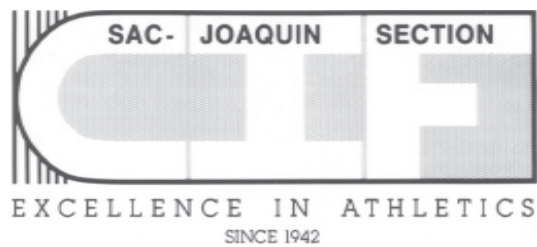


PRESIDENT
GEORGE HINDS
Superintendent
Le Grand Union H.S. District
12961 E. Le Grand Rd.
Le Grand, CA 95333-9737
(209) 389-9403



COMMISSIONER
PETER J. SACO
CIF Sac-Joaquin Section
2405 S. Stockton Street, #2
Lodi, CA 95240
(209) 334-5900
FAX: (209) 334-0300
Web site: www.cifsjs.org

FORMAT – 2005 TRACK & FIELD

TO: Sac-Joaquin Section schools that participate in Track & Field
FROM: Peter J. Saco, Commissioner
John Williams, Asst. Commissioner
DATE: April 4, 2005

CIF SAC-JOQUIN SECTION/LES SCHWAB TIRES DIVISION III TRACK & FIELD CHAMPIONSHIP

A. Date & Location:

1. Trials - Tuesday, May 17, 2005 @ Modesto Jr. College Stadium, Modesto
2. Finals - Thursday, May 19, 2005 @ Modesto Jr. College Stadium, Modesto

B. Meet Directors:

Dave Soeth (Sierra HS) and Steve Unterholzner (Sierra HS)
School: 209-825-3175, ext. 727
Home: 209-823-7431
Email: dsoeth@sjcoe.net or sunterholzner@sjcoe.net
Fax: 209-825-3198

C. Track Facilities:

1. Nine lane all-weather track and runways.
2. Spikes must be 1/4 inch or less and will be checked by clerk.
3. Spikes will be on sale per National Federation rules.
4. There are no available locker room facilities at MJC; please come dressed for competition.

D. Coaches/Competitors' Gate:

1. Meet information and wristbands will be distributed to head coaches only at the south perimeter of the stadium under the scoreboard (see attached map) .
2. All coaches and athletes must have a wristband to enter the stadium.
3. Coaches or athletes that do not have wristbands will have to pay admission.
4. It is the coach's responsibility to get the wristbands to both your early and late arriving athletes prior to their entry.
5. Athletes and parents will not be allowed to pick up wristbands. They will be told to contact their coach.
6. Each school will be provided with six coaches' wristbands, which will be good for both days of the meet.
7. Each athlete will be provided with a wristband, which will be good for both days of the meet.

E. Entries:

1. Number of qualifiers from leagues to the Subsection are as follows:
VOL – 4; CVC – 4; PVL – 4; GEL – 2; TVL – 3; MLL – 3; SL – 2; MVL – 1; CVCL/SVCL – 1
*If MVL schools compete with the SL, the MVL/SL will send three (3).
2. Alternates to trials may replace athletes from their own league who withdraw.
3. Nine qualifiers by mark will move to finals.
4. Six finalists will qualify by place to the Masters meet.
5. Alternates from trials to finals will be permitted and will be added at the clerk's area after the third call.

F. FIELD EVENT SCHEDULE – Tuesday, May 17, 2005

Field Event	Reporting Time	Scratch Time	Starting Time
Women's High Jump	2:00 p.m.	2:45 p.m.	3:00 p.m.
Men's Pole Vault	2:00 p.m.	2:45 p.m.	3:00 p.m.
Men's Discus	2:00 p.m.	2:45 p.m.	3:00 p.m.
Men's Long Jump (east pit)	2:00 p.m.	2:45 p.m.	3:00 p.m.
Women's Long Jump (east pit)	4:00 p.m.	4:45 p.m.	5:00 p.m.
Women's Shot Put	4:00 p.m.	4:45 p.m.	5:00 p.m.

