



# North Coast Section

NCS/Les Schwab Tires Redwood Empire AREA  
Track & Field Championships – Presented by Farmers  
Santa Rosa High School  
Saturday, May 23, 2015

## Meet Director:

Doug Courtemarche

Email: [zeemie@aol.com](mailto:zeemie@aol.com)

Site: Santa Rosa HS

1235 Mendocino Ave.

Santa Rosa, Ca 95401

Time Schedule: All event competitors should report 30 minutes before scheduled start time. Heat times could change due to possible entrants from Coastal Mountain Conference.

## Field Events

9:00 am	Boys Long Jump (Pit 1)	11:45am	Girls Pole Vault
9:00 am	Girls Shot Put	11:45 am	Boys Shot Put
9:00 am	Boys Discus	11:45 am	Girls High Jump
9:00 am	Boys High Jump	12:30 pm	Boys Triple Jump (Pit 1)
9:00 pm	Girls Triple Jump (Pit 2)	11:45am	Girls Long Jump Pit 2)
9:00 am	Boys Pole Vault	11:45 am	Girls Discus

## Running Events

10:00 a.m.	Girls 4 x 100 Relay	12:26 p.m.	Boys 800
10:12 a.m.	Boys 4 x 100 Relay	12:41 p.m.	Girls 300 Hurdles
10:24 a.m.	Girls 1600	12:53 p.m.	Boys 300 Hurdles
10:40 a.m.	Boys 1600	1:05 p.m.	Girls 200
10:54 a.m.	Girls 100 Hurdles	1:17 p.m.	Boys 200
11:17 a.m.	Boys 110 Hurdles	1:29 p.m.	Girls 3200
11:20 a.m.	Girls 400	1:46 p.m.	Boys 3200
11:32 a.m.	Boys 400	2:01 p.m.	Girls 4 x 400 Relay
11:44 a.m.	Girls 100	2:25 p.m.	Boys 4 x 400 Relay
11:56 a.m.	Boys 100		
12:08 p.m.	Girls 800		

## ADMISSION

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.

## **ENTRANCE TO THE TRACK:**

Only coaches and athletes 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 their packet.

## **UNIFORMS**

Uniforms and shoes must conform to the rules as stated in the 2015 NFHS rules book.

## **DRESSING FACILITIES**

There will be no dressing facilities available.

## **CONCESSIONS**

Food and beverage will be sold.

## **T-SHIRTS**

T-shirts, sweatshirts, caps, and NCS souvenirs will be available to purchase.

## **MEET ENTRIES**

All entries must be submitted by the league meet director using the Hy-Tek Track & Field program. Hy-Tek Track & Field program entries may be submitted in the proper format using this computer program and must be forwarded by email to **Doug Courtemarche** [zeemie@aol.com](mailto:zeemie@aol.com) **by the deadline for entries, Sunday, May 18, no later than 12:00 noon.**

The number of qualifiers per each event by league for the NCS/Les Schwab Tires Redwood Empire Track & Field Championships will be as follows:

HDNL	6 entries
MCAL	6 entries
NBL	6 entries
SCL	6 entries

Lower Lake – Lower Lake shall compete in the Coastal Mountain Conference's league qualifying track and field meet. When a Lower Lake athlete(s) place(s) in the top four (4) of the CMC meet, he/she qualifies (up to three entrants per event as stated in the NFHS Track & Field Rules, 4-2-4c on page 24) to the NCS/Les Schwab Tires Redwood Empire Track & Field Championships.

*Any league that fails to forward **any entries in an individual event** will increase the entries to other participating leagues. No league will receive more than six entries and the Meet Director must maintain equal entries from each participating league.*

*Note: Due to the number of potential qualifiers in the NCS/Les Schwab Tires Redwood Empire Track & Field Championships additional heats may be necessary in some races.*

## **AT-LARGE QUALIFIERS**

Any student-athlete who participates in NCS/Les Schwab Tires Class A or Area Championship meet and does not qualify by place to the NCS/Les Schwab Tires MOC Championships but meets or exceeds the standards below will automatically qualify for the NCS/Les Schwab Tires MOC 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.

