

# North Coast Section/Les Schwab Tires

## CLASS A

### Track & Field Championships –



*Presented by Farmers*

MONTGOMERY HIGH SCHOOL

Saturday, May 19, 2012



FARMERS

Meet Director: Don Oliver  
mytc.coach@gmail.com  
415-559-0390 (c)

Site: Montgomery High School  
1250 Hahman Drive  
Santa Rosa, CA

**Coaches Meeting: 9:30 am**

**Time Schedule:** All event competitors should report by or on the second call.

**There will be no running trials at the NCS Class A meet.**

**Field Events will start at 10:00 a.m.**

Girls High Jump, to be followed by Boys High Jump  
Girls Pole Vault, to be followed by Boys Pole Vault  
Girls Shot Put, to be followed by Boys Shot Put  
Boys Discus, to be followed by Girls Discus  
Girls Long Jump, to be followed by Boys Long Jump  
Boys Triple Jump, to be followed by Girls Triple Jump

**Running Events will start at 11:00 a.m.**

(Times for running events are approximations **THE MEET WILL MOVE CONTINUOUSLY**)

### **YOUR EVENT MAY START EARLIER THAN INDICATED**

11:00 a.m.	Girls 400m Relay	1:00 p.m.	Girls 800m Run
11:10 a.m.	Boys 400m Relay	1:15 p.m.	Boys 800m Run
11:20 a.m.	Girls 1600m Run	1:30 p.m.	Girls 300m Int. Hurdles
11:35 a.m.	Boys 1600m Run	1:45 p.m.	Boys 300m Int. Hurdles
11:50 a.m.	Girls 100m High Hurdles	2:00 p.m.	Girls 200m Dash
12:05 p.m.	Boys 110m High Hurdles	2:15 p.m.	Boys 200m Dash
12:20 p.m.	Girls 400m Dash	2:30 p.m.	Girls 3200m Run
12:30 p.m.	Boys 400m Dash	2:50 p.m.	Boys 3200m Run
12:40 p.m.	Girls 100m Dash	3:05 p.m.	Girls 1600m Relay
12:50 p.m.	Boys 100m Dash	3:20 p.m.	Boys 1600m Relay

## ENTRIES INTO THE NCS CLASS A MEET

The following numbers of athletes qualify from each participating league into the NCS Class A Meet:

- |    |       |               |               |
|----|-------|---------------|---------------|
| 1. | CMC   | 8 individuals | 4 relay teams |
| 2. | BCL   | 6 individuals | 4 relay teams |
| 3. | HDNL  | 4 individuals | 2 relay teams |
| 4. | MCAL* |               |               |
| 5. | DVAL* |               |               |

\*Branson School and Justin-Siena shall compete in the Marin County Athletic League's championship track and field meet and Berean Christian will compete in the Diablo Valley Athletic League's championship track and field meet. When Branson School, Justin-Siena or Berean Christian's athlete(s) place in the top four (4) of the MCAL/DVAL (respectively) meet, or meets the Class A at-large standards shown below (standards are also posted on the NCS website <http://cifncs.org/sports/track/>) he/she qualifies to the NCS Class A Track & Field Championships.

## AT-LARGE QUALIFIERS

During the 2012 Track & Field season, any student-athlete who participates in a league championship meet and does not qualify by place, but meets or exceeds the following standards, will automatically qualify for the Class A Championships.

### CLASS A At-large Standards for 2012

Boys		Girls	
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"

## ALTERNATES

Professional courtesy dictates that you notify your league meet director as soon as possible about any Class A Meet qualifiers who have to be scratched. The league meet director will then contact the Class A Meet director(s) and alternate(s) will be sought in order to replace scratched athletes. Alternates will not be sought for any scratches made on the day of the meet.