All of the above field events will conduct trials and finals on May 17

G. RUNNING EVENT SCHEDULE – Tuesday, May 17, 2005

Track Events	Event Time	Track Events	Event Time
Women's 4 x 100 M Relay, Heat 1	4:00	Women's 800 M, Heat 1	5:45
Women's 4 x 100 M Relay, Heat 2	4:04	Women's 800 M, Heat 2	5:50
Women's 4 x 100 M Relay, Heat 3	4:08	Women's 800 M, Heat 3	5:55
Men's 4 x 100 M Relay, Heat 1	4:12	Men's 800 M, Heat 1	6:00
Men's 4 x 100 M Relay, Heat 2	4:16	Men's 800 M, Heat 2	6:05
Men's 4 x 100 M Relay, Heat 3	4:20	Men's 800 M, Heat 3	6:10
Women's 100 M HH, Heat 1	4:25	Women's 300 M LH, Heat 1	6:15
Women's 100 M HH, Heat 2	4:30	Women's 300 M LH, Heat 2	6:19
Women's 100 M HH, Heat 3	4:35	Women's 300 M LH, Heat 3	6:23
Men's 110 M HH, Heat 1	4:40	Men's 300 M IH, Heat 1	6:27
Men's 110 M HH, Heat 2	4:45	Men's 300 M IH, Heat 2	6:31
Men's 110 M HH, Heat 3	4:50	Men's 300 M IH, Heat 3	6:35
Women's 400 M, Heat 1	4:55	Women's 200 M, Heat 1	6:40
Women's 400 M, Heat 2	4:59	Women's 200 M, Heat 2	6:44
Women's 400 M, Heat 3	5:04	Women's 200 M, Heat 3	6:48
Men's 400 M, Heat 1	5:08	Men's 200 M, Heat 1	6:52
Men's 400 M, Heat 2	5:12	Men's 200 M, Heat 2	6:56
Men's 400 M, Heat 3	5:16	Men's 200 M, Heat 3	7:00
Women's 100 M, Heat 1	5:20	Women's 4 x 400 M Relay, Heat 1	7:20
Women's 100 M, Heat 2	5:24	Women's 4 x 400 M Relay, Heat 2	7:28
Women's 100 M, Heat 3	5:28	Women's 4 x 400 M Relay, Heat 3	7:36
Men's 100 M, Heat 1	5:32	Men's 4 x 400 M Relay, Heat 1	7:44
Men's 100 M, Heat 2	5:36	Men's 4 x 400 M Relay, Heat 2	7:52
Men's 100 M, Heat 3	5:40	Men's 4 x 400 M Relay, Heat 3	8:00

H. FIELD EVENT SCHEDULE – Thursday, May 19, 2005

Field Event	Reporting Time	Scratch Time	Starting Time
Men's High Jump	2:00 p.m.	2:45 p.m.	3:00 p.m.
Women's Pole Vault	2:00 p.m.	2:45 p.m.	3:00 p.m.
Women's Discus	2:00 p.m.	2:45 p.m.	3:00 p.m.
Women's Triple Jump (east pit)	2:00 p.m.	2:45 p.m.	3:00 p.m.
Men's Triple Jump (east pit)	3:00 p.m.	4:45 p.m.	5:00 p.m.
Men's Shot Put	4:00 p.m.	4:45 p.m.	5:00 p.m.

All of the above field events will conduct trials and finals on May 19

I. RUNNING EVENT SCHEDULE – Thursday, May 19, 2005

Track Events	Event Time	Track Events	Event Time
Men's 4 x 100 M Relay	6:00	Men's 800 M	7:00
Women's 4 x 100 M Relay	6:05	Women's 800 M	7:05
Men's 1600 M	6:10	Men's 300 M IH	7:12
Women's 1600 M	6:18	Women's 300 M LH	7:17
Men's 110 M HH	6:25	Men's 200 M	7:25
Women's 100 M HH	6:30	Women's 200 M	7:30
Men's 400 M	6:40	Men's 3200 M	7:35
Women's 400 M	6:45	Women's 3200 M	7:50
Men's 100 M	6:50	Men's 4 x 400 M Relay	8:05
Women's 100 M	6:55	Women's 4 x 400 M Relay	8:15

J. Sportsmanship:

1. The basis of all competitive interaction in the Division III meet is a commitment to the CIF Sac-Joaquin Section Code of Ethics and to true sportsmanship which describes a meet athlete as "...a person who can take a loss or defeat without complaint or victory without gloating, and who treats his/her opponents with fairness, courtesy, and respect."
2. Coaches and athletes are reminded that Sections 301.3 and 301.4 of the CIF Sac-Joaquin Section Constitution will be enforced.

