85	0	0	0	0	85
Comm. School	0	85	0	0	0	0	85
Summit	0	0	0	85	0	0	85
Clark County	0	75	0	0	0	0	75
Meadows Valley	0	0	0	75	0	0	75
Mullan	0	75	0	0	0	0	75
Compass	0	0	0	0	0	0	0
ISDB	0	0	0	0	0	0	0
Magic Valley	0	0	0	0	0	0	0
Riverstone Int'l	0	0	0	0	0	0	0
Taylor's Crossing	0	0	0	0	0	0	0
Victory Charter	0	0	0	0	0	0	0

## **SPRING SPORTS LIMITATIONS**

Listed below are the spring sports limitations. These limitations are in effect for the 2010 spring sports season. Please insure that your coaches are aware of these limitations.

Tennis: No team or individual shall play more than 20 regular season dates. Tournaments that begin Friday after 3:00 pm and continue on Saturday count as one date.

Track: No team shall participate in more than 9 meets per season nor exceed two meets per week.

Baseball and Softball:

### **5A / 4A Game Limitations**

1. A team or individual is limited to 22 playing dates and 24 games.
2. No team/individual may schedule/play in more than 20 games on regular school days.
3. A team or individual may participate in one (1) tournament. All tournament games played on regular school days will count toward the 20 games limitation (refer to #2 above). Friday after 3:00 pm and Saturday may count as a tournament.
4. In order to receive recognition as a tournament and not count as individual games, prior notice must be mailed to the IHSAA.
5. No team/individual shall play more than 29 games during the season.
6. The IHSAA recommends that member schools schedule games on Saturday to reduce the loss of academic time.
7. A contestant who exceeds the limitations of regular season participation will become ineligible for district, state or any other additional IHSAA sponsored competition of that sport.

### **3A / 2A / 1A Game Limitations**

No team or individual shall play more than 24 dates or exceed 24 games for the regular season. A contestant who exceeds the limitations of regular season participation will become ineligible for district, state or any other additional IHSAA sponsored competition of that sport.

Golf: No team or individual shall play more than 12 matches per season nor exceed two matches per week.

## **ATTENTION ADMINISTRATORS: POSSIBLE VIOLATIONS**

### **Rules 8-11-1 and 5-12-1**

Administrators and athletic directors, please take every measure to inform your coaches and athletes of non-school participation Rule 8-11-1 and contest rule 5-12-1. Every year we have athletes declared ineligible because of violating these rules.

Rule 8-11-1 prohibits the participating in-season athlete from participating in outside athletic contests such as playing in an open golf tournament or in a city league softball or baseball competition.

Rule 5-12-1 prohibits an organized scrimmage or practice of a high school team with or against non high school teams or players. Example: alumni and church softball or baseball teams or players.

### **Rule 17-2-6 — Use of Protective Equipment**

IHSAA member schools should be aware of Rule 17-2-6 concerning the use of protective equipment at clinics/camps. No school owned uniforms and/or protective equipment may be used without written permission from the IHSAA. With that permission, schools may use their own protective equipment in a camp/clinic for a period of one week (seven consecutive days) upon written request from the trustees of the school. Schools are not allowed to rent protective equipment to students, camps or clinics without written permission from the trustees of the school. Included in the request shall be a statement of recognition that IHSAA sponsored catastrophic insurance provides no coverage for the activity and any liabilities rest solely with the school/camp/clinic.

## **SOFTBALL ROSTERS AND PICTURES**

Softball rosters and picture are due into the IHSAA office by May 10. The rosters are to be submitted only via the online interactive form posted on our website, [www.idhsaa.org](http://www.idhsaa.org). Do not fax or mail rosters.

Pictures may be mailed through the postal service or e-mailed as TIFF or JPEG images (high quality only, please) to [cherylm@idhsaa.org](mailto:cherylm@idhsaa.org).

## **STARTING DATES FOR 2010 FALL SPORTS**

**FOOTBALL:** Schools playing the early game in football (August 27) may begin football practice on August 9, after submitting a written waiver request to the IHSAA. All other schools may begin football practice on August 13. Practice requirements for football: Helmets may be worn on the first day. A player must have at least two days of practice without any pads. Shoulder pads may be worn on the third day and full pads may be worn on the fifth day. The day of the first scheduled competition shall not be allowed to count as a practice day in meeting the ten-day practice rule.

**SOCCER:** The first day of practice for soccer is August 9 with the first allowable date of competition is August 20 if one of the ten days of practice is on Saturday or Sunday. The day of the first scheduled competition shall not be allowed to count as a practice day in meeting the ten-day practice rule.

**VOLLEYBALL/CROSS COUNTRY:** Practice for volleyball and cross-country may begin on August 13. The first allowable date of competition for volleyball and cross-country is August 25, provided there have been ten days of practice. The day of the first scheduled competition shall not be allowed to count as a practice day in meeting the ten-day practice rule.

