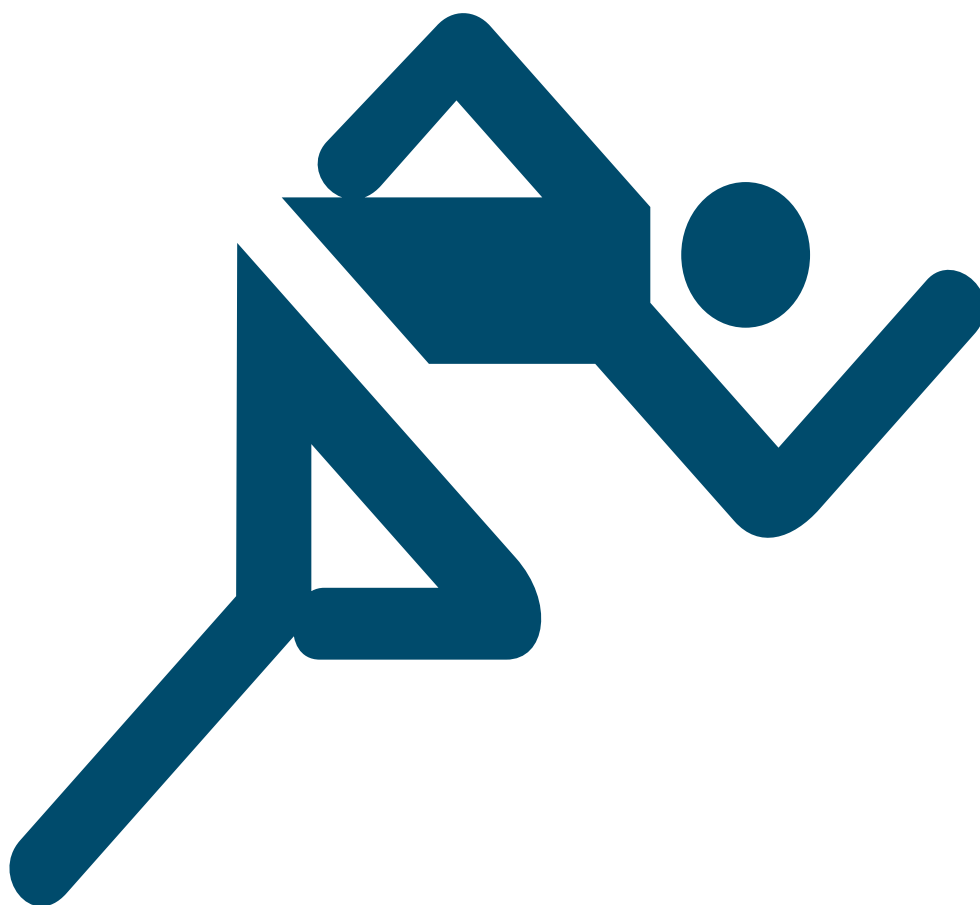
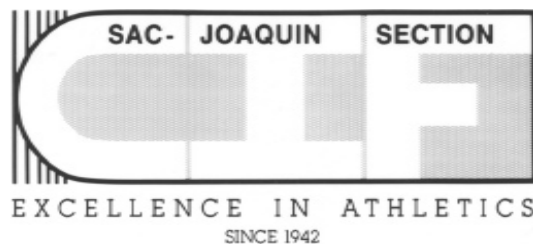




Track and Field Masters Format 2005-06



PRESIDENT
GEORGE HINDS
Superintendent
Le Grand Union H.S. District
12961 E. Le Grand Rd.
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COMMISSIONER
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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 MASTERS TRACK & FIELD CHAMPIONSHIP

A. Date & Location:

1. Trials - Wednesday, May 24, 2006 @ Modesto Junior College, Modesto
2. Finals - Thursday, May 25, 2006 @ Modesto Junior College, Modesto

B. Meet Directors:

Bill Ewing, Will C. Wood High School
School: (707) 453-6900 ext. 1011
Home: (707) 758-7640
Email: Bille@vacavilleusd.org
Fax: (707) 451-3656

Mike Papadopoulos, Vacaville High School
School: (707) 453-6034
Home: (707) 452-1104
Email: mpap@cwnet.com
Fax: (707) 447-5604

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 Modesto JC; please come dressed for competition.