K. Registration:

1. Coaches and competitors must first check in at the competitors' gate before the meet.
2. Track athletes must register with the clerk of the course when their event is called.
3. Field athletes must register with the event official at the venue when called.
4. Coaches must certify at competitors' gate that his/her athletes are properly attired in compliance with rules for 2005. Questions can be addressed at pre-meet conference.

L. Uniforms:

1. Each athlete in the Section trials and finals must wear his/her school uniform during competition.
2. Hats or any other headgear are not part of the school uniform and will not be worn during competition.
3. Uniform shall conform to National Federation rules and Sac-Joaquin Section Constitution (school singlets and shorts or body suit, one or two piece, issued by the school; properly colored undergarments).
4. 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. **NOTE:** *The intent of the rule is to ensure that jerseys cover the midriff completely when a competitor is standing fully erect before beginning competition. However, the games committee (state track and field/cross country advisory committee) has determined that all jerseys **must** be tucked into the short prior to competition and the waistband of the shorts **shall not** be rolled down.*

M. Jewelry:

1. 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. **RATIONALE:** *This rule will enhance safety issues and bring track and field/cross country in line with other NFHS rule codes. Approximately 50% of our state associations have enforced a no jewelry rule, and this change will make all states consistent regarding this issue.*
NOTE: *Athletes while competitors (after reporting to the starting line or field event judge) are forbidden to wear all forms of **visible** jewelry, including bracelets, regardless of material; metal pins/clips or hard plastic barrettes in their hair; rings; earrings or studs; and any type of body piercing. The operative word is visible; however, if a competitor competes with something that is illegal that becomes visible during the course of his/her event, he/she can be disqualified.*
2. Wrist watches are exempt from this rule.
3. Taping over pieces of jewelry is **not** allowed. Jewelry is to be removed completely or an athlete shall not be allowed to compete. The fact that an item cannot be removed or ears were just pierced is not to be considered as an acceptable excuse for compliance.
4. A medical alert bracelet is permitted if taped to the wrist with the faceplate showing.
5. Religious medals must be removed from around the neck and taped to the body under the jersey.
6. Beads tightly woven into the hair are allowed, but beads dangling from strands of hair are not allowed.
7. The penalty for competing while wearing prohibited jewelry is event disqualification.

N. Athletes' Area/Warm-ups:

1. Athletes may sit in any bleacher area or in the area to the north of the track.
2. The grass area north of the track and outside the discus venue is designated as the track athlete's warm-up area. No warm-ups on the track or on the infield.
3. Field athletes will be allowed to warm up at their venues when officials arrive, approximately one hour before the event begins.
4. No warm-ups are allowed at any field event venue without a designated official present.

O. Awards/Scoring:

1. Medals to the first four places in each finals.
2. Certificates to fifth and sixth place finishers in each finals.
3. Medals and certificates will be awarded on the second day of competition at the awards' table located at the southwest corner of the stadium.
4. Team championship banners and second place plaques in both men's and women's divisions.
5. Scoring will be as follows:

First Place	- 10 points	Fourth Place	- 4 points
Second Place	- 8 points	Fifth Place	- 2 points
Third Place	- 6 points	Sixth place	- 1 point

P. Appeals:

1. All appeals must be submitted in writing to the meet referee under procedures as outlined in National Federation Rule 2-3-2.
2. There will be a designated appeals area. Under no circumstances are coaches allowed on the infield. Any violation of this rule will result in immediate disqualification of the athlete.

Q. Electronic Timing (FAT):

1. Finish Lynx will be used for all running events.
2. Races will not be held up for the review of a previous race.
3. Reviews of Finish Lynx finish will be by the review committee.
4. Coaches of athletes in contested races are welcome to view the photo but will not be allowed to vote on the review.

