

- Principal
- Athletic Director
- Head Track & Field Coach

## 2005 NCS/LES SCHWAB TIRES TRACK & FIELD CHAMPIONSHIP SERIES BULLETIN

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**TO:** All North Coast Section Track & Field Coaches, Principals, Athletic Directors, NCS Meet Directors, League Commissioners, NCS PREP and NCS Staff

**FROM:** Gil Lemmon, Associate Commissioner

**DATE:** March, 2005

### \* \* \* IMPORTANT TRACK & FIELD DATES \* \* \*

*EACH NCS/Les Schwab Tires AREA/CLASSIFICATION CHAMPIONSHIP WILL PUBLISH AND DISTRIBUTE A BULLETIN INFORMATION SHEET WITH SPECIFIC INFORMATION RELATIVE TO THAT MEET.*

#### **SATURDAY, MAY 14, 2005**

Final date to determine league qualifiers.

### NCS/LES SCHWAB TIRES TRACK & FIELD CHAMPIONSHIP SERIES SCHEDULE

#### **CLASS A MEET**

Site: Mendocino College  
1000 Hensley Creek Road  
Ukiah, CA

Meet Director:

Bob Mayer  
Clear Lake High School  
350 Lange  
Lakeport CA 95453  
707-262-3010

Class A Leagues:

BAC, CMC, HDNL (Little 6) and Branson and Justin-Siena

**Saturday, May 21, 2005**

Starting Times (Tentative):

Trials: 11:00 a.m.  
Finals: 1:00 p.m.

#### **REDWOOD EMPIRE AREA MEET**

Site: Santa Rosa High School  
1235 Mendocino Ave.  
Santa Rosa, CA 95401

Meet Director:

Sherman Harris  
Sonoma Valley High School  
20000 Broadway  
Sonoma, CA 95476  
(707) 933-4010

Redwood Empire Leagues:

HDNL (Big 5), MCAL, NBL, SCL and Lower Lake H.S.

#### **BAY SHORE AREA MEET**

Site: James Logan High School  
1800 "H" St.  
Union City

Meet Director:

Lee Webb  
James Logan High School  
1800 "H" Street  
510-471-2520  
Email: [lee\\_webb@nhusd.k12.ca.us](mailto:lee_webb@nhusd.k12.ca.us)

Bay Shore Area Leagues:

ACCAL, BSAL, HAAL AND MVAL

**Saturday, May 21, 2005**

Starting Times (Tentative):

Field Events: 11:00 a.m.  
Track Events: 12:00 p.m.

**Saturday, May 21, 2005**

Starting Times (Tentative):

Field Events: 9:00 a.m.  
Track Events: 10:00 a.m.

**TRI-VALLEY AREA MEET**

Site: Liberty High School  
850 Second St.  
Brentwood, CA 94513

Co-Meet Directors:

John Ambrose  
Liberty High School  
925-634-3521 x5824  
email address: [jambrose@libertyuhsd.k12.ca.us](mailto:jambrose@libertyuhsd.k12.ca.us)

John Birkhimer  
Freedom High School  
925-625-5900 X3801

**Saturday, May 21, 2005**

Starting Times:  
Field Events: 9:00 a.m.  
Track Events: 11:00 a.m.

Tri Valley Area Leagues:  
BVAL, EBAL AND DFAL

**QUALIFICATION**

Entries to the NCS/Les Schwab Tires Area/Classification meet will be as:

NCS/Les Schwab Tires Class A Classification and Area Meets							
Class A		Redwood Empire		Bay Shore		Tri-Valley	
Bay Counties	6 (4 Relays)	Humboldt-Del Norte (Big 5)	3	Alameda-Contra Costa	4	Bay Valley	5 <sup>3</sup>
Coastal Mountain	8 (4 Relays)	Marin County	4 <sup>1</sup>	Bay Shore	4	East Bay	5 <sup>3</sup>
Humboldt-Del Norte (Little 6)	4 (2 Relays)	North Bay	4 <sup>1</sup>	Hayward Area	4	Diablo-Foothill	5 <sup>3</sup>
<sup>4</sup> MCAL (Branson and Justin-Siena)		Sonoma County	4	Mission Valley	4		
		Lower Lake <sup>2</sup>					

<sup>1</sup>The Marin County Athletic League and North Bay Leagues will rotate each year for a fifth entry to the NCS/Les Schwab Tires Redwood Empire Track and Field Championships. The North Bay League will receive a fifth entry during the even years and the Marin County Athletic League will receive a fifth entry during the odd years.

