



NORTH COAST SECTION TRACK & FIELD CHAMPIONSHIPS

5 Crow Canyon Court, Suite 209, San Ramon, CA 94583

t 925.263.2110 w www.cifncs.org e sphillips@cifncs.org

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2024 TRI-VALLEY AREA TRACK & FIELD CHAMPIONSHIP GUIDE

Track & Field Coaches are responsible for reading this championship guide in its entirety, paying close attention to the deadline for entries. New items (2024) highlighted in **BLUE**

SATURDAY, MAY 11, 2024 at PITTSBURG HIGH SCHOOL

Meet Director:

Aaron Alatorre
pittsburgtrack@gmail.com
925-457-9368

Host League- BVAL

Site:

Pittsburg High School
1750 Harbor St.
Pittsburg, CA 94565

TENTATIVE RUNNING EVENT TIME SCHEDULE:

Competitors must check in at Clerk of Course by report deadline.

<u>Report Deadline</u>	<u>Start</u>				
8:45am	9:00am	Girls <u>UNIFIED</u> 4x100m Relay	6 Heats of 4	5 Min per	30 Min total
9:15am	9:30am	Boys <u>UNIFIED</u> 4x100m Relay	6 Heats of 4	5 Min per	30 Min total
9:45	10:00	Girls 4 x 100m Relay	3 Heats of 8	5 Min per	15 Min total
10:00	10:15	Boys 4 x 100m Relay	3 Heats of 8	5 Min per	15 Min total
10:15	10:30	Girls 1600m Run	2 Heats of 12	8 Min per	16 Min total
10:31	10:46	Boys 1600m Run	2 Heats of 12	8 Min per	16 Min total
10:47	11:02	Girls 100m Hurdles	3 Heats of 8	4 Min per	12 Min total
10:59	11:14	Boys 110m Hurdles	3 Heats of 8	4 Min per	12 Min total
11:11	11:26	Girls 400m Dash	3 Heats of 8	4 Min per	12 Min total
11:23	11:38	Boys 400m Dash	3 Heats of 8	4 Min per	12 Min total
11:35	11:50	Girls 100m Dash	3 Heats of 8	4 Min per	12 Min total
11:47	12:02pm	Boys 100m Dash	3 Heats of 8	4 Min per	12 Min total
11:59	12:14	Girls <u>UNIFIED</u> 100m Dash	6 Heats of 4	4 Min per	24 Min total
12:23pm	12:38	Boys <u>UNIFIED</u> 100m Dash	6 Heats of 4	4 Min per	24 Min total
12:47	1:02	Girls 800m Run	2 Heats of 12	5 Min per	10 Min total
12:57	1:12	Boys 800m Run	2 Heats of 12	5 Min per	10 Min total
1:07	1:22	Girls 300m Hurdles	3 Heats of 8	4 Min per	12 Min total
1:19	1:34	Boys 300m Hurdles	3 Heats of 8	4 Min per	12 Min total
1:31	1:46	Girls 200m Dash	3 Heats of 8	4 Min per	12 Min total
1:43	1:58	Boys 200m Dash	3 Heats of 8	4 Min per	12 Min total
1:55	2:10	Girls 4x800m Relay	1 Heat of 24	16 Min per	16 Min total
2:11	2:26	Boys 4 x 800m Relay	1 Heat of 24	14 Min per	14 Min total
2:25	2:40	Girls 3200m Run	1 Heat of 24	14 Min per	14 Min total
2:39	2:54	Boys 3200m Run	1 Heat of 24	12 Min per	12 Min total
2:51	3:06	Girls 4 x 400m Relay	3 Heats of 8	8 Min per	24 Min total
3:15	3:30	Boys 4 x 400m Relay	3 Heats of 8	8 Min per	24 Min total
	3:54	Track Events Complete			

FIELD EVENT TIME SCHEDULE:

Report deadline is 30 minutes prior to scheduled start time. Competitors must check in with head official at event site by the report deadline. Shot and disc weigh-ins: 7:15am to 8:15am. All shot and discus implements must be presented for inspection at the Clerk of the Course by the 8:15am inspection deadline.