D. Coaches/Competitors' Gate:

1. Meet information and wristbands will be distributed to head coaches only at competitors' gate at the south perimeter of the stadium under the scoreboard.
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 two coaches' wristbands per gender (if school has athletes competing), 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. Division I will qualify 10 in each event to the Masters meet.
2. Division II will qualify 8 in each event to the Masters meet.
3. Division III will qualify 6 in each event to the Masters meet.

F. FIELD EVENT SCHEDULE – Wednesday, May 24, 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 24</i>			

G. RUNNING EVENT SCHEDULE – Wednesday, May 24, 2006

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

H. FIELD EVENT SCHEDULE – Thursday, May 25, 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 25</i>			

I. RUNNING EVENT SCHEDULE – Thursday, May 25, 2006

Track Events	Event Time	Track Events	Event Time
Men's 4 x 100 M Relay	5:00	Men's 800 M	6:34
Women's 4 x 100 M Relay	5:08	Women's 800 M	6:42
Men's 1600 M	5:19	Men's 300 M IH	6:53
Women's 1600 M	5:28	Women's 300 M LH	7:00
Men's 110 M HH	5:44	Men's 200 M	7:10
Women's 100 M HH	5:54	Women's 200 M	7:17
Men's 400 M	6:04	Men's 3200 M	7:25
Women's 400 M	6:11	Women's 3200 M	7:42
Men's 100 M	6:19	Men's 4 x 400 M Relay	8:00
Women's 100 M	6:25	Women's 4 x 400 M Relay	8:10

J. Sportsmanship:

1. The basis of all competitive interaction in the Masters 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 the games committee.

L. Uniforms:

1. Each athlete in the Masters 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 will be awarded to the top three finishers in each final.
2. Certificates will be awarded to 4th, 5th and 6th place finishers in each final.
3. Medals in disputed events will be held until the dispute is resolved.
4. An awards ceremony will follow each event.

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 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. State Meet Qualifiers:

1. The top three (3) placers in each final shall qualify for the state meet to be held June 2 and 3, 2006 at Cerritos College. In the event a qualifier chooses not to compete in the state meet, the fourth-place finisher shall be the Section alternate.
2. All state meet entrants must be certified by the end of competition on Thursday; coaches must verify entrants at the awards table before leaving the meet.

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 use 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. In the pole vault and high jump, rotating flights of six will be used in the trials.
4. Pole vault will be a one-day event. In competition, the bar will be raised 6" per round. In the finals, when seven competitors remain in competition, the bar will be raised 3" per round.
5. Opening heights for pole vault in trials will be as follows: Boys-11'5"; Girls-8'3".
6. Opening heights for high jump in trials will be as follows: Boys-6'00"; Girls-5'00".
7. The games committee reserves the right to change the opening heights relative to the qualifying marks submitted.
8. 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.
9. 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.
10. In the finals for the horizontal jumps, each finalist shall receive three additional jumps. Marks from all six jumps shall be noted for place.
11. Field event athletes cannot cross the track at any time to confer with a coach or spectator once the athlete has entered the infield.

U. Weigh-in of Shot Puts and Disci:

1. All implements must be certified by weights and measures.
2. Weights and measures is located in 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.
3. Poles will be certified by the coach at the event venue by coaches and athletes signing the entrants' sheet.

W. Meet Information/Seedings:

Information can be viewed on-line at the Sac-Joaquin Section Web site (www.cifsjs.org) on Monday, May 22.

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.....\$8.00 Students w/SB Card.....\$5.00

Z. Meet Memorabilia:

2006 Masters meet T-Shirts: \$12.00 (2X slightly higher)
Programs: \$2.00

AA. At-Large State CIF Meet Qualifying Marks:

1. At-large qualifying marks are based upon the average of the 9th place qualifying marks to the state meet finals from the three most recent years. The at-large qualifying marks for 2006 are listed below.
2. Any athlete, in the finals of any event, who meets or exceeds any at-large qualifying mark automatically qualifies to a berth in the state meet regardless of finishing mark or place.

