



# 2012 NCS/LES SCHWAB TIRES TRACK & FIELD CHAMPIONSHIP SERIES BULLETIN

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**TO:** North Coast Section Track & Field Coaches, Principals, Athletic Directors, NCS Meet Directors, League Commissioners, and NCS Staff  
**FROM:** Karen Smith, Associate Commissioner  
**DATE:** January, 2012

## \* \* \* IMPORTANT TRACK & FIELD DATES \* \* \*

*EACH NCS/Les Schwab Tires AREA/CLASSIFICATION CHAMPIONSHIP WILL PUBLISH AND DISTRIBUTE A BULLETIN INFORMATION SHEET WITH SPECIFIC INFORMATION RELATED TO THAT MEET.*

**SATURDAY, MAY 12, 2012**  
Final date to determine league qualifiers.

**SUNDAY, MAY 13, 2012**  
Entries must be submitted by **noon**, Sunday, May 13, 2012.



**FARMERS**

## NCS/LES SCHWAB TIRES TRACK & FIELD CHAMPIONSHIP SERIES SCHEDULE

### CLASS A MEET

Site: Montgomery High School  
1250 Hahman Drive  
Santa Rosa, Ca 95405  
Meet Directors: Don Oliver  
Email: mytc.coach@gmail.com

**Saturday, May 19, 2012**  
Starting Times (*Tentative refer to Class A meet bulletin*):  
Field events: 10:00 a.m.  
Running events: 11:00 a.m.

Class A Leagues:  
BAC, CMC, HDNL (Little 6), Berean Christian, Branson and Justin-Siena

### BAY SHORE AREA MEET

Site: James Logan High School  
1800 H Street  
Union City, CA 94587  
Meet Director:  
Lee Webb  
James Logan High School  
1800 H Street  
Union City, CA 94587  
510 471-2520 ext:60345  
Email: lwebb@nhusd.k12.ca.us

**Saturday, May 19, 2012**  
Starting Times (*Tentative refer to Bay Shore meet bulletin*):  
Field Events: 11:00 a.m.  
Track Events: 12:00 noon

Bay Shore Area Leagues:  
ACCAL, BSAL, HAAL AND MVAL

**REDWOOD EMPIRE AREA MEET**

Site: Santa Rosa HS-Host League NBL  
 1235 Mendoncino Ave.  
 Santa Rosa, Ca 95401

**Meet Director: Gary Dellepere**

Phone: 707-535-4858

Email: [gdellepere@srcs.k12.ca.us](mailto:gdellepere@srcs.k12.ca.us)

**Saturday, May 19, 2012**

Starting Times: *(Tentative refer to R.E. meet bulletin):*

Field Events: 9:00 a.m.

Track Events: 10:00 a.m

Redwood Empire Leagues:

HDNL (Big 5), MCAL, NBL, SCL and Lower Lake H.S.

**TRI-VALLEY AREA MEET**

Site: Granada High School  
 400 Wall St.  
 Livermore, CA 94550

Meet Director:

Brad Morisoli

Co/meet director: Michelle Doggertt

Granada High School

925-455-1931 (w)

925-449-1946 (h)

[brad@morisoli.net](mailto:brad@morisoli.net)

**Saturday, May 19, 2012**

Starting Times *(Tentative refer to Tri-Valley meet bulletin):*

Field Events: 8:30 a.m.

Track Events: 9:30 a.m.

Tri Valley Area Leagues:

BVAL, EBAL, DFAL AND DVAL

**QUALIFICATION**

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

NCS Class A and 2A/3A Area Meets			
Class A <sup>5,6</sup>	Redwood Empire <sup>5</sup>	Bay Shore <sup>5</sup>	Tri-Valley <sup>5</sup>
Bay Counties 6 (4 Relays) Coastal Mountain 8 (4 Relays) Humboldt-Del Norte (Little 5)4 (2 Relays) <sup>4</sup> Branson and Justin Siena <sup>6</sup> Berean Christian	Humboldt-Del Norte (Big 5) 6 Marin County 6 North Bay 6 Sonoma County 6 <sup>2</sup> Lower Lake	Alameda-Contra Costa 6 Bay Shore 6 Hayward Area 6 Mission Valley 6	Bay Valley 6 Diablo Foothill 6 Diablo Valley 6 East Bay 6

<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 and Justin-Siena shall compete in the Marin County Athletic League's league qualifying track and field meet. When either Branson School or Justin-Siena 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.

