

- Principal
- Athletic Director
- Head Track & Field Coach

## 2004 NCS MEET OF CHAMPIONS TRACK & FIELD CHAMPIONSHIP SERIES BULLETIN

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TO: Coaches of Boys' and Girls' Track Teams; League Commissioners; NCS PREP Editors; Track Meet of Champions Management Committee members, Hal Harkness, State Meet Director, and NCS Staff

FROM: Gil Lemmon, Asst. Commissioner/Director of Operations

DATE: March, 2004

\*\*\*\*\* NCS TRACK AND FIELD MEET OF CHAMPIONS \*\*\*\*\*  
EDWARDS STADIUM, UNIVERSITY OF CALIFORNIA, BERKELEY

### TRIALS

Friday, May 28, 2004

### FINALS

Saturday, May 29, 2004

#### MEET DIRECTOR

Don Bailes  
133 Selborne Way  
Moraga, CA 94556  
(925) 376-7648

#### GAMES COMMITTEE

Don Bailes                      John Nules  
Keith Conning                 Linda Sawyer  
Will Matthews                 Tim Bruder  
Peter Brewer                    Jack Coakley

David Gutierrez  
Brian Henderson  
John Luppés  
George Kleeman  
Gil Lemmon, NCS Staff

**TRACK CONSTRUCTION AND SPIKE SIZE:** Edwards Stadium has eight 48" Polyurethane surfaced lanes. The long jump, triple jump, pole vault runways and the high jump apron are also a Polyurethane surface. The shot and discus circles are concrete. Track spikes may not exceed 1/4" in length for events conducted in Edwards Stadium. The length is measured from the shoe's sole to the spike's tip.

**COMPETITION RULES:** The Track and Field Rules Book of the National Federation of State High School Associations will be the official rules and regulations for both boys and girls, superseded by CIF rules, NCS rules or policies of the NCS Meet of Champions Games Committee. The top four finishers in each event in Saturday Finals will qualify for the State Meet. Competitors in each event who do not finish in the top four will qualify as an at-large entry to the State CIF Track & Field Championships if his/her mark at the final section competition is equal to or better than the standards listed on page 8 of this bulletin.

**A COACH MUST BE CERTIFIED BY THE SCHOOL PRINCIPAL. All coaches must have the enclosed certification of Authorized Personnel Form (see page 11), signed by the principal, which must be presented at the Kiosk in order to pick up the coaches' packet. ONLY THE SCHOOL CERTIFIED COACH MAY PICK UP THE COACHES PACKET.**

#### ENTRIES AND ADJUSTMENT IN ENTRIES:

NCS Area/Classification entries are:

CLASS A meet - 3 entries

TRI-VALLEY meet - 7 entries

REDWOOD EMPIRE meet - 7 entries

BAY SHORE AREA meet - 7 entries

All entries including hardship competition qualifiers will be closed as of midnight Tuesday following the NCS Area/Classification Championship meets. All entries must be submitted in the proper format using the Hy-Tek Track & Field computer program. NCS will provide the software for input of these entries to the MOC. Each NCS Area/Classification Meet Director also must be certain that all entries submitted to the NCS Meet of Champions are accompanied by the times recorded in the NCS Classification Championship meet. Entries entered as a result of automatic timing should be noted. Hand-held times must be listed in tenths. Only automatic times can be listed in hundredths. Each NCS Area/Classification Meet Director also must see that qualifying entries plus one in each race are individually timed. Any entries submitted without a qualifying time will be seeded last. Marks in the field events made at the NCS Area/Classification Championship meet must also be submitted. **Each NCS Area/Classification Meet Director will meet with the NCS Meet of Champions Meet Director, Don Bailes, in the Press Box, at 10:20 a.m. on Friday, May 28, to verify entries.** It is essential that the NCS Area/Classification Meet Directors have the event sheets and an official copy of the results of their NCS Area/Classification Championship meet. NCS Area/Classification Meet Directors will be located in the Press Box during the meet to answer any questions concerning entries.

Entries for the Exhibition 4 X 800 meter Relay are due no later than Tuesday, May 25 at 6:00 p.m. to the NCS Office, 925-866-7100 (fax). Athletes that have qualified and are entered into the MOC are not qualified to participate in the relay. That includes athletes who are eliminated during the trials Friday. Those relay teams that have an athlete, or athletes, which may qualify for the MOC, must include an alternate, or alternates, with revised seeding time, or revised seeding times, along with your entries. Please see the instructions and entry form on pages 12 and 13.

