



**North Coast Section/Les Schwab Tires  
 TRI-VALLEY AREA TRACK & FIELD CHAMPIONSHIP  
 FOOTHILL HIGH SCHOOL  
 Saturday, May 20, 2017**

**Meet Director:** Jorge Quero  
[iquero@comcast.net](mailto:iquero@comcast.net)

**Site:** Foothill High School  
 4375 Foothill Rd  
 Pleasanton, CA 94588

**TIME SCHEDULE**

All event competitors should report 30 minutes before scheduled start time. Field event reporting times may be delayed if event is running behind schedule. Event times are approximations; **THE MEET WILL MOVE CONTINUOUSLY**

**FIELD EVENTS**

8:30

Girls High Jump  
 Girls Pole Vault  
 Girls Shot Put  
 Boys Discus

Girls Long Jump Unified  
 Girls Long Jump  
 Boys Triple Jump

11:00

Boys Shot Put  
 Boys High Jump  
 Boys Pole Vault

Boys Long Jump Unified  
 Boys Long Jump  
 Girls Triple Jump  
 Girls Discus

**RUNNING EVENTS** (Times for running events may vary depending on the number of heats, etc.)

9:30 am	Girls 4 x 100 Relay	12:25	Girls 800
9:45	Boys 4 x 100 Relay	12:40	Boys 800
10:00	Girls 1600	12:55	Girls 300 Hurdles
10:20	Boys 1600	1:10	Boys 300 Hurdles
10:40	Girls 100 Hurdles	1:25	Girls 200
10:55	Boys 110 Hurdles	1:40	Boys 200
11:10	Girls 400	1:55	Girls 3200
11:25	Boys 400	2:15	Boys 3200
11:40	Girls UNIFIED 100	2:32	Girls 4 x 400 Relay
11:45	Boys UNIFIED 100	2:52	Boys 4 x 400 Relay
11:55	Girls 100		
12:10	Boys 100		

## ENTRIES

Entries for the NCS/Les Schwab Tires Tri-Valley Track & Field Championships shall be emailed to Shannon Sos, [shannon@diablotiming.com](mailto:shannon@diablotiming.com). Include all runners and alternates on each qualifying relay team. The deadline for entries is midnight, **Sunday, May 14, 2017**. **Entries submitted by this deadline also constitute the declaration to compete and are subject to penalty under the honest effort rule.**

All entries will be closed and final, except for circumstance of clerical error, as of noon, Sunday, May 15, following the League Championship meets. Any scratches received after that point will be subject to penalty under the Honest Effort Rule. Coaches and athletes must decide at their League Championship meets which events they intend to compete in at the NCS Tri-Valley Championship Meet. Leagues may move non-qualifiers into any vacancies created by scratches prior to the entry deadline.

Entries to the NCS Class A/Area meet will be as follows:

NCS Class A and 2A/3A Area Meets			
Class A <sup>5</sup>	Redwood Empire <sup>5</sup>	Bay Shore <sup>5</sup>	Tri-Valley <sup>5</sup>
Bay Counties 8 (4 Relays) Coastal Mountain 8 (4 Relays) Humboldt-Del Norte (Little 5) 4 (2 Relays) <sup>4</sup> Branson, Berean Christian	Humboldt-Del Norte (Big 5) 6 Marin County 6 <sup>1</sup> North Bay 6 Sonoma County 6 <sup>2</sup> Lower Lake	Mission Valley 6 TCAL-9 WACC-9	Bay Valley 4 Diablo Athletic 6 East Bay 6 <sup>5</sup> <b>Next 8 best marks from all 3 league championships.</b>

<sup>2</sup>Lower Lake shall compete in the Coastal Mountain Conference's league qualifying track and field meet. When a Lower Lake athlete(s) place in the top four (4) of the CMC meet he/she qualifies (up to three entrants per event as stated in the National Federation Rules Book Rule 4-2-4c) to the NCS/Les Schwab Tires Redwood Empire Track & Field Championships.

NOTE: This action may require an additional heat at the NCS/Les Schwab Tires Redwood Empire Track & Field Championships in all races that are run in lanes.

<sup>4</sup>Branson School shall compete in the Marin County Athletic League's league qualifying track and field meet. When Branson School athlete(s) place in the top four (4) of the MCAL meet he/she qualifies (up to three entrants per event as stated in the National Federation Rules Book Rule 4-2-4c) to the NCS Class A Track & Field Championships.

