

# **El Camino League Meet 2012 – Schedule, Rules and duty reminder**

Coaches:

The El Camino League Meet is Mon., April 30th and Wed., May 2nd at Fremont High School. Attached is the time schedule and league meet duties for each school.

The entries for the league meet are due on Fri., April 27 at 10:00pm through Athletic.net. Please use the finals date of May 2nd to make the entries. Please enter only 3 athletes per event. Any at-large athletes should be sent to Mark Shields (Sylvmarks@yahoo.com) on Friday. Mark McConnell will be instructed to enter those athletes that meet the at-large standards.

## **Please follow the by-law rules for any hardship athletes:**

### **Hardship Rule**

- 1.1 The hardship rule applies in determining whether an athlete may participate in the Qualification Meet without participating in the Division finals.
- 1.2 Hardship only applies to an illness/accident that is non-sports related.
- 1.3 The athlete must be under a medical doctor's care.
- 1.4 Request for hardship must be presented to the SCVAL Commissioner and the director of the Division finals meet in writing by the coach of the participant before the start of the athlete's first race.
- 1.5 The coach of the hardship athlete must verify that the athlete has posted a mark during the current season that is better than the CCS at-large entry standard.
- 1.8 **A hardship athlete is considered one of the school's three (3) entries.**

Please remind your parents that admission will be charged on Wed.

Any questions, email the meet directors.

### **Trials Schedule - Monday**

1:30pm Coaches scratch meeting

3:00pm Trials begin

110 HH VB

65 HH FSB

100 HH VG, JVG

400M VG, VB, JVG, FSB

100M VG, VB, JVG, FSB

3200M JVG (Final)

300 IH VG, JVG, VB, FSB

3200M FSB (Final)

200M VG, VB, JVG, FSB

Field Events (all are finals) (4 attempts only, except HJ)

2:00pm JVG HJ, JVG DT, JVG LJ, FSB TJ, FSB SP

3:15pm FSB HJ, FSB DT, FSB LJ, JVG TJ, JVG SP

### **Finals Schedule - Wednesday**

1:30pm Coaches scratch meeting

3:00pm 4x100M VG, VB, JVG, FSB

3:20pm 1600M VG, VB, JVG, FSB

4:00pm 110 HH VB

4:05pm 65 HH FSB

4:10pm 100 HH VG, JVG

4:20pm 400M VG, VB, JVG, FSB

4:40pm 100M VG, VB, JVG, FSB

5:00pm 800M VG, VB, JVG, FSB

5:30pm 300 IH VG, JVG, VB, FSB

5:50pm 200M VG, VB, JVG, FSB

6:10pm 3200M VG, VB

6:40pm 4x400M JVG, FSB, VG, VB

**Field Events (update)** (LJ, TJ, SP, DT, 3 attempts, then top eight 3 more attempts)

2:30pm **VG LJ, VG HJ**, VB DT, VG SP, **VB TJ** – **NOTE** the changes in jumps schedule

4:30pm **VB HJ, VB LJ**, VG DT, VB SP, **VG TJ** – **NOTE** the changes in jumps schedule

### **2012 Duties**

- **Monday, April 30th, 12:30p, El Camino League meet prelims;**
  - Timer: Mark McConnell (confirmed)
  - Starter; Jim Springer (confirmed)
- **Wednesday, May 2nd, 1:00p, El Camino League meet finals;**
  - Timer: Mark McConnell (confirmed)
  - Starter; Jim Springer (confirmed)
- **Scoring:** McConnell (confirmed)
  
- **Jury of Appeals (3)** – Wilcox (1-of-3), Ernie-Los Gatos, Kirk-Monta Vista, alt. Paul-Cupertino
- **Head Field Judge:** Julie L'Heureux will confirm results
- **Clerk of the Course:** Fremont
- **Announcer** – Fremont or Monta Vista
- **Weigh in:** Fremont
- **ENTRIES:** Due Friday, April 27<sup>th</sup>, 10:00pm on Athletics.Net (*continued at bottom of page*)
  
- **EVENTS:** Please bring orange cones for placement around the track. Fremont will plan to supply the equipment to run the field events. None-the-less, we still suggest to bring a tape measure per your event. Bring extra pencils.
  - Blocks** – Fremont
  
  - Hurdles** – Fremont
  
  - Shot** – Homestead

**Discus** – Los Gatos

**TJ** - Cupertino

**LJ** - Wilcox

**HJ** –Monta Vista

**PV** – **Friday, May 4<sup>th</sup> at Santa Clara.** Date subject to change, time tbd,

**Chief Finish Line Judge:** Fremont

**Finish Line/Turn Judges:** Each school will supply 1 person for turn judging for the relays at the start and end of the Wednesday meet.