For any meet, a student may enter not more than four individual events, excluding relays

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.

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 meet.

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

A student must compete in the NCS/Les Schwab Tires Area/Classification Championship Meet in the individual events in which the student qualifies in his/her league meet.

**ENTRIES**

**AT-LARGE QUALIFIERS**

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

**NCS AREA AND MOC At-large Standards for 2012**

<b>Boys</b>		<b>Girls</b>	
4 x 100-meter Relay	43.29	4 x 100-meter Relay	49.63
1600-meter run	4:21.43	1600-meter run	5:10.14
110-meter H.H.	15.29	100-meter H.H.	15.34
400-meter dash	50.35	400-meter dash	58.96
100-meter dash	11.34	100-meter dash	12.57
800-meter run	1:58.02	800-meter run	2:18.66
300-meter I.H.	40.12	300-meter I.H.	46.38
200-meter dash	22.66	200-meter dash	25.87
3200-meter run	9:29.58	3200-meter run	11:10.81
4 x 400-meter Relay	3:26.73	4 x 400-meter Relay	4:05.76
Long Jump	21'05.75"	Long Jump	17'05.75"
Triple Jump	44'03.25"	Triple Jump	35'09.50"
High Jump	6'01"	High Jump	5'01"
Shot Put	50'00.50"	Shot Put	35'05.00"
Discus	150'01.5"	Discus	111'11"
Pole Vault	13'02"	Pole Vault	10'05"

**CLASS A At-large Standards for 2012**

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

<b>Boys</b>		<b>Girls</b>	
4 x 100-meter Relay	47.44	4 x 100-meter Relay	55.90
1600-meter run	4:46.80	1600-meter run	5:48.38
110-meter H.H.	17.49	100-meter H.H.	18.47
400-meter dash	53.85	400-meter dash	1:05.78
100-meter dash	11.70	100-meter dash	13.42
800-meter run	2:08.06	800-meter run	2:42.63
300-meter I.H.	45.63	300-meter I.H.	53.47
200-meter dash	24.02	200-meter dash	28.20
3200-meter run	10:49.66	3200-meter run	12:56.97
4 x 400-meter Relay	3:45.43	4 x 400-meter Relay	4:58.30
Long Jump	18'08.25"	Long Jump	14'09.75"
Triple Jump	38'05.50"	Triple Jump	30'04.50"
High Jump	5'06"	High Jump	4'05"
Shot Put	38'03.50"	Shot Put	28'02.75"
Discus	107'03"	Discus	81'05".00
Pole Vault	8'07.0"	Pole Vault	6'06"

**PLEASE READ THE FOLLOWING CAREFULLY**

**CLASS A, REDWOOD EMPIRE AND BAY SHORE ENTRY PROCEDURES**

North Coast Section will utilize EZMeets.com for entry to the NCS/Les Schwab Tires Track & Field Championships in the Class A, Redwood Empire Area and Bay Shore Area competitions. Each Meet Director will be responsible for following the procedures for entry of their league's qualifiers, both those who place in the qualifying place and those who qualify by the At-large Standards using EZMeets.com. Entry instructions will be forwarded to each of the league meet directors who are responsible for conducting their league championship meet. The deadline for entries, using EZMeets.com is Sunday, May 13, 2012 by **12:00 p.m (noon)**. 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. It shall be his/her responsibility to approve any adjustment of entries with the NCS/Les Schwab Tires Area/Classification Meet Director. In the event of an emergency, the league commissioner shall assume that responsibility. Each Area/Classification Championship Meet Director will contact league meet directors concerning entries. HY-Tec 2.0 will be used.