## NCS AREA AND MOC At-large Standards for 2015

### At-large Standards for 2015

	<b>Boys</b>		<b>Girls</b>
4 x 100-meter Relay	44.11	4 x 100-meter Relay	49.45
1600-meter run	4:22.41	1600-meter run	5:0.65
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	11.7	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	4:2.43
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	5'2"
Shot Put	47'10.25"	Shot Put	36'4.5"
Discus	146'11"	Discus	112'3"
Pole Vault	13'3"	Pole Vault	10'5"

### **SCRATCH MEETING**

The Scratch Meeting will be held for all meet directors at 8:30 a.m. Changes and substitutions can be made only by league directors. Every effort should be made to make all substitutions by noon, Tuesday, May 15.

### **VAULT SIGN-IN**

All head coaches must sign the **2015 CIF POLE VAULT SIGN-IN/ VERIFICATION** form to verify their athlete's weight.

### **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.

### **WEIGH-INS**

All shots and discus will be weighed in at 8:00 a.m. All implements not meeting specifications will be impounded for the duration of the meet.

### **WARM-UP AREA**

Warm area will be outside the stadium behind the bleachers.

## EVENT MECHANICS

1. 200 meters dash  
The 200-meter dash will be run around a full turn.
2. 400 meter dash  
The 400-meter dash will be run in staggered lanes and around two turns.
3. 800 meters run  
The 800-meter run will be run in lanes for the first turn. Runners may break for the pole as they enter the straight-away.
4. 4 x 400 meter relay will be a three turn stagger. Runners may break for the pole after the third turn.
5. Heat Assignments  
All races up to and including the 800 meters and all relays will be assigned to heats according to the National Federation Track and Field Rules book. There will be no finals in races run in heats. **In all events the (7) fastest times or best marks will qualify for the Meet of Champions.**
6. Lane Assignment  
In all races **heats will be seeded slow to fast**, 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. 1600 meters and 3200 meters  
The 1600m will consist of two heats of 12 runners (heats will seed slowest to fastest)-(If there are 26 runners, due to CMC entries then there shall be two heats of 13 runners) The 1600 meter and 3200 meter runs will use an alley start in lanes 1-4 and 5-8. Runners will be seeded from the middle out in each alley according to qualifying times. Runners 1,4,5,8,9,12,13,16,17 will be in the first alley and runners 2,3,6,7,10,11,14,15,18 will be in the second alley.

### Field Events

#### Field Events

1. High Jump and Pole Vault  
Competition in the high jump and pole vault will be conducted in 4-6 alive format. Competition will start at the heights listed below and competition will continue until final places are determined. Once a total of (8) competitors or less remain in the competition, then the competition will be conducted in (1) continuous flight of 8 competitors.
2. Pole Vault – the pole vault starting height will be 6” below the lowest qualifier, not to be less than **10’0”** for the boys and not less than **8’0”** for the girls. The bar will be raised in 6” increments until it reaches 14’0” in the boys and **10’0”** in the girls. After 14’0” in the boys and **10’0”** in the girls the bar will be raised in **3”** increments.

**NOTE: All head coaches of pole vault athletes verify the pole vault athlete has been weighed and poles inspected and sign the athlete’s weight verification form, when checking in on the field table or booth in order for their vaulter(s) to be eligible for competition.**

High Jump – the high jump starting height will be 4’8” in the girls and 5’8” in the boys. The bar will be raised in 2” increments until it reaches 5’2” for the girls and 6’2” for the boys, then the increments will be reduced to 1”.

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 nine (9) competitors will receive three (3) additional trials to determine the top finishers.

#### **AWARDS**

1. Certificates will be awarded to 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/ Classification Meets.

#### **SCORING**

Scoring shall be 10-8-6-4-2-1.

#### **ALTERNATES**

If an alternate replaces an entered qualifier, it will be the sole responsibility of the Meet Director or Area Track & Field Management Committee to decide if the heat, race or flight should be re-seeded.

#### **ADVANCEMENT TO THE MEET OF CHAMPIONS**

**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. If run-offs (jump-offs, etc.) are necessary they will be conducted at the conclusion the Area Championship unless the competitors’ schools are in close proximity. In that case, the run-off will be at a neutral site on Tuesday following the meet. 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 two will also qualify to the NCS Meet of Champions.

#### **TIES IN QUALIFIERS FOR MEET OF CHAMPIONS**

Only seven (7) qualifiers will advance to the Meet of Champions. In the case of a tie(s) for first place in a heat(s) all runners involved in the first place tie will automatically qualify for the finals and the number of non-first place advancers will be reduced. 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 Area Championship unless the competitors’ schools are in close proximity.