8:00am Start

Boys and Girls UNIFIED Shot Put

8:30am Start

Boys Pole Vault
Girls Long Jump
Boys Long Jump
Girls High Jump
Girls Discus

11:00am Start

Girls Triple Jump
Boys UNIFIED Long Jump
Boys High Jump
Girls Pole Vault

10:30am Start

Boys Discus

12:30pm Start

Girls Shot Put

1:30pm Start

Girls UNIFIED Long Jump
Boys Triple Jump

2:30pm Start

Boys Shot Put

****In an effort to expedite the process the Discus and Shot Put events will start 15min after the completion of each event.**

ENTRIES

All entries (**except for the 4x800 Relay**) must be submitted by the league meet director, or his/her designee, using the Hy-Tek Track & Field program. Hy-Tek Track & Field program entries must be submitted in the proper format using this computer program and must be forwarded by email to Shannon Sos of Diablo Timing at shannon@diablotiming.com at by the deadline for entries, **11:59 PM, Sunday, May 5th**. **Entries submitted by this deadline also constitute the declaration to compete and are subject to penalty under the honest effort rule. Each league Meet Director, (or his/her representative) must also be present at the respective NCS Area/Classification Meet with copies of the event sheets and a list of the entries and alternates from the league meet.** Copies must also be provided to each NCS Area/Classification Meet Director. Each Area/Classification Championship Meet Director will contact league meet directors concerning entries. Hy-Tek 6.0 will be used.

All entries will be closed and final, except for circumstance of clerical error, as of midnight Sunday following League Championship meets. Any scratches received after that point will be subject to penalty under the Honest Effort Rule. Coaches and athletes must decide at their League Championship Meets which events they intend to compete in at the NCS Area/Classification Meets. Leagues may move non-qualifiers into any vacancies created by scratches prior to the entry deadline.

The number of qualifiers per each event by league for the NCS Tri-Valley Track & Field Championships will be as follows:

BVAL	4 entries
DAL	6 entries
EBAL	6 entries

Plus Next 8 best marks from all 3 league championships. Plus any at-large marks. Only performances from league championship finals may be used to determine advancers.

*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*

NEW! 4x800m Relay Entry Instructions:

- The NCS Area/Class A meets will accept the top 16 4x800 relay squads entered (see breakdown below). Entry marks must be achieved in the official spring NCS outdoor season and verifiable on Athletic.net.
- To be accepted into the 4x800m relay at the NCS Area/Class A meets, schools must add the following meet to their Athletic.net calendar and register their relay(s) at the correct registration site:
 - Tri-Valley: <https://www.athletic.net/TrackAndField/meet/523900/register>
- When making entries, schools must include the following:
 - Name, date, and location of the meet
 - Link to results in Athletic.net
 - Event must be FAT timed
- Results MUST be official and posted on Athletic.net for verification purposes. Please check results and look to the NCS/Area/Class A rankings on Athletic.net to ensure that times are correct and in the system.
- Registration closes on Sunday, 5/5/2024 at 11:59 PM

Entries to the NCS Class A/Area meet will be as follows:

(Board of Managers 1/24/17)

NCS Class A and 2A/3A Area Meets			
Class A ^{5, 6}	Redwood Empire ^{5, 6}	Bay Shore ^{5, 6}	Tri-Valley ^{5, 6}
Bay Counties 8 (4 Relays) Coastal Mountain 8 (4 Relays) Humboldt-Del Norte (Little 5) 4 (2 Relays) ⁴ Branson, Berean Christian	Humboldt-Del Norte (Big 5) 3 Marin County 3 North Bay 5 Vine Valley 3 ² Lower Lake *Next 6-10 best marks from all leagues. Plus any at-large marks. Only performances from league championship finals may be used to determine advancers.	Mission Valley 4 TCAL-6 WACC-6 *Next 8 best marks from all 3 leagues. Plus any at-large marks. Only performances from league championship finals may be used to determine advancers.	Bay Valley 4 Diablo Athletic 6 East Bay 6 *Next 8 best marks from all 3 leagues. Plus any at-large marks. Only performances from league championship finals may be used to determine advancers.

²Lower Lake shall compete in the Coastal Mountain Conference's league qualifying track and field meet. When a Lower Lake athlete(s) place in the top four (4) of the CMC meet he/she qualifies (up to three entrants per event as stated in the National Federation Rules Book Rule 4-2-4c on page 21) to the NCS Redwood Empire Track & Field Championships.

