

2005 State Track & Field Championship Handbook



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www.cifstate.org

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2005 CIF STATE TRACK AND FIELD CHAMPIONSHIPS

Advance Information Bulletin

Published by the State CIF Office
333 Hegenberger Road, Suite 511
510-639-4445 - Fax: 510-639-4449
www.cifstate.org

MANAGEMENT

The State CIF cordially invites you to participate in the 87TH Annual **CIF STATE HIGH SCHOOL TRACK AND FIELD CHAMPIONSHIPS** to be held at **Sacramento City College's Hughes Stadium**, 3835 Freeport Blvd. Sacramento, CA 95822.

The meet will be managed by the State CIF Office, which will have final authority and responsibility for the championships.

MEET DIRECTOR

Hal Harkness

461 Castlegate Lane
Brea, CA 92821

Tel: 714-529-6938 Fax: 714-529-2221

Email: halharkness@yahoo.com

CO-MEET MANAGERS

Tom Crumpacker & Peter Sawyer

455 East "A" Street
Dixon, CA 95620

Tel: 707-678-2391 Fax: 707-678-9318

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psawyer@dixonusd.org

DATE/TIMES

The event will be held on Friday, June 3rd, and Saturday, June 4th, 2005.

QUALIFYING

FRIDAY, JUNE 3, 2005

Stadium Gates Open	1:00 P.M.
Field Event Qualifying	2:00 P.M.
Running Event Qualifying	5:00 P.M.

CHAMPIONSHIP

SATURDAY, JUNE 4, 2005

Stadium Gates Open	1:00 P.M.
Field Event Finals	3:00 P.M.
Running Event Finals	5:00 P.M.

ATHLETES' CODE OF CONDUCT/

COACHES' RESPONSIBILITY FOR SUPERVISION

The following code of conduct for athletes and coaches is required:

- School personnel are expected to supervise students at all times - including travel to and from the meet and at any time the students are present in the host city, in a restaurant or hotel, or in any other location.
- School personnel are expected to set high standards of behavior that are meant to show the highest form of respect for themselves, their school/community and also others and their property.
- These standards must include clear prohibition of the use of any illegal substance, tobacco or alcohol.
- Students' conduct, as well as the conduct of coaches and other school personnel, will reflect positively or negatively upon themselves, their families, the school and the sport. **It is the expectation of CIF that standards of behavior will be set and discussed with students**

before traveling to the meet and that standards will be enforced throughout the time the students are away from school for the event.

- Coaches must submit the Supervision Form (Appendix III) indicating the person responsible for supervision and the name and phone number of the hotel/motel where the supervisor can be reached. This form must be submitted Friday morning at the Athletes' Entrance. **Coaches' packets will not be released without this form.**

NOTE: Competitors shall not leave school Thursday, prior to the close of school on that day, unless travel requires **two days**. Schools may petition to their CIF section office for an additional day. Violation of this regulation may result in disqualification. Also, competitors will not be permitted to work out at Hughes Stadium any time within five (5) days prior to the State Track Meet. Any violation of the work out prohibition will result in disqualification.

FIELD EVENT QUALIFYING (FRIDAY)

<u>EVENT</u>	<u>REPORTING TIME</u>	<u>STARTING TIME</u>
(Report to Field Event Clerk of Course)		
Boys' Pole Vault	12:45 p.m.	2:00 p.m.
Boys' Discus	1:45 p.m.	3:00 p.m.
Girls' Shot Put	1:45 p.m.	3:00 p.m.
Boys' High Jump	2:45 p.m.	4:00 p.m.
Girls' Long Jump	1:45 p.m.	3:00 p.m.
Boys' Long Jump	1:45 p.m.	3:00 p.m.
Girls' Discus	4:30 p.m.	5:30 p.m.
Girls' Pole Vault	5:00 p.m.	6:00 p.m.
Boys' Shot Put	4:30 p.m.	5:30 p.m.
Girls' High Jump	5:30 p.m.	6:30 p.m.
Girls' Triple Jump	4:30 p.m.	5:30 p.m.
Boys' Triple Jump	4:30 p.m.	5:30 p.m.

FIELD EVENT CHAMPIONSHIPS (SATURDAY)

<u>EVENT</u>	<u>REPORTING TIME</u>	<u>STARTING TIME</u>
(Report to Field Event Clerk of Course)		
Boys' Pole Vault	2:00 p.m.	3:00 p.m.
Boys' Discus	2:00 p.m.	3:00 p.m.
Girls' Shot Put	2:00 p.m.	3:00 p.m.
Boys' High Jump	2:00 p.m.	3:00 p.m.
Girls' Long Jump	2:00 p.m.	3:00 p.m.
Boys' Long Jump	2:00 p.m.	3:00 p.m.
Girls' Pole Vault	5:00 p.m.	6:00 p.m.
Girls' Discus	4:00 p.m.	5:00 p.m.
Boys' Shot Put	4:00 p.m.	5:00 p.m.
Girls' High Jump	4:30 p.m.	5:30 p.m.
Girls' Triple Jump	4:30 p.m.	5:30 p.m.
Boys' Triple Jump	4:30 p.m.	5:30 p.m.