**TRIALS**

SCHEDULE - Friday, May 28, 2004

**\*\*\* FIELD EVENTS \*\*\***

Event No.	Reporting Time	Starting Time	Event
32	9:45 AM	10:30 AM	Boys Shot Put
24	11:00	12:00 Noon	Girls Triple Jump
28	11:00	1:00 PM	Boys Pole Vault
21	12:30 PM	1:30	Girls High Jump
25	12:45	1:30	Girls Shot Put
30	2:30	3:30	Boys Triple Jump

**\*\*\* RUNNING EVENTS \*\*\***

NOTE: (Each event will have three heats except the 1600m run which will have two and the 3200m run which will be run as a final on Saturday.)

1	12:45	1:00	Girls 400m Relay
2	1:00	1:15	Boys 400m Relay
3	1:15	1:30	Girls 1600m Run
4	1:30	1:45	Boys 1600m Run
5	1:50	2:05	Girls 100m Low Hurdles
6	2:05	2:20	Boys 110m High Hurdles
7	2:20	2:35	Girls 400m Dash
8	2:35	2:50	Boys 400m Dash
9	2:50	3:05	Girls 100m Dash
10	3:05	3:20	Boys 100m Dash
11	3:20	3:35	Girls 800m Run
12	3:35	3:50	Boys 800m Run
13	3:55	4:10	Girls 300m Low Hurdles
14	4:10	4:25	Boys 300m Int. Hurdles
15	4:25	4:40	Girls 200m Dash
16	4:40	4:55	Boys 200m Dash
Exhibition	4:55	5:10	Girls 3200m Relay
Exhibition	5:10	5:25	Boys 3200m Relay
19	5:25	5:40	Girls 1600m Relay
20	5:40	5:55	Boys 1600m Relay
		6:10	Track Trials Completed

**ATHLETES' AREA:** Evans (Baseball) Diamond, which is adjacent to the North-East corner of Edwards Stadium, will be the designated warm-up area for the athletes. No shot, discus or other implements are allowed in the warm-up area. Shot and discus warm-up throws will be allowed by the event judge just prior to the starting time. Warm-ups for other events will not be permitted in Edwards Stadium. The Clerk-of-the-Course and Clerk-of-the-Field will meet all contestants at the North-West corner of Edwards Stadium at the staging area. Coaches and athletes are to sit in the West bleachers on the Press Box side of the track. Athletes crossing the field to the staging area must walk carefully on the grass between the North end of the track and the tennis courts. No one will be allowed in the East bleachers.

**FINALS**

SCHEDULE - Saturday, May 29, 2004

**\*\*\* FIELD EVENTS \*\*\***

Event No.	Reporting Time	Starting Time	Event
26	9:30 AM	10:30 AM	Girls Discus
29	9:30	10:30	Boys Long Jump
22	11:00	1:00 PM	Girls Pole Vault
23	12:30 PM	1:30	Girls Long Jump
27	12:45	1:45	Boys High Jump
31	1:30	2:30	Boys Discus

**\*\*\* RUNNING EVENTS \*\*\***

1	1:15	1:30	Girls 400m Relay
2	1:23	1:38	Boys 400m Relay
3	1:32	1:47	Girls 1600m Run
4	1:43	1:58	Boys 1600m Run
5	1:55	2:10	Girls 100m Low Hurdles
6	2:02	2:17	Boys 110m High Hurdles
7	2:10	2:25	Girls 400m Dash
8	2:17	2:32	Boys 400m Dash
9	2:24	2:39	Girls 100m Dash
10	2:30	2:45	Boys 100m Dash
11	2:37	2:52	Girls 800m Run
12	2:44	2:59	Boys 800m Run
13	2:53	3:08	Girls 300m Low Hurdles
14	3:00	3:15	Boys 300m Int. Hurdles
15	3:08	3:23	Girls 200m Dash
16	3:15	3:30	Boys 200m Dash
17	3:23	3:38	Girls 3200m Run
18	3:40	3:55	Boys 3200m Run
19	3:55	4:10	Girls 1600m Relay
20	4:05	4:20	Boys 1600m Relay
		4:30	Track Events Completed

**PARTICIPATION LIMITATIONS:** A contestant is any athlete entered in the meet. The contestant becomes an entry at midnight, Tuesday, May 25, 2004. (Nat'l Fed. Rule 4, Section 1, Article 1)

A contestant officially becomes a competitor when he/she reports to the clerk of the course or field event judge for an event in which he/she has been entered. Contestants who fail to report prior to the Clerk closing the entries in the running events or after the judge starts competition in the field events will not be allowed to participate in the event. (Nat'l Fed. Rule 4, Section 1, Article 2 and 3)

Each contestant shall be responsible for obtaining a wristband and knowing the time schedule. Each contestant is solely responsible for promptly reporting for each event entered and at the location designated (Nat'l Fed. Rule 4, Section 1, Article 4).