NOTE: This action may require an additional heat at the NCS Redwood Empire Track & Field Championships in all races that are run in lanes.

⁴Branson School shall compete in the Marin County Athletic League's league qualifying track and field meet. When Branson School athlete(s) place in the top four (4) of the MCAL meet he/she qualifies (up to three entrants per event as stated in the National Federation Rules Book Rule 4-2-4c on page 21) to the NCS Class A Track & Field Championships. Berean Christian shall compete in the Diablo Valley Athletic League's league qualifying track and field meet. When either Berean Christian athlete(s) place in the top four (4) of the DVAL meet he/she qualifies (up to three entrants per event as stated in the National Federation Rules Book Rule 4-2-4c on page 21) to the NCS Class A Track & Field Championships.

⁵Any league that fails to forward any entries in an individual event will increase the entries to other participating leagues. (Board of Managers 10/17/08)

NEW!:

⁶ Entries in the 4x800m relay are based solely on times (entries in this event do NOT qualify through a league championship). Times must be verifiable FAT times run during the current season (times can be taken from league championship if the league holds this event). There will be up to 16 entries at each Class A/Area meet determined as follows:

CLASS A

Best 16 times from all Class A schools

REDWOOD EMPIRE

HDNL (Big 5)	2
MCAL	2
NBL	4
VVAL	2
Next best times 6 times	6

BAY SHORE

MVAL	2
TCAL	3
WACC	3
Next best 8 times	8

TRI-VALLEY

BVAL	2
DAL	3
EBAL	3
Next best 8 times	8

ENTRY INSTRUCTIONS

Submit a BACKUP of the League Championship Hy-Tek Meet Manager database plus a list of add/drops due to scratches. Alternatively, submit a database BACKUP file plus the ADVANCER file from Hy-Tek Meet Manager. If using a different meet management program (MeetPro, etc.), submit (1) a complete RESULTS file (.pdf, .html, etc); plus (2) a semi-colon delimited file for advancers or a list of adds/drops. Each league is to submit their qualifiers as stated in the chart above. All event finalists should be entered before considering best preliminary marks from non-finalists. The "Next 6-10" qualifiers will be subject to Honest Effort Rule upon selection to the Area Meet, so all entrants, including alternates, should confirm intent to participate or scratch prior to being submitted for entry. Receipt of entries will be confirmed via return email. A list of qualifiers for each event will be posted on the NCS website by Monday evening.

Contact Shannon Sos with any questions regarding entry files, formats, or procedures. shannon@diablotiming.com 925-321-2365

SCRATCHES

Scratches must be submitted no later than **11:59 am Sunday, May 5th,2023**. After the deadline no more entries will be accepted.

HONEST EFFORT

Competitors who have qualified for and been entered into more than one event must honestly participate with maximum effort in each event for which the athlete is declared or the athlete will be barred from further competition in the meet.

Note: 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.

AT-LARGE QUALIFIERS

Any student-athlete who participates in either the League Championship Meet or the NCS Tri-Valley Area Championship Meet and does not qualify by place but meets or exceeds the standards below in the Championship **Finals** will automatically qualify for the next level of competition (either the Area Championships or the Meet of Champions).

MOC At-large Standards for 2024

2024 MOC AT LARGE STANDARDS			
Event	Mark	Event	Mark
G4x100	49.79	G3200	11:11.25
B4x100	43.34	B3200	9:24.14
G1600	5:15.62	G4x400	4:07.88
B1600	4:25.58	B4x400	3:27.67
G100H	16.35	GHJ	5-00
B110H	15.55	GPV	10-01
G400	59.85	GLJ	16-08.75
B400	50.69	GTJ	35-01
G100	12.50	GSP	34-08.25
B100	11.03	GDT	104-01
G800	2:20.95	BHJ	6-00
B800	2:00.16	BPV	12-08
G300H	48.56	BLJ	21-06.75
B300H	41.43	BTJ	42-09.5
G200	26.06	BSP	48-00
B200	22.50	BDT	134-08

the 4x800m relay will not have at-large standards until the event has had 3 years of NCS results