## **REMINDERS FOR THE 2009-2010 SPORTS SEASONS**

### **FIRST AID / CPR COURSE REQUIREMENTS FOR COACHES**

Any first time coach of IHSAA activities in grades 9-12 must complete first aid and CPR courses from a school district recognized provider. New coaches must complete the course during his / her first year of coaching. At no time may a team practice, travel or compete without at least one adult who has met the requirement. Schools shall keep a roster to verify who has completed the course.

### **PHYSICALS REQUIRED FOR CHEER AND DANCE/DRILL PARTICIPANTS**

All cheerleaders and dance/drill participants must complete a physical examination as outlined in IHSAA Rule 13 prior the first team practice of the season.

### **FALL SPORTS PRACTICE REQUIREMENTS**

Requirements and restrictions for IHSAA fall sports practices are outlined in the IHSAA Rules and Regulations manual on page 66.

## **SEEKING NOMINATIONS FOR 2011 "LEGENDS OF THE GAME"**

### **Purpose**

In an effort to preserve the heritage of Idaho high school athletics by showcasing outstanding teams from the past, the "Legends of the Game" program was established in 2001. Nominations are now being accepted for the 2010 Boys and Girls Basketball "Legends of the Game" award.

### **Criteria**

Boys' Legends must be teams from at least 30 years ago. Girls' Legends must be teams from at least 20 years ago. Teams may be nominated for a variety of accomplishments, including winning a state championship, win-streak, win-loss records, outstanding player/coach accomplishments, etc.

### **Nominations Due**

Nominations for 2011 Legends must be submitted on the official form that can be downloaded from the IHSAA web site [www.idhsaa.org](http://www.idhsaa.org). Nominations must be received in the IHSAA office by September 1 to be considered for the 2010 award.

### **Selection History**

#### **Boys Basketball**

2001	1950 Nampa Bulldogs
2002	1958 & 1959 Grace Red Devils
2003	1957 Pocatello Indians
2004	1965 Mullan Tigers
2005	1953 Idaho Falls Tigers
2006	1958 Wendell Trojans
2007	1949 Coeur d'Alene Vikings
2008	1946 Preston Indians
2009	1959 Kellogg Wildcats
2010	1947 American Falls Beavers

#### **Girls Basketball**

2001	no award
2002	10 women representing pioneers of girls' sports
2003	1983 Meridian Warriors
2004	1938 & 1939 Hagerman Pirates
2005	1981 & 1982 Moscow Bears
2006	1979 Grangeville Bulldogs
2007	1962 Camas County Musers
2008	1985 Highland Rams
2009	1979 McCall-Donnelly Vandals
2010	1980 Homedale Trojans

## 2010-11 IHSAA APPROVED CALENDAR

Week 5	Aug. 4	Hall of Fame Banquet	Week 29	Jan. 18	IHSAA Board of Directors
Week 6	Aug. 9	1st day soccer & football practice for teams with 0 week	Week 32	Feb. 12	District girls basketball completion
Week 6	Aug. 13	1st day football practice w/o pads; volleyball, cross country	Week 33	Feb. 17-19	<b>GIRLS STATE BASKETBALL</b>
Week 8	Aug. 27	1st football game date	Week 33	Feb. 19	District wrestling completion
Week 13	Sept. 28	IHSAA Board of Directors	Week 34	Feb. 20	State wrestling seeding
Week 15	Oct. 16	District soccer completion	Week 34	Feb. 24-26	<b>STATE WRESTLING</b>
Week 16	Oct. 21-23	<b>STATE SOCCER</b>	Week 34	Feb. 25	1st practice all spring sports
Week 16	Oct. 23	District VB/XC completion	Week 34	Feb. 26	District boys basketball completion
Week 17	Oct. 29-30	<b>STATE VOLLEYBALL</b>	Week 34	Feb. 26	District debate completion
Week 17	Oct. 30	<b>STATE CROSS COUNTRY</b>	Week 35	March 3-5	<b>BOYS STATE BASKETBALL</b>
Week 18	Nov. 1	1st day girls basketball practice	Week 36	March 11-12	<b>STATE DEBATE</b>
Week 19	Nov. 12	1st GBB game date; 1st day BBB practice	Week 39	April 2	District speech completion
Week 20	Nov. 19-20	<b>FOOTBALL MILK BOWL</b>	Week 40	April 6	IHSAA Board of Directors
Week 20	Nov. 20	District drama completion	Week 41	April 15-16	<b>STATE SPEECH</b>
Week 21	Nov. 22	First day of wrestling practice	Week 43	April 24	Easter
Week 21	Nov. 25	Thanksgiving	Week 44	May 7	<b>STATE SOLO MUSIC CONTEST</b>
Week 21	Nov. 27	1st boys basketball game date	Week 45	May 14	District TR, TN, SB, GO completion
Week 22	Dec. 3-4	<b>STATE DRAMA</b>	Week 46	May 15	State track seeding
Week 23	Dec. 7	IHSAA Board of Directors; 1st day of wrestling competition	Week 46	May 16-17	<b>STATE GOLF</b>
			Week 46	May 19-21	<b>STATE TR, TN, SB</b>
			Week 46	May 21	Baseball completion
			Week 48	May 30	Memorial Day
			Week 49	June 8	IHSAA Board of Directors