A contestant shall not be entered in more than four individual events. If a contestant is entered in more than the allowable number of events, meet management shall scratch the contestant from the excess event(s) by following the listed order of events. (Nat'l Fed. Rule 4, Section 2, Article 1)

A competitor shall not compete in more than four events, including relays. (Nat'l Fed. Rule 4, Section 2, Article 2)

**CONFLICT IN EVENTS:** Competitors who are entered in field events being held simultaneously must report to the Clerk-of-the-Field for both events and report to each event's official, 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 are not to report directly to the starting line without checking in first with the Clerk-of-the-Course. REMINDER: the time excused rule is thirty (30) minutes maximum.

**RUNNING EVENT MECHANICS**

**RACES OVER 400 METERS:** The 800m run will use a one-turn stagger. The 1600m run will be seeded from the middle of the track from a curved line. The 3200m run will be in two rows, seeded, and use an "in the alley" start. The 1600m relay will be staggered for three (3) turns.

**HEAT ASSIGNMENTS IN PRELIMINARIES:** Assignments to heat preliminaries will be made by the Meet Director and Games Committee. Heat and lane assignments for hardship qualifiers will be based on the heat and lane assignment of the athlete that they replace.

**LANE ASSIGNMENT IN TRIALS AND FINALS:** In all races except the 3200 meter run, 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 (4,5,3,6,2,7,1,8). In the 3200 meter run, the qualifiers will be in two rows, seeded, and use an “in the alley” start.

**QUALIFYING FOR RUNNING FINALS:** The top eight (8) finishers in Friday's trials shall qualify for the finals on Saturday.

In all races except the 1600m run the first place finishers in each trial heat will qualify for the finals. The remaining qualifiers will be determined by the times they run in those trial heats. In the case of a tie(s) for first in the trials, all runners involved in the first place tie will qualify for the finals and the number of non-first place finishers will be reduced to ensure there are not more than eight runners in the finals of all races.

In the 1600m run there will be two (2) heats. The top three (3) places in each heat plus the two non-first-through-third-place runners with the fastest times will advance to the finals on Saturday.

**STARTING BLOCKS AND BATONS:** All starting blocks and relay batons will be provided by meet management and only those blocks and batons may be used.

### **FIELD EVENT MECHANICS**

Participants will not be allowed on the infield until they have been invited by the Clerk-of-the-Field.

When finals and/or trials are officially completed, the participation area will be closed. Extra practice will not be allowed.

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 six (6) medal winners. Position placement for hardship qualifiers will be based on the position of the athlete that they replace.

#### **HIGH JUMP AND POLE VAULT**

Competition in the high jump and pole vault will be conducted in rotating flights. Competition will start at the heights listed below and competition will continue until final places are determined.

**☛NEW☚ All pole vault participants, after registration and within one hour of their reporting time must check-in with the Clerk of the Field at the Northeast corner of the stadium. Athletes will be weighed, in uniform, using a digital scale and all poles will be inspected. Illegal poles will be impounded and not allowed on the field of competition. Impounded poles will be safely secured by meet management.**

NOTE: Pole vault participants **will not** be permitted to place their poles in the competition area until they are allowed by the clerk-of-the-field to enter the area to warm-up.

#### **HIGH JUMP WARM-UP SCHEDULE**

	<u>BOYS HIGH JUMP</u> Saturday, May 29, 2004 TRIALS & FINALS (1:45 pm)	<u>GIRLS HIGH JUMP</u> Friday, May 28, 2004 TRIALS & FINALS (1:30 pm)
	12:45 No bar	12:30 No Bar
warm-up	1:15 5'8"	1:00 4'6"
heights	1:25 5'10" 1:35 6'0"*	1:10 4'8" 1:20 5'0"*
competition	* Heights may vary as requested by the competitors	
starts at	1:45 5'10"	1:30 4'8"
	Bar will rise in 2" increments until 6'4", then 1" increments	Bar will rise in 2" increments until 5'0", then 1" increments

