

North Coast Section/Les Schwab Tires



CLASS A

Track & Field Championships –

Presented by Farmers

MONTGOMERY HIGH SCHOOL

Saturday, May 23, 2015



FARMERS

Meet Director Don Oliver
mytc.coach@gmail.com
415-559-0390 (c)

Site: Montgomery High School
1250 Hahman Drive
Santa Rosa, CA

Coaches Meeting: 9:30 am

Time Schedule: All event competitors should report by or on the second call.

There will be no running trials at the NCS Class A meet.

Field Events will start at 10:00 a.m.

Girls High Jump, to be followed by Boys High Jump
Girls Pole Vault, to be followed by Boys Pole Vault
Girls Shot Put, to be followed by Boys Shot Put
Boys Discus, to be followed by Girls Discus
Girls Long Jump, to be followed by Boys Long Jump
Boys Triple Jump, to be followed by Girls Triple Jump

Running Events will start at 11:00 a.m.

(Times for running events are approximations; **THE MEET WILL MOVE CONTINUOUSLY**)

YOUR EVENT MAY START EARLIER THAN INDICATED

11:00 a.m.	Girls 400m Relay	1:00 p.m.	Girls 800m Run
11:10 a.m.	Boys 400m Relay	1:15 p.m.	Boys 800m Run
11:20 a.m.	Girls 1600m Run	1:30 p.m.	Girls 300m Int. Hurdles
11:35 a.m.	Boys 1600m Run	1:45 p.m.	Boys 300m Int. Hurdles
11:50 a.m.	Girls 100m High Hurdles	2:00 p.m.	Girls 200m Dash
12:05 p.m.	Boys 110m High Hurdles	2:15 p.m.	Boys 200m Dash
12:20 p.m.	Girls 400m Dash	2:30 p.m.	Girls 3200m Run
12:30 p.m.	Boys 400m Dash	2:50 p.m.	Boys 3200m Run
12:40 p.m.	Girls 100m Dash	3:05 p.m.	Girls 1600m Relay
12:50 p.m.	Boys 100m Dash	3:20 p.m.	Boys 1600m Relay

ENTRIES INTO THE NCS CLASS A MEET

The following numbers of athletes qualify from each participating league into the NCS Class A Meet:

- | | | | |
|----|--------|---------------|---------------|
| 1. | CMC | 8 individuals | 4 relay teams |
| 2. | BCL | 6 individuals | 4 relay teams |
| 3. | HDNL | 4 individuals | 2 relay teams |
| 4. | MCAL * | | |
| 5. | DVAL * | | |

*Branson School shall compete in the Marin County Athletic League's championship track and field meet and Berean Christian will compete in the Diablo Valley Athletic League's championship track and field meet. When Branson School or Berean Christian's athlete(s) place in the top four (4) of the MCAL/DVAL (respectively) meet, or meets the Class A at-large standards shown below (standards are also posted on the NCS website <http://cifnccs.org/sports/track/>) he/she qualifies to the NCS Class A Track & Field Championships.

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.

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

During the 2015 Track & Field season, any student-athlete who participates in a league championship meet and does not qualify by place, but meets or exceeds the following standards (during their respective league championship meet), will automatically qualify for the Class A Championships.

CLASS A At-large Standards for 2015

(NOTE: The Class A standards are used for athletes to qualify from the league meet to the Class A meet)

Boys		Girls	
4 x 100-meter Relay	46.82	4 x 100-meter Relay	54.38
1600-meter run	4:39.33	1600-meter run	5:34.35
110-meter H.H.	17.42	100-meter H.H.	18.23
400-meter dash	53.33	400-meter dash	1:03.84
100-meter dash	11.55	100-meter dash	13.39
800-meter run	2:05.79	800-meter run	2:30.40
300-meter I.H.	45.02	300-meter I.H.	53.01
200-meter dash	23.40	200-meter dash	27.66
3200-meter run	10:31.50	3200-meter run	12:34.78
4 x 400-meter Relay	3:40.02	4 x 400-meter Relay	4:30.27
Long Jump	19'5"	Long Jump	14'8.25"
Triple Jump	39'5.5"	Triple Jump	30'9.5"
High Jump	5'6"	High Jump	4'6"
Shot Put	39'3"	Shot Put	28'7.5"
Discus	110'9"	Discus	81'9"
Pole Vault	8'7"	Pole Vault	6'9"
		"	

