

- Principal
- Athletic Director
- Head Track & Field Coach

2007 NCS/Les Schwab Tires MEET OF CHAMPIONS TRACK & FIELD CHAMPIONSHIP SERIES BULLETIN

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TO: Coaches of Boys' and Girls' Track Teams; League Commissioners; NCS PREP Editors; Track Meet of Champions Management Committee members and NCS Staff
 FROM: Gil Lemmon, Associate Commissioner
 DATE: March, 2007

***** NCS/Les Schwab Tires TRACK AND FIELD MEET OF CHAMPIONS *****
 EDWARDS STADIUM, UNIVERSITY OF CALIFORNIA, BERKELEY

TRIALS
 Friday, May 25, 2007

FINALS
 Saturday, May 26, 2007

MEET DIRECTOR
 Brian Henderson
 750 Moraga Way
 Orinda, CA 94563
 (925) 280-3930 x5323

GAMES COMMITTEE
 Brian Henderson
 Keith Conning
 Will Matthews
 Peter Brewer

Brad Morisoli
 Linda Sawyer
 Tim Bruder
 Jack Coakley

Chuck Woolridge
 George Kleeman
 Gil Lemmon, NCS Staff

TRACK CONSTRUCTION AND SPIKE SIZE: Edwards Stadium has eight 48" Polyurethane surfaced lanes. The long jump, triple jump, pole vault runways and the high jump apron are also a Polyurethane surface. The shot and discus circles are concrete. Track spikes may not exceed 1/4" in length for events conducted in Edwards Stadium. The length is measured from the shoe's sole to the spike's tip.

COMPETITION RULES: The Track and Field Rules Book of the National Federation of State High School Associations will be the official rules and regulations for both boys and girls, superseded by CIF rules, NCS rules or policies of the NCS/Les Schwab Tires Meet of Champions Games Committee. The top four finishers in each event in Saturday Finals will qualify for the State Meet. Competitors in each event who do not finish in the top four will qualify as an at-large entry to the State CIF Track & Field Championships if his/her mark at the final section competition is equal to or better than the standards listed on page 8 of this bulletin.

A COACH MUST BE CERTIFIED BY THE SCHOOL PRINCIPAL. All coaches must have the included Certification of Authorized Personnel Form (page 11), signed by the principal, which must be presented at the Kiosk in order to pick up your school's coaches' packet. ONLY THE SCHOOL CERTIFIED COACH MAY PICK UP THE COACHES PACKET. The Kiosk will be closed at 2:00 p.m. on Saturday.

ENTRIES AND ADJUSTMENT IN ENTRIES:

NCS/Les Schwab Tires Area/Classification entries are:

- | | |
|---------------------------------|---------------------------------|
| CLASS A Meet - 3 entries | TRI-VALLEY Meet - 7 entries |
| REDWOOD EMPIRE Meet - 7 entries | BAY SHORE AREA Meet - 7 entries |

All entries including hardship competition qualifiers will be closed as of midnight Tuesday following the NCS/Les Schwab Tires Area/Classification Championship meets. All entries must be submitted in the proper format using the Hy-Tek Track & Field computer program. NCS will provide the format for input of these entries to the MOC. Each NCS Area/Classification Meet Director also must be certain that all entries submitted to the NCS/Les Schwab Tires Meet of Champions are accompanied by the times recorded in the NCS/Les Schwab Tires Class A/Area Championship meet. Entries entered as a result of automatic timing should be noted. Hand-held times must be listed in tenths. Only automatic times can be listed in hundredths. Each NCS Area/Classification Meet Director also must see that qualifying entries plus one in each race are individually timed. Any entries submitted without a qualifying time will be seeded last. Marks in the field events made at the NCS/Les Schwab Tires Area/Classification Championship meet must also be submitted. **Each NCS Area/Classification Meet Director, or their designee, will meet with the NCS Meet of Champions Meet Director, Brian Henderson, in the Press Box, at 9:45 a.m. on Friday, May 25, to verify entries.** It is essential that the NCS Area/Classification Meet Directors have the event sheets and an official copy of the results of their NCS/Les Schwab Tires Area/Classification Championship meet. NCS Area/Classification Meet Directors will be located in the Press Box during the meet to answer any questions concerning 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.