ADVANCEMENT TO THE MEET OF CHAMPIONS

1. NCS Class A and Area meets will have the following number of entries into the NCS Meet of Champions.

- (a) Class A, 3 entries
- (b) Redwood Empire, 6 entries
- (c) Bay Shore, 6 entries
- (d) Tri-Valley, 6 entries

The remainder of available qualifying spots will be determined by next best marks from all 4 of the qualifying meets (Class A, Redwood Empire, Bay Shore, Tri-Valley). The total number of qualifying spots will be determined by the number of lanes on the track in the MOC Venue (8 lane track = 24 qualifiers; 9 lane track = 27 qualifiers). (*Board of Managers 5/22/20*)

(NEW!) 2. Entries in the 4x800m relay will be as follows:

- (a) Class A, 2 automatic qualifiers
- (b) Redwood Empire, 2 automatic qualifiers
- (c) Bay Shore, 2 automatic qualifiers
- (d) Tri-Valley, 2 automatic qualifiers
- (e) The remaining qualifying 8 entries will be determined by next best marks from all 4 of the qualifying meets (Class A, Redwood Empire, Bay Shore, Tri-Valley).

COACH'S RESPONSIBILITY REGARDING REPORTING SCRATCHES

The coach of any qualifying athlete, who for any reason is to be withdrawn from any future events, is obligated to notify the Meet Director no later than the conclusion of the current meet. In addition, the coach has a professional responsibility to notify at the same time the coach of any and all alternates involved in the aforementioned withdrawals, so as to give alternates opportunity to declare before the entry deadline.

In all events, the 6 best marks will qualify for the Meet of Champions then the next best marks from all 4 Area/Class A Championships will advance. Ties must be broken using the National Federation Track & Field Rules Book tie-breaker procedures. Additionally, any athletes who do not finish in the top 6 but establish a time or distance that meets or exceeds the At-large times and distances above will also qualify to the NCS Meet of Champions.

GENERAL INFORMATION

PROTESTS PROCEDURES

Protest/Appeal Process (Rule 3.2.4)

All protests are first made to the Meet Referee. The Referee's decision then may be appealed in writing to the Jury of Appeals.

The Jury of Appeals will have the final authority in all appeals.

RELAY ENTRY FORMS

Schools qualifying relay teams must submit any **relay roster changes** at the conclusion of the NCS Tri-Valley Area Championship Meet. Submit changes in writing to Shannon Sos at the finish line tent. **Relay team members must be included in entries to NCS Meet of Champions.**

STADIUM ADMISSION

Admission price is \$12 general admission and \$5 for students and senior citizens. Individual passes or student association cards do not entitle the holder to free admission. Only 4 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 main stadium entrance and pick-up their packet.

NCS Area/Classification Meets

Adults	- \$12.00
Students/ Senior Citizens/Child	- \$5.00

CONCESSIONS

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

MERCHANDISE

NCS Track & Field merchandise will be available for sale. Merchandise may also be purchased at the NCS office or online at www.cifncs.org. Coaches may use check, cash, credit card, school purchase order, requisition form and school billing to purchase merchandise.

TENTS

Tents and shade structures are limited to the top rows of the stadium only. Please make sure to secure tents/shade structures. Tents cannot be placed in front of the press box/announcer's booth nor in front of other tents. **BEFORE SETTING UP NEAR THE PRESS BOX, MAKE SURE TENT IS NOT BLOCKING THE VIEW OF THE FINISH LINE.**

PACKET PICK-UP

Packet pick-up will be at the main stadium entrance.

WEIGH-INS

All shot puts and discus implements must be weighed in between 7:15am and 8:15am at the Clerk of the Course. All implements not meeting specifications will be impounded for the duration of the meet.

POLE VAULT WEIGHT VERIFICATION

All head coaches must submit the "Pole Vault Coaches Verification Form" to verify their athlete's weight.

WARM-UP AREA

The warm-up area is located on the softball field outside the stadium on the west side. No warming up inside the track area.

DISCUS COMPETITION

Discus will take place behind the Visitor Bleachers. Athletes, coaches, and spectators will need to have wristbands to re-enter the stadium.