<sup>5</sup>Any league that fails to forward any entries in an individual event will increase the entries to other participating leagues. The Meet Director of the Class A or Area Meet must maintain equal entries from each participating league.

<sup>6</sup>Berean Christian shall compete in the Diablo Valley Athletic League's league qualifying track and field meet. When Berean Christian athlete(s) place in the top four (4) of the DVAL meet he/she qualifies (up to three entrants per event as stated in the National Federation Rules Book Rule 4-2-4c) to the NCS Class A Track & Field Championships.

- 1) For any meet, a student may enter not more than four individual events, excluding relays, and not participate in more than four events.
- 2) A student may compete in only one classification in league meets. Example: A student who is entered in Frosh-Sophomore competition in a league meet, but who fails to qualify for the finals cannot be moved to a Varsity relay team for the finals of that same meet.
- 3) A student who has been entered in the maximum number of events in the trials of any meet, but who fails to qualify in one or more of these events is not eligible to be substituted as a member of a qualifying relay team in the finals of that same meet.
- 4) A student who competes in a non-varsity classification in the league meet may compete as a member of a Varsity relay team in either of the NCS/Les Schwab Tires Area/Classification Championships or the NCS/Les Schwab Tires Meet of Champions
- 5) A student may only compete in the NCS/Les Schwab Tires Area/Classification Championship Meet in the individual event(s) in which the student qualifies in his/her league meet.

## ENTRY INSTRUCTIONS (New this year)

Submit a BACKUP of the League Championship Hy-Tek Meet Manager database plus a list of add/drops due to scratches. Alternatively, submit a database BACKUP file plus the ADVANCER file from Hy-Tek Meet Manager. If using a different meet management program (MeetPro, etc.), submit (1) a complete RESULTS file (.pdf, .html, etc); plus (2) a semi-colon delimited file for advancers or a list of adds/drops. Each league is to submit their qualifiers as stated in the chart above. All event finalists should be entered before considering best preliminary marks from non-finalists. The "Next 8" qualifiers will be subject to Honest Effort Rule upon selection to the Area Meet, so all entrants, including alternates, should confirm intent to participate or scratch prior to being submitted for entry. Receipt of entries will be confirmed via return email. A list of qualifiers for each event will be posted on the NCS website by Monday evening.

Contact Shannon Sos with any questions regarding entry files, formats, or procedures. [shannon@diablotiming.com](mailto:shannon@diablotiming.com) 925-321-2365

## SCRATCHES

Scratches must be submitted no later than midnight the Sunday following the league meet. After the deadline no more entries will be accepted.

## HONEST EFFORT

Competitors who have qualified for and been entered into more than one event must honestly participate with maximum effort in each event for which the athlete is declared or the athlete will be barred from further competition in the meet.

*Note: It is understood that passing on attempts in field events is a strategy in those events and is not considered a question of honest effort.*

## AT-LARGE QUALIFIERS

Any student-athlete who participates in either the League Championship Meet or the NCS/Les Schwab Tires Tri-Valley Area Championship Meet and does not qualify by place but meets or exceeds the standards below in the Championship **Finals** will automatically qualify for the next level of competition (either the Area Championships or the Meet of Champions).

### MOC At-large Standards for 2017

Boys		Girls	
4 x 100-meter Relay	43.33	4 x 100-meter Relay	49.52
1600-meter run	4:24.66	1600-meter run	5:04.76
110-meter H.H.	15.64	100-meter H.H.	15.61
400-meter dash	50.51	400-meter dash	59.03
100-meter dash	11.20	100-meter dash	12.73
800-meter run	1:57.56	800-meter run	2:19.37
300-meter I.H.	40.90	300-meter I.H.	46.91
200-meter dash	22.56	200-meter dash	25.73
3200-meter run	9:27.81	3200-meter run	11:03.52
4 x 400-meter Relay	3:23.07	4 x 400-meter Relay	4:03.91
Long Jump	20'11"	Long Jump	16'11.00"
Triple Jump	43'04.50"	Triple Jump	36'03.25"
High Jump	6'01"	High Jump	5'01"
Shot Put	48'3.75"	Shot Put	37'01"
Discus	148'02"	Discus	115'09"
Pole Vault	13'01"	Pole Vault	10'02"

## ADVANCEMENT TO THE MEET OF CHAMPIONS

### COACH'S RESPONSIBILITY REGARDING REPORTING SCRATCHES

The coach of any qualifying athlete, who for any reason is to be withdrawn from any future events, is obligated to notify the Meet Director no later than the conclusion of the current meet. In addition, the coach has a professional responsibility to notify at the same time the coach of any and all alternates involved in the aforementioned withdrawals, so as to give alternates opportunity to declare before the entry deadline.