All field event competitors must report to the Field Event Clerk of the Course for check in prior to entering the field. Athletes will be allowed on the field **one (1) hour prior** to the scheduled starting time of their event, or when a facility used for an earlier event is available.

COMPETITION RULES

The Track and Field Rule Book of the National Federation of State High School Associations will be the official rules and regulations for both boys and girls, superseded by State CIF or policies of the CIF Track Advisory Committee or Track and Field Championship Management Committee.

NUMBER OF COMPETITORS

Sections are allowed the following entries as per State Federated Council rule:

<i>CIF Southern</i>	5	<i>CIF Central</i>	3	<i>CIF Northern</i>	1
<i>CIF North Coast</i>	4	<i>CIF Central Coast</i>	3	<i>CIF San Francisco</i>	1
<i>CIF Los Angeles</i>	3	<i>CIF San Diego</i>	3	<i>CIF Oakland</i>	1
<i>CIF Sac-Joaquin</i>	3				

ENTRIES/SCRATCHES

Entries close and are final, except for circumstance of clerical error, at 8:00 p.m. 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.

No substitutions/changes/additions to relay teams or alternates will be allowed after the entry deadline. Schools may run only those athletes who have been submitted on the official section entries to the state meet.

AT-LARGE ENTRIES

Sections may enter additional competitors provided they have met or bettered the “At-Large” standard for their event in their Section Meet that qualifies athletes for the CIF State Track and Field Championships. In the running events, all times must be recorded on “Fully Automatic Timing” systems (FAT). No hand times will be accepted. All entries must be submitted on the official entry form and signed by the Meet Manager. Any entries not properly filed will not be accepted.

CIF State Meet At-Large Standards

Boys		Boys		Girls		Girls	
100m	10.72	4x100R	42.18	100m	11.98	4x100R	47.62
200m	21.65	4x1600R	3:21.23	200m	24.56	4x400R	3:54.18
400m	48.67	HJ	6' 6"	400m	55.88	HJ	5' 4"
800m	1:55.22	PV	14' 11"	800m	2:15.01	PV	11' 9"
1600m	4:16.70	LJ	22'07"	1600m	5:00.66	LJ	18' 07"
3200m	9:11.21	TJ	46' 09"	3200m	10:48.78	TJ	38' 03"
110m H	14.57	SP	56' 11"	100m H	14.51	SP	42'08"
300m H	38.55	Discus	172'04"	300m H	43.99	Discus	137'07"

HONEST EFFORT RULE

Competitors who have qualified for and been entered into more than one event, must honestly participate 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 vertical jumping 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.

WARM-UP AREA

The warm-up area for all events will be located on the baseball field southwest of the stadium. No field implement will be allowed in the warm-up area. **Access to this area will be limited to athletes, coaches wearing wristbands and members of the media with proper credentials.** No members of the general public will be allowed to enter the warm-up field. Interviews with the media can be conducted in the warm-up area, but should not conflict with an athlete preparing for a later event.

CLERK OF THE COURSE - ALL EVENTS

The Clerk will be located in the southeast corner of the track. Entrance to the main field will be through this gate only. Athletes should remain in the bullpen area until third call, except for those entered in simultaneous events. Following third call, athletes will be escorted to their respective competition sites. **Athletes who report late will be scratched. Do not report directly to the starting line or competition site without first checking in with the Clerk of the Course.**

FIELD EVENT INSTRUCTIONS

Competitors who are entered in field events being held simultaneously must report to each event's official for check-in, 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. **DO NOT REPORT DIRECTLY TO THE EVENT WITHOUT FIRST CHECKING IN WITH THE CLERK OF THE COURSE.** Competitors shall be excused for a maximum of **thirty (30) minutes.**

All field event warm-ups will begin one (1) hour prior to the start of competition or as soon as the facility is available following the completion of an earlier event.

Qualifying for Saturday: The nine competitors with the best marks in each event qualify for Saturday's championships. Please note that "Tie Breaking" rules will be applied in the high jump and pole vault to determine the nine qualifiers. On Friday, each contestant in the shot put, discus, long jump and triple jump will be allowed three (3) trials.

Marks recorded in Friday's qualifying round **will not** carry over into the championships. On Saturday, all competitors will be given **three (3)** trials and all competitors with a mark in the trials will be given an additional **three (3)** final attempts. When competition is completed at a field event, the area will be closed and no further practice will be allowed.

Equipment/Implements: Competitors are responsible for their own equipment and only legally certified implements will be allowed in competition. The weights and measures will be located near the Athletes/Coaches entrance gate at the southeast corner of the Stadium. Weights and measures will be open from 1:00 to 4:30 p.m. on Friday. Implements for those athletes qualifying for Saturday's championships will be impounded and secured by Meet Management immediately following the completion of Friday's competition.