## POLE VAULT WARM-UP SCHEDULE

<u>GIRLS POLE VAULT</u> Saturday, May 29, 2004 TRIALS & FINALS (1:00 pm)		<u>BOYS POLE VAULT</u> Friday, May 28, 2004 TRIALS & FINALS (1:00 pm)	
	11:00 Weigh-in	11:00 Weigh-in	
	11:30 No Bar	11:30 No Bar	
	11:50 7'0"	11:50 11'0"	
warm-up	12:10 7'6"	12:10 11'6"	
heights	12:30 8'0"	12:30 12'0"	
	12:50 8'6"*	12:50 12'6"*	
	* Heights may vary as requested by the competitors		
competition starts at	1:00 8'0"	1:00 11'6"	
	Bar will rise in 6" increments until 9'6", then 3" increments	Bar will rise in 6" increments until 13'6", then 3" increments	

NOTE: Pole vault participants **will not** be permitted to place their poles in the competition area until they are allowed by the clerk-of-the-field to enter the area to warm-up.

## LONG JUMP, TRIPLE JUMP, SHOT PUT AND DISCUS

On the listed day of competition, contestants will compete in accordance with their marks made in the Area/Classification 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 eight (8) competitors will receive three (3) additional trials to determine the top six (6) medal winners. Marks made in the qualifying competition will carryover to be counted in the final competition.

The distance from the takeoff to the pit will be 8 feet in the girls' long jump, and 14 feet in the boys' long jump. The takeoff boards in the girls' triple jump will be 24, 28 and 32 feet from the pit, and the boys' takeoff boards will be 32, 38 and 42 feet from the pit.

All discus and shots must be weighed and marked by the Certification Official on the day of competition. The Certification Official will be located at the Northeast end of the track near the Clerk-of-the-Course. Once certified, implements will be impounded until required for competition or the event ends. Either wood or rubber discus may be used provided it meets specifications. Only properly certified implements will be allowed on the infield.

## GENERAL INFORMATION

### SCORING

The NCS Meet of Champions will be scored according to the National Federation Rule Book: 10, 8, 6, 5, 4, 3, 2, and 1.

### REGISTRATION AND ADMISSION OF ATHLETES

Coaches, Asst. Coaches and athletes shall check in and receive their credentials at the Registration Booth (at the Kiosk) that is located on the North-West side (Oxford Avenue) of Edwards Stadium. Coaches, Asst. Coaches and participants will not be permitted entry at any other gate. The Registration Booth and entry gate will open at 8:00 a.m. **Please note that registration packets will only be issued to the coach! Each school's principal will be required to complete the Certification of Authorized Personnel Form.** Each Head Coach must turn in the Certification of Authorized Personnel Form at the Registration Booth. Coach's credentials will not be issued unless this form is provided and signed by the principal. Coaches are responsible for issuing wristbands to their athletes.

### UNSPORTSMANLIKE CONDUCT

Unsportsmanlike conduct is behavior that is unethical or dishonorable. It includes, but not limited to, disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, criticizing or using profanity directed toward someone. This shall apply to all coaches, contestants and other team/school personnel. The penalty for such behavior is disqualification from that event and further competition in the meet. (Nat'l. Fed. Rule 4, Section 5, Article 1, Page 28)

### UNACCEPTABLE CONDUCT

Unacceptable conduct by a competitor includes, but is not limited to, willful failure to follow the directions of a meet official, using profanity that is not directed at someone or any action that could bring discredit to the individual or his/her school. The penalty for such behavior is disqualification from that event. (Nat'l Fed. Rule 4, Section 5, Article 2, Page 28)

**UNFAIR ACTS** It is an unfair act when a competitor receives any assistance from any other person that could improve that competitor's performance. Assistance includes:

- Interference with another competitor.
- Pacing by a teammate or persons not participating in the event

- c) Competitors joining or grasping hands with each other during a race.
- d) Competitors using an aid during the race.
- e) Communication with a competitor through the use of a wireless device.
- f) Coaching a competitor from a restricted area
- g) A competitor views videotape or any other visual reproduction of the competitor's performance prior to the completion of the competition.

\* The penalty for such unfair acts is disqualification from that event.

Note: A coach may verbally instruct a competitor provided the coach is positioned in an unrestricted area. (Nat'l. Fed. Rule 4, Section 5, Article's 9 and 9 a-g, Page 29)