UNIFORMS

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

INFIELD

No coaches or parents are allowed in the infield. Only athletes and officials are allowed in the competition area. There will be a coach's box for pole vault coaches. Only one coach from each school may go to the coach's box.

SPIKES

3/16" and 1/4" spikes are required for all events.

BATONS

All teams can use their own batons.

DRESSING FACILITIES

There will be no dressing facilities available.

FINAL INFORMATION MEETING

There will be a final information meeting at 8:00 a.m. at the finish line tent.

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.

SCORING

Scoring in the NCS Area/Classification Championship Meets shall be 10-8-6-4-2-1. Points will be based on times in the running events and by place in the field events.

UNIFIED EVENTS

Girls Unified Long Jump, Boys Unified Long Jump, Girls Unified Shot Put, Boys Unified Shot Put, Girls Unified 100m dash, Boys Unified 100m dash, Girls Unified 4x100m relay and Boys Unified 4 x 100m relay. See below for more information.

ENTRY FEES

Entry fees to the NCS Area/Classification Championship Meet for each league at the rate of \$15.00 per each place qualified and \$24.00 per relay team will be paid by the league commissioner to the NCS Office upon billing. Entry Fees may be required for the NCS Meet of Champions.

CLERK OF THE COURSE – Check-In

The Clerk of the Course for running event check-in will be at tent outside the stadium by the Softball Field. Field event check-in will be at the individual event venue.

AWARDS

1. Certificates will be available for download on CIF Home (contact your Athletic Director for access)
2. Ribbons will be awarded to the first five boys, girls, unified boys, and unified girls placers in each event.
3. Pennants will be awarded to the first and second place boy's, girls' and Unified teams.
4. A plaque will be awarded to the first-place boys', girls' and Unified teams at the NCS Area Championships.

RESULTS

Results will be posted on the wall behind the home side bleachers.

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.

EVENT MECHANICS

ALL

Meets are to be conducted as one-day Finals-only championships. Heat seeding is slow to fast, and field events are worst to best. In this manner, the top athletes are competing head to head for the opportunity to advance to the Meet of Champions. Advancement to NCS Meet of Champions will be based on each event's best overall time/mark regardless of heat/flight.

Order of Events

Field Event Finals	Running Event Finals	
1. Girls Discus	1. Girls Unified 4x100m Relay	14. Boys Unified 100m Dash
2. Boys Pole Vault	2. Boys Unified 4x100m Relay	15. Girls 800 m Run
3. Girls High Jump	3. Girls 4x100m Relay	16. Boys 800m Run
4. Unified Boys Shot Put	4. Boys 4x100m Relay	17. Girls 300m Hurdles
5. Girls Long Jump	5. Girls 1600 m Run	18. Boys 300m Hurdles
6. Boys Long Jump	6. Boys 1600m Run	19. Girls 200m Dash
7. Boys Discus	7. Girls 100m Hurdles	20. Boys 200m Dash
8. Girls Shot Put	8. Boys 110m Hurdles	21. Girls 4x800m Relay
9. Girls Pole Vault	9. Girls 400m Dash	22. Boys 4x800m Relay
10. Boys Triple Jump	10. Boys 400m Dash	23. Girls 3200m Run
11. Girls Triple Jump	11. Girls 100m Dash	24. Boys 3200m Run
12. Boys High Jump	12. Boys 100m Dash	25. Girls 4x400m Relay
13. Boys Shot Put	13. Girls Unified 100m Dash	26. Boys 4x400m Relay
14. Girls Unified Shot Put		
15. Girls Unified Long Jump		
16. Boys Unified Long Jump		
*Field event order may be adjusted due to facility limitations.		

NOTE: The numbers listed are only to illustrate the order of events and are not necessarily the actual event numbers that will be used in the respective meets.

1. The 200 meters dash will be run around a full turn.
2. The 400 meters dash will be run in staggered lanes and around two turns.
3. The 800, 1600 and 3200-meter runs will be run in two one-turn staggered alleys for the first turn. Runners may break for the pole as they enter the back straight-away.
4. Heat Assignments
 5. All individual races and all relays will be assigned heats according to the National Federation Track and Field Rules Book. Heats are to be seeded slow to fast. Advancement to the Meet of Champions will be based on time from all heats.
6. Lane Assignments

In all races except the 800m, 1600m, 3200m, and 4x800 Relay, 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. 800 and 1600 meters run will have 12 contestants in the fast heat. 800 and 1600 meters runs will be run in two alleys and seeded based upon time. Starting in lane one working out will be 12, 11, 10, 9, 8, 7, 4, 3 seeds. The outside alley will be 1,2,5,6 seeds. The 3200m and 4x800 Relay will follow a similar pattern with the top seeds receiving favored positions nearest the center of the track.