NOTE: Athletes competing in field events may not cross the track to confer with coaches in the stands. **Communication between athletes and coaches using electronic devices, including cell phones and pagers, is strictly prohibited (rule 4-5-9e).** Coaches/athletes may meet only in the warm-up area south of the main stadium. Discus competitors may confer with coaches behind the cage. Coaches are also reminded of rule (4-5-g), which prohibits an athlete viewing videotape of him/herself during competition.

STARTING HEIGHTS OF HIGH JUMP AND POLE VAULT

Starting Heights will be determined by Meet Management after all entries are submitted. Under no circumstances, will the opening height in any event be higher than the 40th percentile of section entry marks. All relevant information will be posted on the CIF website (www.cifstate.org) early in the week of the state meet. Continuing flights of five (5) will be used in the high jump and pole vault.

POLE VAULT/HIGH JUMP COMPETITORS COMPETING IN OTHER EVENTS:

Athletes may be excused for a maximum of thirty (30) minutes to participate in another event. Permission to leave must be granted by the Head Pole Vault/High Jump Judge and the time the athlete left the event is to be noted on the Official Event Sheet.

An athlete may request the Head Event Official to complete his/her trials at the current height out of order or opt to return to the event with the number of trials remaining that he/she was excused with.

In both above cases, the competition will continue and he/she will re-enter at wherever the crossbar has been raised during said excused absence.

RUNNING EVENT INFORMATION

Assignment to heats will be made on the basis of times achieved in section qualifying meets. Section Commissioners/Meet Managers must submit times/entries to Hal Harkness on a Hy-Tek backup file from their meet. The data file must also include the names of all runners/alternates on each qualifying relay team.

There will be three heats in each running event through 400 meters, each heat winner, plus the next six (6) fastest times will qualify for Saturday's finals. There will be three heats in the 800 meters, first and second place in each heat, plus the next three fastest times will qualify for Saturday's finals. Up to ten (10) athletes will be accommodated in each heat. The tenth athlete will be assigned lane 1A. If more than three (3) heats are necessary in the 800m run, only the heat winners will automatically advance. The other five (5) shall advance on time. There will be two heats in the 1600-meter run, with runners starting in alleys for the first turn. The first three (3) placers in each heat, plus the next fastest three (3) times will qualify for Saturday's final. The 3200-meter run will be conducted as a final only for all entrants on Saturday. Runners will use alleys for the first turn.

The 800-meter run will use a ONE TURN STAGGER, and the 1600-meter relay will use a THREE TURN STAGGER. **ALL STARTING BLOCKS AND BATONS** will be supplied by meet management and no other blocks or batons may be used.

If a runoff is necessary in any qualifying event, it will be Saturday morning, at 10:00 a.m.

HEAT/LANE ASSIGNMENTS FOR QUALIFYING RACES

All running events will be seeded as equally as possible based on section final times. Minor adjustments in seeding may be necessary to accomplish this goal.

All races will be seeded with the fastest qualifier in lane #5. The remainder of lanes will be seeded as 6, 4, 7, 3, 8, 2, 9, and 1.

LANE ASSIGNMENTS FOR FINAL RACES

Lanes will be assigned with the same priority, with the fastest qualifier in lane #5.

TRACK CONSTRUCTION

Hughes Stadium has a granulated polyurethane 400-meter track with nine 48-inch lanes. Runways and high jump take off area are of the same surface. The shot put and discus circles are concrete.

Maximum length of spikes allowed is **1/4 inch/7mm, or shorter. Individual event officials WILL CHECK ALL SHOES at the Athletes' entrance gate.** Suitable spikes will be available for purchase.

TIMING SYSTEM

A dual **Finishlynx** photo timing system will be used.

TEAM SCORING

Scoring in all events will be:

1st Place	10 points	4th Place	4 points
2nd Place	8 points	5th Place	2 points
3rd Place	6 points	6th Place	1 point

COACHES CORNER

A "Coaches Corner" will be established in the southwest corner of the west grandstand (participant/coaches area). All questions/concerns regarding the meet will be addressed in this area. Official results of all events will also be posted adjacent to the Coaches Corner.

APPEALS

All appeals must be submitted in writing to the "**Coaches Corner**" at the southwest corner of the west grandstands (participants/coaches area) under procedures as outlined in National Federation rule 2-3-2.

UNIFORMS

National Federation rule 4-3 pertaining to uniforms will be strictly enforced. All athletes competing must wear **THEIR SCHOOL ISSUED UNIFORM AND SWEATS AT ALL TIMES.** No other uniform or clothing may be worn during warm-up, competition, or on the Victory Stand. National Federation rule 4-3-7 regarding wearing jewelry will be enforced. Violations of these rules will result in disqualification from the meet. Uniform tops must be tucked into the shorts at all times. Failure to do so could result in disqualification from an event.

