

STATE MEET INFORMATION

CIF State Championship Meet

Site: Veterans Memorial Stadium (Buchanan High School), Clovis

Dates: Friday & Saturday, June 5 and June 6, 2009

NUMBER OF COMPETITORS

Sections are allowed the following entries as per State Federated Council rule:

Southern	5	San Joaquin	3	San Diego	3	Oakland	1	Central Coast	3
North Coast	4	Central	3	Northern	1	Los Angeles	3	San Francisco	1

ENTRIES/SCRATCHES

Entries close and are final, except for circumstance of clerical error, at 8:00 pm on the Saturday of the week preceding the first day of competition. Any scratches received after that point will be subject to penalty under the **Honest Effort Rule**. Coaches and athletes must decide at their section qualifying meets which events they intend to compete in at the State Championships. Sections may move non-qualifiers into any vacancies created by scratches prior to the entry deadline.

All original entry information and subsequent scratches/additions must be submitted by the Section Commissioner or his/her designee. No other entry changes or additions will be accepted.

HONEST EFFORT - (Note, this rule applies to qualifying events only)

Competitors who have qualified for and been entered into more than one event, must honestly participate in the qualifying round in each event for which the athlete is declared or the athlete will be barred from further competition in the meet. Athletes must compete with maximum effort and/or qualify from trials into the finals.

Note 1: 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.

Note 2: Athletes may appeal a disqualification on the grounds of Hardship to the Referee/Games Committee/Jury of Appeals.

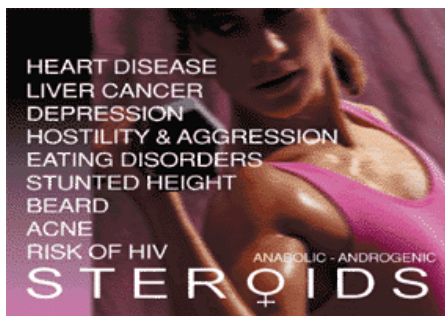
CIF AT-LARGE STANDARDS

An athlete shall earn an at-large entry into the CIF State Meet Championships if his/her mark at the final section competition (which qualifies entrants to the State Meet) is equal to or better than the average of the 9th place qualifying marks to the State Meet Finals from the three most recent years. The At-Large standards* for the 2009 CIF State Meet are:

Event	Girls Standard	Boys Standard
100	12.01	10.74
200	24.32	21.57
400	56.24	48.57
800	2:12.33	1:54.77
1600	4:57.09	4:15.20
3200	10:47.04	9:12.57
100/110 Hurdles	14.43	14.38
300 Hurdles	44.12	38.36
4 x 100 Relay	47.78	42.09
4 x 400 Relay	3:54.22	3:19.96
High Jump	5'5"	6'6"
Pole Vault	11'9"	14'10"
Long Jump	18'3.00"	22'8"
Triple Jump	38'09.0"	46'3"
Shot Put	41'00.00"	56'8"
Discus	136'11"	172'10"

*These times and distances are subject to change due to error or action by the CIF Federated Council.

**Don't Cheat –
Your opponents
Your life
Your family**



Don't be a cheater! Don't use steroids or any performance enhancing substance.

Participants' Name (Please Print): _____

UNIVERSITY OF CALIFORNIA, BERKELEY DEPARTMENTS OF INTERCOLLEGIATE ATHLETICS & RECREATIONAL SPORTS

Waiver of Liability, Assumption of Risk, and Indemnity Agreement

Waiver: In consideration of permission to use, today and on all future dates, the property, facilities, staff, equipment and services of the Departments of Intercollegiate Athletics and Recreational Sports, I, for myself, my heirs, personal representatives or assigns, **do hereby release, waive, discharge, and covenant not to sue** The Regents of the University of California, its directors, officers, employees, and agents from liability **from any and all claims including the negligence of the Departments of Intercollegiate Athletics and Recreational Sports** resulting in personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, participation in activities, classes, observation, and use of facilities, premises or equipment.

Signature of Parent/Guardian of Minor Date _____
Signature of User Date

Assumption of Risks: This use of University property, facilities, staff, equipment, and/or services carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The Departments of Intercollegiate Athletics and Recreational Sports have facilities for and provide for activities such as social events, community outreach, clinics, classes, camps, and competitions. Some of these involve situations, environments, or activities that may lead to illness, physical injuries, and psychological stress or damage.