## NCS CLASS A MEET ENTRY PROCEDURES

The North Coast Section will utilize EZMeets.com for entry to the NCS/Les Schwab Tires Class A Track & Field Championships. Each participating league championship meet director will be responsible for following the procedures for entry of their league's qualifiers, both those who qualify by place and those who qualify by the at-large standards, using EZMeets.com. Entry instructions have been forwarded to each of the league meet directors who are responsible for conducting their league championship meet. The deadline for entries is noon on the Sunday following the league championship meet. Each league championship meet director, or his/her representative, must also be present at the Class A Meet with copies of the official results/event sheets and a list of the entries and alternates from the league meet. It will be his/her responsibility to approve any adjustment of entries with the Class A meet director. In the event of an emergency, the league commissioner shall assume that responsibility. The Class A meet director will contact league meet directors concerning any entry issues prior to the meet.

## **CLASS A MEET SPECIFICS**

1. The Class A meet will be held on one day at a single site. All NCS Class A schools that enter competitors must provide personnel for officiating the meet and assist the NCS Class A Track Meet Director(s) with the conduct of the meet. Please review the league assignments on page 6. Below is a summary of the assignments:

**Bay Area Conference** – Long Jump, High Jump, Hurdle Crew, Announcer, Scoring/Awards, Clerk of the Course, Bullpen Crew, Head Timer, Head Finish Judge, Starter, Clerk Runners, Turn Judges (2)

**Coastal Mountain Conference** – Shot Put, Triple Jump, Turn Judges (2), Assistant Timers

**Humboldt Del Norte League** – Discus, Pole Vault, Turn Judges (2), Assistant Timers

League meet directors are asked to facilitate their league's assignments as per the requests on pages 8 and 9 and forward their information to the Meet Director(s).

2. All running events will be held as timed finals. The fastest qualifying times will run in the last heat of each event. Heat assignments will be seeded slow to fast based upon times achieved in the respective league/qualifying meets.

### **3. SCRATCH MEETING**

There will be a scratch/final information meeting at 10:00 a.m. on the infield near the finish line. Every effort should be made to provide all scratches to Don Oliver by email by 6 p.m., Friday, May 18<sup>th</sup>.

### **4. JURY OF APPEALS**

A jury of appeals will serve as the final board of appeals. The jury will be the meet director of each participating league meet.

## **COMPETITORS AND COMPETITOR CONFLICTS**

A competitor shall not compete in more than four events, including relays. Contestants officially become competitors when they report to the clerk of the course or field event judge for an event in which they are entered. All NF/CIF/NCS track and field rules (*including jewelry*) apply at this point.

Competitors who are entered in field events being held simultaneously must report to both event officials, otherwise the athlete will be scratched. If the field event is in conflict with a running event, the athlete must secure a release from the field event official and report to the Clerk-of-the-Course. Athletes may not report directly to the starting line. Athletes must first check-in with the Clerk-of-the-Course.

## **EVENT MECHANICS**

### **Running Events**

1. For races longer than 400 m: The 800 m run will use a one-turn stagger. A break line will be marked. The 1600 m run will use a waterfall start, rows if necessary, and will be seeded from the inside lanes to the outside lanes. The 3200 m run will use an alley start, seeded inside-to-out, with the outer alley using a one turn stagger. The 1600 m relay will use a three-turn stagger.
2. Lane Assignment: In all races except the 1600 and 3200 meter runs, the Games Committee will assign the fastest runners or qualifiers in each round of competition to the middle lanes and the next fastest qualifiers to the adjacent lanes, and so on.

### **Field Events**

1. Throwing Events and Horizontal Jumps: Contestants will compete in accordance with their marks made in the league championship meets, with the participant with the best recorded mark competing last. The competitors will be placed in flights. Each competitor, unless excused, will be given three (3) attempts before the next flight takes its trials. The top competitors will receive three (3) additional trials to determine the top six (6) medal winners and final standings. Marks made in the qualifying competition will carryover to be counted in the final determination of standings.

2. Pole Vault and High Jump: Competition in the pole vault and high jump may be conducted in a "4-6 alive" format. Competition will start at the heights listed below and competition will continue until final places are determined.

**Pole Vault:** The starting height for the boys will be 6" below the lowest qualifier, but not less than 8'0". 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.

*Note: Depending on the qualifying heights of the participants Meet Management has the authority to adjust the starting height.*

**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.

**High Jump:** The high jump will start at 2" below the lowest qualifier mark. The bar will be raised in 2" increments until final places are determined.