Standards are also posted on the NCS website <http://cifnccs.org/sports/track/>

ALTERNATES

Professional courtesy dictates that you notify your league meet director as soon as possible about any Class A Meet qualifiers who have to be scratched. The league meet director will then contact the Class A Meet director(s) and

alternate(s) will be sought in order to replace scratched athletes. Alternates will not be sought for any scratches made on the day of the meet. Scratches are due by May 22nd

NCS CLASS A MEET ENTRY PROCEDURES

All entries must be submitted by the league meet director using the Hy-Tek Track & Field program. Hy-Tek Track & Field program entries must be submitted in the proper format using this computer program and must be forwarded by email to Don Olivier mytc.coach@gmail.com ; The deadline for entries is noon on the Sunday following the league championship meet. . **Entries submitted by this deadline also constitute the declaration to compete and are subject to penalty under the honest effort rule.** Each league championship meet director, or his/her representative, must also be present at the Class A Meet with copies of the official results/event sheets and a list of the entries and alternates from the league meet. It will be his/her responsibility to approve any adjustment of entries with the Class A meet director. In the event of an emergency, the league commissioner shall assume that responsibility. The Class A meet director will contact league meet directors concerning any entry issues prior to the meet.

CLASS A MEET SPECIFICS

1. The Class A meet will be held on one day at a single site. All NCS Class A schools that enter competitors must provide personnel for officiating the meet and assist the NCS Class A Track Meet Director(s) with the conduct of the meet. Below is a summary of the assignments:

Bay Area Conference – Long Jump, High Jump, Hurdle Crew, Announcer, Scoring/Awards, Clerk of the Course, Bullpen Crew, Head Timer, Head Finish Judge, Starter, Clerk Runners, Turn Judges (2)

Coastal Mountain Conference – Shot Put, Triple Jump, Turn Judges (2), Assistant Timers

Humboldt Del Norte League – Discus, Pole Vault, Turn Judges (2), Assistant Timers

League meet directors are asked to facilitate their league's assignments as per the requests on pages 7 and 8 and forward their information to the Meet Director(s).

2. All running events will be held as timed finals. The fastest qualifying times will run in the last heat of each event. Heat assignments will be seeded slow to fast based upon times achieved in the respective league/qualifying meets.
3. **SCRATCH MEETING**
There will be a scratch/final information meeting at 9:30 a.m. on the infield near the finish line. Every effort should be made to provide all scratches to Don Oliver by email by 6 p.m., Friday, May 22nd.
4. **JURY OF APPEALS**
A jury of appeals will serve as the final board of appeals. The jury will be the meet director of each participating league meet.

COMPETITORS AND COMPETITOR CONFLICTS

A competitor shall not compete in more than four events, including relays. Contestants officially become competitors when they report to the clerk of the course or field event judge for an event in which they are entered. All NF/CIF/NCS track and field rules apply at this point.

Competitors who are entered in field events being held simultaneously must report to both event officials, otherwise the athlete will be scratched. If the field event is in conflict with a running event, the athlete must secure a release from the field event official and report to the Clerk-of-the-Course. Athletes may not report directly to the starting line. Athletes must first check-in with the Clerk-of-the-Course.

EVENT MECHANICS

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.

NOTE: All coaches of pole vault participants must provide the pole vault participant's weight and sign the weight verification form, when checking in at the registration table or booth in order for their athlete(s) to be eligible for competition.

High Jump: The high jump will start at 2" below the lowest qualifier mark. The bar will be raised in 2" increments until final places are determined.

Note: Depending on the qualifying heights of the participants Meet Management has the authority to adjust the starting height

SCORING AND RESULTS

Scoring shall be 10-8-6-4-2-1. Results will be posted on the concessions building.

AWARDS

1. Certificates will be awarded to all participants.
2. Ribbons will be awarded to the first six 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.

MANDATORY COACH'S MEETING FOLLOWING CONCLUSION OF THE COMPETITION

Following the conclusion of the competition, a coach's meeting will be held to verify all qualifiers, update qualifying relay members, announce scratches, collect coach's contact information, and distribute awards.

ADVANCEMENT TO THE MEET OF CHAMPIONS

In all races and field events the top three (3) place finishers will qualify for the Meet of Champions. Additionally, any athletes who do not finish in the top three but establish a time or distance that meets or exceeds the At-large times and distances listed below will also qualify to the NCS Meet of Champions.