<sup>2</sup>Lower Lake shall compete in the Coastal Mountain Conference's league qualifying track and field meet. When a Lower Lake athlete(s) place(s) in the top four (4) of the CMC meet, he/she qualifies (up to three entrants per event as stated in the National Federation Rules Book Rule 4-2-4c on page 21) to the NCS/Les Schwab Tires Redwood Empire Track & Field Championships.

<sup>3</sup>The number of qualifiers for the NCS/Les Schwab Tires Tri-Valley Area Championships from each of the league meets will be as follows: When an eight-lane track is used for the area championships, each league shall have five (5) qualifiers from their respective league championship meets, and the sixteenth entry will be the individual

with the next best qualifying mark (time, height, or distance) in each event from the league championship meets.

<sup>4</sup>Branson and Justin-Siena shall compete in the Marin County Athletic League qualifying track and field meet. When a Branson and/or Justin-Siena athlete(s) place(s) in

the top four (4) of the MCAL meet, he/she qualifies (up to three entrants per event as stated in the National Federation Rules Book rule 4-2-4c on page 21) to the NCS/Les Schwab Tires Class A Track & Field Championships.

Note: This action may require an additional heat at the NCS/Les Schwab Tires Redwood Empire Track & Field Championships in all races that are run in lanes.

For any meet, a student may enter not more than any four track and field events.

A student may compete in only one classification in league meets. Example: A student who is entered in Frosh-Sophomore competition in a league meet, but who fails to qualify for the finals cannot be moved to a Varsity relay team for the finals of that same meet.

A student who has been entered in the maximum number of events in the trials of any meet, but who fails to qualify in one or more of these events is not eligible to be substituted as a member of a qualifying relay team in the finals of that meet.

A student who competes in a non-varsity classification in the league meet may compete as a member of a Varsity relay team in either of the NCS/Les Schwab Tires Area/Classification Championships or the NCS/Les Schwab Tires Meet of Champions

A student must compete in the NCS/Les Schwab Tires Area/Classification Championship Meet in the individual events in which the student qualifies in his/her league meet.

**ENTRIES**

Each league Meet Director, (or his/her representative) must be present at the respective NCS/Les Schwab Tires Area/Classification Meet with copies of the event sheets and a list of the entries and alternates from the league meet. Copies must also be provided to each NCS/Les Schwab Tires Area/Classification Meet Director. It shall be his/her responsibility to approve any adjustment of entries with the NCS/Les Schwab Tires Area/Classification Meet Director. In the event of an emergency, the league commissioner shall assume that responsibility.

**ENTRY CARDS/OFFICIAL ENTRY SHEETS/HI-TECH SOFTWARE**

The official North Coast Section Official Entry Sheets or Hy-Tek software will be used at league meets for entries into the NCS/Les

Schwab Tires Area/Classification Championships. Official Entry Sheets must be complete with the athlete's first and last name, grade, school, event, place and mark. Information will be distributed from NCS office for use of the Hy-Tek software. Each Area/Classification Championship Meet Director will contact league meet directors concerning entries.

Official Entry Sheets or Hy-Tek computer entries on disk must be forwarded to the NCS/Les Schwab Tires Area/Classification Championship Meet Director by the League Meet Director **immediately (no later than 8:00 a.m., Sunday May 15, 2005)** following the league meet. The entries must be submitted on the official entry sheets or Hy-Tek computer program (as listed above). Official Entry sheets will be supplied by the North Coast Section (League Meet Directors will be mailed materials directly). It shall be the responsibility of the League Meet Director to record the required results (first and last name, grade, school, event, place and mark) on the official entry sheets or provide entries using the Hy-Tek computer entries system. Each Area/Classification Championship Meet Director will contact league meet directors concerning entries.

### **TEAM ROSTER ENTRY CARDS**

The NCS/Les Schwab Tires Area/Classification Championship Meet Director(s) will distribute white team roster entry cards to each school prior to the NCS/Les Schwab Tires Area/Classification Championship Meet. **At the conclusion of each NCS/Les Schwab Tires Area/Classification Championship Meet, each school (both boys' and girls' coaches) must list the names (first and last), grade, and events of all students (boys and girls) who have qualified to participate in the NCS/Les Schwab Tires Meet of Champions.**

### **RELAY ENTRY FORMS**

Schools qualifying relay teams **must** fill out relay entry form at the conclusion of the NCS/Les Schwab Tires Area/Classification Championship Meet.