**UNIFORM RULE:** Each competitor's uniform shall consist of:

1. Shoes
2. Full-length track jersey and track shorts issued by the school.
  - a. Shorts may vary in length and style but must be the same color for all team members.
  - b. Loose-fitting, boxer-type shorts are permitted for boys and girls and closed-leg briefs/short shorts are acceptable for girls.
  - c. The jersey and shorts may have the school identification and the jersey may have the competitor's name.
  - d. The jersey shall not be knotted or have a knot-like protrusion.
  - e. A single manufacturer's logo/trademark, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches, is permitted on each item of apparel.
  - f. The American flag, not exceeding 2 x 3 inches, is permitted.
  - g. Any visible shirt(s) worn under the jersey and other visible apparel worn under the shorts must be unadorned and of a single (and the same) color. Visible items worn under both the jersey and the shorts do not have to be the same color.
  - h. Bicycle shorts, thigh huggers, abbreviated thigh huggers, leotards, body suits, abbreviated briefs (French or high cut) and similar apparel may be worn under the shorts but not in lieu of shorts. (Nat'l Fed. Rule 4, Section 3, Article 1)

Uniforms must be worn as intended by the manufacturer. The waistband of a competitor's shorts shall be worn above the hips. Bare midriff tops are not acceptable. The jersey (singlet) must hang below or be tucked into the waistband of the shorts or briefs when the competitor is standing erect. (Nat'l Fed. Rule 4, Section 3, Article 2)

In relay races each team member shall wear the same color and design school uniform (jersey and shorts). Any visible shirt(s) worn under the jersey and other visible apparel worn under the shorts must be unadorned and of a single (and the same) color. Visible items worn under both the jersey and the shorts do not have to be the same color. If worn by more than one team member (two or more) that apparel must be the same color, but not necessarily the same length. (Nat'l Fed. Rule 4, Section 3, Article 5).

Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, shall lead to a warning and if repeated, to disqualification from the event. If the incident recurs, the athlete will be disqualified from further competition in the meet. (Nat'l Fed. Rule 4, Section 3, Article 6)

The penalty for an illegal uniform is disqualification from the event.

Jewelry shall not be worn under the uniform. A medical alert must be taped and may be visible. (Nat'l Fed. Rule 4, Section 3, Article 7, page 27)

### **COACHES**

Coaches will not be allowed on the stadium floor. Athletes may not cross the track to confer with their coach. The only other exception to this policy will be in case of injury or if official permission is granted by the Meet Director or Referee. Note: National Federation rules require disqualification of competitors who have been unfairly aided. See rules book for details.

Relay Cards: At the conclusion of the NCS Meet of Champions, coaches of qualifying relay teams must update the names on their relay cards with respect to team members and alternates.

### **DRESSING QUARTERS**

There will be no dressing rooms or lockers available for either boys or girls at Edwards Stadium. The management requests that all athletes arrive in their proper uniform.

### **SPECTATOR/COACHES SEATING**

Spectator and coaches seating will only be allowed in the west stands. Coaches will not be allowed on the stadium floor without permission from meet management.

### **COACHES CORNER**

Questions and protests may be presented to the meet official at the Coaches Corner located at the northwest corner of the stands.

### **TENTS, UMBRELLAS AND RADIOS**

Tents and umbrellas are only allowed at the very top three rows of the seating area for spectators. Tents and umbrellas may not be setup in front of the press box. Radios are not allowed in the stadium.

## PARKING

There is a University of California fee lot on the South-West corner of Edwards Stadium at Fulton and Bancroft Avenue. The City of Berkeley has a fee lot on the west side of Edwards Stadium at Allston Way and Oxford Street. However, parking is always a challenge in Berkeley. The management recommends that public transportation be used and/or sufficient time be allowed for all contingencies. BART is available within one block of the stadium. (Pole vault poles are not allowed on BART.)

## PARTICIPANTS ADMISSION

Meet credentials will be provided for each school's representatives. Those representatives include:

- one ticket for each boys'/girls' head track coach and one or two assistants for each team entered (limited to not more than three coaches per school),
- one wristband for each competitor,
- one ticket for the manager of each team, limit one per school.

Each competitor in the NCS Meet of Champions Trials and Finals must have a wristband. Each contestant is responsible for his/her wristband. **Duplicates will not be issued under any circumstance.**

Individual league or school passes or student association cards do not entitle the bearer to free admission. The North Coast Section Board of Managers Pass, Superintendent's Pass, Honor Coach, Press, Photo, NCS Lifetime Pass, CIF Lifetime Pass and Courtesy Card will be honored.

## ADMISSION PRICES:

General Admission ..... \$9.00

Special Admission ..... \$6.00\*

\*Includes high school students, children under high school age (4-13), and senior citizens (60 years or older.)