## 2010-2011 IHSAA STATE TOURNAMENTS

### Dates / Sites / Managers

<u>Event</u>	<u>Date</u>	<u>Site</u>	<u>Manager</u>
<b><u>Soccer</u></b>			
5A	October 21 – 23	Idaho Falls Soccer Complex	Norm Kane
4A	October 21 – 23	Post Falls/Lake City High Schools	Jim Winger/ Craig Christensen
3A	October 21 – 23	Sunway Soccer Complex, Twin Falls	Mike Federico
<b><u>Volleyball</u></b>			
*5A	October 29 – 30	Canyon Ridge High School	Bill Hicks
*4A	October 29 – 30	Kimberly High School	Brian Willford
*3A	October 29 – 30	Wendell High School	Brad Neuendorf
2A	October 29 – 30	Buhl High School	Stacy Wilson
1A DI	October 29 – 30	Declo High School	Jay Darrington
1A DII	October 29 – 30	Burley High School	Gordon Kerbs
*Site TBD after District Play-ins			
<b><u>Cross Country</u></b>	October 30	Kelly Park, Soda Springs	TBD
<b><u>Milk Bowl</u></b>			
	November 19 – 20	Holt Arena, ISU	George Brown
	November 19 – 20	Kibbie Dome, U of I	Jerry Jaques
	November 19 – 20	Bronco Stadium, BSU	Tracy Leinen
<b><u>Girls Basketball Real Dairy Shoot Out</u></b>			
5A	February 17 – 19	Idaho Center, Nampa	Randy Strong
4A	February 17 – 19	Timberline High School	Tol Gropp
3A	February 17 – 19	Skyview High School	Dan McGee
2A	February 17 – 19	Bishop Kelly High School	Dean Satterfield
1A DI	February 17 – 19	Columbia High School	Randy Potter
1A DII	February 17 – 19	Nampa High School	John Gregory
<b><u>Wrestling</u></b>	February 24 – 26	Idaho Center, Nampa	Jeremy Bergquist/Cliff Rice
<b><u>Boys Basketball Real Dairy Shoot Out</u></b>			
5A	March 3 – 5	Idaho Center, Nampa	Doug Standlee
4A	March 3 – 5	Borah High School	Vince Mann
3A	March 3 – 5	Meridian High School	Jeremy Bergquist
2A	March 3 – 5	Capital High School	Steve Sosnowski
1A DI	March 3 – 5	Vallivue High School	Greg Kimball
1A DII	March 3 – 5	Caldwell High School	Scott Thomas
<b><u>Golf</u></b>			
5A	May 16 – 17	District 3 – TBD	TBD
4A	May 16 – 17	District 3 – TBD	TBD
3A	May 16 – 17	District 3 – TBD	TBD
2A	May 16 – 17	District 3 – TBD	TBD
<b><u>Softball</u></b>			
5A	May 19 – 21	Post Falls High School	Craig Christensen
4A	May 19 – 21	Coeur d'Alene High School	Todd Gilkey
3A	May 19 – 21	Pocatello High School	Robert Parker
2A	May 19 – 21	Orofino High School	Jeff Wright
1A	May 19 – 21	Lewiston High School	Tim Sperber
<b><u>Track</u></b>	May 19 – 21 (May 19 & 20 4A/5A – Finals	Boise State University Friday Night)	IHSAA Committee (May 21 1A/2A/3A Finals – Ends approx. 3:30 p.m.)
<b><u>Tennis</u></b>			
5A	May 20 – 21	Boise Racquet & Swim Club	Barbara Chandler
4A	May 20 – 21	Julia Davis Park	Winston Tilzey
3A	May 20 – 21	Vallivue High School	Mark Ross
<b><u>Speech Arts</u></b>			
Drama	December 3 – 4	Columbia High School	TBD
Debate	March 11 – 12	District IV	TBD
Speech	April 15 – 16	District I	TBD

# **2010 STATE DEBATE RESULTS**

**Vallivue High School March 12-13**

## **Tournament Results**

### **Class A**

#### **Lincoln-Douglas**

1st Taylor Galusha Meridian  
2nd Shalese Kofoed Eagle  
3rd(t) AnaBelen Sanchez Vallivue  
3rd(t) Dayton Uttinger Mountain View  
Fin. Shannon Collaer Idaho Falls  
Fin. Heather Gottlob Hillcrest  
Fin. Holly Miller Highland  
Fin. Abby Hiatt Hillcrest

