

North Coast Section, CIF
BAY SHORE AREA
Track & Field Championships
James Logan High School
Saturday, May 24, 2003

Meet Directors:

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Site: James Logan High School
1800 H Street
Union City, CA 94587

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

Running Events

12:00 p.m.	Girls 4 x 100m Relay	1:30 p.m.	Girls 800m Run
12:10 p.m.	Boys 4 x 100m Relay	1:40 p.m.	Boys 800m Run
12:20 p.m.	Girls 1600m Run	1:50 p.m.	Girls 300m L. Hurdles
12:30 p.m.	Boys 1600m Run	2:00 p.m.	Boys 300m I. Hurdles
12:40 p.m.	Girls 100 Hurdles	2:10 p.m.	Girls 200m Dash
12:50 p.m.	Boys 110 Hurdles	2:20 p.m.	Boys 200m Dash
1:00 p.m.	Girls 400m Dash	2:30 p.m.	Girls 3200m Run
1:05 p.m.	Boys 400m Dash	2:45 p.m.	Boys 3200m Run
1:15 p.m.	Girls 100m Dash	3:10 p.m.	Girls 4 x 400m Relay
1:20 p.m.	Boys 100m Dash	3:25 p.m.	Boys 4 x 400m Relay

ENTRIES

The number of qualifiers per each event by league for the NCS Bay Shore Track & Field Championships will be as follows:

MVAL	4 entries
HAAL	4 entries
BSAL	4 entries
ACCAL	4 entries

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.

PROGRAMS

Programs will be sold for \$3.00 and each school will receive two in their team packet.

CONCESSIONS

Food and Drink will be sold for the duration of the meet.

T-SHIRTS/SOUVENIRS

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

TENTS

All tents will be put on the visitor's side (south side) of the stadium or in the grass areas outside the stadium

PACKET PICK-UP

Packet pick-up will be at the gate near the 100-meter starting line.

GATES

There will be one gate open to the warm-up area and discus area. The gate is located by the visitor's snack bar.

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.

WARM-UP AREA

The warm-up area will be on the grass area on the south side of the visitor's bleachers.

UNIFORMS

Uniforms and shoes must conform to the rules as stated in the 2003 National Federation Track and Field rulebook. Relay teams must have matching uniforms.

INFIELD

No coaches are allowed in the infield. Athletes are only allowed in the competition area. No warm-up will be allowed on the football field.

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 10:00 a.m. at the athlete check-in area by the 300-meter starting line.

COACHES VERIFICATION

All coaches must bring their completed Certification Authorized Personnel form.

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 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 1600 meter run, there will be one heat consisting of 16 runners. 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/Classification Meets.

SCORING

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

RESULTS

Results will be posed 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 athletes 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 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.

HARDSHIPS

Hardships must be presented before the meet starts at the scratch meeting (10:00 a.m.). Please bring at least five copies of proper documentation of injury, medical report and information about the athlete. Hardships will be acted on after the meet is concluded. The hardship committee will consist of the League Meet Directors and the Bay Shore Meet Director. Specific procedures will be discussed after the hardship is voted on.