



**North Coast Section/Les Schwab Tires
Redwood Empire AREA Track & Field Championships
Santa Rosa HIGH SCHOOL
Saturday, May 19, 2018**

Meet Director: Doug Courtemarche

Email: zeemie@aol.com

**Site: Santa Rosa HS
1235 Mendocino Ave.
Santa Rosa, Ca 95401**

Redwood Empire Area Leagues: MCAL, HDNL, SCL, NBL, Lower Lake HS

Time Schedule: All event competitors should report 30 minutes before scheduled start time.

Field Events

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

Unified long jump to follow girls' long jump.

Running Events

10:00 a.m.	Girls 4 x 100 Relay	12:20 p.m.	Boys 100
10:12 a.m.	Boys 4 x 100 Relay	12:28 p.m.	Girls 800
10:24 a.m.	Girls 1600	12:38 p.m.	Boys 800
10:40 a.m.	Boys 1600	12:56 p.m.	Girls 300 Hurdles
10:54 a.m.	Girls 100 Hurdles	1:11 p.m.	Boys 300 Hurdles
11:07a.m.	Boys 110 Hurdles	1:26 p.m.	Girls 200
11:20 a.m.	Girls 400	1:38 p.m.	Boys 200
11:32 a.m.	Boys 400	1:50 p.m.	Girls 3200
11:44 a.m.	Girls UNIFIED 100	2:08 p.m.	Boys 3200
11:56 a.m.	Boys UNIFIED 100	2:26 p.m.	Girls 4 x 400 Relay
12:08 p.m.	Girls 100	2:40 p.m.	Boys 4 x 400 Relay

ENTRIES

All entries must be submitted by the league meet director, or his/her designee, 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 Doug Courtemarche zeemie@aol.com by the deadline for entries, **11:59 pm, Sunday, May 13.**

Entries submitted by this deadline also constitute the declaration to compete and are subject to penalty under the

honest effort rule. Each league Meet Director, (or his/her representative) must also be present at the respective NCS/Les Schwab Tires Area/Classification Meet with copies of the event sheets and a list of the entries and alternates from the league meet. Copies must also be provided to each NCS/Les Schwab Tires Area/Classification Meet Director. Each Area/Classification Championship Meet Director will contact league meet directors concerning entries. Hy-Tek 3.0 or 4.0 will be used.

All entries will be closed and final, except for circumstance of clerical error, as of noon Sunday following 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 Area/Classification Meets. Leagues may move non-qualifiers into any vacancies created by scratches prior to the entry deadline.

*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.*

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 4 entries**
- MCAL 4 entries**
- NBL 4 entries**
- SCL 4 entries**

***Plus the next best marks from all 4 league championships.**

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.*

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.

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

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

²Lower 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.

⁴Branson 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.

⁵Any 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.

⁶Berean 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.

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 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.

MOC At-large Standards for 2018

Boys

4 x 100-meter Relay	43.24
1600-meter run	4:24.16
110-meter H.H.	15.68
400-meter dash	50.29
100-meter dash	11.22
800-meter run	1:58.17
300-meter I.H.	40.65
200-meter dash	22.43
3200-meter run	9:28.4
4 x 400-meter Relay	3:25.7
Long Jump	20-11.00
Triple Jump	43-00.00
High Jump	6-01
Shot Put	48-7
Discus	148-3
Pole Vault	13-4

Girls

4 x 100-meter Relay	49.49
1600-meter run	5:04.53
100-meter H.H.	15.65
400-meter dash	58.60
100-meter dash	12.66
800-meter run	2:19.90
300-meter I.H.	46.50
200-meter dash	25.62
3200-meter run	11:03.32
4 x 400-meter Relay	4:04.25
Long Jump	16-11.00
Triple Jump	35-10.50
High Jump	5-01
Shot Put	36-1
Discus	117-5.25
Pole Vault	10-6

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.

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 two will also qualify to the NCS Meet of Champions.

RELAY ENTRY FORMS

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

ADMISSION

Admission price is \$10 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 2018 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.

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 **2018 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

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 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. (Unified team events are now scoring events.)

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.

UNIFIED TRACK TEAMS

UNIFIED 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.

Unified Track and Field Team Definition

Unified Track and Field Athletes and Partners are members of their school track and field programs/ teams. A **Unified Unit/ Team** is a pair of students that consists of one student in Special Education and one student in General Education that compete in Unified T&F events.

- Both students are from the same school.
- The Unified Sport Partner must be eligible for competition per all CIF eligibility rules.
- The Unified Sport 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.

UNITS OF TWO COMPETITORS ARE TEAMED UP TO FORM A UNIFIED TRACK & FIELD TEAM. 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 non-Unified event (i.e. A mainstreamed 100 athlete may not compete in the Unified 100 event, but may compete in Unified Long Jump or other Unified Event.)
- Unified teams must be entered by a school in their league’s championship.
- Each unified team must 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 must qualify no differently than the CIF Track & Field Competition.
- The NCS Meet of Champions is 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 FOR UNIFIED TEAMS:

100 Meter Dash

1. Two teammates will combine their times for a total time.
 - a. Unified 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.) **Fastest qualifying Unit in lanes 3 and 4, second fastest in lanes 5 and 6, third fastest in lanes 1 and 2, fourth fast in lanes 7 and 8.**
 - b. Starting blocks and running spikes are optional.

