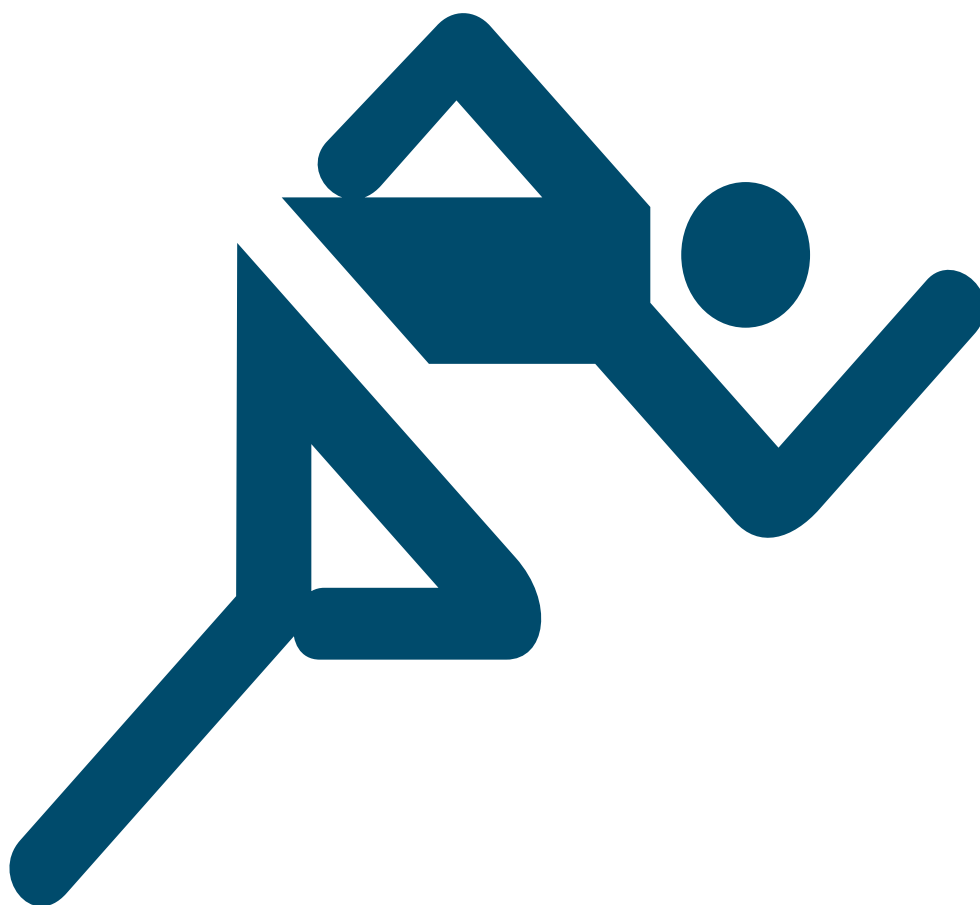
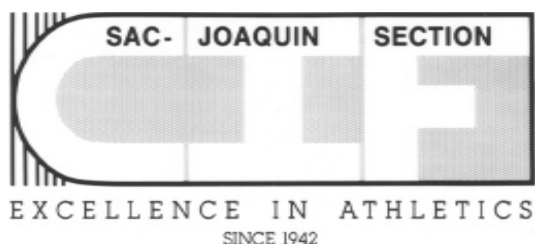




Division II Track and Field Format 2005-06



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 – 2006 TRACK & FIELD

TO: Sac-Joaquin Section schools that participate in Track & Field
FROM: Peter J. Saco, Commissioner
John Williams, Asst. Commissioner
DATE: April 3, 2006

CIF SAC-JOAQUIN SECTION/LES SCHWAB TIRES DIVISION II TRACK & FIELD CHAMPIONSHIP

A. Date & Location:

1. Trials - Wednesday, May 17, 2006 @ Bella Vista High School
2. Finals - Friday, May 19, 2006 @ Bella Vista High School

B. Meet Directors:

Chris LaFazia of Woodcreek
Dick Seward of Rio Linda
Bob King of Del Campo

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 dressing facilities at Bella Vista; please come dressed for competition.

