



# North Coast Section/Les Schwab Tires

*Tri-Valley AREA Track & Field Championships – Presented by Farmers  
Granada High School  
Saturday, May 19, 2012*

## Meet Director:

Brad Morisoli  
Co director: Michelle Doggett  
Granada High School  
925-766-0673 cell  
[brad@morisoli.net](mailto:brad@morisoli.net)

## Asst. Meet Director:

Mike Elliott  
[elliott.mike@comcast.net](mailto:elliott.mike@comcast.net)  
(925) 381-7142 cell



# FARMERS

## Site:

Granada High School  
400 Wall Street  
Livermore, CA 94550  
See site map and directions at [www.gradatrack.com](http://www.gradatrack.com)

**Time Schedule:** All event competitors should report 30 minutes before scheduled start time. (Field event reporting times may be delayed if event is running behind schedule)

## Field Events

8:30

Girls High Jump  
Girls Pole Vault  
Girls Shot Put

Boys Discus  
Girls Long Jump  
Boys Triple Jump

11:00

Boys Shot Put  
Boys High Jump  
Boys Pole Vault

Boys Long Jump  
Girls Triple Jump Girls Discus

**Running Events** (Times for running events may vary depending on the number of heats, etc.)

9:30 am	Girls 4 x 100 Relay	11:55	Boys 100
9:45	Boys 4 x 100 Relay	12:10	Girls 800
10:00	Girls 1600	12:25	Boys 800
10:20	Boys 1600	12:40	Girls 300 Hurdles
10:40	Girls 100 Hurdles	12:55	Boys 300 Hurdles
10:55	Boys 110 Hurdles	1:10	Girls 200
11:10	Girls 400	1:25	Boys 200
11:25	Boys 400	1:40	Girls 3200
11:40	Girls 100	1:58	Boys 3200

2:15 Girls 4 x 400 Relay  
 2:35 Boys 4 x 400 Relay

**ENTRIES**

All entries must be submitted in the proper format using Hy-Tek Track & Field computer program. Send them by e-mail to Mike Elliot, [elliott.mike@comcast.net](mailto:elliott.mike@comcast.net) .

If you have a problem with Hy-Tek, you call Mike at 925- 381-7142

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

BVAL 6 entries  
 EBAL 6 entries  
 DFAL 6 entries  
 DVAL 6 entries

**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. These entries should be included in the entries forwarded to Brad Morisoli.

**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"

**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 TRACK**

Only coaches and athletes in uniform 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 at the snack bar.

See map of school at [www.granadatrack.com](http://www.granadatrack.com)

**UNIFORMS**

Uniforms and shoes must conform to the rules as stated in the 2012 National Federation Track and Field rulebook. Relay teams must have matching uniforms according to the rules.

## 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.

## SCRATCH MEETING

**All scratches to be submitted by email to Mike Elliot.** Changes and substitutions can be made only by league meet directors. Every effort should be made to make all substitutions by midnight, **Friday, May 18.**

## VAULT SIGN-IN

All head coaches must sign the pole vault entry form to verify their athlete's weight. All pole vaulters will be weighed before competition starts in the attire that they will compete in, including shoes and helmet, if a helmet is used.

## 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/CLERK

Clerk and weigh-ins for throwing events at the softball field by the snack bar. All shots and discs will be weighed in at 7:30 a.m. Clerk and weigh-ins for pole vault at transportainer behind snack bar. All implements not meeting specifications will be impounded for the duration of the meet.

## WARM-UP AREA

The baseball field east of the stadium will be used as the warm-up area.

## EVENT MECHANICS

1. 200 meters dash  
The 200-meter dash will be run around a full turn.
2. 400 meters dash  
The 400-meters 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. ~~Advancement to the Meet of Champions will be based on time with the exception of the first place finisher in each heat. See 23.508H.~~ **In all events the (7) fastest times or best marks will qualify for the Meet of Champions.**
6. Lane Assignments  
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 (5,6,4,7,3,8,2,9,1).
7. 1600 meters and 3200 meters runs  
In the Area meets boys and girls 1600 meter run, there will be two heats consisting of 12 runners. The 3200m will consist of one final. The 1600 meter and 3200 meter runs will use an alley start in lanes 1-5 and 6-9. 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 first alley and runners 2, 3, 6, 7, 10, 11, 14, 15, 18 will be in the second alley.

## **Field Events**

### **8. 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.

**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 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 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. In that case, the run-off will be at a neutral site on Tuesday following the meet.