The specific risks vary from one activity to another, but the risks range from 1) minor injuries such as scratches, bruises, sprains, and embarrassment 2) major injuries such as joint or back injuries, heart attacks, head injuries, and psychological trauma 3) catastrophic injuries including paralysis and death.

I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent in the activities made possible by the NORTH COAST SECTION, CSF. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.

Indemnification and Hold Harmless: I also agree to INDEMNIFY AND HOLD THE Regents of the University of California HARMLESS from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney's fees brought as a result of my involvement in the PLS MEET OF CAPTAINS at the University of California-Berkeley, and to reimburse them for any such expenses incurred.

Severability: The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgement of Understanding: I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing the agreement freely and voluntarily, and intend by my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Signature of Parent/Guardian of Minor Date _____
Signature of User Date Participant's Age (if minor) _____

-W-

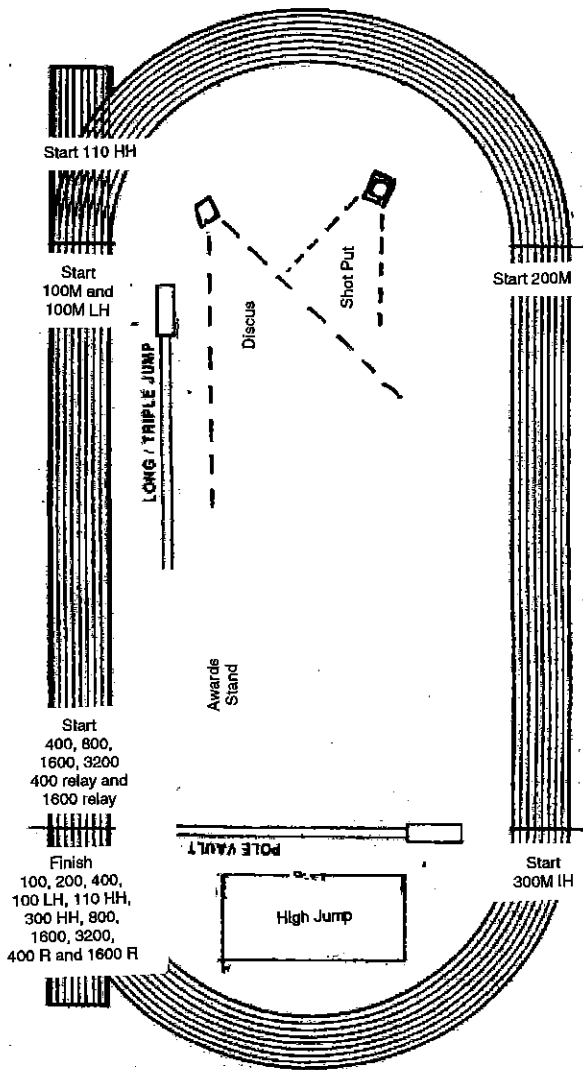
EDWARDS STADIUM
U.C. BERKELEY
Corner of Bancroft and Fulton

Kiosk - Coaches/
Officials' Check-In
(outside stadium)

Spectator Entrance
To stadium

Ticket
Booth
(outside stadium)

Athletes' Entrance
To the stadium



Trainers Area

Clerk of the
Course Field

Baseball field
Warm-up area
(outside stadium)

-E-

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-S-

NCS Order Form TRACK

DEADLINE TO ORDER: JUNE 1, 2009

(Payment must accompany all orders)

Description	Sizes					Unit Price	Unit Total	Shipping	Shipping Total	TOTAL
	S	M	L	XL	XXL (add \$2.00)					
T-Shirt						\$15.00		\$3.50each		
Sweatshirt (Hooded)						\$30.00		\$4.80 each		
Long Sleeve T-Shirt						\$18.00		\$3.50each		
Patch, Sport (sport/year: _____)						\$15.00		\$1.50each		
Patch, Scholar (sport/year: _____)						\$15.00		\$1.50each		
Patch, Scholastic (sport/year: _____)						\$15.00		\$1.50each		
NCS Hat (circle color: Black, Navy, Tan, Grey, Red)						\$15.00		\$1.50each		
NCS Visor (circle color: Black, Navy, Grey, Red)						\$12.00		\$1.50each		
Program (sport: _____) (not available in Tennis, Golf, Badminton)						\$4.00		\$1.50each		
NCS Blanket						\$25.00		\$3.50each		
Polar Tec Vest (circle color: Black, Grey)						\$45.00		\$3.50each		
Polo Shirts (circle color: Tan, Navy, Black, Green)						\$25.00		\$3.50each		
Windshirts (circle color: Tan, Navy, Black, Green)						\$45.00		\$3.50each		
									Tax (8.25%)	
									TOTAL	

Merchandise subject to availability. All prices subject to change without notice.
***Shipping and Handling charges on TEAM orders shall not exceed actual shipping charges plus 1.5%.**

When filling out credit card orders please complete all of the following. Credit Cards will be processed the day the merchandise is shipped.

