

North Coast Section

Tri-Valley AREA

Track & Field Championships

Granada High School

Saturday, May 22, 2004

Co-Meet Directors:

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Site: Granada High School
400 Wall Street
Livermore, CA 94550

Time Schedule: All event competitors should report 30 minutes before scheduled start time.

Field Events

10:00	Girls High Jump Girls Pole Vault Girls Shot Put Boys Discus Girls Long Jump Boys Triple Jump
12:00	Boys Shot Put Girls Discus Boys Long Jump Girls Triple Jump Girls Discus
12:15	Boys High Jump
12:15	Boys Pole Vault

Running Events

12:00 noon	Girls 4 x 100 Relay	1:40 p.m.	Girls 800
12:10 p.m.	Boys 4 x 100 Relay	1:55 p.m.	Boys 800
12:20 p.m.	Girls 1600	2:10 p.m.	Girls 300 Hurdles
12:30 p.m.	Boys 1600	2:25 p.m.	Boys 300 Hurdles
12:40 p.m.	Girls 100 Hurdles	2:42 p.m.	Girls 200
12:50 p.m.	Boys 110 Hurdles	2:54 p.m.	Boys 200
1:00 p.m.	Girls 400	3:06 p.m.	Girls 3200
1:10 p.m.	Boys 400	3:24 p.m.	Boys 3200
1:20 p.m.	Girls 100	3:40 p.m.	Girls 4 x 400 Relay
1:30 p.m.	Boys 100	3:55 p.m.	Boys 4 x 400 Relay

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.

ENTRANCE TO TRACK

Only coaches and athletes in uniform will be admitted into the stadium free of charge. Upon entering, the head coach should check in at the coach's table and pick up their packet. **See map of school**

UNIFORMS

Uniforms and shoes must conform to the rules as stated in section 3 of Rule 4 in the 2003 National Federation track and Field rulebook. Relay teams must have matching uniforms.

DRESSING FACILITIES

There will be no dressing facilities available.

PROGRAMS

Programs will sell for \$3.00 each. A complimentary program will be included in each team packet.

CONCESSIONS

Food and drink will be sold.

T-SHIRTS

T-shirts, caps, and NCS souvenirs will be available.

SCRATCH MEETING

The Scratch Meeting will be held for all meet directors at 9:30 a.m. Changes and substitutions can be made only by league meet directors. Every effort should be made to make all substitutions by midnight, Tuesday, May 13, the deadline for all hardship cases.

VAULT SIGN-IN

All head coaches must sign the pole vault entry form to verify their athlete's weight. All pole vaulters will be weighed before competition starts.

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.

WEIGH-INS

All shots and disci will be weighed in at 9:00 a.m. All implements not meeting specifications will be impounded for the duration of the meet.

WARM-UP AREA

The baseball field east of the stadium will be used as the warm-up area.

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. Advancement to the Meet of Champions will be based on time with the exception of the first place finisher in each heat. See 23.508H.

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 as determined by the Games committee, and the next fastest qualifiers to the adjacent lanes, and so on (5,6,4,7,3,8,2,9,1).

7. 1600 meters and 3200 meters runs

In the Area meets boys and girls 1600 meter run, there will be one heat consisting of 18 runners. The 1600 meter and 3200 meter runs will use an alley start in lanes 1-5 and 6-9. Runners will be seeded from the middle out in each alley according to qualifying times. Runners 1, 4, 5, 8, 9, 12,13, 16, 17 will be in first alley and runners 2, 3, 6, 7, 10, 11, 14, 15, 18 will be in the second alley.

Field Events

8. High Jump and Pole Vault

Competition in the high jump and pole vault will be conducted in rotating flights.

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 8’0” in the girls. After 14’0” in the boys and 8’0” in the girls the bar will be raised in 4” increments.

NOTE: All coaches of pole vault athletes must provide the pole vault athlete’s weight and sign the athlete’s weight verification form, when checking in at the registration table or booth in order for their vaulter(s) to be eligible for competition.

High Jump – the high jump starting height will be 4’8” in the girls and 5’8” in the boys. 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”.

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 nine (9) 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 perpetual plaque will be awarded to the first place boys’ and girls’ teams at the NCS Area/Classification Meets.

SCORING

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

ALTERNATES

If an alternate replaces an entered qualifier, it will be the sole responsibility of the Meet Director or Area Track & field Management Committee to decide if the heat, race or flight should be re-seeded.

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 1600m and 3200m the top seven finishers will advance to the 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.

NORTH

Directions:

Granada High School
400 Wall Street
Livermore, CA 94550

I-580 East to Livermore

Exit at Portola Ave

Right at first signal, Murrieta Blvd

Right at third signal, Stanley Blvd.

Left at first signal, Wall Street

School is on the left, drive past the school to the main parking lot

