



FARMERS

North Coast Section, CIF/Les Schwab Tires BAY SHORE AREA

Track & Field Championships – *Presented by Farmers*

James Logan High School

Saturday, May 19, 2012

Meet Directors:

Lee Webb
James Logan High School
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Site: James Logan High School
1800 H Street
Union City, CA 94587
510 471-2520 ext:60345

Time Schedule:

Field Events

11:00 a.m.	Girls High Jump Girls Pole Vault Girls Shot Put Boys Discus Girls Long Jump Boys Triple Jump
1:30 p.m.	Boys Shot Put Girls Discus Boys Long Jump Girls Triple Jump Boys Pole Vault Boys High Jump

Qualifying leagues are asked to contact Lee Webb, Meet Director, regarding assistance in the conduct of the NCS/Les Schwab Tires Bay Shore Track & Field Championships. Officials are needed for various events and other areas.

Running Events

12:00 p.m.	Girls 4 x 100m Relay	1:30 p.m.	Girls 400m Dash
12:15 p.m.	Boys 4 x 100m Relay	1:45 p.m.	Boys 400m Dash
12:30 p.m.	Girls 1600m Run	2:00 p.m.	Girls 100m Dash
12:45 p.m.	Boys 1600m Run	2:15 p.m.	Boys 100m Dash
1:00 p.m.	Girls 100 Hurdles	2:30 p.m.	Girls 800m Run
1:15 p.m.	Boys 110 Hurdles	2:45 p.m.	Boys 800m Run

3:00 p.m.	Girls 300m L. Hurdles	4:00 p.m.	Girls 3200m Run
3:15 p.m.	Boys 300m I. Hurdles	4:20 p.m.	Boys 3200m Run
3:30 p.m.	Girls 200m Dash	4:35 p.m.	Girls 4 x 400m Relay
3:45 p.m.	Boys 200m Dash	4:50 p.m.	Boys 4 x 400m Relay

ENTRIES

All entries must be submitted by the league meet director, or his/her designee, using EZMeets.com, unless your league is using the Hy-Tek Track & Field program. Each league meet director will receive a password to enter their league's qualifiers at EZMeets.com, including instructions. If your league is using Hy-Tek Track & Field program then entries may be submitted in the proper format using this computer program and must be forwarded by email to Lee Webb at lwebb@nhusd.k12.ca.us by the deadline for entries, noon, Sunday, May 13. If your league is not using the Hy-Tek Track & Field program then entries must be submitted by EZMeets.com by the same deadline.

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

MVAL	6 entries
HAAL	6 entries
BSAL	6 entries
ACCAL	6 entries

*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.*

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 the MOC.

NCS AREA AND MOC At-large Standards for 2012

	Boys		Girls
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.

CONCESSIONS

Food and beverage will be sold for the duration of the meet.

T-SHIRTS/SOUVENIRS

T-Shirts, sweatshirts, caps and NCS souvenirs will be available for sale.

TENTS

Tents are allowed in the east side bleachers only.

PACKET PICK-UP

Packet pick-up will be at the athlete/coaches entrance at the main stadium entrance.

GATES

There will be one gate open to the warm-up area and discus area. This gate is located at the visitor side of the stadium.

WEIGH-INS

All shots and disci will be weighed in between 9:30 a.m. and 10:30 a.m. All implements not meeting specifications will be impounded for the duration of the meet.

POLE VAULT WEIGHT VERIFICATION

All head coaches must sign the pole vault entry form to verify their athlete's weight ~~and all competing athletes will be weighed prior to competition in the attire that they will compete in, including shoes and helmet, if helmet is used.~~

WARM-UP AREA

The warm-up area will be on the big green area behind the visitor side bleachers.

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 NFHS rules.

INFIELD

No coaches or parents are allowed in the infield. Athletes are only allowed in the competition area.

SPIKES

1/4" spikes are required for all events.

BATONS

All teams can use their own batons.

DRESSING FACILITIES

There will be no dressing facilities available.

SCRATCH MEETING

There will be a scratch meeting and final information meeting at 10:15 a.m. at the athlete check-in area near the 300 meter start line. Field event scratches will be addressed first, then running events.

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.

UNIFORMS/JEWELRY

Uniforms/Jewelry and electronic rules will be enforced.

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.
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. Lanes will be assigned 4,5,3,6,2,7,1,8. ~~Heat winners in races 100-800 and both relays will automatically qualify for the Meet of Champions. Fastest~~ **In all events the (7) fastest times or best marks will qualify for the Meet of Champions.**
7. 1600 meter and 3200 meter runs
In the Area meets boys and girls 3200 meter run, there will be one heat consisting of 24 runners. The 1600 meter run will be 2 heats of 12 runners each. 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 and 16 will be in first alley and runners 2, 3, 6, 7, 10, 11, 14 and 15 will be in the second alley.

Field Events

8. High Jump and Pole Vault
Competition will start at the listed heights below and competition will continue until final places are determined.
Pole Vault – the pole vault starting height will be 6” below the lowest qualifier, not to be less than 9’0” for the boys and not less than 7’0” for the girls. The bar will be raised in 6” increments until it reaches 14’0” in the boys and 9’0” in the girls. After 14’0” in the boys and 9’0” in the girls the bar will be raised in 4” increments.
NOTE: All coaches of pole vaulters must provide the vaulter’s weight and sign and athletes weight verification form in order for their vaulter(s) to be eligible for competition.
High Jump – the high jump starting height will be 2” below the lowest qualifying jumps. 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”.

9. 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 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 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 Championships.

SCORING

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

RESULTS

Results will be posted on the side of the main grandstands.

ALTERNATES

Please notify your league meet director as soon as possible about a scratch. It is common courtesy to notify them as soon as possible. Alternates will be placed in the scratched athlete's position in a lane or flight.

ADVANCEMENT TO THE MEET OF CHAMPIONS

In all events the (7) fastest times or best marks will qualify for the Meet of Champions. This was changed by the 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.

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.