TRACK QUALIFYING (FRIDAY)

This schedule may be lengthened if four heats are necessary in any event(s).

5:00	Girls'	400m Relay	(Heat #1)	7:04		(Heat #2)
5:04			(Heat #2)	7:08		(Heat #3)
5:08			(Heat #3)	7:12	Girls'	800m Run
5:12	Boys'	400m Relay	(Heat #1)	7:17		(Heat #2)
5:16			(Heat #2)	7:22		(Heat #3)
5:20			(Heat #3)	7:27	Boys'	800m Run
5:24	Girls'	1600m Run	(Heat #1)	7:32		(Heat #2)
5:31			(Heat #2)	7:37		(Heat #3)
5:38	Boys'	1600m Run	(Heat #1)	7:42	Girls'	300m LH
5:44			(Heat #2)	7:46		(Heat #2)
				7:50		(Heat #3)
5:55	Girls'	100m HH	(Heat #1)	7:55	Boys'	300m IH
6:00			(Heat #2)	7:59		(Heat #2)
6:05			(Heat #3)	8:03		(Heat #3)
6:10	Boys'	110m HH	(Heat #1)	8:08	Girls'	200m Dash
6:15			(Heat #2)	8:12		(Heat #2)
6:20			(Heat #3)	8:16		(Heat #3)
6:24	Girls'	400m Dash	(Heat #1)	8:20	Boys'	200m Dash
6:28			(Heat #2)	8:24		(Heat #2)
6:32			(Heat #3)	8:28		(Heat #3)
6:36	Boys'	400m Dash	(Heat #1)	8:50	Girls'	1600m Relay
6:40			(Heat #2)	8:58		(Heat #2)
6:44			(Heat #3)	9:04		(Heat #3)
6:48	Girls'	100m Dash	(Heat #1)	9:10	Boys'	1600m Relay
6:52			(Heat #2)	9:16		(Heat #2)
6:56			(Heat #3)	9:22		(Heat #3)
7:00	Boys'	100m Dash	(Heat #1)			

TRACK CHAMPIONSHIPS (SATURDAY)

5:00	Girls'	400m Relay	4	6:34	Girls'	800m Run
5:08	Boys'	400m Relay		6:42	Boys'	800m Run
5:19	Girls'	1600m Run		6:53	Girls'	300m LH
5:28	Boys'	1600m Run		7:00	Boys'	300m IH
5:44	Girls'	100m High Hurdles		7:10	Girls'	200m Dash
5:54	Boys'	110m High Hurdles		7:17	Boys'	200m Dash
6:04	Girls'	400m Dash		7:25	Girls'	3200m Run
6:11	Boys'	400m Dash		7:42	Boys'	3200m Run
6:19	Girls'	100m Dash		8:00	Girls'	1600m Relay
6:25	Boys'	100m Dash		8:10	Boys'	1600m Relay

MEET CREDENTIALS

Coaches **only** (State CIF Rule 307) may pick up credential packets at the southeast corner of Hughes Stadium beginning at **10:00 a.m. on Friday, June 3rd**. Packets may be picked up on Saturday at the athletes/coaches entrance gate.

PARTICIPANTS IDENTIFICATION BANDS

One wristband, good for both Friday and Saturday, will be issued to each competing athlete. These bands must be worn for entrance through the Athlete' entrance gate.

Participants may enter the stadium **only** at the gate at the southwest corner of the stadium. Wristbands will not be accepted for entrance at any other stadium gate. Bands will be honored for seating in the west grandstands, they will not be accepted for seating anywhere in the east grandstands.

COACHES IDENTIFICATION BANDS

Two wristbands, good for both Friday and Saturday, will be issued to each boy's team coach and each girl's team coach and any additional personnel must purchase tickets. No replacement bands will be issued and admission will be available with a purchased ticket.

Coaches wearing wristbands will be admitted to the stadium only through the participant's gate at the southwest corner of the facility. **COACHES WILL NOT BE PERMITTED ON THE FIELD AT ANY TIME!**

AWARDS

Medals will be awarded to the first six (6) placers in each final race. They will be escorted to the Victory Stand for the awards ceremony immediately following the conclusion of the race. Where ties occur, contestants involved will draw lots for immediate presentation of the medal and duplicate medals will be mailed to other tying competitors.

Team championship awards will be presented approximately 15 minutes following the conclusion of the final event of the meet.

PURSuing VICTORY WITH HONOR_{SM} (SPORTSMANSHIP) AWARD: A committee will be formed to select student-athletes who display and live by the principles of Pursuing Victory With Honor_{sm}. Athletes chosen for this honor will receive a Pursuing Victory With Honor_{sm} medal.

INHALERS

Any contestant using an inhaler (atomizer) **must present a physician's statement to the Clerk of the Course prior to competition** documenting the need to use a prescriptive device/substance during competition. Failure to do so will result in disqualification (**Rule 4-5-9, Note 1**).