2006 At-Large

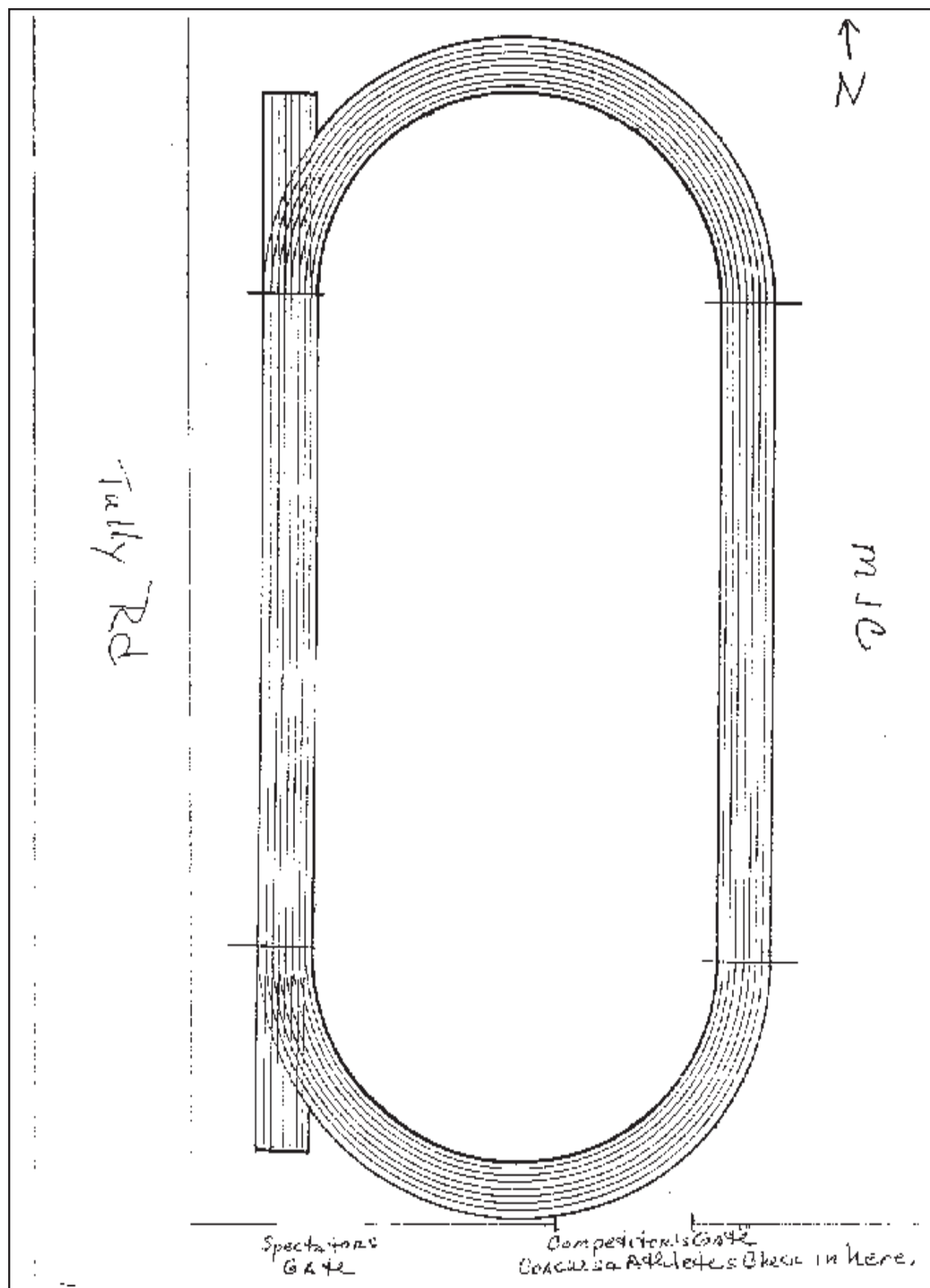
Event	Qualifying Marks
Boys 100M	10.73
Boys 200M	21.69
Boys 400M	48.62
Boys 800M	1:55.36
Boys 1600M	4:16.69
Boys 3200M	9:11.88
Boys 110M Hurdles	14.49
Boys 300M Hurdles	38.60
Boys 4x100M Relay	42.28
Boys 4x400M Relay	3:21.19
Boys High Jump	6-5
Boys Pole Vault	14-11
Boys Long Jump	22-6
Boys Triple Jump	46-8
Boys Shot Put	57-3
Boys Discus	173-10