## TRI-VALLEY ENTRY PROCEDURES

Entries for the NCS/Les Schwab Tires Tri-Valley Track & Field Championships will be forwarded to Mike Elliott using Hy-Tek software. Entry information will be distributed from the NCS office to each of the league meet directors whose qualifiers advance to the Tri-Valley competition. The deadline for entries to be forwarded to the Tri-Valley Entry Coordinator is **Sunday, May 13, 2012 by 12:00 p.m. (noon)**. Mike Elliott, [elliott.mike@comcast.net](mailto:elliott.mike@comcast.net), will contact each league meet directors concerning entries.

### ➔NEW←UC BERKELEY WAIVER FORM

**Additionally, 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.**

### RELAY ENTRY FORMS

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 be submitted in writing to the finish line.

### **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 of the next meet at the earliest possible occasion. 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 maximum time to prepare for further competition.

NCS/Les Schwab Tires Area/Classification Meet Directors shall assume the same responsibility for their respective NCS/Les Schwab Tires area/classification meets at the NCS/Les Schwab Tires Track and Field Meet of Champions.

**Entries, other than correction of errors by meet management, to the Meet of Champions will be closed as of the completion of the post-meet meetings which follow the NCS/Les Schwab Tires Area/Classification Championship Meets. Adjustments made for error or, scratches must be made by the NCS/Les Schwab Tires Area/Classification Meet Director by telephone to the NCS Track & Field Meet of Champions Director, or his designee, by 5:00 pm on the Tuesday following each NCS Area/Classification meet. After this deadline no more entries will be accepted.** Each NCS/Les Schwab Tires Area/Classification Meet Director must be certain that all entries submitted to the NCS/Les Schwab Tires Meet of Champions are accompanied by name (first and last), grade, school, event, place, mark or time recorded in the NCS/Les Schwab Tires Area/Classification Championship meet. If the times are the result of automatic timing, that must be indicated. **Hand held times must be listed in tenths - not hundredths.** Only automatic times can be listed in hundredths. Each NCS/Les Schwab Tires Area/Classification Meet Director must see that qualifying entries plus one in each race are individually timed. Any entries submitted without a qualifying time will, of necessity, be seeded last. Only marks in the field events made at the NCS/Les Schwab Tires Area/Classification Championship meet should be submitted.

## EVENT MECHANICS

### CLASS A

#### Running Events

#### 1. NCS/Les Schwab Tires Class A Championships

The Class A meet will be held on one day at a single site with no trials. All Class A schools (that enter competitors) must assist the Class A Track Committee with the conduct of the meet.

#### 2. If an alternate replaces an entered qualifier, the alternate will be placed in the same lane or order (in case of a field event) that the original qualifier occupied.

#### 3. Order of Events

a. The NCS/Les Schwab Tires Class A Championships will follow the following order of running events.

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.

#### Running Event Finals

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

#### Running Event Finals

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

- 8. Boys 400m Dash
- 9. Girls 100m Dash
- 10. Boys 100m Dash

- 18. Boys 3200 m Run
- 19. Girls 1600m Relay
- 20. Boys 1600m Relay

5. Marks for All Competitors

NCS/Les Schwab Tires Area/Classification 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 MOC Entry Coordinator by the stated deadline.

6. The 400 meters dash will be run in staggered lanes and around two turns.

7. 800 meters run

The 800 meter run will be run in lanes for the first turn and will be seeded from the middle out according to qualifying times. Runners may break for the pole as they enter the straightaway.

8. 1600 meters run

The 1600 meter run will start from scratch on a curved line ("in the alley" start). Each row seeded from the middle out according to qualifying times.

9. 1600 meter relay

The 1600 meter relay will use a THREE TURN STAGGER with the second runner breaking at the completion of the third turn.

10. Lane Assignment

In all races except the 3200 meter run, the Games Committee will assign the two top seeded 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 two best qualifiers to the adjacent lanes, and so on. In the 3200 meter run, the fastest half of the qualifiers will be in the front row seeded from the middle rows out and the slowest half of the qualifiers will be in the second row seeded from the middle rows out.

**Field Events**

11. Conduct of field events

The conduct of the field events in the NCS/Les Schwab Tires Class A Championship meet will be the responsibility of the respective Area/Classification's Games Committee or Meet Director.