R. Seeding:

1. Seeding for both trials and finals will follow the format outlined in the Sac-Joaquin Section Constitution for track and field.
2. Results from each league must be e-mailed to Steve Unterholzner at sunterholzner@sjcoe.net by 10:00 a.m. on Saturday, May 14, 2005. Results may be submitted before that time and date. Use Meet Manager or Meet Manager format. Failure to meet deadlines or incomplete entry information will result in athletes not being entered until meet day and being placed in remaining slots.
3. **Submitted results must include ALL of the following information: First and last name of each competitor, grade in school, school affiliation, event and qualifying time/distance. NOTE: Failure to include all information may exclude athletes from the program.**
4. Persons e-mailing results must include phone number and e-mail address where they can be reached throughout the weekend.
5. Seedings will be available at www.cifsjs.org.

S. Running Events:

1. In trials there will be three heats to determine nine finalists.
2. Finalists will be the winner of each heat and the next six (6) fastest times.
3. In the event of a tie for the final qualifying spot, a runoff will be held to determine the qualifier for that spot at a time determined by the games committee.
4. The 800M, 1600M and 3200M will use a one-turn stagger.
5. The 1600M and 3200M races will start in alleys.
6. The 200M dash will be run on a turn.
7. The 400M dash will be run in staggered lanes around two turns.
8. The 1600M relay will be run as a three-turn stagger.

T. Field Events:

1. Qualified athletes may report directly to the field event site one hour prior to the event if an event official is present. Qualified athletes must sign in at the field event site from that point up until 15 minutes prior to the event start time. If the qualified athlete is not signed in 15 minutes prior to the event start time, that athlete will be scratched and replaced by a listed alternate athlete. Therefore, listed alternate athletes may also warm up in the event area. If an alternate is not inserted into the competition because the qualified athletes are all present, the alternate would have to leave the field event site.
2. Nine (9) competitors will move from trials to finals.
3. Time limits between competitors will be enforced: Pole vault, 1 1/2 minutes; horizontal jumps, 1 minute; high jump, 1 minute; shot put and discus, 1 minute.
4. Competitors who must check out of an event for another event will be allowed to do so according to national and CIF regulations.
5. Field event athletes shall not cross the track to confer with coaches or spectators once the athletes have entered the infield.
6. In high jump and pole vault trials, rotating flights of six will be used so competitors can make their attempts while still warm.

7. In the trials for the throws and horizontal jumps, there will be three flights of nine with each competitor having three jumps.
8. In the finals for the throws, each competitor receives three attempts with all competitors being re-ordered by mark and having three more attempts to determine places.
9. In the finals for the horizontal jumps, each finalist shall receive three additional jumps. Marks from all six jumps shall be noted for place.
10. In the pole vault, coaches and competitors will be asked to certify the weight of the athlete and the legality of the pole by signing the entry sheet at the time of venue check-in.
11. During pole vault events, once competition has begun, the bar will be raised six inches (6") per round until one more than the number of places (7 competitors) remains. At that time, the bar will be raised three inches (3") per round.
12. In the high jump, the bar will be placed four inches (4") below opening height. Ten minutes before competition begins, the bar will move to opening height.
13. **STARTING HEIGHTS FOR POLE VAULT AND HIGH JUMP ARE AS FOLLOWS:**

MEN	WOMEN
POLE VAULT.....10'11"	POLE VAULT..... 7'9"
HIGH JUMP..... 5'10"	HIGH JUMP..... 4'8"

U. Weigh-in of Shot Puts and Disci:

1. All implements must be certified by weights and measures.
2. Weights and measures is located at the northwest end of the bleachers in the track shed from 2:00 p.m. to 4:30 p.m.

V. Equipment:

1. Competitors are responsible for their own equipment.
2. Only legally certified implements and certified meet equipment will be allowed in any competition area.

W. Masters Qualifiers:

1. First six (6) placers in each final shall qualify to compete in the Masters meet at Hughes Stadium (Sacramento City College) on Thursday and Friday, May 26 and 27, 2005.
2. Alternates are allowed at the Masters meet.
3. Coaches who will be scratching qualifiers to the Section meet are asked to notify meet management before leaving on Thursday.