### **COACH'S RESPONSIBILITY REGARDING REPORTING SCRATCHES (League to Area/Classification Meets)**

The coach of any qualifying athlete, who for any reason is to be withdrawn from any future events, **must** notify the Meet Director of the next meet at the earliest possible occasion. In addition, the coach has a professional responsibility to notify at the same time the coach of any and all alternates involved in the aforementioned withdrawals, so as to give the alternates maximum time to prepare for further competition.

NCS/Les Schwab Tires Area/Classification Meet Directors shall assume the same responsibility for their respective NCS/Les Schwab Tires area/classification meets at the NCS/Les Schwab Tires Track and Field Meet of Champions.

**Entries, other than hardship competition qualifiers or corrections of errors by meet management, to the Meet of Champions will be closed as of the completion of the post-meet meetings which follow the NCS/Les Schwab Tires Area/Classification Championship Meets.** *Adjustments made for errors, scratches and/or hardship competition qualifiers must be made by the NCS/Les Schwab Tires Area/Classification Meet Director by telephone to the NCS Track & Field Meet of Champions Director by midnight on the Tuesday following each NCS Area/Classification meet. After this deadline no more entries will be accepted.* Each NCS/Les Schwab Tires Area/Classification Meet Director must be certain that all entries submitted to the NCS/Les Schwab Tires Meet of Champions are accompanied by name (first and last), grade, school, event, place, mark or time recorded in the NCS/Les Schwab Tires Area/Classification Championship meet. If the times are the result of automatic timing, that must be indicated. **Hand held times must be listed in tenths - not hundredths.** Only automatic times can be listed in hundredths. Each NCS/Les Schwab Tires 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, of necessity, be seeded last. Marks in the field events made at the NCS/Les Schwab Tires Area/Classification Championship meet must also be submitted.

### **EVENT MECHANICS**

#### **CLASS A**

##### **Running Events**

1. NCS/Les Schwab Tires Class A Championships  
The Class A meet will be held on one day at a single site with trials to be held in the morning. Trials will be held in the 100m, 200m and 100m/110m hurdles races. All Class A schools (that enter competitors) must assist the Class A Track Committee with the conduct of the meet.
2. Advancement from Trials to Finals in the 100m, 200m and 100m/110m hurdles races.
  - a. In the trials for running events above the first place finisher in each heat will advance to 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 place in a heat(s), all runners involved in the first place tie will qualify for the finals and the number of non-first place advancers will be reduced). A fully automatic timing system with a hand timed back-up system will be used.
  - b. If an automatic timing system is not available, hand held timers will be used. At an eight-lane track, the first two finishers from each heat will qualify for the finals. At a nine-lane track, the first three finishers from each heat will qualify. The

remaining qualifiers will be determined from the top times recorded from the third place finishers in each heat.

3. If an alternate replaces an entered qualifier, the alternate will be placed in the same lane or order (in case of a field event) that the original qualifier occupied.
  4. Order of Events
    - a. The NCS/Les Schwab Tires Class A Championships will follow the following order of events in the finals.
- NOTE: The numbers listed are only to illustrate the order of events and are not necessarily the actual event numbers that will be used in the respective meets.

Running Event Finals

1. Girls 400m Relay
2. Boys 400 m Relay
3. Girls 1600m Run
4. Boys 1600m Run
5. Girls 100m H.H.
6. Boys 110m H.H. 16. Boys 200m Dash
7. Girls 400m Dash
8. Boys 400m Dash
9. Girls 100m Dash
10. Boys 100m Dash

Running Event Finals

11. Girls 800m Run
12. Boys 800m Run
13. Girls 300m L.H.
14. Boys 300m I.H.
15. Girls 200m Dash
17. Girls 3200m Run
18. Boys 3200 m Run
19. Girls 1600m Relay
20. Boys 1600m Relay