#### **Policy**

1st Kaiser Larson / Cameron Hall  
Hillcrest  
2nd Jacob Howell / Jessica Nelson  
Hillcrest  
3rd(t) Jessica Hockensmith / Parker Robinson  
Eagle  
3rd(t) Brad Mosell / Amanda Pham  
Eagle  
Fin. Matt Wittrock / Max Johnston  
Highland  
Fin. Cassidy Bronson / Austin Hammer  
Hillcrest  
Fin. Rebekah Belnap / Colton Randall  
Hillcrest  
Fin. Michael Cameron / Ryan Hand  
Centennial

#### **Public Forum**

1st Cassie Sullivan / Ola Omotowa  
Hillcrest  
2nd Jordan Bishop / Paul Callahan  
Borah  
3rd(t) Robin Jensen / Seth Reinhart  
Hillcrest  
3rd(t) Elizabeth Eaton / Clint Ferrin  
Madison  
Fin. Andy Ward / Summer Sleight  
Borah  
Fin. Ethan Clark / Soren Schmidt  
Madison  
Fin. Rachel Barber / Justin Rueb  
Mountain View  
Fin. Jake Christensen / Kyle Glass  
Idaho Falls

### **Class B**

#### **Lincoln-Douglas**

1st Brennan Summers Bonneville  
2nd Dayne Michael Sorenson Bonneville  
3rd(t) Benjamin Croft American Falls  
3rd(t) Alyson Gigger Century  
Fin. Bryce Johnson Blackfoot  
Fin. Nicole Pancheri Shelley  
Fin. Griffin Morris Bishop Kelly  
Fin. Scott Call Bonneville

#### **Policy**

1st Jakob Meng / Parker Nielson  
Bonneville  
2nd Lauren Currie / Allison Bryant  
Bishop Kelly  
3rd(t) Hunter Phillips / Lindsey Bird  
Blackfoot  
3rd(t) Katie Husk / Scott Navert  
Bishop Kelly  
Fin. Goodwin / Friedrich  
Bishop Kelly  
Fin. Kirk Force / Peter Eckert  
Pocatello  
Fin. Nathan English / Ryan Skillings  
Pocatello  
Fin. Alixx Arons / Connor Harris  
Bishop Kelly

#### **Public Forum**

1st Raif Armstrong / Chastity Custer  
Mountain Home  
2nd Dawson Hall / Samantha Gardner  
Bonneville  
3rd(t) MacKenzie Smith / Jake Nelson  
Columbia  
3rd(t) Jourdan Walker / Blaine Lamberson  
Columbia  
Fin. Chris Hirning / Andy Krawtz  
Century  
Fin. Rachel Flachbart / Courtney Goldy  
Bishop Kelly  
Fin. Jessica Ririe / Spencer Ririe  
Shelley  
Fin. Erica Sabol / Jessica Bott  
Mountain Home

# **2010 STATE SPEECH RESULTS**

**Highland High School April 16-17**

**Tournament Results**

## ***TEAM AWARDS***

### **A Schools**

- 1<sup>st</sup> Jerome – Scott Burton, coach
- 2<sup>nd</sup> Hillcrest – Amy Walker, coach
- 3<sup>rd</sup> Eagle – Megan Todeschi, coach

### **B Schools**

- 1<sup>st</sup> Sugar-Salem – Gloria Stumme, coach
  - 2<sup>nd</sup> Filer – Kristy Forster, coach
  - 3<sup>rd</sup> Bishop Kelly – Pat Connor, coach
- 

## **A PANEL EVENTS**

### **Duo Interp**

- 1. D Bean / B Rudd Sugar-Salem
- 2. R Hillier / E Wheatley Jerome
- 3. S Reinhart / C Bronson Hillcrest

### **Expository**

- 1. Brittany Bair Hillcrest
- 2. Jandina Fink Jerome
- 3. Riley Parrish Jerome

### **Extemporaneous**

- 1. Jessica Hockensmith Eagle
- 2. Hunter Phillips Blackfoot
- 3. Kaiser Larsen Hillcrest

### **Panel Discussion**

- 1. Taylor Galusha Meridian
- 2. Matthew Bird Mountain View
- 3. Maddie Handhart Meridian

### **Radio**

- 1. Tom Crozier Jerome
- 2. Bobby Higly Skyline
- 3. Michael Rexroat Jerome

### **Retold Story**

- 1. Jessica Brock Coeur d'Alene
- 2. Kenya Thompson Jerome
- 3. Elizabeth Eaton Madison

## **B PANEL EVENTS**

### **After Dinner**

- 1. Michael Rexroat Jerome
- 2. Aniket Sur Centennial
- 3. Coltin Glitner Jerome

### **Humorous Interp**

- 1. Devin Bean Sugar-Salem
- 2. Seth Reinhart Hillcrest
- 3. Joey Avila Jerome

### **Impromptu**

- 1. Jessica Hockensmith Eagle
- 2. Taylor Galusha Meridian
- 3. Kaiser Larsen Hillcrest

### **Oratorical Analysis**

- 1. Brittany Bair Hillcrest
- 2. Lauren Bramwell South Fremont
- 3. Soren Schmidt Madison

