

# North Coast Section/Les Schwab Tires

*Redwood Empire AREA  
Track & Field Championships  
Del Norte High School  
Saturday, May 19, 2007*

## Meet Director:

Bob Hadfield, Athletic Director  
Del Norte High School  
1301 El Dorado  
Crescent City, CA 95531  
707-464-0260  
[rhadfield@delnorte.k12.ca.us](mailto:rhadfield@delnorte.k12.ca.us)

**Site:** Del Norte High School  
1301 El Dorado  
Crescent City, CA 95531

**Time schedule:** All events competitors should report 30 minutes before schedule start time. Heat times could change due to possible entrants from Coastal Mountain Conference and At-large qualifiers.

## Field Events

9:00 a.m. Long Jump (G)  
10:00 a.m. High Jump (G) Pole Vault (G) Shot Put (G) Discus (B)  
10:30 a.m. Long Jump (B)  
11:30a.m. Shot Put (B) Discus (G) High Jump (B)  
12:00 p.m. Pole Vault (B) Triple Jump (B)  
1:30 p.m. Triple Jump (G)

## Running Events

|            |                     |            |                     |
|------------|---------------------|------------|---------------------|
| 11:00 a.m. | Girls 4 x 100 Relay | 12:40 p.m. | Girls 800           |
| 11:10 a.m. | Boys 4 x 100 Relay  | 12:55 p.m. | Boys 800            |
| 11:20 a.m. | Girls 1600          | 1:10 p.m.  | Girls 300 Hurdles   |
| 11:30 a.m. | Boys 1600           | 1:25 p.m.  | Boys 300 Hurdles    |
| 11:40 a.m. | Girls 100 Hurdles   | 1:42 p.m.  | Girls 200           |
| 11:50 a.m. | Boys 110 Hurdles    | 1:54 p.m.  | Boys 200            |
| 12:00 noon | Girls 400           | 2:06 p.m.  | Girls 3200          |
| 12:10 p.m. | Boys 400            | 2:24 p.m.  | Boys 3200           |
| 12:20 p.m. | Girls 100           | 2:40 p.m.  | Girls 4 x 400 Relay |
| 12:30 p.m. | Boys 100            | 2:55 p.m.  | Boys 4 x 400 Relay  |

## 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.

## **DIRECTIONS TO DEL NORTE HIGH SCHOOL**

Take Hwy 101 to Crescent City. Turn left onto Northcrest Dr. Approximately .2 miles turn left onto E. Harding Ave. About .5 miles you will see Del Norte H.S. on the left side of the road. Turn left at El Dorado.

## **PARKING**

Parking is available in front of school.

## **Entrance to track**

Only coaches and athletes in uniforms will be admitted into the stadium free of charge. Upon entering, the head coach should check in at the coach's table and pick up their packet. **Entrance will be at on the southwest end of the stadium.**

## **UNIFORMS**

Uniforms and shoes must conform to the rules as stated in Section 3, Rule 4 in the 2007 National Federation Track and Field rulebook. Relay teams must have matching uniforms.

## **DRESSING FACILITIES**

The boys and girls locker rooms will be available.

## **PROGRAMS**

Programs will be \$3 each. A complimentary program will be included in each team packet.

## **CONCESSIONS**

Food and drink will be sold.

## **T-SHIRTS**

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

## **MEET 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 Bob Hadfield at [rhadfield@delnorte.k12.ca.us](mailto:rhadfield@delnorte.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 Redwood Empire Track & Field Championships will be as follows:

|      |           |
|------|-----------|
| HDNL | 3 entries |
| MCAL | 5 entries |
| NBL  | 4 entries |
| SCL  | 4 entries |

Lower Lake – Lower Lake shall compete in the Coastal Mountain Conference's league qualifying track and field meet. When a Lower Lake athlete(s) place(s) in the top four (4) of the CMC meet, he/she qualifies (up to three entrants per event as stated in the NFHS Track & Field Rules, 4-2-4c on page 24) to the NCS/Les Schwab Tires Redwood Empire Track & Field Championships.

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.

*Note: Due to the number of potential qualifiers in the NCS/Les Schwab Tires Redwood Empire Track & Field Championships additional heats may be necessary in some races.*

### **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.

#### **At-large Standards for 2007**

| <b>Boys</b>         |           | <b>Girls</b>        |           |
|---------------------|-----------|---------------------|-----------|
| 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"  |

### **SCRATCH MEETING**

The Scratch Meeting will be held for all meet directors at 8:30 a.m. Changes and substitutions can be made only by league directors. Every effort should be made to make all substitutions by midnight, Tuesday, May 15, the deadline for all hardship cases.

### **VAULT SIGN-IN**

All head coaches must sign the **2007 CIF POLE VAULT SIGN-IN/ VERIFICATION** form to verify their athlete's weight. All competing athletes will be weighed prior to competition in the attire that they will compete in, including shoes, and helmet, if a helmet is used .

### **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.

### **WEIGH-INS**

All shots and discus will be weighed in at 8:30 a.m. All implements not meeting specifications will be impounded for the duration of the meet.

## **WARM-UP AREA**

Warm area will be outside the stadium on the practice football field.

## **EVENT MECHANICS**

1. 200 meters dash  
The 200-meter dash will be run around a full turn.
2. 400 meter dash  
The 400-meter 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. Advancement to the Meet of Champions will be based on time with the exception of the first place finisher in each heat. See 23.508H.
6. Lane Assignment  
In all races except the 1600 and the 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 as determined by the Games Committee, and the next fastest qualifiers to the adjacent lanes, and so on (4,5,3,6,2,7,1,8).
7. 1600 meters and 3200 meters  
In the Area meets boys and girls 1600 and 3200 meter runners, there will be one heat consisting of 16 (18 if required due to qualifiers from the Coast Mountain Conference) 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 1,4,5,8,9,12,13,16,17 will be in the first alley and runners 2,3,6,7,10,11,14,15,18 will be in the second alley.

### **Field Events**

8. High Jump and Pole Vault  
Competition in the high jump and pole vault will be conducted in rotating flights. 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 increments until it reaches 14’0 in the boys and 8’0 for the girls. After 14’0 in the boys and 8’0 in the girls the bar will be raised in 4” increments.  
NOTE: All coaches of pole vault athletes must provide the pole vault athlete’s weight and sign the athlete’s weight verification form, when checking in at the registration table or booth in order for their vaulter(s) to be eligible for competition.  
High Jump – the high jump starting height will be 4’8” in the girls and 5’8” in the boys. 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”.  
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 trails. The top nine (9) competitors will receive three (3) additional trails to determine the top finishers.

## **AWARDS**

1. Certificates will be awarded to 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 perpetual plaque will be awarded to the first place boys' and girls' teams at the NCS Area/ Classification Meets.

## **SCORING**

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

## **ALTERNATES**

If an alternate replaces an entered qualifier, it will be the sole responsibility of the Meet Director or Area Track & Field Management Committee to decide if the heat, race or flight should be re-seeded.

## **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.

**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.**