X. Competing Rules and Regulations:

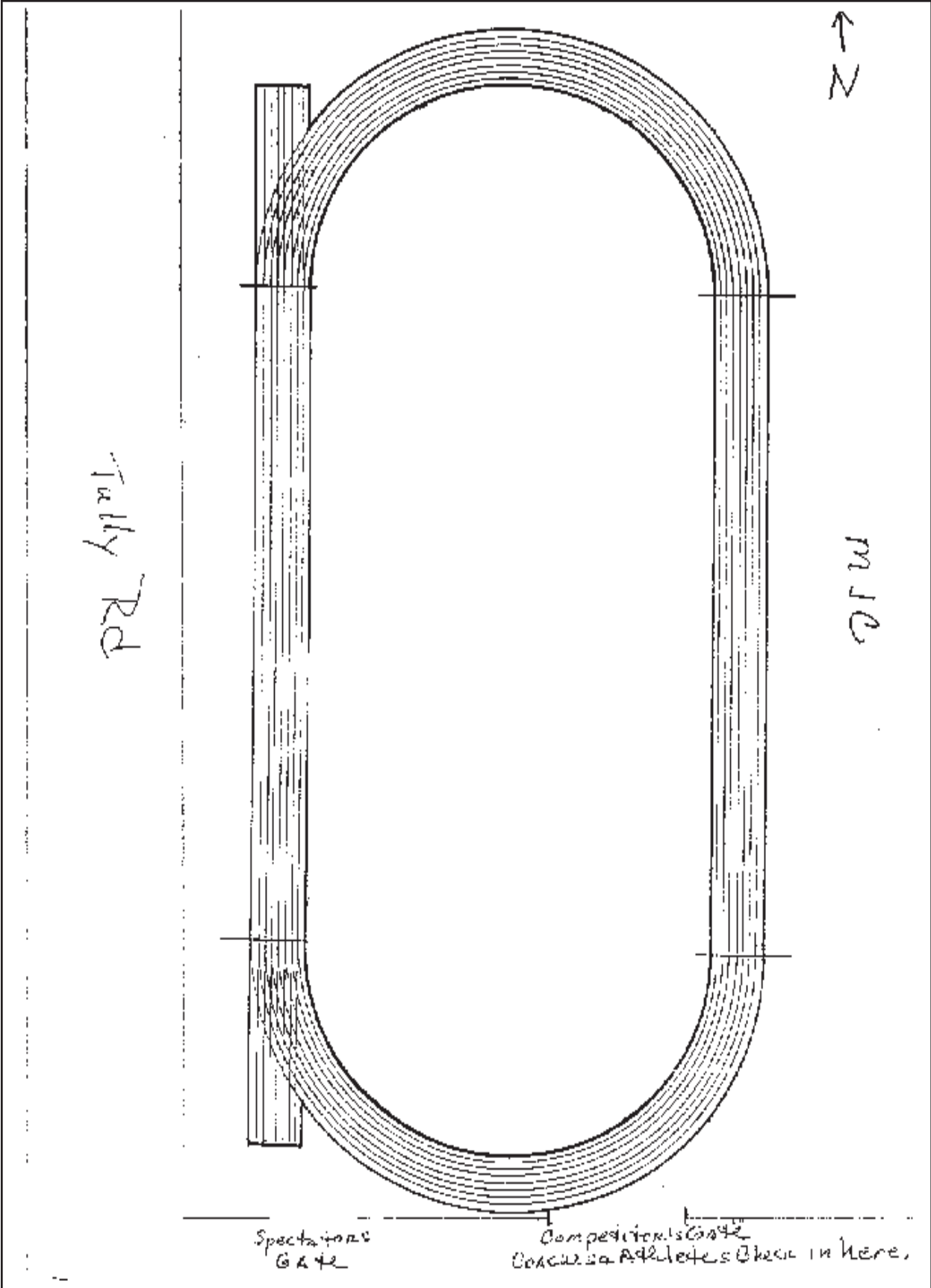
1. The Track and Field Rule Book of the National Federation will be the official rules and regulations for all competitors and events.
2. Where applicable, CIF State and Section rulings or policies will supercede NF rules.