### **Original Oratory**

- 1. Cassie Sullivan Hillcrest
- 2. Kelsi Bangeter Jerome
- 3. Melissa Leavitt Jerome

### **Salesmanship**

- 1. Jordan Parkinson Sugar-Salem
- 2. Tyler Kipp Eagle
- 3. Caia McCurdy Meridian

### **Serious Interp**

- 1. Ricky Rigdon Twin Falls
- 2. Cherish Christiansen American Falls
- 3. Desiree Jeppesen Sugar-Salem

## **IHSAA TO INDUCT FOUR INTO HALL OF FAME - 2010**

The Idaho High School Activities Association's Hall of Fame annually honors individuals who have given many years of exemplary service to Idaho's youth. Four such individuals will be inducted as the Hall of Fame Class of 2010. John C Berry, Rexburg, Alan Gardner, Ririe, Chuck Kinsey, Rathdrum and Mike Matthews, Declo, will be honored at ceremonies during the 31<sup>st</sup> annual Hall of Fame banquet Wednesday, August 4, 6:30 p.m. at the DoubleTree Riverside Hotel in Boise.

Other awards to be presented at the banquet include the Dick Fleischmann Memorial Award to Joe Morris, Pocatello; the Wes Lowe Memorial Award to Ralph Lowe, Meridian; the Duane D. Wolfe Memorial Award to Donna Kleinkopf, Twin Falls; and the Spirit of Sport award to Luke Lish, Marsh Valley High School. Distinguished Service Awards for each of the six activity districts and Official of the Year will also be presented. Those recipients will be announced at a later date.

**Banquet tickets are \$25.00, available by advance purchase only from the IHSAA. Orders are due July 30. Tickets will not be available for purchase at the door.**

### **Hall of Fame - Class of 2010**

**John C. Berry, Jr., Rexburg** John Berry was instrumental in the advancement of wrestling in eastern Idaho during an illustrious thirty years teaching and coaching at Sugar-Salem High School. Inducted into the National Wrestling Hall of Fame in 2009, John's teams won ten state championships and produced fifty-eight individual champions.

**Alan Gardner, Ririe** Idaho schools owe a great deal to dedicated educators such as Alan Gardner, an exemplary teacher, football and wrestling coach, and official who retired from Ririe High School in 2007. Alan devoted thirty-nine years to providing quality programs for students, and continues his dedicated service to both District VI and the IHSAA.

**Chuck Kinsey, Rathdrum** A lifelong educator and advocate of high school activities, Chuck Kinsey retired as superintendent of the Lakeland School District in 2008. During an exemplary thirty-seven year career as a teacher, coach, building and district administrator, Chuck held leadership positions in many professional organizations, including the IHSAA.

**Mike Matthews, Declo** Mike Matthews retired in 2003, having served Declo schools for thirty-two years as a successful coach and respected administrator. Throughout his career, Mike was dedicated to providing quality experiences for participants of high school activities, and, in retirement, continues to serve students as a board member of the Cassia County School District.

## **HEALTHY LIFESTYLES**

### **CONCUSSION: New Idaho Legislation Requires Education**

#### **“A Silent Epidemic...”**

In sport, no injury is cloudier than concussion, and few are as catastrophic. Often though, the identification of concussion does not take place. While cases that involve a loss of consciousness are easily recognized to someone with an untrained eye, subtle concussion cases are not. For years, many people have used the labels bell-ringer or ding to describe the effects of a subtle blow to the head. This has led to the popular assumption that such momentary states of confusion or disorientation are not reasons to be concerned. This, however, is not the case.

No matter the severity, concussion is more than an injury; it is a silent killer. Every year, an estimated 300,000 sport-related concussions occur annually in the United States<sup>1</sup> with high school football players suffering nearly one quarter of those injuries.<sup>2</sup> Concussion is not isolated to football though, and it is also not isolated to boys. By the time their high school playing career is complete, more than 60 percent of all teenage athletes will have experienced some type of concussive injury.

#### **Understanding Concussion**

A concussion is an injury that causes a disturbance in normal brain function.<sup>6,7</sup> Treatment generally consists of monitoring symptoms and rest. Concussion can be caused by either getting hit directly on the head or by a hit to another part of the body that causes the head to accelerate either forward or backward (like whiplash). Most athletes who experience concussion will exhibit any one of more of a variety of symptoms.<sup>8,9</sup> Loss of consciousness is not always present. Headache is the most common symptom, however all athletes will experience concussion differently. So, while one athlete may have a headache, another may not. Other signs and symptoms can include being nauseous, having poor balance or coordination, being dizzy, dazed or confused, and suffering from memory deficits. Headaches may linger, but so can not-so-obvious symptoms. These can include sensitivity to light or noise, emotional changes, sleep disturbances and personality changes. Often, the signs and symptoms of a concussion are not evident until several minutes to hours later. The severity of the symptoms will vary as will their duration.