At-large Standards for 2007

<u>Boys</u>		<u>Girls</u>	
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"

Entries for the Exhibition 4 X 800 meter Relay are due no later than Tuesday, May 22 at 6:00 p.m. to the NCS Office, 925-866-7100 (fax). Athletes that have qualified and are entered into the MOC are not eligible to participate in the relay. That includes athletes who are eliminated during the trials Friday. Those relay teams that have an athlete, or athletes, which may qualify for the MOC, must include an alternate, or alternates, with revised seeding time(s), along with your entries. Please see the instructions and entry form on pages 12 and 13.

TRIALS

SCHEDULE - Friday, May 25, 2007

*** FIELD EVENTS ***

Event No.	Reporting Time	Starting Time	Event
32	9:00 AM	10:00 AM	Boys Discus
21	9:15	10:15	Boys High Jump
24	11:30	12:30 PM	Boys Triple Jump
28	11:45	1:45	Girls Pole Vault
25	12:45 PM	1:30	Girls Shot Put
30	2:30	3:30	Girls Triple Jump

*** RUNNING EVENTS ***

NOTE: (Each event will have three heats except the 1600m run which will have two and the 3200m run which will be run as a final on Saturday.)

1	12:45	1:00	Girls 400m Relay
2	1:00	1:15	Boys 400m Relay
3	1:15	1:30	Girls 1600m Run
4	1:30	1:45	Boys 1600m Run
5	1:50	2:05	Girls 100m Low Hurdles
6	2:05	2:20	Boys 110m High Hurdles
7	2:20	2:35	Girls 400m Dash
8	2:35	2:50	Boys 400m Dash
9	2:50	3:05	Girls 100m Dash
10	3:05	3:20	Boys 100m Dash
11	3:20	3:35	Girls 800m Run
12	3:35	3:50	Boys 800m Run
13	3:55	4:10	Girls 300m Low Hurdles
14	4:10	4:25	Boys 300m Int. Hurdles
15	4:25	4:40	Girls 200m Dash
16	4:40	4:55	Boys 200m Dash
Exhibition	4:55	5:10	Girls 3200m Relay
Exhibition	5:10	5:25	Boys 3200m Relay
19	5:25	5:40	Girls 1600m Relay
20	5:40	5:55	Boys 1600m Relay
		6:10	Track Trials Completed

ATHLETES' AREA: Evans (Baseball) Diamond, which is adjacent to the North-East corner of Edwards Stadium, will be the designated warm-up area for the athletes. No shot, discus or other implements are allowed in the warm-up area. Shot and discus warm-up throws will be allowed by the event judge just prior to the starting time. Warm-ups for other events will not be permitted in Edwards Stadium. The Clerk-of-the-Course and Clerk-of-the-Field will meet all contestants at the North-West corner of Edwards

Stadium at the staging area. Coaches and athletes are to sit in the West bleachers on the Press Box side of the track. Athletes crossing the field to the staging area must walk carefully on the grass between the North end of the track and the tennis courts. No one will be allowed in the East bleachers.

FINALS

SCHEDULE - Saturday, May 26, 2007

*** FIELD EVENTS ***

Event No.	Reporting Time	Starting Time	Event
26	9:00 AM	10:00 AM	Girls Discus
27	9:15	10:15	Girls High Jump
29	10:30	11:30	Girls Long Jump
22	10:45	12:45 PM	Boys Pole Vault
23	1:00 PM	2:00	Boys Long Jump
31	1:30	2:15	Boys Shot Put

*** RUNNING EVENTS ***

1	1:15	1:30	Girls 400m Relay
2	1:23	1:38	Boys 400m Relay
3	1:32	1:47	Girls 1600m Run
4	1:43	1:58	Boys 1600m Run
5	1:55	2:10	Girls 100m Low Hurdles
6	2:02	2:17	Boys 110m High Hurdles
7	2:10	2:25	Girls 400m Dash
8	2:17	2:32	Boys 400m Dash
9	2:24	2:39	Girls 100m Dash
10	2:30	2:45	Boys 100m Dash
11	2:37	2:52	Girls 800m Run
12	2:44	2:59	Boys 800m Run
13	2:53	3:08	Girls 300m Low Hurdles
14	3:00	3:15	Boys 300m Int. Hurdles
15	3:08	3:23	Girls 200m Dash
16	3:15	3:30	Boys 200m Dash
17	3:23	3:38	Girls 3200m Run
18	3:40	3:55	Boys 3200m Run
19	3:55	4:10	Girls 1600m Relay
20	4:05	4:20	Boys 1600m Relay
		4:30	Track Events Completed