DRESSING FACILITIES

No Dressing Rooms will be available at Hughes Stadium. Athletes should arrive prepared to compete.

EMERGENCY MEDICAL SERVICES

Emergency Medical Personnel will be on site to handle injuries, etc. No Athletic Trainers will be provided by Meet Management. Schools may provide their own training services, but space will not be provided in the warm-up area for this purpose.

INCLEMENT WEATHER/GAMES COMMITTEE POLICY

In the event that inclement weather, or any other unforeseen condition that might force delay or postponement of a portion of the State CIF Track and Field Championships, a meeting shall be called immediately. This meeting will consist of the State CIF Track and Field Advisory Committee, plus designees of sections not having membership on the Advisory Committee (Games Committee). The purpose of the meeting will be to discuss current and anticipated conditions at the site and make a recommendation to the State CIF Executive Director, or his/her designee, as to whether the competition could safely proceed as scheduled, be delayed until a later time that day, or be postponed until the following day. A decision to reschedule to the next day would not be made until all other options available had been exhausted.

ADMISSIONS POLICY

The ticket office at the stadium will open on Friday and Saturday at 12:45 p.m. The stadium will open *on Friday and Saturday at 1:00 p.m.*

Admission prices for tickets will be as follows:

FRIDAY, JUNE 3, 2005

Children (under 13)	\$5.00
Students (w/high school ID)	\$5.00
General Admissions	\$9.00

SATURDAY, JUNE 4, 2005

Children (under 13)	\$ 6.00
Students (w/high school ID)	\$ 6.00
General Admission	\$10.00

State CIF Gold Life Passes and **State CIF Green Colored Courtesy Cards (2004-2005)** will be the **ONLY** passes accepted. Gate personnel will be instructed accordingly (Appendix VII). The ticket office at the stadium will be open Friday and Saturday at **12:45 p.m.** The stadium will open at 1:00 p.m. on Friday and Saturday.

PARKING

There will be a **\$5.00** parking fee at the stadium each day. The south end of East lot, M and L lots will be reserved for staff personnel. There are approximately 2000 parking spaces available for the general public, coaches, athletes, etc... You are encouraged to use RT (bus or rail), which is providing free passes for coaches and athletes.

OFFICIAL MEET PROGRAM

In order to produce a quality program, which includes photographs and information on the outstanding athletes in each CIF Section, coaches are requested to provide photographs to **Emmy Zack** by **WEDNESDAY, MAY 18.** **Electronic photos are preferred.**

Emmy Zack, Sports Information Director
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Oakland, CA 94621
(510) 639-4445 – (510) 639-4449 fax
E-mail: ezack@cifstate.org

MEDIA INFORMATION

PRESS SEATING

There is a large enclosed press box at the top of the stands on the **west** side of Hughes Stadium as space permits. All reporters will be seated on the first level. Please note that those reporters working on a daily deadline will receive first priority for press seating, as well as those reporters who have ordered phones (phone lines will be placed on the first level only). Up to two reporters per affiliation will be seated on the first level. The press box will be open **ONLY** to those members of the working press with proper credentials.

PRESS CREDENTIALING

- Publications, radio and television desiring credentials for their reporters/photographers must make their request by mail, email or fax to Emmy Zack by **Tuesday, May 31 at 12 p.m.** Credential request forms will be sent to media approximately one month prior to the event and can be found on the CIF website (www.cifstate.org). Requests must be made on the official credential request form. **Submission of the completed media credential request form does not ensure approval for media credentials. All requests will be reviewed and must be approved by Emmy Zack.**

NOTE: Affiliations and internet sites not immediately known to us may be asked to send stories verifying their purpose and/or function.

NOTE: CREDENTIAL REQUESTS RECEIVED AFTER Tuesday, May 31, WILL NOT BE HONORED. If you fax in credential requests, please call to make sure the request has been received and approved. All requests sent via email will receive an approval or denial by return email. NO MEDIA REPRESENTATIVE WILL BE ADMITTED WITHOUT A PRESS CREDENTIAL ISSUED BY HIS/HER AFFILIATION AND A DRIVER'S LICENSE /PHOTO ID.

INTERVIEWS

There will be a press interview area at the south end of the stadium near the scoreboard. At no time are press personnel allowed on the field. Photographers are allowed on the field **only** to take photographs. Photographers seen conducting interviews on the field will be directed to the **warm-up** area.

WILL CALL

NOTE: All media will pick up press credentials at will call (near athletes' entrance) in the southeast corner.

MEDIA PARKING

There will be a **\$5.00** parking fee at the stadium each day.

PHONE LINE

Be advised that members of the media are responsible for their own phone set-up (phones and phone lines). You must contact the SBC special events business office at 800-339-3204 to arrange for phone line hook-up. You should supply SBC the name and phone number of Bob Martinelli (916-558-2543) as the Hughes Stadium contact who will work with SBC. It is recommended that all requests be made to SBC as early as possible to ensure proper arrangements.