5. Marks for All Competitors  
NCS/Les Schwab Tires Area/Classification Championships Meet Directors must be certain that all entries in each race are individually timed and the marks made in the field events are submitted to the NCS MOC Entry Coordinator by the stated deadline.
6. Timed finals will be held for the 400m, 300 intermediate hurdles, 800 meter run and the 1600 meter relay. The eight fastest qualifying times will run in heat 2 of each event. Places will be based upon times achieved in the Trials. There will not be a final race. The fastest qualifiers will run in heat 2 or 3 of each event.
7. The 400 meters dash will be run in staggered lanes and around two turns.
8. 800 meters run  
The 800 meter run will be run in lanes for the first turn and will be seeded from the middle out according to qualifying times. Runners may break for the pole as they enter the straightaway.
9. 1600 meters run  
The 1600 meter run will start from scratch on a curved line ("in the alley" start). Each row seeded from the middle out according to qualifying times.
10. 1600 meter relay  
The 1600 meter relay will use a THREE TURN STAGGER with the second runner breaking at the completion of the third turn.
11. Lane Assignment  
In all races except the 3200 meter run, the Games Committee will assign the two top seeded 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 two best qualifiers to the adjacent lanes, and so on. In the 3200 meter run, the fastest half of the qualifiers will be in the front row seeded from the middle rows out and the slowest half of the qualifiers will be in the second row seeded from the middle rows out.

**Field Events**

13. Conduct of field events  
The conduct of the field events in the NCS/Les Schwab Tires Class A Championship meet will be the responsibility of the respective Area/Classification's Games Committee or Meet Director.
14. Throwing Events and Horizontal Jumps  
In the shot put, discus, long jump and triple jump, each competitor will receive three trial attempts, with the top eight competitors (8-lane track) or top nine competitors (9-lane track) receiving an additional three attempts. Marks from the trials will carry over to the finals.
15. High Jump and Pole Vault mechanics
  - a. The pole vault finals will be conducted in a rotating flight of three. The starting height will be 6" below the lowest qualifier, but not less than 9'0". The bar will be raised in 6" increments until the bar reaches 14'0", then the increments will be reduced to 4". The starting height for girls will be 6" below the lowest qualifier, but not less than 7'. The bar will be raised in 6" increments until the bar reaches 8'. After 8' the bar will be raised in 4" increments.
  - b. The high jump finals will be conducted in a rotating flight of three. In Class A competition only the starting height will be 2" below the lowest qualifier. The bar will be raised in 2" increments.

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

## ADVANCEMENT TO THE MEET OF CHAMPIONS

In all races and field events the top three competitors will qualify to the NCS/Les Schwab Tires Meet of Champions.

## TIES IN QUALIFIERS FOR MEET OF CHAMPIONS

Only three (3) qualifiers will advance to the Meet of Champions. Ties must be broken using the National Federation Track & Field Rules Book tie-breaker procedures.

## AREA MEETS (Bay Shore, Redwood Empire and Tri-Valley)

### 23.500H NCS/LES SCHWAB TIRES AREA CHAMPIONSHIP EVENT MECHANICS

One-Day Format

The NCS/Les Schwab Tires Area Track & Field Championships will be a one-day format.

#### Running Events

##### 1. Order of Events

###### Running Events

- 13. Girls 400m Relay
- 14. Boys 400 m Relay
- 15. Girls 1600m Run
- 16. Boys 1600m Run
- 17. Girls 100m H.H.
- 18. Boys 110m H.H.
- 19. Girls 400m Dash
- 20. Boys 400m Dash
- 21. Girls 100m Dash
- 22. Boys 100m Dash

###### Running Events

- 23. Girls 800m Run
- 24. Boys 800m Run
- 25. Girls 300m L.H.
- 26. Boys 300m L.H.
- 27. Girls 200m Dash
- 28. Boys 200m Dash
- 29. Girls 3200m Run
- 30. Boys 3200m Run
- 31. Girls 1600m Relay
- 32. Boys 1600m Relay

NOTE: The numbers listed are only to illustrate the order of events and are not necessarily the actual event numbers that will be used in the respective meets.

##### 2. 200 meters dash

The 200-meter dash will be run around a full turn.

##### 3. 400 meters dash

The 400-meters dash will be run in staggered lanes and around two turns.

##### 4. 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.

##### 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 (4,5,3,6,2,7,1,8).

##### 7. 1600 meters and 3200 meters 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. Conduct of field events

###### a) 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 participants must provide the vault participant’s weight and sign the 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”.

b) 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 (8-lane track) or top nine (9) competitors (9-lane track) will receive three (3) additional trials to determine the top finishers.

9. Marks for All Competitors

NCS/Les Schwab Tires Area Championships Meet Directors must be certain that all entries in each race are individually timed and the marks made in the field events are submitted to the NCS Track & Field Championship director.