PARTICIPATION LIMITATIONS: A contestant is any athlete entered in the meet. The contestant becomes an entry at midnight, Tuesday, May 22, 2007. (Nat'l Fed. Rule 4, Section 1, Article 1)

Contestants officially become competitors when they report to the clerk of the course or field-event judge for an event in which they are entered. Contestants who fail to report prior to the clerk of the course closing the entries in the running events or after the judge starts competition in the field events will not be allowed to participate in the event. (Nat'l Fed. Rule 4, Section 1, Article 2 and 3)

Each contestant shall be responsible for obtaining a wristband and knowing the time schedule. Each contestant is solely responsible for promptly reporting for each event entered and at the location designated (Nat'l Fed. Rule 4, Section 1, Article 4).

A contestant shall not be entered in more than four individual events. If a contestant is entered in more than the allowable number of events, meet management shall scratch the contestant from the excess event(s) by following the listed order of events. (Nat'l Fed. Rule 4, Section 2, Article 1)

A competitor shall not compete in more than four events, including relays. (Nat'l Fed. Rule 4, Section 2, Article 1)

CONFLICT IN EVENTS: Competitors who are entered in field events being held simultaneously must report to the Clerk-of-the-Field for both events and report to each event's official, otherwise the athlete will be scratched. If the field event is in conflict with a running event, the athlete must secure a release from the field event official and report to the Clerk-of-the-Course. Athletes may not report directly to the starting line. Athletes must first check-in with the Clerk-of-the-Course.

RUNNING EVENT MECHANICS

RACES OVER 400 METERS: The 800m run will use a one-turn stagger. The 1600m run will be seeded from the middle of the track from a curved line. The 3200m run will be in two rows, seeded, and use an "in the alley" start. The 1600m relay will be staggered for three (3) turns.

HEAT ASSIGNMENTS IN PRELIMINARIES: Assignments to heat preliminaries will be made by the Meet Director and Games Committee. Heat and lane assignments for hardship qualifiers will be based on the heat and lane assignment of the athlete that they replace.

LANE ASSIGNMENT IN TRIALS AND FINALS: In all races except the 3200 meter run, 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). In the 3200 meter run, the qualifiers will be in two rows, seeded, and use an "in the alley" start.

QUALIFYING FOR RUNNING FINALS:

In all races except the 1600m run the first place finishers in each trial heat will qualify for the finals. The remaining qualifiers will be determined by the times they run in those trial heats. In the case of a tie(s) for first in the trials, all runners involved in the first place tie will qualify for the finals and the number of non-first place finishers will be reduced to ensure there are not more than eight runners in the finals of all races.

In the 1600m run there will be two (2) heats. The top three (3) places in each heat plus the two non-first-through-third-place runners with the fastest times will advance to the finals on Saturday.

STARTING BLOCKS AND BATONS: All starting blocks and relay batons will be provided by meet management and only those starting blocks and relay batons may be used.

FIELD EVENT MECHANICS

Participants will not be allowed on the infield until they have been invited by the Clerk-of-the-Field.

When finals and/or trials are officially completed, the participation area will be closed. Extra practice will not be allowed.

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 six (6) medal winners. Position placement for hardship qualifiers will be based on the position of the athlete that they replace.

HIGH JUMP AND POLE VAULT

Competition in the high jump and pole vault will be conducted in rotating flights. Competition will start at the heights listed below and competition will continue until final places are determined.

All pole vault participants, after registration and within one hour of their reporting time must check-in with the Clerk of the Field at the Northeast corner of the stadium. Athletes will be weighed, in uniform, using a digital scale and all poles will be inspected. Illegal poles will be impounded and not allowed on the field of competition. Impounded poles will be safely secured by meet management.