CIF does not provide phones or phone lines. Members of the media, therefore, need to bring their own phones to the site.

RADIO/TELEVISION

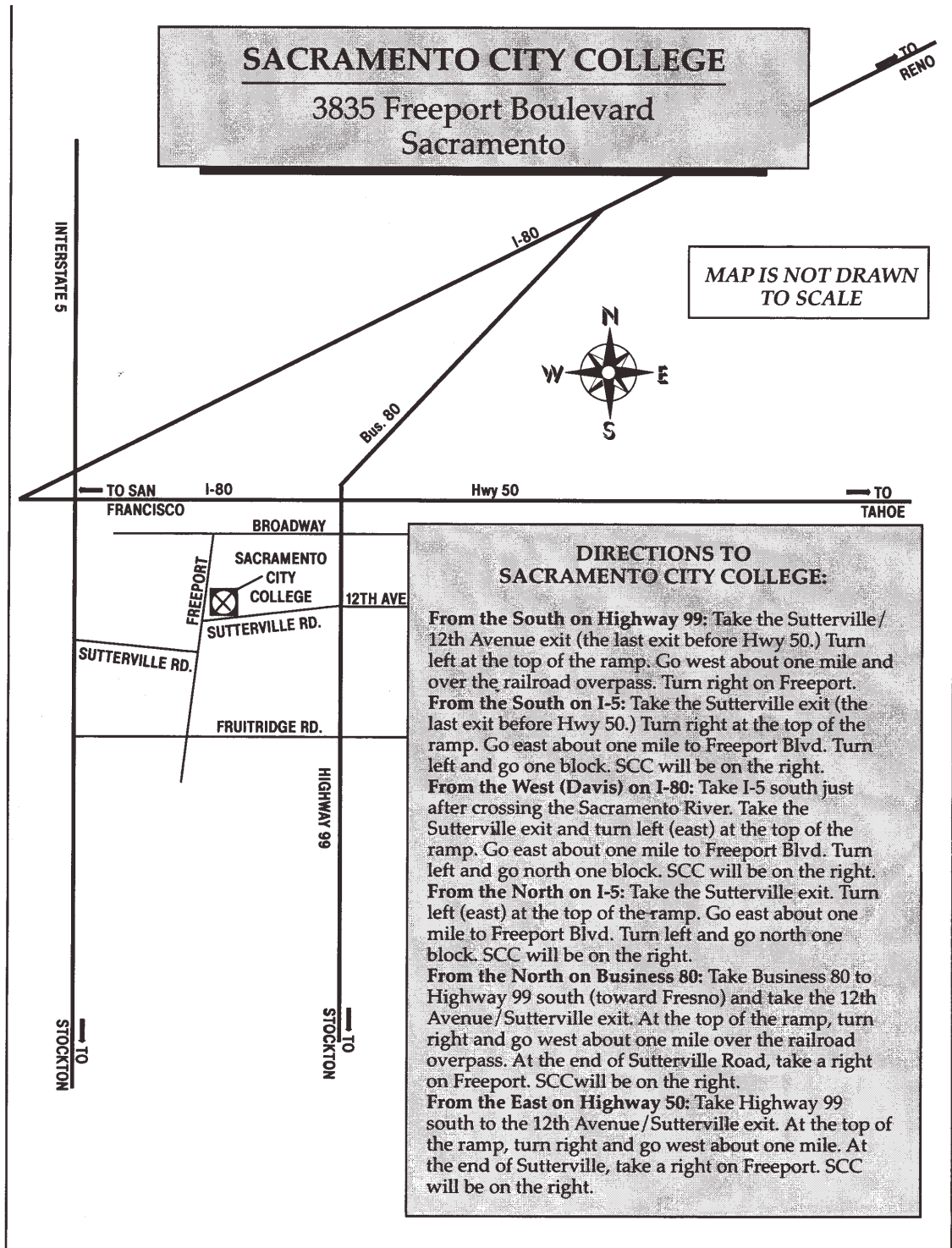
Radio rights fees for the CIF State Track and Field Championships are negotiable. Arrangements must be made through **Emmy Zack (510) 639-4445**. There is no fee for periodic progress reports by radio stations. Location of radio or television equipment will be at the discretion of the tournament director.

