

**North Coast Section, CIF/Les Schwab Tires
BAY SHORE AREA
Track & Field Championships
James Logan High School
Saturday, May 19, 2007**

Meet Directors:

Lee Webb
James Logan High School
510-505-9557 (Home)
510-471-2520 Ext. 5113 (Work)
510-304-7172 (Cell)
E-Mail: lee_webb@nhusd.k12.ca.us

Site: James Logan High School
1800 H Street
Union City, CA 94587

Time Schedule:

Field Events

11:00 a.m.	Girls High Jump Girls Pole Vault Girls Shot Put Boys Discus Girls Long Jump Boys Triple Jump
1:00 p.m.	Boys Shot Put Girls Discus Boys Long Jump Girls Triple Jump Boys Pole Vault Boys High Jump

Qualifying leagues are asked to contact Lee Webb, Meet Director, regarding assistance in the conduct of the NCS/Les Schwab Tires Bay Shore Track & Field Championships. Officials are needed for various events and help at the finish line.

Running Events

12:00 p.m.	Girls 4 x 100m Relay	1:30 p.m.	Girls 800m Run
12:10 p.m.	Boys 4 x 100m Relay	1:40 p.m.	Boys 800m Run
12:20 p.m.	Girls 1600m Run	1:50 p.m.	Girls 300m L. Hurdles
12:30 p.m.	Boys 1600m Run	2:00 p.m.	Boys 300m I. Hurdles
12:40 p.m.	Girls 100 Hurdles	2:10 p.m.	Girls 200m Dash
12:50 p.m.	Boys 110 Hurdles	2:20 p.m.	Boys 200m Dash
1:00 p.m.	Girls 400m Dash	2:30 p.m.	Girls 3200m Run
1:05 p.m.	Boys 400m Dash	2:45 p.m.	Boys 3200m Run
1:15 p.m.	Girls 100m Dash	3:10 p.m.	Girls 4 x 400m Relay
1:20 p.m.	Boys 100m Dash	3:25 p.m.	Boys 4 x 400m Relay

ENTRIES

All entries must be submitted by the league meet director, or his/her designee, using EZMeets.com, unless your league is using the Hy-Tek Track & Field program. Each league meet director will receive a password to enter their league's qualifiers at EZMeets.com, including instructions. If your league is using Hy-Tek Track & Field program then entries may be submitted in the proper format using this computer program and must be forwarded by email to Lee Webb at lee_webb@nhusd.k12.ca.us by the deadline for entries, Sunday, May 13, no later than 12:00 noon. If your league is not using the Hy-Tek Track & Field program then entries must be submitted by EZMeets.com by the same deadline.

The number of qualifiers per each event by league for the NCS/Les Schwab Tires Bay Shore Track & Field Championships will be as follows:

MVAL	4 entries
HAAL	4 entries
BSAL	4 entries
ACCAL	4 entries

*Any league that fails to forward **any entries in an individual event** will increase the entries to other participating leagues. No league will receive more than six entries and the Meet Director must maintain equal entries from each participating league.*

AT-LARGE QUALIFIERS

Any student-athlete who participates in NCS/Les Schwab Tires Class A or Area Championship meet and does not qualify by place to the NCS/Les Schwab Tires MOC Championships but meets or exceeds the standards below will automatically qualify for the NCS/Les Schwab Tires MOC Championships. These entries should be included in the entries forwarded to David Gutierrez.

At-large Standards for 2007

Boys		Girls	
4 x 100-meter Relay	43.57	4 x 100-meter Relay	50.08
1600-meter run	4:25.15	1600-meter run	5:08.56
110-meter H.H.	15.63	100-meter H.H.	15.80
400-meter dash	50.59	400-meter dash	58.97
100-meter dash	11.18	100-meter dash	12.60
800-meter run	1:58.89	800-meter run	2:19.26
300-meter I.H.	41.24	300-meter I.H.	46.30
200-meter dash	22.90	200-meter dash	26.28
3200-meter run	9:42.54	3200-meter run	11:22.24
4 x 400-meter Relay	3:28.53	4 x 400-meter Relay	4:06.44
Long Jump	20'08.75"	Long Jump	16'08.25"
Triple Jump	42'07.75"	Triple Jump	35'00.75"
High Jump	6'01"	High Jump	5'01"
Shot Put	48'07.50"	Shot Put	37'00.50"
Discus	144'07"	Discus	112'03"
Pole Vault	13'00.0"	Pole Vault	10'00.0"

ADMISSION

Admission price is \$8 general admission and \$5 for students and senior citizens. Individual passes or student association cards do not entitle the holder to free admission.

PROGRAMS

Programs will be sold for \$3.00 and each school will receive two in their team packet.

CONCESSIONS

Food and Drink will be sold for the duration of the meet.

T-SHIRTS/SOUVENIRS

T-Shirts, Caps and NCS souvenirs will be available.

TENTS

All tents will be put on the visitor's side (south side) of the stadium or in the grass areas outside the stadium.

PACKET PICK-UP

Packet pick-up will be at the gate near the 100-meter starting line.

GATES

There will be one gate open to the warm-up area and discus area. The gate is located by the visitor's snack bar.

WEIGH-INS

All shots and disci will be weighed in between 9:30 a.m. and 10:30 a.m. All implements not meeting specifications will be impounded for the duration of the meet.

POLE VAULT WEIGHT VERIFICATION

All head coaches must sign the pole vault entry form to verify their athlete's weight and all competing athletes will be weighed prior to competition in the attire that they will compete in, including shoes and helmet, if helmet is used.