HIGH JUMP WARM-UP SCHEDULE

	<u>BOYS HIGH JUMP</u>	<u>GIRLS HIGH JUMP</u>
	Friday, May 25, 2007	Saturday, May 26, 2007
	TRIALS & FINALS (10:15 am)	TRIALS & FINALS (10:15 am)
	9:15 No bar	9:15 No Bar
warm-up	9:45 5'8"	9:45 4'6"
heights	9:55 5'10"	9:55 4'8"
	10:05 6'0"*	10:05 5'0"*
competition	* Heights may vary as requested by the competitors	
starts at	10:15 5'10"	10:15 4'8"
	Bar will rise in 2" increments	Bar will rise in 2" increments
	until 6'4", then 1" increments	until 5'0", then 1" increments

POLE VAULT WARM-UP SCHEDULE

	<u>GIRLS POLE VAULT</u>	<u>BOYS POLE VAULT</u>
	Friday, May 25, 2007	Saturday, May 26, 2007
	TRIALS & FINALS (1:45 pm)	TRIALS & FINALS (12:45 pm)
	11:45 Weigh-in	10:45 Weigh-in
	12:15 No Bar	11:15 No Bar
	12:35 7'0"	11:35 11'0"
warm-up	12:55 7'6"	11:55 11'6"
heights	1:15 8'0"	12:15 12'0"
	1:35 8'6"*	12:35 12'6"
	* Heights may vary as requested by the competitors	
competition		
starts at	1:45 8'0"	12:45 11'6"
	Bar will rise in 6" increments until 9'6"	Bar will rise in 6" increments until 13'6", then 3" increments

NOTE: Pole vault participants **will not** be permitted to place their poles in the competition area until they are allowed by the clerk-of-the-field to enter the area to warm-up.

LONG JUMP, TRIPLE JUMP, SHOT PUT AND DISCUS

On the listed day of competition, contestants will compete in accordance with their marks made in the Area/Classification Championship meets, with the participant with the best recorded mark competing last. The competitors will be placed in flights. Each competitor, unless excused, will be given three (3) attempts before the next flight takes its trials. The top eight (8) competitors will receive three (3) additional trials to determine the top six (6) medal winners. Marks made in the qualifying competition will carryover to be counted in the final competition.

The distance from the takeoff to the pit will be 10 feet in the girls' long jump, and 14 feet in the boys' long jump. The takeoff boards in the girls' triple jump will be 28 and 32 feet from the pit, and the boys' takeoff boards will be 38 and 42 feet from the pit.

All discus and shots must be weighed and marked by the Certification Official on the day of competition. The Certification Official will be located at the Northeast end of the track near the Clerk-of-the-Course. Once certified, implements will be impounded until required for competition or the event ends. Either wood or rubber discus may be used provided it meets specifications. Only properly certified implements will be allowed on the infield.

GENERAL INFORMATION

SCORING

The NCS/Les Schwab Tires Meet of Champions will be scored according to the National Federation Rule Book: 10, 8, 6, 4, 2, and 1.

REGISTRATION AND ADMISSION OF ATHLETES

Coaches, Asst. Coaches and athletes shall check in and receive their credentials at the Registration Booth (at the Kiosk) that is located on the North-West side (Oxford Avenue) of Edwards Stadium. Coaches, Asst. Coaches and participants will not be permitted entry at any other gate. The Registration Booth and entry gate will open at 8:30 a.m. **Please note that registration packets will only be issued to the coach! Each school's principal will be required to complete the Certification of Authorized Personnel Form.** Each Head Coach must turn in the Certification of Authorized Personnel Form at the Registration Booth. Coach's credentials will not be issued unless this form is provided and signed by the principal. Coaches are responsible for issuing wristbands to their athletes.

UNFAIR ACTS It is an unfair act when a competitor receives any assistance from any other person that could improve that competitor's performance. Assistance includes:

- Interference with another competitor.
- Pacing by a teammate or persons not participating in the event
- Competitors joining or grasping hands with each other during a race.
- Competitors using an aid during the race.
- Communication with a competitor through the use of a wireless device.
- Coaching a competitor from a restricted area
- A competitor views a videotape prior to the completion of the competition.

* The penalty for such unfair acts is disqualification from that event and further competition in the meet.

Note: A coach may verbally instruct a competitor provided the coach is positioned in an unrestricted area. (Nat'l. Fed. Rule 4, Section 5, Article 8, a-g, Page 27 and 28)

UNSPORTSMANLIKE CONDUCT

Unsporting conduct is behavior that is unethical or dishonorable. It includes, but not limited to, disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, criticizing or using profanity directed toward someone. This shall apply to all

coaches, contestants and other team/school personnel. The penalty for such behavior is disqualification from that event and further competition in the meet. Disqualification of a coach or other school personnel shall be from further involvement in the meet. (Nat'l Fed. Rule 4, Section 5, Article 1, Page 26 and 27)