Television rights fees are negotiable for non-commercial/cable networks. Consideration for any **live telecast** will necessitate advance contractual agreement. There is no fee for broadcasting highlights of the event. **Location of radio or television broadcast equipment will be at the discretion of the tournament director.**

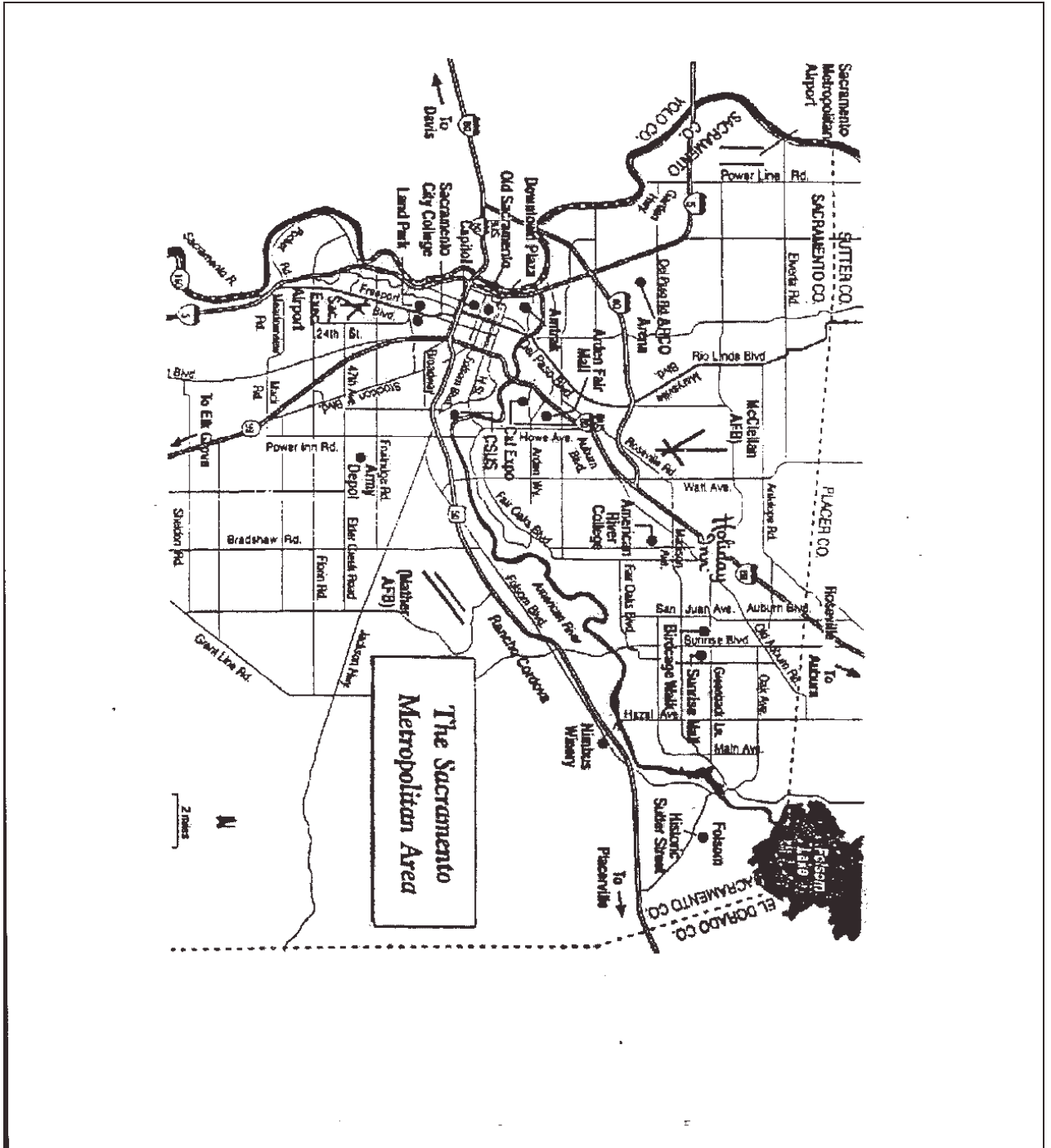
HEADQUARTERS HOTEL

TBA

APPENDIX I



APPENDIX II



APPENDIX III

2005 CIF STATE TRACK AND FIELD CHAMPIONSHIPS Supervision Form

ATHLETES' CODE OF CONDUCT/ COACHES' RESPONSIBILITY FOR SUPERVISION

The following code of conduct for athletes and coaches is required:

- School personnel are expected to supervise students at all times - including travel to and from the meet and at any time the students are present in the host city, in a restaurant or hotel, or in any other location.
- School personnel are expected to set high standards of behavior that are meant to show the highest respect for themselves, their school and also others and their property.
- These standards should include clear prohibition of the use of any illegal substance, tobacco or alcohol.
- Student's conduct, as well as the conduct of coaches and other school personnel, will reflect positively or negatively upon themselves, their families, the school and the sport. **It is the expectation of CIF that standards of behavior will be set and discussed with students before traveling to the meet and that standards will be enforced throughout the time the students are away from school for the event. Pursuing Victory With Honor principles apply at all times.**
- Coaches must submit this form ***Friday morning, at the Athletes' Entrance*** when they pick up their packets. Indicate the person responsible for supervision and the name and phone number of the hotel/motel where the supervisor can be reached.