## SOUVENIRS

Schools may purchase NCS Meet of Champions Championship Track & Field T-Shirts (\$15.00, XX Lg. shirts are \$17.), long sleeve T-shirts (\$18.00, XXLg. \$20.00), sweatshirts (\$30.00, XXLg. Sweatshirts are \$32.00), baseball style caps (\$15.00), patches (\$15.00), NCS Wind shirts/Polar Tec Vests (\$45.00, XXL. \$47.00), Visors (\$12.00), Polo shirts (\$25.00, XXLg. \$27.00) and NCS Sportsmanship T-shirts (\$15.00, XX Lg. Shirts are \$17) and sweatshirts (\$30.00, XXLg. Sweatshirts are \$32.00) at the NCS Meet of Champions Track & Field Championships. Souvenir programs will also be sold at the NCS Meet of Champions Track & Field Championship for \$4.00. Updated heat sheets will be available on the second day of the NCS Meet of Champions Track & Field Championships for \$2.00. Schools may also order NCS Meet of Champions and Area/Classification Track & Field Championship T-Shirts, patches and other NCS souvenirs using the enclosed souvenir order form. Coaches may use check, cash, MasterCard, Visa, American Express, Discover, school purchase order, requisition form and school billing to purchase souvenirs. See the Souvenir order form on page 10 to order souvenirs. Call the NCS office if you have any questions. Information regarding souvenirs is also available at the NCS Internet Web Site - <http://www.cifncs.org>.

### STATE MEET INFORMATION

(Additional information is directly mailed to your school. See your principal.)

#### **CIF State Championship Meet**

**Site: Hughes Stadium, Sacramento      Dates: Friday & Saturday, June 4 and June 5, 2004**

#### **NUMBER OF COMPETITORS**

Sections are allowed the following entries as per State Federated Council rule:

Southern	5	San Joaquin	3	San Diego	3	Oakland	1	Central Coast	3
North Coast	4	Central	3	Northern	1	Los Angeles	3	San Francisco	1

#### **ENTRIES/SCRATCHES**

Entries close and are final, except for circumstance of clerical error, at 8:00 pm on the Saturday of the week preceding the first day of competition. Any scratches received after that point will be subject to penalty under the **Honest Effort Rule**. Coaches and athletes must decide at their section qualifying meets which events they intend to compete in at the State Championships. Sections may move non-qualifiers into any vacancies created by scratches prior to the entry deadline.

**All original entry information and subsequent scratches/additions must be submitted by the Section Commissioner or his/her designee.** No other entry changes or additions will be accepted.

#### **HONEST EFFORT - (Note, this rule applies to qualifying events only)**

Competitors who have qualified for and been entered into more than one event, must honestly participate in the qualifying round in each event for which the athlete is declared or the athlete will be barred from further competition in the meet. Athletes must compete with maximum effort and/or qualify from trials into the finals.

Note 1: It is understood that passing on attempts in field events is a strategy in those events and is not considered a question of honest

Note 2: <sup>effort.</sup> Athletes may appeal a disqualification on the grounds of Hardship to the Referee/Games Committee/Jury of Appeals.

### **CIF AT-LARGE STANDARD**

An athlete shall earn an at-large entry into the CIF State Meet Championships if his/her mark at the final section competition (which qualifies entrants to the State Meet) is equal to or better than the average of the 9<sup>th</sup> place qualifying marks to the State Meet Finals from the three most recent years. The At-Large standards\* for the 2004 CIF State Meet are:

Event	Girls Standard	Boys Standard
100	12.03	10.72
200	24.51	21.67
400	56.05	48.58
800	2:14.00	1:54.90
1600	5:00.80	4:16.63
3200	10:50.10	9:12.04
100/110 Hurdles	14.48	14.57
300 Hurdles	44.31	38.70
4 x 100 Relay	47.63	42.02
4 x 400 Relay	3:54.75	3:20.10
High Jump	5'4"	6'6"
Pole Vault	11'9"	14'8"
Long Jump	18'5"	23'0"
Triple Jump	38'6"	46'8 <sup>3</sup> / <sub>4</sub> "
Shot Put	42'10 <sup>1</sup> / <sub>4</sub> "	56'10 <sup>1</sup> / <sub>2</sub> "
Discus	139'6"	169'2"

\*These times and distances are subject to change due to error or action by the CIF Federated Council.