UNACCEPTABLE CONDUCT

Unacceptable conduct by a competitor includes, but is not limited to, willful failure to follow the directions of a meet official, using profanity that is not directed at someone or any action that could bring discredit to the individual or his/her school. The penalty for such behavior is disqualification from that event. (Nat'l Fed. Rule 4, Section 5, Article 2, Page 27)

UNIFORM RULE: Each competitor's uniform shall consist of:

ART. 1....The competitor's uniform shall be issued by the school, worn as intended by the manufacturer, and have the following restrictions:

1. Each competitor shall wear shoes.
2. Each competitor shall wear a track top or one-piece uniform issued by the school.
 - a. When numbers are used, each competitor shall wear his/her assigned, unaltered contestant number.
 - b. The top or one-piece uniform may have the school identification and the top may have the competitor's name.
 - c. The top shall not be knotted or have a knot-like protrusion.
 - d. A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the top or one-piece uniform.
 - e. The American flag, not exceeding 2 x 3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top.
 - f. Bare midriff tops are not allowed.
 - g. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect.
3. Each competitor shall wear a track bottom or one-piece uniform issued by the school.
 - a. The bottom or one-piece uniform may have the school identification.
 - b. Loose-fitting, boxer-type shorts are permitted for boys and girls. Closed-leg briefs are acceptable for girls.
 - c. French or high-cut apparel shall not be worn in lieu of uniform bottom.
 - d. The waistband of a competitor's bottom shall be worn above the hips.
 - e. A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimensions more than 2¼ inches, is permitted on the bottom or one-piece uniform.
 - f. The American flag, not exceeding 2 x 3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform bottom.
4. Visible Undergarments
 - a. Any visible top(s) worn under the uniform must be unadorned (except for manufacturer's logo) and a single color.
 - b. Visible garments worn under the top and bottoms do not have to be the same color.

ART. 2....Additional restrictions for relay races.

1. In relay races, each team member shall wear the same color and design of school uniform although the length of the bottom or one-piece uniform may vary.
2. Any visible garment(s) worn under the top or bottom shall be a single color and the same color as those worn by other members of the relay team. Visible garments may vary in length.

ART. 3....Jewelry shall not be worn by contestants

1. Medical alert medals are not considered jewelry and must be taped to the body and alert may be visible.
2. Religious medals are not considered jewelry and must be worn under the uniform and taped to the body.
3. A watch may be worn around the wrist.

For more complete information on the jewelry rule please go to the NCS web site: www.cifncs.org. Choose the sport of track and field.

PENALTY: For an illegal uniform or wearing jewelry, the competitor is disqualified from the event. (Nat'l Fed. Rule 4, Section 3, Articles 1-3, Pages 25-26)

COACHES

****Coaches will not be allowed on the stadium floor, with the exception of pole vault coaches.** Athletes may not cross the track to confer with their coach. The only other exception to this policy will be in case of injury or if official permission is granted by the Meet Director or Referee, or pole vault coaches. Pole vault coaches will be allowed to coach in the coach's box located on the infield north of the pole vault runway. One wristband per school will be allowed who have qualified a pole vault competitor. Note: National Federation rules require disqualification of competitors who have been unfairly aided. See rules book for details.

DRESSING QUARTERS

There will be no dressing rooms or lockers available for either boys or girls at Edwards Stadium. The management requests that all athletes arrive in their proper uniform.

SPECTATOR/COACHES SEATING

Spectator and coaches seating will only be allowed in the west stands. Coaches will not be allowed on the stadium floor without permission from meet management.

TENTS, UMBRELLAS AND RADIOS

Tents and umbrellas are only allowed at the very top three rows of the seating area for spectators. Tents and umbrellas may not be setup in front of the press box. Radios are not allowed in the stadium.

PARKING

There is a University of California fee lot on the South-West corner of Edwards Stadium at Fulton and Bancroft Avenue. The City of Berkeley has a fee lot on the west side of Edwards Stadium at Allston Way and Oxford Street. However, parking is always a challenge in Berkeley. The management recommends that public transportation be used and/or sufficient time be allowed for all contingencies. BART is available within one block of the stadium. (Pole vault poles are not allowed on BART.)

PARTICIPANTS ADMISSION

Meet credentials will be provided for each school's representatives. Those representatives include:

- one ticket for each boys'/girls' head track coach and one or two assistants for each team entered (limited to not more than three coaches per school),
- one wristband for each competitor,
- one ticket for the manager of each team, limit one per school.
- one wristband for a coach of each school that qualifies a pole vaulter.