**PACKETS WILL NOT BE RELEASED WITHOUT
THIS FORM**

PLEASE FILL OUT THE FOLLOWING FORM

High School _____

Name of Administrator/Coach Responsible for Supervision of Student-Athlete(s) _____

At Which Hotel/Motel Will You be Staying during the Championships? _____

At What Phone Number Can You Be Reached During the Championships? (List hotel/motel phone and cell phone if applicable) _____

Signature _____

APPENDIX IV

Communicable Disease Procedures

While the risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as in other body fluids. Procedures for reducing the potential for transmission of these infectious agents should include, but not be limited to, the following:

1. The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform it must be changed before the athlete may participate.
2. Routine use of gloves or other precautions to prevent skin and mucous membrane exposure when contact with blood or other body fluids is anticipated.
3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
4. Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.
5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
6. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
7. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
8. Contaminated towels should be properly disposed of/disinfected.
9. Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth guards and other articles containing body fluids.

Additional information is available from the National Federation of State High School Associations.

March, 1995

APPENDIX V

Ephedrine

What is Ephedrine ?

Ephedrine-containing products (Ma huang, Chinese Ephedra, and Sida Cordifolia) are marketed to improve athletic performance and enhance weight loss.

Ephedrine is a central nervous system stimulant and decongestant, which is effective for relieving bronchial asthma, but banned by the International Olympic Committee (IOC) and National Collegiate Athletic Association (NCAA).

Ephedrine is structurally similar to the amphetamines and increases heart rate and blood pressure.

Adverse Effects of Ephedrine

Serious Adverse Effects: Heart Attack, Stroke, Seizures, Psychosis and Death.

Also, signs and side effects that may lead to the more serious adverse effects listed above, dizziness, headache, gastrointestinal distress, irregular heartbeat, and heart palpitations.

Combining Ephedrine and Caffeine

Combinations of ephedrine and caffeine have side effects substantially greater than those from the consumption of either compound alone. The herbs guarana, mate, and kola nut contain caffeine.

Facts you need to know

- Some athletes consume herbal products (tablets, capsules, bulk herbs, and herbal teas) for their reputed “performance-enhancing,” “weight loss,” or “medicinal” qualities.
- Prescription and over the counter drugs and food additives must meet the Food and Drug Administration’s (FDA) safety and effectiveness requirements. Herbal products can go to market with no testing for efficacy or safety, thus skipping the years-long process that drugs must undergo. FDA approval is not required for package or marketing claims, so herbal manufacturers can put unsupported health claims on their labels. Herbs do not have to be manufactured according to any standards, so there is no guarantee of product potency or purity.
- The belief that natural equals safe is a common and dangerous misconception, as evidenced by the adverse side-effects associated with ephedrine-containing products.
- Athletes may incorrectly assume that herbal products are safe and without side effects because these products are marketed as “natural” or “herbal” and can be purchased without a prescription.

Source: CIF Health and Safety Committee

Designed for Distribution to:
**Athletic Directors, Coaches, Parents
& Students**

Topic No. 40

APPENDIX VI

CIF Vision, Mission and Long Range Goals

CIF VISION

The high school students of California, through participation in athletic centered interscholastic athletic activities will develop values, attitudes and skills for personal growth and the benefit of our multicultural society. For our athletes, CIF is:

- Competition
- Integrity
- Fairness

Competition: The opportunity for students to acquire lifelong skills and to experience the excitement and camaraderie of participation in athletics.

Integrity: The commitment to honesty, responsibility, scholarship and respect for others.

Fairness: The belief in the principles of equity, sportsmanship and student welfare.

MISSION

The CIF, in its commitment to educating our youth for a better tomorrow will work in partnership with the entire community to assure equity and provide services, opportunities and leadership necessary to establish and maintain quality high school athletic programs. As the governing body for high school athletics, the CIF is responsible for establishing a climate which:

- Fosters the partnership between academics and athletics.
- Promotes the value of high school athletics.
- Assures that everyone involved with CIF activities be treated with dignity and respect.
- Encourages collaboration with superintendents and governing boards, especially on issues having financial impact.

To this end, the CIF shall:

- Provide an effective governance structure.
- Set and enforce policies and regulations necessary to support a quality athletic program.
- Explore a variety of avenues leading to financial support.
- Promote educational programs for personnel involved in athletics.

LONG RANGE GOALS

In order to carry out our mission and effectively address the emerging issues facing California high school athletics, the CIF shall be engaged in a process to:

- Promote the Economic Viability of high school athletics.
- Govern the CIF in a manner, which is responsive to the needs of its constituents.
- Achieve Equity in high school athletics and CIF governance structures.
- Establish Ongoing Communication with agencies, organizations, and political entities whose functions and interests interface with CIF.
- Promote the awareness and understanding of Health and Safety issues facing high school athletics.
- Ensure the Quality of Coaching by taking a leadership role in the professional development of high school coaches.
- Ensure the Quality of Officiating of high school athletic contests.

APPENDIX VII

State CIF Pass



State CIF Media Pass



State CIF Gold Pass