#### **Why Concussed Kids Must Be Treated With Extra Caution**

The recognition of concussion is especially critical for those working with younger athletes. Leading experts agree that high school athletes have a significantly greater risk of sustaining a concussion, and those concussions are taking significantly longer to heal when compared to older athletes.<sup>11,12</sup> There are many potential reasons for this, but most researchers agree that the younger brain is more vulnerable because it is not fully developed.<sup>13</sup> There is also a strong suggestion that many concussions sustained by younger athletes go unreported because of a lack of awareness of what constitutes a concussion. Because of this, young athletes are often not referred for medical care and are allowed to continue to play. This can be catastrophic. Youth sport coaches and parents of young athletes should be vigilant in their watch for the onset of concussive signs and symptoms. If concussion is suspected,

•Always seek advice from a physician and/or athletic trainer, and  
•Never return the young athlete to play the same day as the concussive injury is sustained.

*www.knowconcussion.org, Caroline E. Faure, EdD; ATC*

# COMING EVENTS

## 2010 STATE GOLF

May 17 – 18

### TOURNAMENT SITES / MANAGERS

5A:	Avondale Golf Club, Coeur d'Alene	Todd Gilkey, AD Coeur d'Alene HS
4A:	Twin Lakes Village Golf Course, Rathdrum	Will Havercroft, AD Lakeland HS
3A:	The Links Golf Course, Post Falls	Ted Reynolds, AD Bonners Ferry HS
2A:	Bryden Canyon Golf Course, Lewiston	Jeff Cirka/Rod Forsman, AD Kendrick HS

IHSAA Administrator: Julie Hammons, Boise 375-7027 Email: hammonsj@idhsaa.org

### STATE TOURNAMENT FORMAT

All Classifications will play 36 holes. Play begins at 8:00 a.m.

### REPRESENTATION

Representation from district to state is based on the number of complete teams that actually participated at the district tournament. Quotas for each district or regional tournament to state competition will be determined as follows:

<u>Teams In District Competition</u>	<u>Teams to State</u>
1-3	1
4-6	2
7-9	3
10-over	4

If only one team participates in a district, the IHSAA should be contacted to determine play-off procedures.

### Individuals – Boys & Girls

Individuals may qualify for the State Tournament according to the number of complete teams participating in the district tournament. Example: District – four teams competing, the four lowest scoring individuals qualify for State.

(NEW) Honest Effort A golfer who starts, but does not finish, the district tournament, may be counted in determining the number of qualifying teams and individuals provided the manager determines that an honest effort was made and that the non-finish was due to circumstances beyond the golfer's control.

### TEAM CHAMPIONSHIP (Boys & Girls)

Each school may enter five players, but the total strokes of four players will determine the team score. Final team scores will be a combined 36-hole score.

# **2010 STATE TENNIS**

## **Boise & Caldwell**

**May 21 – 22**

### **SITES / MANAGERS**

<b><u>5A</u></b> Boise Racquet & Swim Club Capital High School Borah High School Manager: Bill McGrath/Barbara Chandler	<b><u>4A</u></b> Timberline High School Julia Davis Park Appleton Tennis Complex, BSU Campus Manager: Winston Tilzey	<b><u>3A</u></b> Vallivue High School Caldwell High School Manager: Mark Ross
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IHSAA Administrator: Julie Hammons, 375-7027

### **PRE-TOURNAMENT COACHES MEETING**

It is important that all schools be represented at the pre-tournament coaches meeting. Team packets will be distributed at the meeting. The Tennis Coaches' Association will hold a business meeting following the pre-tournament meeting.

Date: Thursday, May 20, 2010  
Time: 6:30 p.m.  
Place: IHSAA Office, 8011 Ustick Rd, Boise

### **TOURNAMENT SCHEDULE**

Play will begin at 8:00 a.m. both days. (First call: 7:45) All matches will be assigned approximate times. First round matches are scheduled as follows:

5A-BRSC: Boys Singles, 8:00 a.m.; Girls Singles, 9:30 a.m.; Mixed Doubles, 11:00 a.m.

4A-Timberline: Boys Doubles, 8:00 a.m.; Girls Doubles, 9:30 a.m.; Mixed Doubles, 11:00 a.m.

3A-Vallivue HS: Boys Singles, 8:00 a.m.; Girls Singles, 9:30 a.m.; Girls Doubles, 11:00 a.m.

All other sites: Top half of bracket, 8:00 a.m.; Bottom half of bracket, 9:30 a.m.

Saturday: Championship Matches will begin at approximately 2:00 p.m.