Each competitor in the NCS/Les Schwab Tires Meet of Champions Trials and Finals must have a wristband. Each contestant is responsible for his/her wristband. **Duplicates will not be issued under any circumstance.**

Individual league or school passes or student association cards do not entitle the bearer to free admission. The North Coast Section Pass, Press, Photo, NCS Lifetime Pass, CIF Lifetime Pass and Courtesy Card will be honored.

ADMISSION PRICES:

General Admission \$9.00

Special Admission \$6.00*

*Includes high school students, children under high school age (4-13), and senior citizens (60 years or older.)

SOUVENIRS

Schools may purchase NCS/Les Schwab Tires Meet of Champions Championship Track & Field T-Shirts (\$15.00, XX Lg. shirts are \$17.), long sleeve T-shirts (\$18.00, XXLg. \$20.00), sweatshirts (\$30.00, XXLg. Sweatshirts are \$32.00), hats (\$15.00), patches (\$15.00), NCS Wind shirts/Polar Tec Vests (\$45.00, XXL. \$47.00), Visors (\$12.00) and Polo shirts (\$25.00, XXLg. \$27.00) at the NCS/Les Schwab Tires Meet of Champions Track & Field Championships. Souvenir programs will also be sold at the NCS/Les Schwab Tires Meet of Champions Track & Field Championship for \$4.00. Updated heat sheets will be available on the second day of the NCS/Les Schwab Tires Meet of Champions Track & Field Championships for \$2.00. Schools may also order NCS/Les Schwab Tires Meet of Champions and Area/Classification Track & Field Championship T-Shirts, patches and other NCS souvenirs using the enclosed souvenir order form. Coaches may use check, cash, MasterCard, Visa, American Express, Discover, school purchase order, requisition form and school billing to purchase souvenirs. See the Souvenir order form on page 10 to order souvenirs. Call the NCS office if you have any questions. Information regarding souvenirs is also available at the NCS Internet Web Site - <http://www.cifncs.org>.



STATE MEET INFORMATION

CIF State Championship Meet

Site: Hughes Stadium, Sacramento City College, Sacramento

Dates: Friday & Saturday, June 1 and June 2, 2007

NUMBER OF COMPETITORS

Sections are allowed the following entries as per State Federated Council rule:

Southern	5	San Joaquin	3	San Diego	3	Oakland	1	Central Coast	3
North Coast	4	Central	3	Northern	1	Los Angeles	3	San Francisco	1

ENTRIES/SCRATCHES

Entries close and are final, except for circumstance of clerical error, at 8:00 pm on the Saturday of the week preceding the first day of competition. Any scratches received after that point will be subject to penalty under the **Honest Effort Rule**. Coaches and athletes must decide at their section qualifying meets which events they intend to compete in at the State Championships. Sections may move non-qualifiers into any vacancies created by scratches prior to the entry deadline.

All original entry information and subsequent scratches/additions must be submitted by the Section Commissioner or his/her designee. No other entry changes or additions will be accepted.

HONEST EFFORT - (Note, this rule applies to qualifying events only)

Competitors who have qualified for and been entered into more than one event, must honestly participate in the qualifying round in each event for which the athlete is declared or the athlete will be barred from further competition in the meet. Athletes must compete with maximum effort and/or qualify from trials into the finals.

Note 1: It is understood that passing on attempts in field events is a strategy in those events and is not considered a question of honest effort.

Note 2: Athletes may appeal a disqualification on the grounds of Hardship to the Referee/Games Committee/Jury of Appeals.

CIF AT-LARGE STANDARDS

An athlete shall earn an at-large entry into the CIF State Meet Championships if his/her mark at the final section competition (which qualifies entrants to the State Meet) is equal to or better than the average of the 9th place qualifying marks to the State Meet Finals from the three most recent years. The At-Large standards* for the 2007 CIF State Meet are:

Event	Girls Standard	Boys Standard
100	11.98	10.71
200	24.41	21.65
400	56.07	48.65
800	2:13.40	1:54.26
1600	4:59.23	4:16.62
3200	10:46.21	9:13.74
100/110 Hurdles	14.58	14.45
300 Hurdles	44.24	38.61
4 x 100 Relay	47.61	42.26
4 x 400 Relay	3:53.38	3:20.96
High Jump	5'4"	6'6"
Pole Vault	11'8"	15'0"
Long Jump	18'4"	22'6"
Triple Jump	38'5"	47'0"
Shot Put	40'10"	57'3"
Discus	134'8"	174'7"

*These times and distances are subject to change due to error or action by the CIF Federated Council.