12. Throwing Events and Horizontal Jumps

In the shot put, discus, long jump and triple jump, each competitor will receive three trial attempts, with the top eight competitors (8-lane track) or top nine competitors (9-lane track) receiving an additional three attempts (advance to the finals). Marks from the trials will carry over to the finals.

13. High Jump and Pole Vault mechanics

a. Competition in the high jump and pole vault will be conducted in 5 alive format. Competition will start at the heights listed below and competition will continue until final places are determined. Once a total of (9) competitors or less remain in the competition, then the competition will be conducted in (1) continuous flight of 9 competitors. The starting height for boys will be 6" below the lowest qualifier, but not less than 9'0" for boys. The bar will be raised in 6" increments until the bar reaches 14'0", then the increments will be reduced to 4". The starting height for girls will be 6" below the lowest qualifier, but not less than 7'. The bar will be raised in 6" increments until the bar reaches 8'. After 8' the bar will be raised in 4" increments.

b. The high jump finals will be conducted in 5 alive format. Once a total of (9) competitors or less remain in the competition at the beginning of a round, then the competition will be conducted in (1) continuous flight of 9 competitors. In Class A competition only the starting height will be 2" below the lowest qualifier. The bar will be raised in 2" increments.

**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.**

**ADVANCEMENT TO THE MEET OF CHAMPIONS**

In all Class A races and field events the top three competitors will qualify to the NCS/Les Schwab Tires Meet of Champions.

**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.

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

**23.500H NCS/LES SCHWAB TIRES AREA CHAMPIONSHIP EVENT MECHANICS**

One-Day Format

The NCS/Les Schwab Tires Area Track & Field Championships will be a one-day format.

## **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. 200 meters dash

The 200-meter dash will be run around a full turn.

### 3. 400 meters dash

The 400-meters dash will be run in staggered lanes and around two turns.

### 4. 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.

### 5. Heat Assignments

*All races up to and including the 800 meters 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.*

### 6. Lane Assignments

In all races except the 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. 1600 meters and 3200 meters runs. The 1600m run will be seeded from the middle of the track from a curved line. The 3200m run will be in two rows, seeded, and use an "in the alley" inside out start.

## **Field Events**

### 8. 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.

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".

#### 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.

### 9. 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.

## **ALTERNATES**

If an alternate replaces an entered qualifier, it will be the sole responsibility of the Meet Director 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.**(adopted by BOM 12/5/11)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. **All qualifiers must complete the UC Berkeley Waiver Form. The form must be signed by parents and each Head Coach will submit all completed forms at check-in.**

## **ADMISSION FEES**

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

Adults	- \$9.00
Students	- \$6.00
Senior Citizens/Child	- \$6.00

## **SOUVENIRS**

Schools may order NCS/Les Schwab Tires Championship T-Shirts (\$17.00, XX Lg. shirts are \$19.), Long sleeve T-shirts (\$20.00, XX Lg. shirts are \$22.00), Sweatshirts (\$33.00, XXL. sweatshirts are \$35.00), Visors (13.00), Hats (\$17.00), Patches (\$17.00), Polar Tec Vests (\$48.00, XXL \$50.00), Polo shirts (\$28.00, XXL \$30.00). Updated heat sheets will be available on the second day of the NCS/Les Schwab Tires Area Track & Field Championships for \$2.00. Schools may also order NCS/Les Schwab Tires Championship T-Shirts, patches and other NCS souvenirs using the enclosed souvenir order form. Coaches may use check, cash, MasterCard, Visa, Discover, school purchase order, requisition form and school billing to purchase souvenirs. See the Souvenir order form on page 12 to order souvenirs. Call the NCS office if you have any questions. Information regarding souvenirs is also available at the NCS Website - <http://www.cifncs.org>.

## **ENTRY FEES**

Total entry fees to the NCS/Les Schwab Tires Area/Classification Championship Meet for each league at the rate of \$5.00 per each place qualified and \$11.00 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.