**In all events the (7) fastest times or best marks will qualify for the Meet of Champions.** Ties must be broken using the National Federation Track & Field Rules Book tie-breaker procedures. Additionally, any athletes who do not finish in the top seven but establish a time or distance that meets or exceeds the At-large times and distances on page three will also qualify to the NCS Meet of Champions.

## **GENERAL INFORMATION**

### PROTESTS PROCEDURES

Protest/Appeal Process (Rule 3.2.4)

All protests are first made to the Meet Referee. The Referee's decision then may be appealed in writing to the Jury of Appeals.

The Jury of Appeals will have the final authority in all appeals.

### RELAY ENTRY FORMS

Schools qualifying relay teams must submit any **relay roster changes** at the conclusion of the NCS/Les Schwab Tires Tri-Valley Area Championship Meet. Submit changes in writing to Shannon Sos at the finish line tent. Relay team members must be included in entries to NCS/Les Schwab Meet of Champions.

## **STADIUM ADMISSION**

Admission price is \$10 general admission and \$5 for students and senior citizens. Individual passes or student association cards do not entitle the holder to free admission. Only coaches and athletes in uniform will be admitted into the stadium free of charge. Upon entering, the head coach should check in at the coach's table and pick up his/her packet at the snack bar.

### NCS/Les Schwab Tires Area/Classification Meets

Adults	- \$10.00
Students	- \$5.00
Senior Citizens/Child	- \$5.00

## **CONCESSIONS**

Food and beverage will be sold for the duration of the meet.

## **T-SHIRTS/MERCHANDISE**

T-Shirts, sweatshirts, caps and NCS souvenirs will be available for sale.

## **TENTS**

Tents are allowed in the east side bleachers and at the top of the west side bleachers. Tents cannot be placed in front of the press box/announcers booth.

## **PACKET PICK-UP**

Packet pick-up will be at the athlete/coaches **main stadium entrance**.

## **WEIGH-INS**

All shots and disc will be weighed in between 7:30 a.m. and 8:30 a.m. All implements not meeting specifications will be impounded for the duration of the meet.

## **POLE VAULT WEIGHT VERIFICATION**

All head coaches must submit the "Pole Vault Coaches Verification Form" to verify their athlete's weight.

## **UNIFORMS**

Uniforms and shoes must conform to the rules as stated in the 2017 National Federation Track and Field rulebook. Relay teams must have matching uniforms according to the NFHS rules.

## **INFIELD**

No coaches or parents are allowed in the infield. Only athletes and officials are allowed in the competition area. There will be a coach's box for pole vault coaches. Only one coach from each school may go to the coach's box.

## **SPIKES**

1/4" spikes are required for all events.

## **BATONS**

All teams can use their own batons.

## **DRESSING FACILITIES**

There will be no dressing facilities available.

## **FINAL INFORMATION MEETING**

There will be a final information meeting at 8:00 a.m. at the athlete check-in area at the northwest entrance to the track.

## **JURY OF APPEALS**

A jury of appeals will serve as the final board of appeals. The jury will be the meet director of each league meet.

## **SCORING**

Scoring in the NCS/Les Schwab Tires Area/Classification Championship Meets shall be 10-8-6-4-2-1. Points will be based on times in the running events and by place in the field events.

## **ENTRY FEES**

Entry fees to the NCS/Les Schwab Tires Area/Classification Championship Meet for each league at the rate of \$10.00 per each place qualified and \$20.00 per relay team will be paid by the league commissioner to the NCS Office upon billing. Entry Fees may be required for the NCS/Les Schwab Tires Meet of Champions.