D. Coaches/Competitors' Gate:

1. Meet information and wristbands will be distributed to the head coaches in the parking lot near the athlete's entrance. Check stadium diagram for location.
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 Division II meet are as follows:
CAL – 6 SCAC – 6 SFL – 6 SVC – 6
2. Alternates to trials may replace athletes from their own league who withdraw.
3. Nine qualifiers by mark will move to finals.
4. Eight finalists will qualify by place to the Section 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 – Wednesday, May 17, 2006

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	2:00 p.m.	2:45 p.m.	3:00 p.m.
Men's Triple Jump	4:00 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.
<i>All of the above field events will conduct trials and finals on May 17</i>			

G. RUNNING EVENT SCHEDULE – Wednesday, May 17, 2006

Track Events	Event Time	Track Events	Event Time
Men's 4 x 100 M Relay, Heat 1	4:30	Men's 800 M, Heat 1	6:15
Men's 4 x 100 M Relay, Heat 2	4:34	Men's 800 M, Heat 2	6:20
Men's 4 x 100 M Relay, Heat 3	4:38	Men's 800 M, Heat 3	6:25
Women's 4 x 100 M Relay, Heat 1	4:42	Women's 800 M, Heat 1	6:30
Women's 4 x 100 M Relay, Heat 2	4:46	Women's 800 M, Heat 2	6:35
Women's 4 x 100 M Relay, Heat 3	4:50	Women's 800 M, Heat 3	6:40
Men's 110 M HH, Heat 1	4:55	Men's 300 M IH, Heat 1	6:45
Men's 110 M HH, Heat 2	5:00	Men's 300 M IH, Heat 2	6:49
Men's 110 M HH, Heat 3	5:05	Men's 300 M IH, Heat 3	6:53
Women's 100 M HH, Heat 1	5:10	Women's 300 M LH, Heat 1	6:57
Women's 100 M HH, Heat 2	5:15	Women's 300 M LH, Heat 2	7:01
Women's 100 M HH, Heat 3	5:20	Women's 300 M LH, Heat 3	7:05
Men's 400 M, Heat 1	5:25	Men's 200 M, Heat 1	7:10
Men's 400 M, Heat 2	5:29	Men's 200 M, Heat 2	7:14
Men's 400 M, Heat 3	5:34	Men's 200 M, Heat 3	7:18
Women's 400 M, Heat 1	5:38	Women's 200 M, Heat 1	7:22
Women's 400 M, Heat 2	5:42	Women's 200 M, Heat 2	7:26
Women's 400 M, Heat 3	5:46	Women's 200 M, Heat 3	7:30
Men's 100 M, Heat 1	5:50	Men's 4 x 400 M Relay, Heat 1	7:50
Men's 100 M, Heat 2	5:54	Men's 4 x 400 M Relay, Heat 2	7:58
Men's 100 M, Heat 3	5:58	Men's 4 x 400 M Relay, Heat 3	8:06
Women's 100 M, Heat 1	6:02	Women's 4 x 400 M Relay, Heat 1	8:14
Women's 100 M, Heat 2	6:06	Women's 4 x 400 M Relay, Heat 2	8:22
Women's 100 M, Heat 3	6:10	Women's 4 x 400 M Relay, Heat 3	8:30

H. FIELD EVENT SCHEDULE – Friday, May 19, 2006

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	2:00 p.m.	2:45 p.m.	3:00 p.m.
Women's Long Jump	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.
<i>All of the above field events will conduct trials and finals on May 19</i>			

I. RUNNING EVENT SCHEDULE – Friday, May 19, 2006

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 II 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 2006. Questions can be addressed to league reps.

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 the bleachers or set up on the grass area at the south end of the track.
2. Athletes and coaches are not allowed on the infield.
3. ALL warm-ups can be done on the grass field located at the north end of the stadium just past the pole vault and discus venues.
4. Field event athletes will be allowed to warm up at their venues when officials are present, approximately 30 minutes before the event is scheduled to start.
5. No warm-ups are allowed at any field event without the designated official for that event present.
6. Check stadium diagram for location.

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 Wednesday for the listed field events only. All other medals and certificates will be awarded on the second day of competition at the awards table located on the infield.
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 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. League representatives: Send your complete league meet results to Dave Unterholzner at daveu@surewest.net. Steps: 1. Enter in ALL relay teams and/or send them as a list with the file. 2. Back up the complete meet file. 3. Send it as an attachment to the above address.
4. Please leave a phone number where you may be reached on Saturday, May 13, if any problems arise.
3. Seeding can be seen online on Sunday, on both the Sac-Joaquin Section and Bella Vista track and field Web sites.