### **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 trial heat and the next five (5) fastest times will qualify for the Meet of Champions. 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 tiebreaker procedures. If run-offs are necessary, the Bay Shore and Tri- Valley shall have a run-off the following Tuesday at a neutral site selected by the Meet Management. In the Redwood Empire Championships any run-offs will be conducted at the conclusion the Area Championship unless both coaches agree to a date and location no later than Tuesday, May 23<sup>rd</sup>.

### **ADMISSION FEES**

NCS/Les Schwab Tires Area/Classification Meets

Adults - \$8.00

Students - \$5.00

Senior Citizens/Child - \$5.00

### **SOUVENIRS**

Schools may order NCS/Les Schwab Tires Championship T-Shirts (\$15.00, XX Lg. shirts are \$17.), Long sleeve T-shirts (\$18.00, XX Lg. shirts are \$20.00), Sweatshirts (\$30.00, XXLg. sweatshirts are \$32.00), Visors (12.00), Hats (\$15.00), Patches (\$15.00), Polar Tec Vests (\$45.00, XXLg. \$47.00), Polo shirts (\$35.00, XXLg. \$37.00). Updated heat sheets will be available on the second day of the NCS/Les Schwab Tires Area Track & Field Championships for \$2.00. Schools may also order NCS 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 11 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>.

### **ENTRY FEES**

Total entry fees to the NCS/Les Schwab Tires Area/Classification Championship Meet for each league at the rate of \$5.00 per each place qualified and \$11.00 per relay team will be paid by the league commissioner to the NCS Office upon billing. Entry Fees may be required for the NCS/Les Schwab Tires Meet of Champions.

### **AWARDS**

NCS/Les Schwab Tires Area/Classification Championships

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/Les Schwab Tires Area/Classification Meets.

### **SCORING**

Scoring in the NCS/Les Schwab Tires Area/Classification Championship Meets shall be 10-8-6-4-2-1. Points will be based on times in the running events and by place in the field events.

## HARDSHIP RULE

### 24.709 Hardship Rule

The "hardship rule" is designed to provide consideration for the outstanding and deserving athlete in the Section, who through an extenuating circumstance is prevented from participating in the Class A and Area Championship meets and thereby from qualifying for participation in the Meet of Champions competition.

The following procedure will be observed:

- 1) Application for consideration will be presented to the NCS Class A or Area meet director in writing by the coach before the meet starts, giving name, event and circumstances. ***The applicant must be a league designated qualifier/entrant to the NCS/Les Schwab Tires Class A or Area Championship.*** The Qualification Committee, which will consist of the NCS Class A or Area Championship meet director, and the NCS track representatives from each league represented in the NCS/Les Schwab Tires Class A or Area Championship meet will act on "hardship case" application immediately following the meet and its decision will be final.
- 2) A ***league designated qualifier/entrant*** granted favorable consideration by the committee will participate on the following Tuesday or Wednesday in a run-off, throw-off or jump-off in competition with the last place potential qualifier of the NCS/Les Schwab Tires Area Championship meet. Each contestant will be allowed four throws or jumps in the shot put, discus, triple jump or long jump. The competition will be held on a neutral field, and at a time selected by the committee in cooperation with the two coaches.
- 3) The third place finisher in NCS/Les Schwab Tires Class A and the seventh place finisher in the NCS/Les Schwab Tires Area Championship will not qualify automatically to the NCS/Les Schwab Tires Meet of Champions. They will be approved for section competition only by action of the Qualification Committee following consideration of "hardship application", if any, and after implementation of the above procedure when necessary.

There is no "hardship" provision allowed for students who are unable to participate in the NCS/Les Schwab Tires Meet of Champions. A student must participate in the NCS/Les Schwab Tires Meet of Champions in order to qualify for the CIF State Track & Field Championships.

**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 a videotape prior to the completion of the competition.

\* The penalty for such unfair acts is disqualification from that event and further competition in the meet.

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-f, 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)

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.

Contestants shall not wear jewelry with the exception of religious or medical medals. If such medals are worn, they shall be taped to the body under the uniform. (Nat'l Fed. Rule 4, Section 3, Article 7, page 24)

Form more complete information on this rule please go to the NCS web site: [www.cifnco.org](http://www.cifnco.org). Choose the sport of track and click "Go".