Y. Admission Fees for Trials and Finals:

Adults.....\$6.00	Students w/SB Card.....\$4.00
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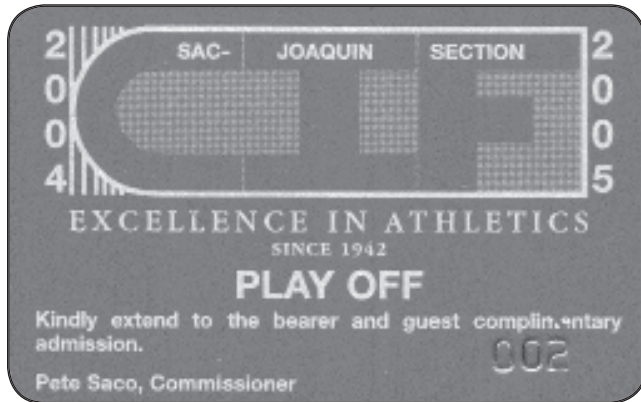
Z. Meet Memorabilia:

2005 Division III T-Shirts: \$12.00 (2X slightly higher)
 Trials and Finals Programs: Trials – \$2.00; Finals – \$1.00

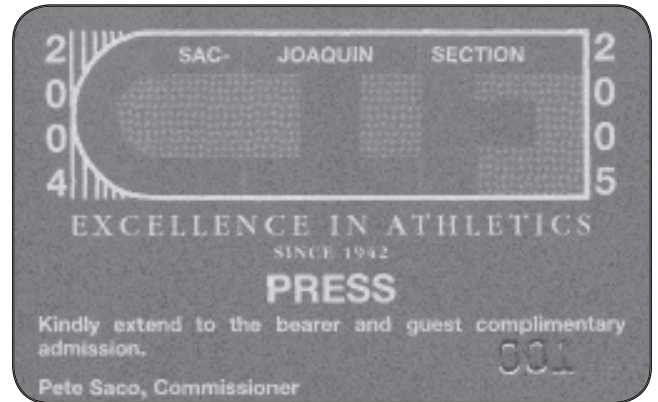


**CIF SAC-JOAQUIN SECTION PLAYOFFS
ACCEPTABLE PASS SHEET
2004-05**

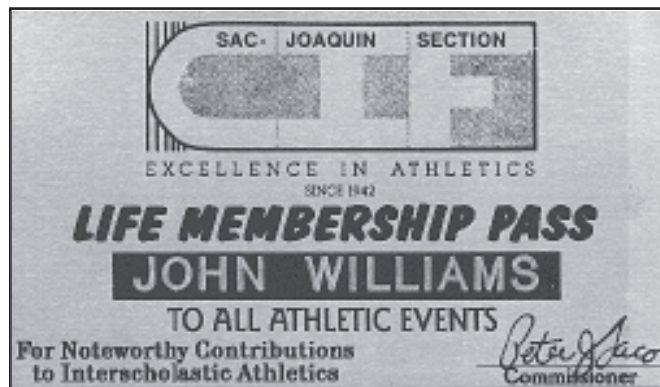
**PLAYOFF PASS
(RED)**



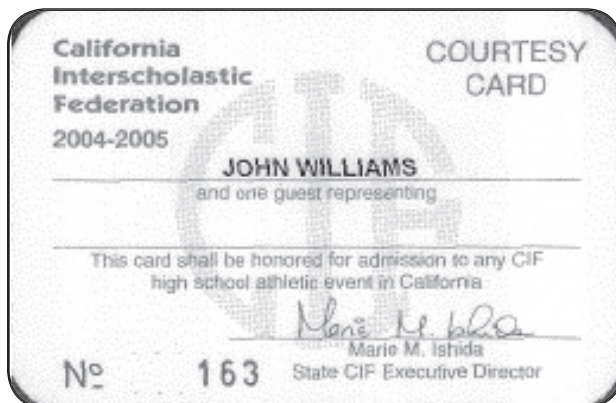
**PRESS PASS
(ROYAL BLUE)**



**SAC-JOAQUIN SECTION
GOLD LIFETIME PASS**



**STATE COURTESY
(WHITE WITH GREEN PRINT)**



CIF STATE LIFETIME PASS

