

- Principal
- Athletic Director
- Head Track & Field Coach

2005 NCS/Les Schwab Tires 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 and NCS Staff

FROM: Gil Lemmon, Associate Commissioner

DATE: January, 2005

***** NCS/Les Schwab Tires TRACK AND FIELD MEET OF CHAMPIONS *****
EDWARDS STADIUM, UNIVERSITY OF CALIFORNIA, BERKELEY

TRIALS

Friday, May 27, 2005

FINALS

Saturday, May 28, 2005

MEET DIRECTOR

Brian Henderson
750 Moraga Rd.
Orinda, CA 94563
(925) 376-4423

GAMES COMMITTEE

Brian Henderson	Don Bailes	Brad Morisoli
David Gutierrez	Keith Conning	Linda Sawyer
Will Matthews	Tim Bruder	John Luppés
Peter Brewer	Jack Coakley	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Federation of State High School Associations will be the official rules and regulations for both boys and girls, superseded by CIF rules, NCS rules or policies of the NCS/Les Schwab Tires Meet of Champions Games Committee.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. The Kiosk will be closed at 2:00 p.m. on Saturday.

ENTRIES AND ADJUSTMENT IN ENTRIES:

NCS/Les Schwab Tires 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/Les Schwab Tires 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/Les Schwab Tires Meet of Champions are accompanied by the times recorded in the NCS/Les Schwab Tires Class A/Area 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/Les Schwab Tires Area/Classification Championship meet must also be submitted. **Each NCS Area/Classification Meet Director will meet with the NCS Meet of Champions Meet Director, Brian Henderson, in the Press Box, at 10:20 a.m. on Friday, May 27, 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/Les Schwab Tires 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 24 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 27, 2005

*** **FIELD EVENTS** ***

Event No.	Reporting Time	Starting Time	Event
32	9:30 AM	10:30 AM	Boys Discus
24	11:00	12:00 Noon	Boys Triple Jump
28	11:00	1:00 PM	Girls Pole Vault
21	12:30 PM	1:30	Boys High Jump
25	12:45	1:30	Girls Shot Put
30	2:30	3:30	Girls 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 28, 2005

*** **FIELD EVENTS** ***

Event No.	Reporting Time	Starting Time	Event
26	9:30 AM	10:30 AM	Girls Discus
29	9:30	10:30	Girls Long Jump
22	11:00	1:00 PM	Boys Pole Vault
23	12:30 PM	1:30	Boys Long Jump
27	12:45	1:45	Girls High Jump
31	1:30	2:15	Boys Shot Put

***** 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 24, 2005. (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 may not report directly to the starting line. Athletes must first check-in 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 starting blocks and relay 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.

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.

HIGH JUMP WARM-UP SCHEDULE

BOYS HIGH JUMP
Friday, May 27, 2005
TRIALS & FINALS (1:30 pm)

12:30 No bar
warm-up 1:00 5'8"
heights 1:10 5'10"
1:20 6'0"*
competition * Heights may vary as requested by the competitors
starts at 1:30 5'10"

Bar will rise in 2" increments
until 6'4", then 1" increments

GIRLS HIGH JUMP
Saturday, May 28, 2005
TRIALS & FINALS (1:45 pm)

12:45 No Bar
1:15 4'6"
1:25 4'8"
1:35 5'0"*
1:45 4'8"

Bar will rise in 2" increments
until 5'0", then 1" increments

POLE VAULT WARM-UP SCHEDULE

GIRLS POLE VAULT
Friday, May 27, 2005
TRIALS & FINALS (1:00 pm)

11:00 Weigh-in
11:30 No Bar
11:50 7'0"
warm-up 12:10 7'6"
heights 12:30 8'0"
12:50 8'6"*
competition * Heights may vary as requested by the competitors
starts at 1:00 8'0"

Bar will rise in 6" increments until 9'6",
then 3" increments

BOYS POLE VAULT
Saturday, May 28, 2005
TRIALS & FINALS (1:00 pm)

11:00 Weigh-in
11:30 No Bar
11:50 11'0"
12:10 11'6"
12:30 12'0"
12:50 12'6"*
1:00 11'6"

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 10 feet in the girls' long jump, and 14 feet in the boys' long jump. The takeoff boards in the girls' triple jump will be 28 and 32 feet from the pit, and the boys' takeoff boards will be 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/Les Schwab Tires Meet of Champions will be scored according to the National Federation Rule Book: 10, 8, 6, 4, 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:

- a) Interference with another competitor.
- b) 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, except for religious or medical medals. A religious medal must be taped and worn under the uniform. A medical alert must be taped and may be visible. The penalty for violation of this NFHS rule is disqualification from the event. (Nat'l Fed. Rule 4, Section 3, Article 4, page 26)

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.