**UNSPORTSMANLIKE CONDUCT**

Unsportsmanlike conduct is behavior that is unethical or dishonorable. It includes, but not limited to, disrespectfully addressing an official, taunting or criticizing an opponent or an official, or use of 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. Disqualification of a coach or other school personnel shall be from further involvement in the meet. (Nat.'l Fed. Rule 4, Section 5, Article 1, Page 24)

**UNACCEPTABLE CONDUCT**

Unacceptable conduct includes, but is not limited to, willful failure to follow the directions of a meet official, using profanity which is not directed at someone or any action which could bring discredit to the individual or his or her school. The penalty is disqualification from that event. (Nat'l Fed. Rule 4, Section 5, Article 2, Page 24)

**COACHES CERTIFICATION**

All coaches must have the enclosed Certification of Authorized Personnel Form completed, signed by their principal and brought the NCS/Les Schwab Tires Track and Field Area/Classification Championships as well as the NCS/Les Schwab Tires Meet of Champions.

**NATIONAL HIGH SCHOOL HONOR ROLL PERFORMANCE MINIMUMS**

Each year the National Federation publishes a National High School Honor Roll for Track and Field, listing the best performances made by high school boys and best performances made by high school girls under standard conditions. IN ORDER TO BE CONSIDERED FOR LISTING ON THE NATIONAL HONOR ROLL, PERFORMANCES MUST:

1. Be approved by, and submitted through, the state high school association executive officer;
2. Be made by eligible high school athletes whose schools are members of their state high school athletic (activities) associations;
3. Be made in interscholastic meets involving five or more schools and sanctioned by the state high school association;
4. Be winning efforts in running events, unless fully automatic timing is used or non-winning time is verified by three watches; 2nd or 3rd place acceptable in field events;
5. Not be wind-aided (exceeding 4.473 mph) for the sprints, hurdles, long or triple jump.

Please send your list of candidates to Gil Lemmon, Asst. Commissioner/Director of Operations, North Coast Section, CIF, 12925 Alcosta Blvd., Suite 8, San Ramon, CA 94583 immediately after the close of your track season (not later than Wednesday June 1, 2005). Please double-check all performances so that they comply with the above standards.

PLEASE NOTE: Performances made in running events will be recognized only in the METRIC DISTANCES listed below. DO NOT USE the conversion tables to submit performances made in races at English measurement distances.

In order that consideration be given to all worthy performances, it is suggested recommendations be forwarded for any performance equal to, or better than, the following minimums:

Boys minimums:

100 meters	10.5	110 m high hurdles	13.9	Pole vault	15'7"
200 meters	21.3	300 m inter. hurdles	37.4	High jump	7'0"
400 meters	47.4	400 m relay	41.7	Long jump	24'4"
800 meters	1:52.5	800 m relay	1:30.5	Shot put6	1'5"
1600 meters	4:16.0	1600 m relay	3:16.8	Discus throw	186'0"
3200 meters	9:05	3200 m relay	7:53.5	Triple jump	46'8"

Girls minimums:

100 meters	11.9	100 m high hurdles	14.2	High jump	5'9"
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200 meters	24.5
400 meters	55.8
800 meters	2:14.0
1600 meters	4:59
3200 meters	10:45

300 m low hurdles	43.6
400 m relay	47.7
800 m relay	1:45
1600 m relay	3:53
3200 m relay	9:31

Long jump	19'2"
Triple jump	39'3"
Shot put	43'5"
Discus throw	146'0"





## 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						<b>\$15.00</b>		\$3.50each		
Sweatshirt (Hooded)						<b>\$30.00</b>		\$3.50each		
Long Sleeve T-Shirt						<b>\$18.00</b>		\$3.50each		
Patch, Sport (sport/year: _____ )						<b>\$15.00</b>		\$1.50each		
Patch, Scholar (sport/year: _____ )						<b>\$15.00</b>		\$1.50each		
Patch, Scholastic (sport/year: _____ )						<b>\$15.00</b>		\$1.50each		
NCS Hat (circle color: Black, Navy, Tan, Grey, Red)						<b>\$15.00</b>		\$1.50each		
NCS Visor (circle color: Black, Navy, Grey, Red)						<b>\$12.00</b>		\$1.50each		
Program (sport: _____ ) (not available in Tennis, Golf, Badminton)						<b>\$4.00</b>		\$1.50each		
NCS Blanket						<b>\$25.00</b>		\$3.50each		
Polar Tec Vest (circle color: Black, Grey)						<b>\$45.00</b>		\$3.50each		
Polo Shirts (circle color: Tan, Navy, Black, Green)						<b>\$25.00</b>		\$3.50each		
Windshirts (circle color: Tan, Navy, Black, Green)						<b>\$45.00</b>		\$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