Facility Map not available online

**NCS Order Form-  
MEET OF CHAMPIONS**  
Payment must accompany all orders

Send to: North Coast Section, CIF  
12925 Alcosta Blvd., Suite 8  
San Ramon, CA 94583  
(925) 866-8400  
Fax: (925) 866-7100  
www.cifnco.org

DESCRIPTION	SIZE	QTY.	UNIT PRICE	UNIT TOTAL	SHIPPING CHARGE	SHIPPING TOTAL	TOTAL
T-Shirt, Sport _____	__M __L __XL		\$15.00		\$3.50/ea*		
T-Shirt, Sport _____	__XXL		\$17.00		\$3.50/ea*		
Sweatshirt (Hooded), Sport _____	__M __L __XL		\$30.00		\$3.50/ea*		
Sweatshirt (Hooded), Sport _____	__XXL		\$32.00		\$3.50/ea*		
Long Sleeve T-Shirt Sport _____	__M __L __XL		\$18.00		\$3.50/ea*		
Long Sleeve T-Shirt Sport _____	__M __L __XL		\$20.00		\$3.50/ea*		
Blankets			\$25.00		\$3.50/ea*		
NCS Polo Shirt Black Ash Navy White	__M __L __XL		\$25.00		\$3.50/ea*		
NCS Polo Shirt Black Ash Navy White	__XXL		\$27.00		\$3.50/ea*		
NCS Cap (circle one) Black Navy Tan Grey Red			\$15.00		\$1.50/ea*		
NCS Visor (circle color) Black Navy Tan Grey Red			\$12.00		\$1.50/ea*		
Patch, Sport <u>ORDER YEAR ROUND</u>			\$15.00		\$1.50/ea*		
Souvenir Program, Sport__(Not Available in Tennis, Golf and Badminton)			\$4.00		\$1.50/ea*		
Polo Shirts (Natural/Pebble, Pebble/Navy, Cypress/Navy)	__S __M __L __X		\$25.00		\$3.50/ea*		
Polo Shirts (Natural/Pebble, Pebble/Navy, Cypress/Navy)	__XXL		\$27.00		\$3.50/ea*		
Wind Shirt	__S __M __L __XL		\$45.00		\$3.50/ea*		
Wind Shirt	__XXL		\$47.00		\$3.50/ea*		
Polar Tec Vest	__S __M __L __XL		\$45.00		\$3.50/ea*		
Polar Tec Vest - Grey	__XXL		\$47.00		\$3.50/ea*		

Merchandise subject to availability. All prices subject to change without notice. \*Shipping and Handling charges on TEAM ORDERS shall not exceed actual shipping charges plus 1.5%.

**TOTAL DUE**

WHEN FILLING OUT CREDIT CARDS PLEASE COMPLETE ALL THE FOLLOWING. **DEADLINE TO ORDER: JUNE 4, 2004**

METHOD OF PAYMENT Circle One Check, Cash, VISA, MASTERCARD If VISA OR MASTERCARD, DISCOVER, AMEX Complete Information at right	Name on Card	Card Number	Expiration Date	Zip Code

Credit cards will be processed the day the merchandise is shipped.

• ( \_\_\_\_\_ ) \_\_\_\_\_ • \_\_\_\_\_ • \_\_\_\_\_  
Home Phone Date Authorized signature if using P.O. or school requisition

<b>Receipt:</b> Name _____ NCS Received (Check, Credit, Cash) \$ _____ For _____ Date _____	<b>Address Label (Please Print)</b> Name: _____ Address: _____ City, Zip _____
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# NORTH COAST SECTION

12925 Alcosta Blvd., Suite 8  
SAN RAMON, CA 94583  
925-866-8400, FAX 925-866-7100

## TRACK AND FIELD CERTIFICATION OF AUTHORIZED PERSONNEL

NCS Bylaws

Article 210 Coaching (CIF 506 & 508)

- 209.1 All public school teams must be coached by a person who meets the requirements of the California Education Code and the California Administrative Code Title V.
- 209.2 In the case of a non-public school, a person engaged by that school on a yearly contract basis and certified by the administrator of that school as competent for that position held.
- 209.3 Teams of affiliated C.I.F. member schools (located outside of California) must be coached by teachers certified in their own state.

Sport \_\_\_\_\_ School \_\_\_\_\_

Head Coach's Name \_\_\_\_\_ HM # ( ) \_\_\_\_\_ WK # ( )

Assistant Coach's Name \_\_\_\_\_ HM # ( ) \_\_\_\_\_ WK # ( )

Assistant Coach's Name \_\_\_\_\_ HM # ( ) \_\_\_\_\_ WK # ( )

Head Coach's Address:

Address \_\_\_\_\_

City \_\_\_\_\_

Drivers License Number \_\_\_\_\_

I hereby assert and verify that the person(s) named above is/are employed

by \_\_\_\_\_ High School and meets the

requirements of the above bylaw as of this date.

\_\_\_\_\_  
Signature of Principal

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name

Please bring proper  
photo ID.  
Identification may be  
requested.