## **CLERK OF THE COURSE – Check-in**

The Clerk of the Course for running event check-in will be at the northwest corner of the track. Field event check-in will be at the individual event venue.

## **AWARDS**

1. Certificates will be awarded to all participants.
2. Ribbons will be awarded to the first five boys and girls placers in each event.
3. Pennants will be awarded to the first and second place boys and girls teams.
4. A plaque will be awarded to the first place boys' and girls' teams at the NCS Area Championships.

## **RESULTS**

Results will be posted on the side of the main grandstands.

## **ALTERNATES**

Please notify your league meet director as soon as possible about a scratch. It is common courtesy to notify them as soon as possible. Alternates will be placed in the scratched athlete's position in a lane or flight.

## **EVENT MECHANICS**

### **ALL**

Meets are to be conducted as one-day Finals-only championships. Heat seeding is slow to fast, and field events are worst to best. In this manner, the top athletes are competing head to head for the opportunity to advance to the Meet of Champions. Advancement to NCS/Les Schwab Meet of Champions will be based on each event's best overall time/mark regardless of heat/flight.

### **Running Events**

#### 1. Order of Events

##### Running Events

1. Girls 400m Relay
2. Boys 400 m Relay
3. Girls 1600m Run
4. Boys 1600m Run
5. Girls 100m H.H.
6. Boys 110m H.H.
7. Girls 400m Dash
8. Boys 400m Dash
9. Girls 100m Dash
10. Boys 100m Dash

##### Running Events

11. Girls 800m Run
12. Boys 800m Run
13. Girls 300m L.H.
14. Boys 300m I.H.
15. Girls 200m Dash
16. Boys 200m Dash
17. Girls 3200m Run
18. Boys 3200m Run
19. Girls 1600m Relay
20. Boys 1600m Relay

NOTE: The numbers listed are only to illustrate the order of events and are not necessarily the actual event numbers that will be used in the respective meets.

2. The 200 meters dash will be run around a full turn.
3. The 400 meters dash will be run in staggered lanes and around two turns.

4. The 800, 1600 and 3200 meter runs will be run in two one-turn staggered alleys for the first turn. Runners may break for the pole as they enter the back straight-away.
5. Heat Assignments  
All individual races and all relays will be assigned heats according to the National Federation Track and Field Rules Book. Heats are to be seeded slow to fast. Advancement to the Meet of Champions will be based on time from all heats.
6. Lane Assignments  
In all races except the 800, 1600 and 3200 meter runs, the Games Committee will assign the fastest qualified runners or qualifiers in each round of competition to the middle lanes, or the preferred lanes as determined by the Games committee, and the next fastest qualifiers to the adjacent lanes, and so on (4,5,3,6,2,7,1,8).
7. 800 and 1600 meters run will have 12 contestants in the fast heat. 800 and 1600 meters runs will be run in two alleys and seeded based upon time. Starting in lane one working out will be 12, 11, 10, 9, 8, 7, 4, 3 seeds. The outside alley will be 1,2,5,6 seeds. The 3200m will follow a similar pattern with the top seeds receiving favored positions nearest the center of the track.

### **Field Events**

1. Conduct of field events
  - a) High Jump and Pole Vault  
Competition in the high jump and pole vault will be conducted in 5 alive. Competition will start at the heights listed below and competition will continue until final places are determined. Once a total of (9) competitors remain in the competition, then the competition will be conducted in (1) flight of 9 competitors.  
NOTE: All coaches of pole vault participants must provide the vault participant's weight and sign the weight verification form, when checking in at the registration table or booth in order for their vaulter(s) to be eligible for competition.
  - b) Long Jump, Triple Jump, Shot Put and Discus  
Each of the contestants in the long jump, triple jump, shot put and discus will be allowed three (3) qualifying trials. The top eight (8) competitors (8-lane track) or top nine (9) competitors (9-lane track) will receive three (3) additional trials to determine the top finishers.
2. Marks for All Competitors  
NCS/Les Schwab Tires Area Championships Meet Directors must be certain that all entries in each race are individually timed and the marks made in the field events are submitted to the NCS Track & Field Championship director.