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 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. In the high jump finals, the bar will open four inches (4") lower than the lowest qualifying height.
14. **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 from 1:00-4:00 p.m., located at the north end of the stadium. Check stadium diagram for location.
2. Weights and measures is located in the equipment building at the southeast corner of the stadium.

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. Section Qualifiers:

1. First eight (8) placers in each final shall qualify to compete in the Masters meet at Modesto Junior College on Wednesday and Thursday, May 24 and 25, 2006.
2. Ninth finisher is the Section alternate to the Masters meet in that event.
3. Coaches who will be scratching qualifiers to the Masters meet are asked to notify meet management before leaving on Friday.

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:

1. Admission Fees for Trials and Finals:

Adults.....\$6.00	Students w/ SB Card.....\$4.00
-------------------	--------------------------------

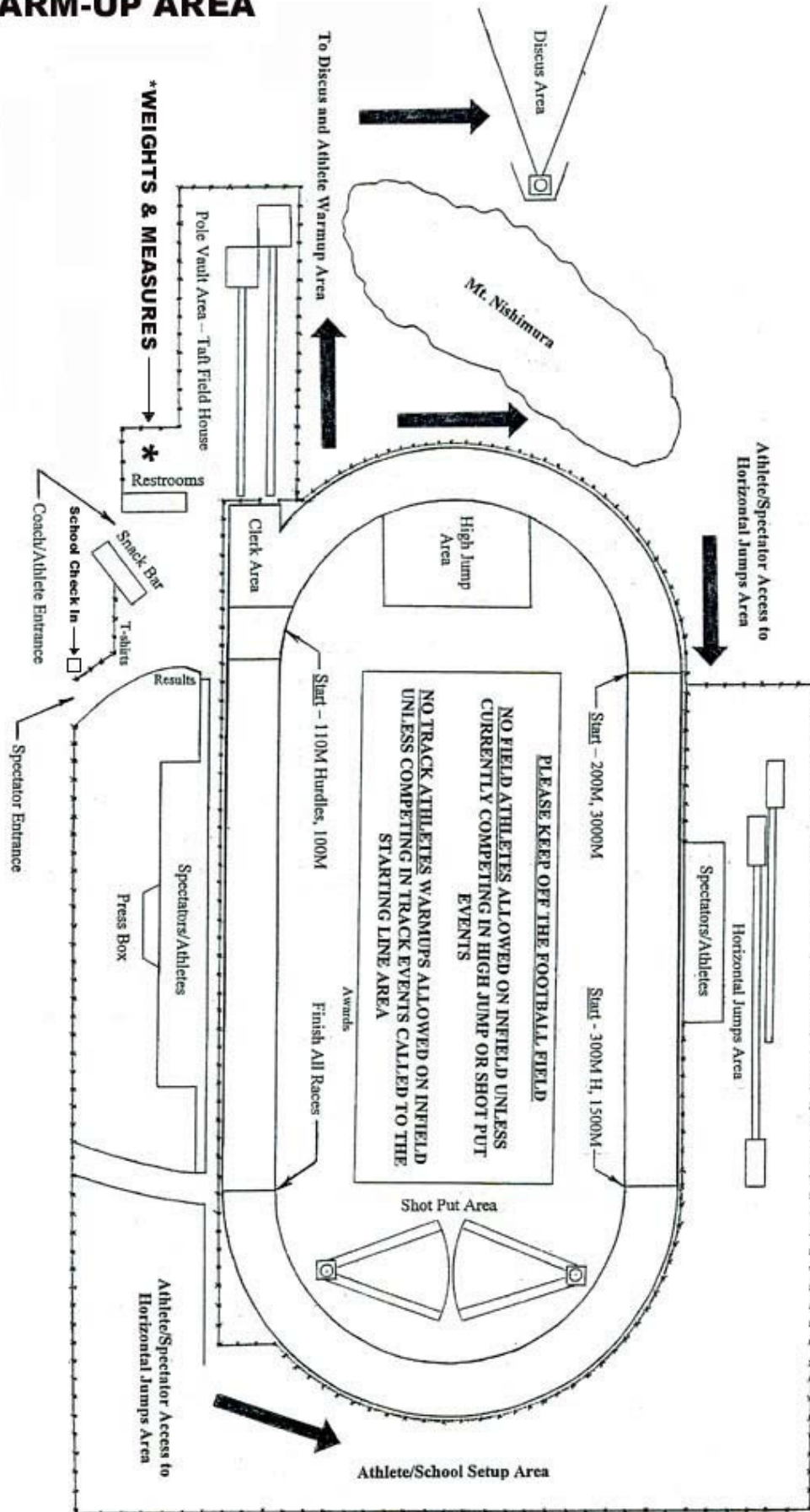
Z. Meet Memorabilia:

