



FARMERS

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

Track & Field Championships – *Presented by Farmers*

Castro Valley High School

Saturday, May 23, 2009

**Meet Directors:**

Matthew Rainwater  
Castro Valley High School  
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Email: [mrainwater@cv.k12.ca.us](mailto:mrainwater@cv.k12.ca.us)

**Site:** Castro Valley High School  
19400 Santa Maria Ave.  
Castro Valley, CA 94546

**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
1:00 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 Matt Rainwater, 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.	Boys 400m Dash
12:10 p.m.	Boys 4 x 100m Relay	1:40 p.m.	Girls 100m Dash
12:20 p.m.	Girls 1600m Run	1:50 p.m.	Boys 100m Dash
12:35 p.m.	Boys 1600m Run	2:00 p.m.	Girls 800m Run
12:50 p.m.	Girls 100 Hurdles	2:15 p.m.	Boys 800m Run
1:05 p.m.	Boys 110 Hurdles	2:30 p.m.	Girls 300m L. Hurdles
1:20 p.m.	Girls 400m Dash	2:40 p.m.	Boys 300m I. Hurdles

2:50 p.m.	Girls 200m Dash	3:25 p.m.	Boys 3200m Run
3:00 p.m.	Boys 200m Dash	3:40 p.m.	Girls 4 x 400m Relay
3:10 p.m.	Girls 3200m Run	3:50 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 Matt Rainwater at [mrainwater@cv.k12.ca.us](mailto:mrainwater@cv.k12.ca.us) by the deadline for entries, Sunday, May 17, no later than 12:00 noon. 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.

### At-large Standards for 2009

Boys		Girls	
4 x 100-meter Relay	43.39	4 x 100-meter Relay	50.27
1600-meter run	4:25.66	1600-meter run	5:11.08
110-meter H.H.	15.31	100-meter H.H.	15.44
400-meter dash	50.84	400-meter dash	59.37
100-meter dash	11.12	100-meter dash	12.56
800-meter run	1:59.32	800-meter run	2:19.30
300-meter I.H.	40.93	300-meter I.H.	46.79
200-meter dash	22.67	200-meter dash	26.08
3200-meter run	9:38.06	3200-meter run	11:35.37
4 x 400-meter Relay	3:28.16	4 x 400-meter Relay	4:05.00
Long Jump	21'00.00"	Long Jump	17'00.25"
Triple Jump	42'00.75"	Triple Jump	35'07.00"
High Jump	6'01"	High Jump	5'01"
Shot Put	48'06.00"	Shot Put	36'02.00"
Discus	144'06"	Discus	110'10"
Pole Vault	13'02.0"	Pole Vault	10'06.0"

## **ADMISSION**

Admission price is \$8 general admission and \$5 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 on the south side of the stadium.

## **GATES**

There will be one gate open to the warm-up area and discus area. This gate is located at the north-west end 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 baseball field behind the west side bleachers.

## **UNIFORMS**

Uniforms and shoes must conform to the rules as stated in the 2009 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**

¼" 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 10:45 a.m. at the athlete check-in area in the south end zone. 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.
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 by the press box.

## **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 races except the 1600m and 3200m runs the first place finishers in each heat and the next five (5) fastest times will qualify for the Meet of Champions. If there are 3 heats, the winners of each heat will qualify plus the next four (4) fastest times. In the 3200m the top seven finishers will advance to the Meet of Champions. In the 1600m the top two from each heat and the next 3 fastest times will advance to the Meet of Champions. 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.