**The entries for the league meet are due on Fri., April 27 at 10:00pm through Athletic.net. All automatic times should be submitted with an 'a' following the time. Remember only 3 entries per a school per event. At large entries should be submitted separately to Mark Shields and Mark McConnell by April 27.**

### **Proposed Rules for the League Meet**

#### **Trials Day (April 30th)**

Seeding for the trials will be based on entered time and keeping all of a school entrants from being in the same heat.

Trials will be held in the 100m, 200m, 400m, 100H/110H/65H and 300H if more than 8 competitors check in.

Only the heat winners will be automatic qualifiers. The rest of the finalist will be determined by time. Therefore, if there are 2 heats: the winner of each heat and the next 6 fastest times will qualify for finals. If there are 3 heats: the winner of each heat and the next 5 fastest times will qualify for finals.

Seeding for the finals will be based on time only.

Finals for the F/S boys 3200m and JV girls 3200m will be held on Monday.

All F/S boys and JV girls field events will compete on Monday. They are allowed only 4 attempts. If the field for an event is too large, the field will be split into 2 flights with the top competitors competing in the second flight.

In the Discus, stakes will be used and the best throw measured. A maximum 12 athletes can compete in each flight. This method will only be used for the Boys F/S and Girls JV competition.

Starting height for the high jump will be set 2 inches below lowest entered height of athletes who check in. The bar will move up in 2 inch increments.

#### **Finals Day (May 2nd)**

If there are more than 16 entrants in the 800 and 1600, we will split the field evenly with the slow group running first and the fast group running second. The combined times from both heats will be used to determine the overall places. If there are an odd number of runners in the 800 or 1600 when two heats are being run, the additional runner will be placed in the fast heat.

## **Running Events**

800m – 1 turn stagger  
1600m – waterfall start  
3200m – waterfall start  
1600m Relay – 3 turn stagger

## **Field Events**

The Varsity boys and Varsity girls field events will compete on Wed. They will be allowed 3 attempts (LJ, TJ, SP and Discus) with the top 8 receiving an additional 3 attempts. The top 8 will compete in reverse order of their place. Therefore, the competitor with the highest mark will compete last. If the field is too big, flights will be used with the top competitors in the second flight.

**In the Discus**, every legal throw will be measured.

**Starting height for the high jump will be set 2 inches below lowest entered height** of athletes who check in. The bar will move up in 2 inch increments.

## **Rules for both days**

The high jump bar should not be moved up more than one increment above the height that an athlete has cleared while he/she is away competing in another event.

All field event athletes may check out no earlier than 10 minutes prior to the start of a track event in which they are entered and must report back within 10 minutes of the end of the track event. They must notify the event official when they check out and when they report back. The event official should allow them multiple attempts prior to the athlete checking out of the event if the athlete desires to make multiple attempts.

If an athlete is participating in two field events at the same time, he/she should go back and forth between the two events as quickly as possible.

All discus and shots will be weighed before competition.

Any clerical or scoring issues should be reported within 48 hours of the end of the meet. Therefore, Friday, May 4th at midnight will be the deadline for reporting errors to the meet director. Please email corrections to Mark Shields ([Sylvmarks@yahoo.com](mailto:Sylvmarks@yahoo.com)).

All athletes are limited to four events. Entries are determined as of 10:00pm on 4/27/12 (with the exception that some additional entries may be allowed on 4/28 if a school is allowed more than three entries in an event).

No competitor may be added to an event after 10:00pm on 4/27/12 without the agreement of a majority of the schools competing in the meet, except for at-large qualifiers. The additions should be made only under unusual circumstances.

Appeals regarding misapplication of the rules shall be filed within 30 minutes after the results have been announced or made official in that event. The head coach will first protest to the starter. The decision of starter is appealable if the coach still feels that the terms and conditions of competition or the application of the rules have been misapplied or misinterpreted. The appeal shall be reviewed by the Jury of Appeals. A final written appeal can be made to the League Commissioner as an avenue of last resort for the head coach.