Long Jump

1. Two teammates will combine their distance for final score.
 - a. Unified teams complete three jumps. Any order of competition is determined by meet management.

SCORING/AWARDS FOR UNIFIED TEAMS:

Times/Distances will be combined for a total unit time/ distance to establish placing. Unified teams will receive individual awards and Unified competition would be scored no differently than currently established NCS Championship competition, with individual points contributing to the overall team competition.

POSTSEASON ADVANCEMENT FOR UNIFIED TEAMS:

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 Area Meets			
Class A ⁵	Redwood Empire ⁵	Bay Shore ⁵	Tri-Valley ⁵
Bay Counties –8 (4 Relays) Coastal Mountain –8 (4 Relays) H-DN Little 5 –4 (2 Relays) ⁴ Branson, Berean Christian	H-DN Big 5 –4 MCAL –4 ¹ NBL –4 SCL –4 ² Lower Lake Plus next 8 best marks from all 4 league championships	Mission Valley –4 TCAL –6 WACC –6 Plus next 8 best marks from all 3 league championships	Bay Valley –4 Diablo –6 East Bay –6 Plus next 8 best marks from all 3 league championships

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.

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

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

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.

ADVANCEMENT TO THE MEET OF CHAMPIONS

COACH'S RESPONSIBILITY REGARDING REPORTING SCRATCHES (League to Area/Classification Meets)

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.

AREA MEETS (Bay Shore, Redwood Empire and Tri-Valley)

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

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. Unified events are now scoring events.

AWARDS

NCS/Les Schwab Tires Area/Classification Championships

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/Les Schwab Tires Area/Classification Meets.

RELAY ENTRY FORMS (ALL AREA/CLASSIFICATION MEETS)

Schools qualifying relay teams **must** fill out relay entry form at the conclusion of the NCS/Les Schwab Tires Area/Classification Championship Meet and must submit the form in writing to the Meet Database Manager. Relay team names must be included in entries to NCS/Les Schwab Meet of Champions.

ADVANCERS TO NCS/LES SCHWAB MEET OF CHAMPIONS

Each head track & field coach must provide each qualifier from their school, including all potential relay members, the UC Berkeley Waiver Form. This form must be completed and signed by the parents of the athlete. All completed forms must be submitted at the time of check-in at the NCS/Les Schwab Tires Meet of Champions. Athletes who do not complete this form will not be allowed to compete.

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.

ADMISSION FEES

NCS/Les Schwab Tires Area/Classification Meets

Adults	- \$10.00
Students	- \$6.00
Senior Citizens/Child	- \$6.00

PROTESTS PROCEDURES

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. (Nat'l Fed. Rule 3, Section 5, Article 2)

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.

MERCHANDISE

Schools may order NCS/Les Schwab Tires Championship T-Shirts (\$17.00, XX Lg. shirts are \$19.), Long sleeve T-shirts (\$25.00, XX Lg. shirts are \$27.00), Sweatshirts (\$33.00, XXL. \$35.00), Visors (13.00), Hats (\$17.00), Patches (\$17.00). Schools may also order NCS/Les Schwab Tires Championship T-Shirts, patches and other NCS merchandise using the merchandise order form. Coaches may use check, cash, credit card, school purchase order, requisition form and school billing to purchase merchandise. Call the NCS office if you have any questions. Information regarding merchandise is also available at the NCS Website - <http://www.cifncs.org>.

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@cifnca.org immediately after the close of your track season (not later than June 1, 2018). 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	14.00	Pole vault	15'10"
200 meters	21.30	300 m inter. hurdles	37.40	High jump	6'10"
400 meters	48.00	400 m relay	41.20	Long jump	24'0"
800 meters	1:52.00	800 m relay	1:27.00	Shot put	61'0"
1600 meters	4:14.00	1600 m relay	3:16.80	Discus throw	185'0"
3200 meters	9:02.00	3200 m relay	7:48.00	Triple jump	48'8"

Girls minimums:

100 meters	11.70	100 m high hurdles	13.9	High jump	5'8"
200 meters	23.70	300 m low hurdles	42.25	Long jump	18'10"
400 meters	54.00	400 m relay	46.50	Triple jump	39'5"
800 meters	2:10.0	800 m relay	1:39.30	Shot put	46'0"
1600 meters	4:50.00	1600 m relay	3:47.00	Discus throw	150'0"
3200 meters	10:26.00	3200 m relay	9:10.00	Pole Vault	12'9"

NORTH COAST SECTION

5 Crow Canyon Court, Suite 209, San Ramon, CA 94583

(925) 263-2110 // FAX (925) 263-2120

Website: www.cifncs.org

NATIONAL HIGH SCHOOL HONOR ROLL PERFORMANCE MINIMUMS

COMPETITOR (First & Last Name)	CITY-SCHOOL (If other than name of city)	NAME OF MEET	DATE OF MEET	EVENT	TIME/ HEIGHT/ DISTAN CE

I hereby certify the performance listed meet standards #1 through #5, and submit them for consideration for the National Track and Field Honor Roll.

ATTESTED BY: _____
Signature

Street Address _____ City _____ State _____ Zip _____

DATE _____

MAIL TO: Karen Smith
Associate Commissioner
NORTH COAST SECTION, C.I.F.
5 Crow Canyon Ct., Suite 209
San Ramon, CA 94583
Email: ksmith10@cifncs.org

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