## **UNIFIED TRACK TEAMS (UPDATED: 1/21/16)**

### **PARTICIPANTS/QUALIFICATIONS**

- A. Each member School will decide if it wishes to offer a Unified track & field opportunity at its school.
- B. If the school so chooses, one or more competition units would be established and the school would decide which competitions and events unified teams would participate in during the league championships. Leagues may decide which events they choose to offer for unified teams however, Area meets and MOC will only offer the 100 meter dash and the long jump. Schools must inform their league how many unified teams and what events they will be forwarding to the league championship Monday prior to the league championship.

### **UNITS OF TWO COMPETITORS ARE TEAMED UP TO FORM A UNIFIED TRACK & FIELD PAIR. THE UNIT CONSISTS OF:**

- One Special Education student ("Unified Sports Athlete") and one General Education student ("Unified Sports Partner").
- Both students are from the same school
- The General Education Unified Partner must be eligible for competition according to all CIF eligibility rules.
- The Unified Sports Athlete is a student receiving Special Education services. Students receiving Special Education services verified by the site administrator are eligible to participate as Unified Sports Athletes.
- Each student within the unit competes in the assigned event establishing a time or distance. Events for Area and MOC competition are the long jump and 100 meter dash. Leagues and member schools are welcome to offer additional events.
- If 4 X 100 meter relay unified teams are offered at the school or league level, NCS staff are suggesting that the relay consist of two unified units of two male and female students.
- Each established time or distance is combined together for each unit or unified pair. Relay events are based on overall time/finish.
- Each unit or unified pair would qualify according to the same procedures used for CIF and NCS track & field competition based on their average distance or time. For the Area and MOC meets only.
- All NFHS Track & Field rules must be followed.
- Participants must practice with each other a minimum of two calendar weeks before competition to better increase the likelihood of gaining social benefits for all.

- Practices do not have to be daily as most Unified programs practice twice a week for an hour maximum.
- Unified partners must participate with each other for a minimum of 6 practices to be eligible for League Championship (i.e. Unified Sports Partner must participate with the Unified Sports Athlete)
- If a Unified Sports Partner participates on a Unified team, the athlete may not compete in the same event (i.e. A mainstreamed 100 athlete may not compete in the Unified 100 event, but may compete in Long Jump or other Unified Event.)
- Unified teams would be entered by a school in their league’s championship.
- Each unified team would qualify according to the same procedures used for CIF and NCS track & field competition based on their average time or distance.
- From the NCS Area/Class Track and Field Championships, the unified teams would qualify no differently than the CIF Track & Field Competition.
- The NCS Meet of Champions would be the final competition for the unified teams.
- NCS Track & Field Management Committee may allow additional entries by a league if the field of the unified teams is not filled by another league.  
The NCS Commissioner and Special Olympics will work together to provide field event workers, supervision, event distance and time calculations, etc. limiting the burden on the current officials at the NCS Meet of Champions.

**EVENTS**

**100 Meter Dash**

1. Two teammates will combine their times for a total time.
  - a. One of the participants, the Unified Sports Athlete is a student receiving Special Education services. Students receiving Special Education services verified by the site administrator are eligible to participate as Unified Sports Athletes. The other participant is a General Education Unified Partner and must be eligible for competition according to all CIF eligibility rules.
  - b. Teams will be placed next to each other in lanes. (i.e. Team A runs Lane 1 and Lane 2, Team B runs Lane 3 and 4, etc.)
  - c. Starting blocks and running spikes are optional.

**Long Jump**

1. Two teammates will combine their distance for final score.
  - a. One of the participants, the Unified Sports Athlete is a student receiving Special Education services. Students receiving Special Education services verified by the site administrator are eligible to participate as Unified Sports Athletes. The other participant is a General Education Unified Partner and must be eligible for competition according to all CIF eligibility rules.
  - b. Teammates will jump sequentially.

**SCORING/AWARDS**

Times/Distances will be combined to establish the placing. Unified teams will receive individual awards only. Unified team scores do not count toward overall team points for the school.

**POSTSEASON ADVANCEMENT**

Teams declared at the League Championship must remain intact for the remainder of postseason competition. Substitutions may not occur.