## **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.

## **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.

**UNFAIR ACTS** It is an unfair act when a competitor receives any assistance from any other person that could improve that competitor's performance. Assistance includes:

- a) Interference with another competitor.
- b) Pacing by a teammate or persons not participating in the event
- c) Competitors joining or grasping hands with each other during a race.
- d) Competitors using an aid during the race.
- e) Communication with a competitor through the use of a wireless device.
- f) Coaching a competitor from a restricted area
- g) A competitor views a videotape prior to the completion of the competition.

\*The penalty for such unfair acts is disqualification from that event.

Note: A coach may verbally instruct a competitor provided the coach is positioned in an unrestricted area. (Nat'l. Fed. Rule 4, Section 4, Article 7, a-g)

## **UNSPORTSMANLIKE CONDUCT**

**Unsporting conduct is behavior that is unethical or dishonorable. It includes, but not limited to, disrespectfully addressing an official,**

any flagrant behavior, intentional contact, taunting, criticizing or using profanity directed toward someone. This shall apply to all coaches, contestants and other team/school personnel. The penalty for such behavior is disqualification from that event and further competition in the meet. Disqualification of a coach or other school personnel shall be from further involvement in the meet. (Nat'l. Fed. Rule 4, Section 6, Article 1)

### **UNACCEPTABLE CONDUCT**

Unacceptable conduct by a competitor includes, but is not limited to, willful failure to follow the directions of a meet official, using profanity that is not directed at someone or any action that could bring discredit to the individual or his/her school. The penalty for such behavior is disqualification from that event. (Nat'l Fed. Rule 4, Section 6, Article 2)

**UNIFORM RULE:** Each competitor's uniform shall consist of:

ART. 1....The competitor's uniform shall be issued by the school, worn as intended by the manufacturer, and have the following restrictions:

1. Each competitor shall wear shoes.
2. Each competitor shall wear a track top or one-piece uniform issued by the school.
  - a. When numbers are used, each competitor shall wear his/her assigned, unaltered contestant number.
  - b. The top or one-piece uniform may have the school identification and the top may have the competitor's name.
  - c. The top shall not be knotted or have a knot-like protrusion.
  - d. A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the top or one-piece uniform.
  - e. The American flag, not exceeding 2 x 3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top.
  - f. Bare midriff tops are not allowed.
  - g. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect.
3. Each competitor shall wear a track bottom or one-piece uniform issued by the school.
  - a. The bottom or one-piece uniform may have the school identification.
  - b. Loose-fitting, boxer-type shorts are permitted for boys and girls. Closed-leg briefs are acceptable for girls.
  - c. French or high-cut apparel shall not be worn in lieu of uniform bottom.
  - d. The waistband of a competitor's bottom shall be worn above the hips.
  - e. A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimensions more than 2¼ inches, is permitted on the bottom or one-piece uniform.
  - f. The American flag, not exceeding 2 x 3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform bottom.
4. Visible Undergarments
  - a. Any visible garment(s) worn underneath the uniform top or bottom shall be a single color and unadorned except for:
    - a. A single school name or insignia no more than 2¼ square inches with no dimension more than 2¼ inches;
    - b. A single, visible manufacturer's logo as per NFHS rules.

Note: If more than one garment is worn under the uniform top or bottom, all must be the same color under the uniform piece.

ART. 2....Additional restrictions for relay races.

1. In relay races, each team member shall wear the same color and design of school uniform although the length of the bottom or one-piece uniform may vary.
2. Any visible garment(s) worn under the top or bottom shall be a single color and the same color as those worn by other members of the relay team. Visible garments under the uniform top or bottom may vary in length.

ART. 3....Jewelry shall not be worn by contestants

1. Medical alert medals are not considered jewelry and must be taped to the body and alert may be visible.
2. Religious medals are not considered jewelry and must be worn under the uniform and taped to the body.
3. A watch may be worn around the wrist.

For more complete information on the jewelry rule please go to the NCS website: [www.cifncc.org](http://www.cifncc.org). Choose the sport of track and field.

**PENALTY:** For an illegal uniform or wearing jewelry, the competitor is disqualified from the event. (Nat'l Fed. Rule 4, Section 3, Articles 1-3)

# 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 Wednesday, June 1, 2012). 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**

NCS Bylaws

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**

UC Berkeley Waiver Form will insert for the online bulletin.