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 in the Press Box area.

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/Les Schwab Tires 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/Les Schwab Tires 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), hats (\$15.00), patches (\$15.00), NCS Wind shirts/Polar Tec Vests (\$45.00, XXL. \$47.00), Visors (\$12.00) and Polo shirts (\$25.00, XXLg. \$27.00) at the NCS/Les Schwab Tires Meet of Champions Track & Field Championships. Souvenir programs will also be sold at the NCS/Les Schwab Tires Meet of Champions Track & Field Championship for \$4.00. Updated heat sheets will be available on the second day of the NCS/Les Schwab Tires Meet of Champions Track & Field Championships for \$2.00. Schools may also order NCS/Les Schwab Tires 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>.



Award winners in the discus – 2004



Long Jump - 2004



Discus – 2004



Award winner Monte Upshaw and family



2004 Honor Coach John Anderson – Rancho Cotate H.S.



NCS honors Don and Sylvia Bailes for 25 years of service.

STATE MEET INFORMATION

CIF State Championship Meet

Site: Hughes Stadium, Sacramento Dates: Friday & Saturday, June 3 and June 4, 2005

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 effort.*

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

CIF AT-LARGE STANDARDS

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 9th place qualifying marks to the State Meet Finals from the three most recent years. The At-Large standards* for the 2005 CIF State Meet are:

Event	Girls Standard	Boys Standard
100	11.98	10.72
200	24.56	21.65
400	55.88	48.67
800	2:15.01	1:55.22
1600	5:00.66	4:16.70
3200	10:48.78	9:11.21
100/110 Hurdles	14.51	14.57
300 Hurdles	43.99	38.55
4 x 100 Relay	47.62	42.18
4 x 400 Relay	3:54.18	3:21.23
High Jump	5'4"	6'6"
Pole Vault	11'9"	14'11"
Long Jump	18'7"	22'7"
Triple Jump	38'3"	46'9"
Shot Put	42'8"	56'11"
Discus	137'7"	172'4"

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

NCS Order Form TRACK

DEADLINE TO ORDER: JUNE 1, 2005

(Payment must accompany all orders)

Description	Sizes					Unit Price	Unit Total	Shipping	Shipping Total	TOTAL
	S	M	L	XL	XXL (add \$2.00)					
T-Shirt						\$15.00		\$3.50each		
Sweatshirt (Hooded)						\$30.00		\$3.50each		
Long Sleeve T-Shirt						\$18.00		\$3.50each		
Patch, Sport (sport/year: _____)						\$15.00		\$1.50each		
Patch, Scholar (sport/year: _____)						\$15.00		\$1.50each		
Patch, Scholastic (sport/year: _____)						\$15.00		\$1.50each		
NCS Hat (circle color: Black, Navy, Tan, Grey, Red)						\$15.00		\$1.50each		
NCS Visor (circle color: Black, Navy, Grey, Red)						\$12.00		\$1.50each		
Program (sport: _____) (not available in Tennis, Golf, Badminton)						\$4.00		\$1.50each		
NCS Blanket						\$25.00		\$3.50each		
Polar Tec Vest (circle color: Black, Grey)						\$45.00		\$3.50each		
Polo Shirts (circle color: Tan, Navy, Black, Green)						\$25.00		\$3.50each		
Windshirts (circle color: Tan, Navy, Black, Green)						\$45.00		\$3.50each		

**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%.**

When filling out credit card orders please complete all of the following. Credit Cards will be processed the day the merchandise is shipped.

Method of Payment (circle one)	Name on card	Expiration Dat	Card Number	Zip Code
Cash, Check, VISA, MASTERCARD, AMEX, DISCOVER				

Home phone	Date	Authorized Signature if using P.O. or school requisition

Receipt:
Name:
Payment method:
Sport/location:
Sales person:
Date:



Address label (Please Print)
NAME:
ADDRESS:
CITY, ZIP:

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

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 27, 2005

On May 27, during the Running Trials of the NCS/Les Schwab Tires 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 24 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 24, 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

GIRLS

ATHLETE'S NAME

GRADE

ATHLETE'S NAME

GRADE

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____

4. _____

4. _____

Time for Seeding: _____

Time for Seeding: _____

ALTERNATE(S)

ALTERNATE(S)

1. _____

1. _____

Time for Seeding: _____

Time for Seeding: _____

2. _____

2. _____

Time for Seeding: _____

Time for Seeding: _____

3. _____

3. _____

Time for Seeding: _____

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.

Sportsmanship

Reveals Character –

regardless of the final outcome.

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 before you react in a difficult situation.

