

# North Coast Section/Les Schwab Tires

*Tri-Valley AREA*  
*Track & Field Championships*  
*Granada High School*  
*Saturday, May 19, 2007*

## Meet Directors:

Brad Morisoli  
Granada High School  
925-606-4800 School  
925-449-1946 h  
**925-766-0673 cell**  
[Brad@morisoli.net](mailto:Brad@morisoli.net)

**Site:** Granada High School  
400 Wall Street  
Livermore, CA 94550  
See site map and directions at [www.granadatrack.com](http://www.granadatrack.com)

**Time Schedule:** All event competitors should report 30 minutes before scheduled start time.

## Field Events

10:00

Girls High Jump  
Girls Pole Vault  
Girls Shot Put

Boys Discus  
Girls Long Jump  
Boys Triple Jump

12:00

Boys Shot Put  
Girls Discus

Boys Long Jump  
Girls Triple Jump  
Girls Discus

12:15

Boys High Jump

Boys Pole Vault

**Running Events** (Times for running events may vary depending on the number of heats, etc.)

12:00 noon Girls 4 x 100 Relay  
12:10 p.m. Boys 4 x 100 Relay  
12:20 p.m. Girls 1600  
12:30 p.m. Boys 1600  
12:40 p.m. Girls 100 Hurdles  
12:50 p.m. Boys 110 Hurdles  
1:00 p.m. Girls 400  
1:10 p.m. Boys 400  
1:20 p.m. Girls 100  
1:30 p.m. Boys 100

1:40 p.m. Girls 800  
1:55 p.m. Boys 800  
2:10 p.m. Girls 300 Hurdles  
2:25 p.m. Boys 300 Hurdles  
2:42 p.m. Girls 200  
2:54 p.m. Boys 200  
3:06 p.m. Girls 3200  
3:24 p.m. Boys 3200  
3:40 p.m. Girls 4 x 400 Relay  
3:55 p.m. Boys 4 x 400 Relay

## ENTRIES

All entries must be submitted in the proper format using Hy-Tek Track & Field computer program. Send them by e-mail to David Gutierrez at [dgutierrez@akgroup.com](mailto:dgutierrez@akgroup.com). If you have a problem with Hy-Tek, you call David at 925-250-0921.

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

BVAL	6 entries
EBAL	6 entries
DFAL	6 entries

## 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.

## ENTRANCE TO TRACK

Only coaches and athletes in uniform 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.

See map of school at [www.granadatrack.com](http://www.granadatrack.com)

## 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 rules.

## DRESSING FACILITIES

There will be no dressing facilities available.

## PROGRAMS

Programs will sell for \$3.00 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.

## **SCRATCH MEETING**

The Scratch Meeting will be held for all meet directors at 9:30 a.m. Changes and substitutions can be made only by league meet 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 pole vault entry form to verify their athlete's weight. All pole vaulters will be weighed before competition starts 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 disci will be weighed in at 9:00 a.m. All implements not meeting specifications will be impounded for the duration of the meet.

## **WARM-UP AREA**

The baseball field east of the stadium will be used as the warm-up area.

## **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. 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 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 as determined by the Games committee, and the next fastest qualifiers to the adjacent lanes, and so on (5,6,4,7,3,8,2,9,1).
7. 1600 meters and 3200 meters runs  
In the Area meets boys and girls 1600 meter run, there will be one heat consisting of 18 runners. The 1600 meter and 3200 meter runs will use an alley start in lanes 1-5 and 6-9. 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 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 6” increments until it reaches 14’0” in the boys and 8’0” in 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 trials. The top nine (9) 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 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.**