## EXHIBITION 4 X 800 METER RELAY INFORMATION

FRIDAY, MAY 28, 2004

On May 28, during the Running Trials of the NCS Meet of Champions there is a 20-minute break where the 3200 meter run is normally conducted. In an attempt to provide the opportunity for some of those athletes that have not qualified for the Meet of Champions we will include a 4 x 800 meter relay for both boys and girls in that break period. This will be a non-scoring exhibition event and will follow all NCS and CIF rules. This includes matching school issued uniforms, a certified coach in attendance for each team, etc. There will be 12 teams selected for each race based on the times submitted.

Entries are due no later than **Tuesday, May 25 at 6:00 p.m.** Athletes that have qualified and are entered into the MOC are not qualified to participate in the relay. Those relay teams that have an athlete, or athletes, which may qualify for the MOC, must include an alternate, or alternates, with revised seeding time, or revised seeding times, along with your entries. If a team has an athlete advance to the MOC and no alternate has been submitted, or even if there is an alternate included but no revised seeding time was submitted, the team will be scratched. Only those athletes that are submitted on the entry form will be allowed to compete. **FAX your entries no later than May 25, 6:00 p.m. to the NCS Office, 925-866-7100.**

Coaches and athletes shall check-in and receive their credentials at the Registration Booth (at the Kiosk), which is located on the Northwest side (Oxford Avenue) of Edwards Stadium. Coaches and participants will not be permitted entry at any other gate. The Registration Booth and entry gate will be open at 8:30 a.m. Please note that registration packets will only be issued to the coach! Each school's principal will be required to complete the Certification of Authorized Personnel Form. Each Head Coach must turn in the Certification of Authorization Personnel Form at the Registration Booth. Coach's credentials will not be issued unless this form is provided and signed by the principal. Coaches are responsible for issuing wristbands to their athletes.

**NORTH COAST SECTION MEET OF CHAMPIONS**  
**EXHIBITION 4 X 800 METER RELAY**

**ENTRY FORM**

**SCHOOL:** \_\_\_\_\_

**CERTIFIED ACCOMPANYING COACH:** \_\_\_\_\_

**COACHES TELEPHONE NUMBER:** \_\_\_\_\_

**BOYS**

**ATHLETE'S NAME                      GRADE**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_

**Time for Seeding:** \_\_\_\_\_

**ALTERNATE(S)**

- 1. \_\_\_\_\_
- Time for Seeding:** \_\_\_\_\_
- 2. \_\_\_\_\_
- Time for Seeding:** \_\_\_\_\_
- 3. \_\_\_\_\_
- Time for Seeding:** \_\_\_\_\_

**GIRLS**

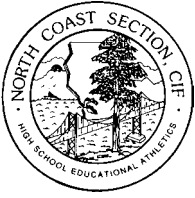
**ATHLETE'S NAME                      GRADE**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_

**Time for Seeding:** \_\_\_\_\_

**ALTERNATE(S)**

- 1. \_\_\_\_\_
- Time for Seeding:** \_\_\_\_\_
- 2. \_\_\_\_\_
- Time for Seeding:** \_\_\_\_\_
- 3. \_\_\_\_\_
- Time for Seeding:** \_\_\_\_\_



# Fundamentals of Sportsmanship

**A. Gain an understanding and appreciation for the rules of the contest.**

Being well informed is essential. Know the rules. Refrain from expressing opinions on decisions made by officials, coaches and administrators.

**B. Exercise representative behavior at all times.**

The true value of interscholastic competition relies upon everyone exhibiting behavior which is representative of a sound value base. Your behavior influences others whether you are aware of it or not.

**C. Exhibit respect for the officials.**

The officials of any contest are trained, impartial arbitrators who perform to the best of their ability. Mistakes by all those involved are a part of every contest. We should not rationalize our own poor or unsuccessful play by placing responsibility on an official. A rule of good sportsmanship is to accept and abide by the decision made.

**D. Openly display respect for the opponent at all times.**

Opponents are guests and should be treated cordially, provided with the best accommodations, and accorded tolerance at all times. Be a positive representative of your school, team or family.

**E. Display pride in your actions at every opportunity.**

Never allow your ego to interfere with good judgment and your responsibility as a school representative. Regardless of whether you are an adult, student, player, coach or official this value is paramount since it suggests that you care about yourself and how others perceive you.

## The Keys to Sportsmanship

Know the rules of your sport.

Recognize good performance by all competitors.

Respect your opponent and spectators.

Remember that during your event your participation will be on display. Think with your head instead of your heart.

## Sportsmanship

**Reveals Character –**

**regardless of the final outcome.**