*Note: Depending on the qualifying heights of the participants Meet Management has the authority to adjust the starting height*

## SCORING AND RESULTS

Scoring shall be 10-8-6-4-2-1. Results will be posted by the press box.

## 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.

## MANDATORY COACH'S MEETING FOLLOWING CONCLUSION OF THE COMPETITION

Following the conclusion of the competition, a coach's meeting will be held to verify all qualifiers, update qualifying relay members, announce scratches, collect coach's contact information, and distribute awards.

## ADVANCEMENT TO THE MEET OF CHAMPIONS

In all races and field events the top three (3) place finishers will qualify for the Meet of Champions. Additionally, any athletes who do not finish in the top three but establish a time or distance that meets or exceeds the At-large times and distances listed below will also qualify to the NCS Meet of Champions.

### 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"

## **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. If run-offs are necessary they will be conducted at the conclusion the Class A Championship.

## **NCS CLASS A MEET GENERAL INFORMATION**

### **ADMISSION/PARKING**

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. There is ample parking in the high school parking lot.

### **T-SHIRTS/SOUVENIRS**

T-Shirts, Sweatshirts, Caps and NCS souvenirs will be available for sale.

### **TENTS**

Tents are allowed, but must not block the view of spectators.

### **PACKET PICK-UP**

Packets may be picked-up at the coach's meeting at 10 a.m.

### **WEIGH-INS**

All shots and discus will be weighed in between 9:30 a.m. and 10:45 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 used.

### **TRACK CONSTRUCTION AND SPIKE SIZE**

Montgomery HS has Polyurethane surfaced lanes. The high jump apron is also a Polyurethane surface. The shot and discus circles are concrete. Track spikes may not exceed 1/4" in length and must be pyramid style. The length is measured from the shoe's sole to the spike's tip. Needle and pin spikes destroy the track and are not allowed.

### **WARM-UP AREA**

The warm-up area will be on the sports field adjacent to the track.

### **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.

### **INFIELD**

No coaches are allowed in the infield unless they are assigned responsibilities that require their presence on the infield.

### **BATONS**

All teams can use their own legal batons.

### **DRESSING FACILITIES**

There will be no dressing facilities available.

**To: All League Commissioners**  
**From: Don Oliver, NCS Class A Meet Director**

The Class A Track meet will be held on Saturday, May 19<sup>th</sup> at Montgomery High School. A coaches meeting will be held at 10 a.m. near the finish line. The running events and the field events will begin at 11 a.m. Please notify all the coaches in your league about this information, and assign the necessary people to help run the meet. Please email the personnel information to me at [mytc.coach@gmail.com](mailto:mytc.coach@gmail.com) at your earliest convenience. Thank you!

**BAY AREA CONFERENCE (BAC)**

Announcer: \_\_\_\_\_

Scoring/Awards: \_\_\_\_\_

Clerk of the Course: \_\_\_\_\_

Bullpen Crew: \_\_\_\_\_

Head Timer: \_\_\_\_\_

Head Finish Judge: \_\_\_\_\_

Starter: \_\_\_\_\_

Clerk Runners: \_\_\_\_\_

Hurdle Crew: \_\_\_\_\_

Long Jump (3 people) \_\_\_\_\_

\_\_\_\_\_

High Jump (3 people) \_\_\_\_\_

\_\_\_\_\_

Turn Judges (2 people) \_\_\_\_\_

**COASTAL MOUNTAIN CONFERENCE (CMC)**

Turn Judges (2 people) \_\_\_\_\_

Shot Put (3 people) \_\_\_\_\_

\_\_\_\_\_

Triple Jump (3 people) \_\_\_\_\_

\_\_\_\_\_

Assistant Timers \_\_\_\_\_

**HUMBOLDT – DEL NORTE LEAGUE (HDNL)**

Turn Judges (2 people) \_\_\_\_\_

Discus (3 people) \_\_\_\_\_

\_\_\_\_\_

Pole Vault (3 people) \_\_\_\_\_

\_\_\_\_\_

Assistant Timers \_\_\_\_\_