Facility Map (not available online)

Souvenir Order Form

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

EXHIBITION 4 X 800 METER RELAY INFORMATION

FRIDAY, MAY 25, 2007

(Entries are due no later than Tuesday, May 22 at 6:00 p.m.)

On May 25, during the Running Trials of the NCS/Les Schwab Tires Meet of Champions there is a 20-minute break where the 3200 meter run is normally conducted. In an attempt to provide the opportunity for some of those athletes that have not qualified for the Meet of Champions we will include a 4 x 800 meter relay for both boys and girls in that break period. This will be a non-scoring exhibition event and will follow all NCS and CIF rules. This includes matching school issued uniforms, a certified coach in attendance for each team, etc. There will be 12 teams selected for each race based on the times submitted.

Entries are due no later than **Tuesday, May 22 at 6:00 p.m.** Athletes that have qualified and are entered into the MOC are not qualified to participate in the relay. Those relay teams that have an athlete, or athletes, which may qualify for the MOC, must include an alternate, or alternates, with revised seeding time, or revised seeding times, along with your entries. If a team has an athlete advance to the MOC and no alternate has been submitted, or even if there is an alternate included but no revised seeding time was submitted, the team will be scratched. Only those athletes that are submitted on the entry form will be allowed to compete. **FAX your entries no later than May 22, 6:00 p.m. to the NCS Office, 925-866-7100.**

Coaches and athletes shall check-in and receive their credentials at the Registration Booth (at the Kiosk), which is located on the Northwest side (Oxford Avenue) of Edwards Stadium. Coaches and participants will not be permitted entry at any other gate. The Registration Booth and entry gate will be open at 8:30 a.m. Please note that registration packets will only be issued to the coach! Each school's principal will be required to complete the Certification of Authorized Personnel Form. Each Head Coach must turn in the Certification of Authorization Personnel Form at the Registration Booth. Coach's credentials will not be issued unless this form is provided and signed by the principal. Coaches are responsible for issuing wristbands to their athletes.

NORTH COAST SECTION MEET OF CHAMPIONS
EXHIBITION 4 X 800 METER RELAY

ENTRY FORM

SCHOOL: _____

CERTIFIED ACCOMPANYING COACH: _____

COACHES TELEPHONE NUMBER: _____

BOYS

ATHLETE'S NAME **GRADE**

1. _____

2. _____

3. _____

4. _____

Time for Seeding: _____

ALTERNATE(S)

1. _____

Time for Seeding: _____

2. _____

Time for Seeding: _____

3. _____

Time for Seeding: _____

GIRLS

ATHLETE'S NAME **GRADE**

1. _____

2. _____

3. _____

4. _____

Time for Seeding: _____

ALTERNATE(S)

1. _____

Time for Seeding: _____

2. _____

Time for Seeding: _____

3. _____

Time for Seeding: _____



Fundamentals of Sportsmanship

A. Gain an understanding and appreciation for the rules of the contest.

Being well informed is essential. Know the rules. Refrain from expressing opinions on decisions made by officials, coaches and administrators.

B. Exercise representative behavior at all times.

The true value of interscholastic competition relies upon everyone exhibiting behavior which is representative of a sound value base. Your behavior influences others whether you are aware of it or not.

C. Exhibit respect for the officials.

The officials of any contest are trained, impartial arbitrators who perform to the best of their ability. Mistakes by all those involved are a part of every contest. We should not rationalize our own poor or unsuccessful play by placing responsibility on an official. A rule of good sportsmanship is to accept and abide by the decision made.

D. Openly display respect for the opponent at all times.

Opponents are guests and should be treated cordially, provided with the best accommodations, and accorded tolerance at all times. Be a positive representative of your school, team or family.

E. Display pride in your actions at every opportunity.

Never allow your ego to interfere with good judgment and your responsibility as a school representative. Regardless of whether you are an adult, student, player, coach or official this value is paramount since it suggests that you care about yourself and how others perceive you.

Sportsmanship

Reveals Character –

regardless of the final outcome.

The Keys to Sportsmanship

Know the rules of your sport.

Recognize good performance by all competitors.

Respect your opponent and spectators.

Remember that during your event your participation will be on display. Think before you react in a difficult situation.