2006 Division II T-Shirts: \$12.00 (2X slightly higher)
 Trials and Finals Programs: Trials – \$2.00; Finals – \$1.00

WARM-UP AREA

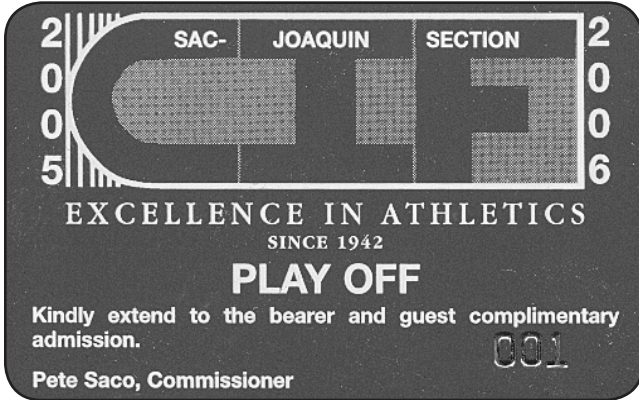
BUSES PARKING

Schematic of Sparks Track at Bronco Stadium – Bella Vista High School (Fair Oaks, CA)

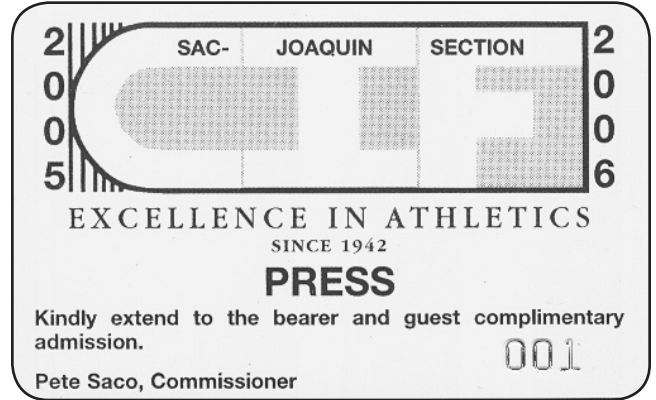


**CIF SAC-JOAQUIN SECTION PLAYOFFS
ACCEPTABLE PASS SHEET
2005-06**

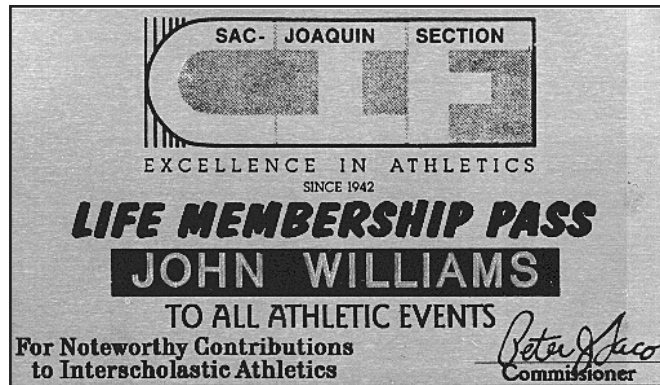
**PLAYOFF PASS
(NAVY)**



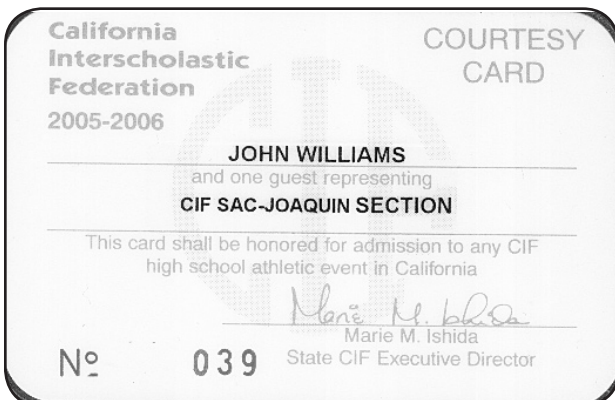
**PRESS PASS
(YELLOW)**



**SAC-JOAQUIN SECTION
GOLD LIFETIME PASS**



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



CIF STATE LIFETIME PASS