Entries to the NCS Class A/Area meet will be as follows:

NCS Class A and 2A/3A Area Meets			
Class A <sup>5</sup>	Redwood Empire <sup>5</sup>	Bay Shore <sup>5</sup>	Tri-Valley <sup>5</sup>
Bay Counties 8 (4 Relays) Coastal Mountain 8 (4 Relays) Humboldt-Del Norte (Little 5) 4 (2 Relays) <sup>4</sup> Branson, Berean Christian	Humboldt-Del Norte (Big 5) 6 Marin County 6 <sup>1</sup> North Bay 6 Sonoma County 6 <sup>2</sup> Lower Lake	Mission Valley 6 TCAL-9 WACC-9	Bay Valley 4 Diablo Athleitic 6 East Bay 6 <sup>5</sup> <b>Next 8 best marks from all 3 league championships.</b>

The top seven finishers in the Area meets will advance to the NCS Meet of Champions. The top three finishers in the Class A meet will advance to the NCS Meet of Champions.

## NATIONAL HIGH SCHOOL HONOR ROLL PERFORMANCE MINIMUMS

Each year the National Federation publishes a National High School Honor Roll for Track and Field, listing the best performances made by high school boys and best performances made by high school girls under standard conditions. IN ORDER TO BE CONSIDERED FOR LISTING ON THE NATIONAL HONOR ROLL, PERFORMANCES MUST:

1. Be approved by, and submitted through, the state high school association executive officer;
2. Be made by eligible high school athletes whose schools are members of their state high school athletic (activities) associations;
3. Be made in interscholastic meets involving five or more schools and sanctioned by the state high school association;
4. Be winning efforts in running events, unless fully automatic timing is used or non-winning time is verified by three watches; 2nd or 3rd place acceptable in field events;
5. Not be wind-aided (exceeding 2.0 m/s) for the sprints, hurdles, long or triple jump.

Please send your list of candidates to Karen Smith, Associate Commissioner, North Coast Section, CIF, 5 Crow Canyon Court, Suite 209, San Ramon, CA 94583 or email [ksmith10@cifncs.org](mailto:ksmith10@cifncs.org) immediately after the close of your track season (not later than Friday, June 5, 2016). Please double-check all performances so that they comply with the above standards.

PLEASE NOTE: Performances made in running events will be recognized only in the METRIC DISTANCES listed below. DO NOT USE the conversion tables to submit performances made in races at English measurement distances.

In order to give consideration to all worthy performances, please forward recommendations for any performance equal to, or better than, the following minimums:

### Boys minimums:

100 meters	10.60	110 m high hurdles	14.10	Pole vault	15'10"
200 meters	21.30	300 m inter. hurdles	37.20	High jump	6'10"
400 meters	47.70	400 m relay	41.30	Long jump	23'6"
800 meters	1:53.00	800 m relay	1:27.00	Shot put	61'0"
1600 meters	4:12.00	1600 m relay	3:16.00	Discus throw	182'0"
3200 meters	9:06.00	3200 m relay	7:50.00	Triple jump	48'6"

### Girls minimums:

100 meters	11.80	100 m high hurdles	14.10	High jump	5'8"
200 meters	24.00	300 m low hurdles	43.00	Long jump	19'0"
400 meters	55.00	400 m relay	47.00	Triple jump	39'5"
800 meters	2:11.0	800 m relay	1:42.00	Shot put	44'8"
1600 meters	4:52.00	1600 m relay	3:48.00	Discus throw	148'0"
3200 meters	10:38.00	3200 m relay	9:18.00	Pole Vault	12'5"





**NORTH COAST SECTION**  
**5 Crow Canyon Court, Suite 209**  
**SAN RAMON, CA 94583**  
**P: 925-263-2110, F: 925-263-2120**

**TRACK CERTIFICATION OF AUTHORIZED PERSONNEL**

CIF Bylaw 503

All coaches of CIF/NCS member school teams must meet the requirements of the California Education Code 49032, 35179.1 and Bylaw 22.B.9

School \_\_\_\_\_

Coach's Name \_\_\_\_\_ HM # ( ) \_\_\_\_\_ WK # ( ) \_\_\_\_\_

Coach's Address \_\_\_\_\_

City \_\_\_\_\_

I hereby assert and verify that the person named above is employed

by \_\_\_\_\_ High School and meets the

requirements of the above bylaw as of this date.

\_\_\_\_\_  
Signature of Principal

\_\_\_\_\_  
Date

Print Name \_\_\_\_\_

**PLEASE MAKE SEPARATE COPIES FOR EACH CERTIFIED COACH**