# 2010 STATE SOFTBALL

**5A / 4A / 3A / 2A: May 20 – 22**

**1A: May 21 – 22**

## TOURNAMENT SITES / MANAGERS

### 5A

Twin Falls High School  
Mgr: Mike Federico  
1615 Filer Ave E  
Twin Falls 83301  
Ph: 733-6551

### 4A

Pocatello High School  
Mgr: Robert Parker  
325 N Arthur  
Pocatello 83204  
Ph: 773-0581

### 3A

Ramsey Park, CDA  
Mgr: Dick Schreiber, Kellogg HS  
Tourn Site: W 1351 Kathleen Ave  
Coeur d'Alene 83815  
Ph: 784-1371

### 2A

Homedale High School  
Mgr: Dave Hart  
203 E Idaho Ave  
Homedale 83628  
Ph: 337-4613

### 1A

Quad Park, Caldwell  
Mgr: Karri Fisk, Greenleaf  
Tourn Site: 1315 Smeed Parkway  
Caldwell 83605  
Ph: 459-6346

IHSAA Administrator: John Billetz

## 5A/4A/3A/2A TIME SCHEDULE

**All Times are Local Time**

### **THURSDAY**

#### Session 1

Parade of Athletes 2:00 p.m.  
Game #1 3:00 p.m.  
Game #2 5:00 p.m.  
Game #3 3:00 p.m.  
Game #4 5:00 p.m.

### **FRIDAY**

#### Session 2

Game #5 10:00 a.m.  
Game #6 10:00 a.m.  
Game #7 12:00 p.m.  
Game #8 12:00 p.m.

Break

#### Session 3

Game #9 3:00 p.m.  
Game #10 3:00 p.m.  
Game #11 5:00 p.m.  
Game #12 5:00 p.m.

### **SATURDAY**

#### Session 4

Game #13 10:00 a.m.  
Game #14 12:00 p.m.  
Game #15 (If needed) 2:00 p.m.

## 1A TIME SCHEDULE

**All Times are Local Times**

### **FRIDAY**

#### Session 1

Game #1 12:00 p.m.  
Game #2 12:00 p.m.  
Game #3 3:00 p.m.  
Game #4 3:00 p.m.

### **SATURDAY**

#### Session 2

Game #5 10:00 a.m.  
Game #6 12:00 p.m.  
Game #7 (if needed) 2:00 p.m.

## ADMISSION

Tournament Pass - General \$20.00  
Tournament Pass - Discount \$10.00  
General Admission (Thur/Fri) \$ 5.00  
General Admission (Saturday) \$ 6.00  
Discount admission (Thur/Fri/Sat) \$ 4.00

Senior Citizens, children in grades 1-6 and students in grades 7-12 with school activity card may purchase discount admission. Children under 6 will be admitted free.

# 2010 STATE TRACK

Boise State University

May 20, 21 & 22

## Thursday, May 20

- 4:00 p.m. **Medley Relay FINALS** (4A Girls; 4A Boys)  
**4x800 Relay FINALS** (5A Girls; 5A Boys)
- 5:15 p.m. **5A & 4A Prelims**  
100 Meter Hurdles: 5A Girls, 4A Girls  
110 Meter Hurdles: 5A Boys, 4A Boys  
100 Meter Dash: 5A Girls & Boys; 4A Girls & Boys  
400 Meter Dash: 5A Girls & Boys; 4A Girls & Boys  
300 Meter Hurdles: 5A Girls; 4A Girls; 5A Boys; 4A Boys  
200 Meter Dash: 5A Girls; 4A Girls; 5A Boys; 4A Boys  
**3200 M Run FINAL** (5A Girls; 4A Girls; 5A Boys; 4A Boys)

### Field Events

	<u>Pit I</u>	<u>Pit II</u>	<u>Pit III</u>	<u>Pit IV</u>	<u>High Jump 1</u>	<u>High Jump 2</u>	<u>Discus 1</u>	<u>Discus 2</u>	<u>Shot Put 1</u>	<u>Shot Put 2</u>	<u>Pole Vault 1</u>	<u>Pole Vault 2</u>
<b>THURSDAY</b>												
3:00 p.m.	4A BTJ	4A GTJ	5A GTJ	5A BTJ			4A G	5A B	4A B	5A G	4A G	4A B
5:00 p.m.					4A B	4A G	5A G	4A B	5A B	4A G		
6:00 p.m.											5A G	5A B
<b>FRIDAY</b>												
9:00 a.m.	3A BTJ	3A GTJ	2A GTJ	2A BTJ	1A B	1A G	3A G	2A B	3A B	2A G	2A B	2A G
10:30 a.m.	1A BTJ	1A GTJ	2A BLJ	2A GLJ	5A B	5A G	2A G	1A B	2A B	1A G		
12:00 p.m.	4A BLJ	4A GLJ	5A BLJ	5A GLJ	3A B	3A G					3A B	3A G
1:00 p.m.							1A G	3A B	1A B	3A G		
5:30 p.m.											1A B	1A G
<b>SATURDAY</b>												
8:30 a.m.	3A BLJ	3A GLJ	1A BLJ	1A GLJ	2A B	2A G						