Method of Payment (circle one)	Name on card	Expiration Date	Card Number	Zip Code
Cash, Check, VISA, MASTERCARD, AMEX, DISCOVER				

Home phone	Date	Authorized Signature if using P.O. or school requisition

Receipt:
Name:
Payment method:
Sport/location:
Sales person:
Date:



Address label (Please Print)
NAME:
ADDRESS:
CITY, ZIP:

Send to: North Coast Section, CIF
 12925 Alcosta Blvd. Suite 8
 San Ramon, Ca 94583
 (925) 866-8400
 Fax: (925) 866-7100
 www.cifncs.org

EXHIBITION 4 X 800 METER RELAY INFORMATION

FRIDAY, MAY 29, 2009

(Entries are due no later than Tuesday, May 26 at 6:00 p.m.)

On May 29, during the Running Trials of the NCS/Les Schwab Tires Meet of Champions there is a 20-minute break where the 3200 meter run is normally conducted. In an attempt to provide the opportunity for some of those athletes that have not qualified for the Meet of Champions we will include a 4 x 800 meter relay for both boys and girls in that break period. This will be a non-scoring exhibition event and will follow all NCS and CIF rules. This includes matching school issued uniforms, a certified coach in attendance for each team, etc. There will be 12 teams selected for each race based on the times submitted.

Entries are due no later than **Tuesday, May 26 at 6:00 p.m.** Athletes that have qualified and are entered into the MOC are not qualified to participate in the relay. Those relay teams that have an athlete, or athletes, which may qualify for the MOC, must include an alternate, or alternates, with revised seeding time, or revised seeding times, along with your entries. If a team has an athlete advance to the MOC and no alternate has been submitted, or even if there is an alternate included but no revised seeding time was submitted, the team will be scratched. Only those athletes that are submitted on the entry form will be allowed to compete. **FAX your entries no later than May 26, 6:00 p.m. to the NCS Office, 925-866-7100.**

Coaches and athletes shall check-in and receive their credentials at the Registration Booth (at the Kiosk), which is located on the Northwest side (Oxford Avenue) of Edwards Stadium. Coaches and participants will not be permitted entry at any other gate. The Registration Booth and entry gate will be open at 8:30 a.m. Please note that registration packets will only be issued to the coach! Coaches must submit for each participating athlete the parent signed UC Berkeley Waiver Form upon check-in. Coaches are responsible for issuing wristbands to their athletes.

NORTH COAST SECTION MEET OF CHAMPIONS
EXHIBITION 4 X 800 METER RELAY

(Entries are due no later than Tuesday, May 26 at 6:00 p.m.)

ENTRY FORM

SCHOOL: _____

CERTIFIED ACCOMPANYING COACH: _____

COACHES TELEPHONE NUMBER: _____

BOYS

ATHLETE'S NAME GRADE

1. _____

2. _____

3. _____

4. _____

Time for Seeding: _____

ALTERNATE(S)

1. _____

Time for Seeding: _____

2. _____

Time for Seeding: _____

3. _____

Time for Seeding: _____

GIRLS

ATHLETE'S NAME GRADE

1. _____

2. _____

3. _____

4. _____

Time for Seeding: _____

ALTERNATE(S)

1. _____

Time for Seeding: _____

2. _____

Time for Seeding: _____

3. _____

Time for Seeding: _____

Do What's Right in Sports!



Show **respect** for opposing players, coaches and spectators.

Recognize and show **appreciation** for an outstanding play by either team.

Respect the **integrity** and judgment of game officials.

Look for **positives** in athletes and coaches.

Emphasize **teamwork** in sports. Teach them to think "We" instead of "Me".

Accept **responsibility** and privilege of representing your school and community.

Spectators can make a difference—be **positive!**

Lead by example in sportsmanship: Be **humble** in victory and gracious in defeat!



Sportsmanship begins and ends with everyone!



Let's have fun and respect the game!