NCS AREA AND MOC At-large Standards for 2015

At-large Standards for 2015

Boys		Girls	
4 x 100-meter Relay	44.11	4 x 100-meter Relay	49.45
1600-meter run	4:22.41	1600-meter run	5:09.65
110-meter H.H.	15.59	100-meter H.H.	16.00
400-meter dash	50.44	400-meter dash	58.65
100-meter dash	11.07	100-meter dash	12.81
800-meter run	1:57.42	800-meter run	2:20.50
300-meter I.H.	41.20	300-meter I.H.	47.33
200-meter dash	22.80	200-meter dash	26.05
3200-meter run	9:28.02	3200-meter run	11:12.12
4 x 400-meter Relay	3:23.43	4 x 400-meter Relay	4:02.43
Long Jump	21'10.5"	Long Jump	17'3.25"
Triple Jump	44'4.5"	Triple Jump	36'0.5"
High Jump	6'3"	High Jump	5'02"
Shot Put	47'10.25"	Shot Put	36'4.5"
Discus	146'11"	Discus	112'3"
Pole Vault	13'3"	Pole Vault	10'5"

TIES IN QUALIFIERS FOR MEET OF CHAMPIONS

Only three (3) qualifiers will advance to the Meet of Champions. Ties must be broken using the National Federation Track & Field Rules Book tie-breaker procedures. If run-offs are necessary they will be conducted at the conclusion the Class A Championship.

NCS CLASS A MEET GENERAL INFORMATION

ADMISSION/PARKING

Admission price is \$9 general admission and \$6 for students and senior citizens. Individual passes or student association cards do not entitle the holder to free admission. There is ample parking in the high school parking lot.

T-SHIRTS/SOUVENIRS

T-Shirts, Sweatshirts, Caps and NCS souvenirs will be available for sale.

TENTS

Tents are allowed, but must not block the view of spectators.

PACKET PICK-UP

Packets may be picked-up at the coach's meeting at 9:30 a.m.

WEIGH-INS

All shots and disci will be weighed in between 9:00 a.m. and 10:30 a.m. All implements not meeting specifications will be impounded for the duration of the meet.

POLE VAULT WEIGHT VERIFICATION

All head coaches must sign the pole vault entry form to verify their athlete's weight and all competing athletes will be weighed prior to competition in the attire that they will compete in, including shoes and helmet, if used.

TRACK CONSTRUCTION AND SPIKE SIZE

Montgomery HS has Polyurethane surfaced lanes. The high jump apron is also a Polyurethane surface. The shot and discus circles are concrete. Track spikes may not exceed 1/4" in length and must be pyramid style. The length is measured from the shoe's sole to the spike's tip. Needle and pin spikes destroy the track and are not allowed.

WARM-UP AREA

The warm-up area will be on the sports field adjacent to the track.

UNIFORMS

Please refer to the 2015 National Federation Track and Field rulebook.

INFIELD

No coaches are allowed in the infield unless they are assigned responsibilities that require their presence on the infield.

BATONS

All teams can use their own legal batons. Batons may be inspected at the starting line.

DRESSING FACILITIES

There will be no dressing facilities available.

To: All League Commissioners

From: DON OLIVER , NCS Class A Meet Director

The Class A Track meet will be held on Saturday, May 24th at Montgomery High School. A coaches meeting will be held at 9:30 a.m. near the finish line. The running events will begin at 11 am and the field events will begin at 10:00 am. Please notify all the coaches in your league about this information, and assign the necessary people to help run the meet. Please email the personnel information to Don Oliver at mytc.coach@gmail.com at your earliest convenience. Thank you!

BAY AREA CONFERENCE (BAC)

Announcer: _____
Scoring/Awards: _____
Clerk of the Course: _____
Bullpen Crew: _____
Head Timer: _____
Head Finish Judge: _____
Starter: _____
Clerk Runners: _____
Hurdle Crew: _____

Long Jump (3 people) _____

High Jump (3 people) _____

Turn Judges (2 people) _____

COASTAL MOUNTAIN CONFERENCE (CMC)

Turn Judges (2 people) _____

Shot Put (3 people) _____

Triple Jump (3 people) _____

Assistant Timers _____

HUMBOLDT – DEL NORTE LEAGUE (HDNL)

Turn Judges (2 people) _____

Discus (3 people) _____

Pole Vault (3 people) _____

Assistant Timers _____