### Track Events

#### Friday, May 21

- 9:30 a.m.  
**3200 M Run** (3A Girls/Boys; 2A Girls/Boys; 1A Girls/Boys)
- 11:30 a.m. **3A, 2A, 1A Prelims**  
100 Meter Hurdles: 3A Girls, 2A Girls, 1A Girls  
110 Meter Hurdles: 3A Boys, 2A Boys, 1A Boys  
100 Meter Dash: 3A Girl/Boys; 2A Girls/Boys; 1A Girls/Boys  
400 Meter Dash: 3A Girls/Boys; 2A Girls/Boys; 1A Girls/Boys  
300 Meter Hurdles: 3A/2A/1A Girls; 3A/2A/1A Boys  
200 Meter Dash: 3A/2A/1A Girls; 3A/2A/1A Boys  
**Medley Relay FINAL** (3A, 2A, 1A Girls; 3A, 2A, 1A Boys)

- 4:45 p.m.  
**Parade of Athletes**

- 5:30 p.m.  
**5A & 4A Finals**  
100 Meter Hurdles: 5A Girls, 4A Girls  
110 Meter Hurdles: 5A Boys, 4A Boys  
4 x 200 Relay: 5A Girls, 5A Boys; 4A Girls, 4A Boys  
100 Meter Dash: 5A Girls, 5A Boys; 4A Girls, 4A Boys  
800 Meter Run: 5A Girls, 5A Boys; 4A Girls, 4A Boys  
4 x 100 Relay: 5A Girls, 5A Boys; 4A Girls, 4A Boys  
400 Meter Dash: 5A Girls, 5A Boys; 4A Girls, 4A Boys

Break

- 300 Meter Hurdles: 5A/4AGirls; 5A/4A Boys  
200 Meter Dash: 5A Girls, 5A Boys; 4A Girls, 4A Boys  
1600 Meter Run: 5A Girls, 5A Boys; 4A Girls, 4A Boys  
4 x 400 Relay: 5A Girls, 5A Boys; 4A Girls, 4A Boys

**Team Awards**

#### Saturday, May 22

- 10:30 a.m.  
**3A, 2A and 1A Finals**  
100 Meter Hurdles: 3A, 2A, 1A Girls  
110 Meter Hurdles: 3A, 2A, 1A Boys  
4 x 200 Relay: 3A Girls/Boys; 2A Girls/Boys; 1A Girls/Boys  
100 Meter Dash: 3A Girls/Boys; 2A Girls/Boys; 1A Girls/Boys  
800 Meter Run: 3A Girls/Boys; 2A Girls/Boys; 1A Girls/Boys  
4 x 100 Relay: 3A Girls/Boys; 2A Girls/Boys; 1A Girls/Boys  
400 Meter Dash: 3A Girls/Boys; 2A Girls/Boys; 1A Girls/Boys

Break

- 300 Meter Hurdles: 3A, 2A, 1A Girls; 3A, 2A, 1A Boys  
200 Meter Dash: 3A Girls/Boys; 2A Girls/Boys; 1A Girls/Boys  
1600 Meter Run: 3A Girls/Boys; 2A Girls/Boys; 1A Girls/Boys  
4 x 400 Relay: 3A Girls/Boys; 2A Girls/Boys; 1A Girls/Boys

**Team Awards**

### ADMISSION

- General Admission: \$5.00 per day  
Discount Admission: \$4.00 per day  
(senior citizens, students in grades 1-6 and students in grades 7-12 with an activity card may purchase the discount tickets and passes)

## CITIZENSHIP CITATIONS

### Boise

Gilbert Hofmeister  
Richie Turnbeaugh  
Garion Miller  
Trevor Mingo  
Andrew Allison  
Javier Bustos  
Gracie DiLulo  
Ryan Erstad  
Loius Grempe  
Mary Hickerson  
Sarah Hone  
Sawyor Ilett  
Canyon Purcell  
Rachel Rant

### Centennial

Georgia Seyfried  
Caleb Sherfick  
Ben West  
Jacob West  
Cameron Wilcock  
Corrine Coleman  
Taylor Hagood  
Ashley Oram  
Leslie Warwick  
Sofia Huerta  
Jacob Ready  
Jon Popadics  
Preston Tarter  
Tara Johnson  
Alicia Latta  
Kelly Rekerie  
Tanner Frederiksen

### Pocatello

Angel Harris  
Patrick Barrus  
Kelsey Parker  
Becca Aplington  
Andrea Besis  
Sophie Hofman  
Brandon Jenkins  
Dylan Brigham  
Brian Stevenson  
Scott Welch  
Tyler Hargraves  
Ben Workman  
Erin Knudson  
Candice Robbins

### Rockland

Corin Ravsten  
Connor Reddish  
KoDee Powell  
Colton Christensen

### Sugar-Salem

Ben Ohsiek  
Ryan McBride  
Brandon Somsen  
McKall Miller  
Georgia Brown  
Kyle Andrews  
Jaqueline Lee  
Justin Merrill  
Desirae Jeppesen  
Burkley Rudd  
Ethan Morthensen