WARM-UP AREA

The warm-up area will be on the grass area on the south side of the visitor's bleachers.

UNIFORMS

Uniforms and shoes must conform to the rules as stated in the 2007 National Federation Track and Field rulebook. Relay teams must have matching uniforms according to the NFHS rules.

INFIELD

No coaches are allowed in the infield. Athletes are only allowed in the competition area. No warm-up will be allowed on the football field.

SPIKES

¼" spikes are required for all events.

BATONS

All teams can use their own batons.

DRESSING FACILITIES

There will be no dressing facilities available.

SCRATCH MEETING

There will be a scratch meeting and final information meeting at 10:45 a.m. at the athlete check-in area by the 300-meter starting line. Field event scratches will be addressed first, then running events.

COACHES VERIFICATION

All coaches must bring their completed Certification Authorized Personnel form.

←IMPORTANT – PLEASE NOTE!!

Coaches failing to submit the Certification of Authorized Personnel form, signed by the principal, will automatically disqualify their student athletes from participation in the 2007 NCS/Les Schwab Tires Bay Shore Track & Field Championships. See the provided form on page 7.

JURY OF APPEALS

A jury of appeals will serve as the final board of appeals. The jury will be the meet director of each league meet.

UNIFORMS/JEWELRY

Uniforms/Jewelry rules will be enforced.

EVENT MECHANICS

1. 200 meters dash
The 200-meter dash will be run around a full turn.
2. 400 meters dash
The 400-meters dash will be run in staggered lanes and around two turns.
3. 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.
4. 4 x 400-meter relay will be a three-turn stagger. Runners may break for the pole after the third turn.
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.
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. Lanes will be assigned 4,5,3,6,2,7,1,8. Heat winners in races 100-800 and both relays will automatically qualify for the Meet of Champions.
7. 1600 meter and 3200 meter 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. High Jump and Pole Vault
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 9’0” in the girls. After 14’0” in the boys and 9’0” in the girls the bar will be raised in 4” increments.

NOTE: All coaches of pole vaulters must provide the vaulter’s weight and sign and athletes weight verification form in order for their vaulter(s) to be eligible for competition.

High Jump – the high jump starting height will be 2” below the lowest qualifying jumps. 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”.

9. 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 will receive three (3) additional trials to determine the top finishers.

AWARDS

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 Area Championships.

SCORING

Scoring shall be 10-8-6-4-2-1.

RESULTS

Results will be posted by the press box.

ALTERNATES

Please notify your league meet director as soon as possible about a scratch. It is common courtesy to notify them as soon as possible. Alternates will be placed in the scratched athlete’s position in a lane or flight.

ADVANCEMENT TO THE MEET OF CHAMPIONS

In all races except the 1600m and 3200m runs the first place finishers in each heat and the next five (5) fastest times will qualify for the Meet of Champions. If there are 3 heats, the winners of each heat will qualify plus the next four (4) fastest times. In the 1600m and 3200m the top seven finishers will advance to the Meet of Champions. Additionally, any athletes who do not finish in the top seven but establish a time or distance that meets or exceeds the At-large times and distances on page two will also qualify to the NCS 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 tie-breaker procedures. If run-offs are necessary they will be conducted at the conclusion the Area Championship unless the competitors’ schools are in close proximity. In that case the run-off will be at a neutral site on Tuesday following the meet.

HARDSHIPS

Hardships must be presented before the meet starts at the scratch meeting (10:00 a.m.). Please bring at least five copies of proper documentation of injury, medical report and information about the athlete. Hardships will be acted on after the meet is concluded. The hardship committee will consist of the League Meet Directors and the Bay Shore Meet Director. Specific procedures will be discussed after the hardship is considered.

NORTH COAST SECTION

12925 Alcosta Blvd., Suite 8
SAN RAMON, CA 94583
925-866-8400, FAX 925-866-7100

TRACK AND FIELD CERTIFICATION OF AUTHORIZED PERSONNEL

506 WHO MAY COACH

- A. All public school teams must be coached by a person who meets the requirements of the California Education Code and the California Code of Regulations Title V.
- B. A non-public school coach shall be considered a member of the school's staff. A non-public school coach must be certified by the governing board or highest school administrator as competent to coach. This certification must take place on an annual basis for each sport coached by that individual. Certification is required for coaches whether in paid or unpaid status.

508 OUT-OF-STATE COACHING CERTIFICATION

Teams of affiliated C.I.F. member schools (located outside of California) must be coached by staff members certified in their own state.

509 PENALTY FOR NON-CERTIFICATION AND IMPROPER COMPENSATION

Any team or individual, coached by an uncertified person, or by any person receiving any part of the salary for coaching from other than school funds without the approval of the school's governing board, is ineligible under California Interscholastic Federation rules.

Sport _____ School _____

Head Coach's Name _____ HM # () _____ WK # ()

Assistant Coach's Name _____ HM # () _____ WK # ()

Assistant Coach's Name _____ HM # () _____ WK # ()

Head Coach's Address:

Address _____

City _____

I hereby assert and verify that the person(s) named above is/are employed

by _____ High School and meets the

requirements of the above bylaw as of this date.

Signature of Principal Date

Print Name

**PLEASE HAND CARRY TO EACH CONTEST AND PRESENT TO THE SITE
DIRECTOR OR PERSON DESIGNATED TO COLLECT THE FORM.**

rev. 4/24/06