2006 At-Large

Event	Qualifying Marks
Girls 100M	11.98
Girls 200M	24.54
Girls 400M	55.87
Girls 800M	2:14.74
Girls 1600M	5:00.92
Girls 3200M	10:47.12
Girls 100M Hurdles	14.57
Girls 300M Hurdles	44.09
Girls 4x100M Relay	47.54
Girls 4x400M Relay	3:53.17
Girls High Jump	5-4
Girls Pole Vault	11-8
Girls Long Jump	18-6
Girls Triple Jump	38-4
Girls Shot Put	41-1
Girls Discus	136-0

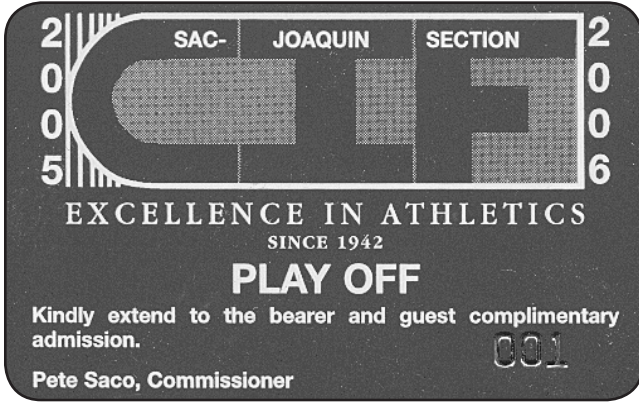
BB. State Meet Site Prohibition:

Competitors will not be permitted to work out at the state championship venue (Cerritos College) any time within five days prior to the state track meet. Any violation of the workout rule may result in disqualification.

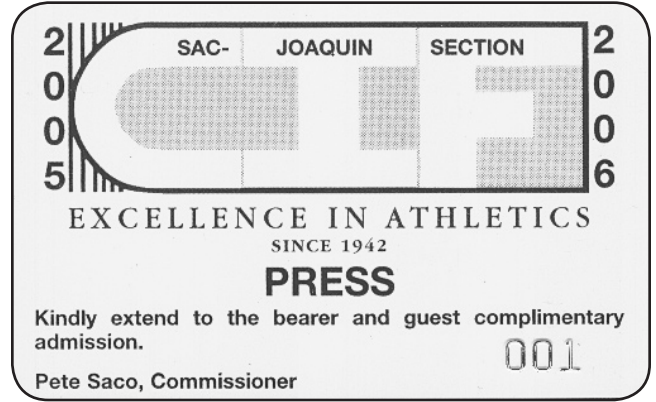


**CIF SAC-JOAQUIN SECTION PLAYOFFS
ACCEPTABLE PASS SHEET
2005-06**

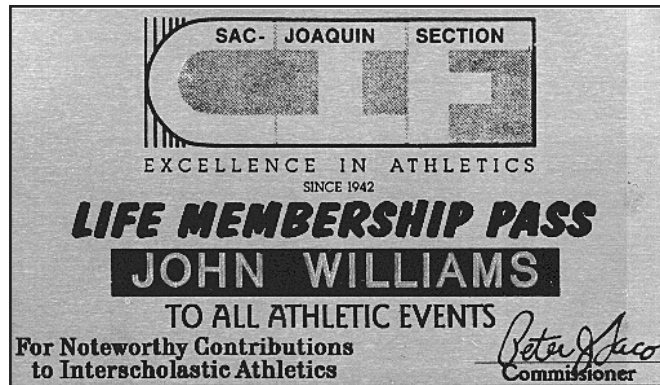
**PLAYOFF PASS
(NAVY)**



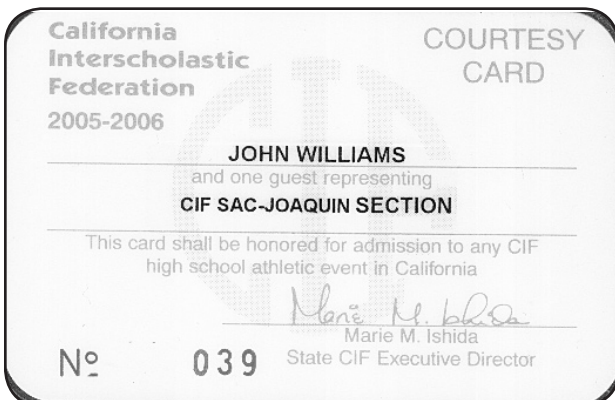
**PRESS PASS
(YELLOW)**



**SAC-JOAQUIN SECTION
GOLD LIFETIME PASS**



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



CIF STATE LIFETIME PASS