Field Events

1. Conduct of field events

a) High Jump and Pole Vault

Competition in the high jump and pole vault will be conducted in 5 alive. Competition will start at the heights listed below and competition will continue until final places are determined. Once a total of (9) competitors remain in the competition, then the competition will be conducted in (1) flight of 9 competitors. NOTE: All coaches of pole vault participants must provide the vault participant's weight and sign the weight verification form, when checking in at the registration table or booth in order for their vaulter(s) to be eligible for competition.

Starting heights in high jump and pole vault will be determined by the games committee, but will not be lower than the following:

Girls' High Jump: 4-4

Girls' Pole Vault: 7-0

Boys' High Jump: 5-6

Boys' Pole Vault: 9-6

b) 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 (8-lane track) or top nine (9) competitors (9-lane track) will receive three (3) additional trials to determine the top finishers.

2. Marks for All Competitors

NCS Area Championships Meet Directors must be certain that all entries in each race are individually timed and the marks made in the field events are submitted to the NCS Track & Field Championship director.

UNIFIED DIVISION PARTICIPANTS/QUALIFICATIONS:

A. Each member School will decide if it wishes to offer a Unified track & field opportunity at its school.

B. If the school so chooses, one or more competitor units would be established, and the school would decide in which competitions and events Unified competitor units would participate during the league championships. Leagues may decide which events they choose to offer for Unified competitor units however, Area/Class A meets and MOC will offer the 100m dash, the 4 x 100m relay, the long jump, and the shot put. Schools must enter Unified competitor units into league championship competition following the same procedures used for all other event entries.

UNIFIED DIVISION SCORING:

Unified competition will be scored as a separate division. The same mechanics for scoring will be used for all divisions, including the Unified division: The NCS Area/Class A and MOC competition will be scored according to the National Federation Rule Book: 10, 8, 6, 4, 2, and 1.

Unified Division "Competitor Unit" Definition: Unified competitors are members of their school track and field program. A "Unified competitor unit" is a pair of students that consists of one student enrolled in Special Education and one student enrolled in General Education at the same school. For the purposes of competition entry and rule application this "Unified competitor unit" is treated as an individual, *not* a relay. **NEW! One Unified Partner alternate may be added to the Unified Competitor Unit. The alternate must be declared at the League's qualifying championship and cannot be changed throughout the remainder of the post season.** The Unified division will use the same procedures for qualifying from league to Area/Class A competition and from Area/Class A competition to MOC competition as the open division.

UNIFIED DIVISION COMPETITION:

- Unified events for Area/Class A and MOC competition are the 100m dash, the 4 x 100m Relay, the long jump, and the shot put. Leagues and member schools are welcome to offer additional Unified events, though these additional Unified events will not offer advancement to the Area/Class A championships.
- If the 4 X 100m relay Unified competition is offered at the school or league level, the NCS recommends that relay consist of two pairs to form a Unified 4 X 100 meter relay team. The relay team would consist of two Unified Athletes and two Unified Partners. Any student may run in any position.
- In individual events (eg. 100m, long jump, shot put) each member of the Unified competitor unit competes in the assigned event, establishing a mark. This mark is then combined with the mark of the other member of the Unified competitor unit to establish a total mark. In relay events, the total mark is simply the finishing time of the relay team.
- Unified competitor units must qualify for advancement according to the same procedures used for all CIF and NCS track & field competition.
- Unified competitor units must compete in league championship competition in order to advance to NCS Area/Class A competition.
- All NFHS, CIF, and NCS Track & Field rules apply to Unified competition.
- Participants must practice with each other a minimum of two calendar weeks before competition to better increase the likelihood of gaining social benefits for all.
- Practices need not be daily as most Unified programs practice twice a week for an hour maximum.
- Members of a Unified competitor unit must participate with each other for a minimum of 6 practices to be eligible for league championship competition.
- Total number of events limitation (as per NFHS rules: 4 events max) applies to each member of a Unified competitor unit. For example, if the general education competitor participates in 2 Unified events, that competitor is only eligible to participate in 2 additional open events.
- If a Unified competitor unit is entered into a Unified event, its members are not eligible to participate in that same open event as an individual. For example, if an athlete competes as a member of a Unified competitor unit in the Unified 100m, that athlete may not also compete individually in the open 100m. However, that athlete can compete in the open long jump so long as he or she is not also competing in the Unified long jump as a member of a Unified competitor unit.
- A Unified Athlete is allowed to have a different Unified Partner for the long jump, shot put and the 100 so long as the unit remains intact throughout the regular and post season.
- A Unified Partner dropping out of Unified competition during the post season or to focus on another individual event after the unit has been established is not allowed.
- The Unified division will use the same procedures for qualifying from league to Area/Class A competition and from Area/Class A competition to MOC competition as the open division.
- Unified events are separated by gender (with the exception to the 4x100m relay). If, in any Unified competition, the Unified team is a mixture of genders, the competing team participates in the boys' event, per CIF Bylaw 300.B – Student Team.
- For Unified competition, some accommodations may be implemented to assist with the conduct of competition. Examples are: person standing behind a competitor assisting them in the start of a race, and other accommodations as they may arise.

EVENTS FOR UNIFIED DIVISION AT NCS AREA/CLASS A & MOC:

Unified 100m Dash

1. Two teammates will combine their times for a total time.
 - a. Unified teams will be placed next to each other in lanes. (i.e. Team A runs Lane 1 and Lane 2, Team B runs Lane 3 and 4, etc.) Fastest qualifying Unit in lanes 3 and 4, second fastest in lanes 5 and 6, third fastest in lanes 1 and 2, fourth fast in lanes 7 and 8.

b. Starting blocks and running spikes are optional.

Unified 4 x 100m Relay

1. Two pairs would combine to form a Unified 4 X 100 meter relay team. The relay team would consist of two Unified Athletes and two Unified Partners. Any student may run in any position.

b. Starting blocks and running spikes are optional.

Unified Long Jump

1. Two teammates will combine their distance for final mark.

a. Unified teams complete 4 jumps. Any order of competition is determined by meet management.

Unified Shot Put

1. Two teammates will combine their distance for final mark.

a. Unified teams complete 4 throws. Any order of competition is determined by meet management.

b. Implement weight is consistent with open divisions (Girls 4kg; Boys 12 lbs).

SCORING/AWARDS FOR UNIFIED COMPETITION:

Unified competitor units and relay teams will be scored and receive awards just as all other NCS championship competition, with Unified event scoring contributing to the overall team competition scores in the Unified division. The Unified division will be separate from the open division.

POSTSEASON ADVANCEMENT FOR UNIFIED COMPETITORS:

Unified competitor units and relay teams declared at the league championships must remain intact for the remainder of postseason competition. A **“Unified competitor unit”** is treated as an individual, *not* a relay. The Unified division will use the same procedures for qualifying from league to Area/Class A competition and from Area/Class A competition to MOC competition as the open division.

CONDUCTING OF UNIFIED FIELD EVENTS:

Each school who has unified competitors **MUST** provide at least 1 volunteer to help conduct Unified field events.

NATIONAL HIGH SCHOOL HONOR ROLL PERFORMANCE MINIMUMS

Each year the NFHS compiles a National High School Honor Roll for Track and Field, listing the best performances made by high school boys and girls under standard conditions. It will be posted on the NFHS Web site on the Record Book Web page. IN ORDER TO BE CONSIDERED FOR LISTING ON THE NATIONAL HONOR ROLL, PERFORMANCES MUST:

1. Be approved by, and submitted through, the state high school association;
2. Be made by eligible high school athletes whose schools are members of their state high school athletic/activity associations;
3. Be made in interscholastic meets involving five or more schools and sanctioned by the state high school association;
4. Be made in an event limited to high school contestants who are representing their respective high schools in outdoor competition;
5. Not be wind-aided (exceeding 4.473 mph) for the sprints, hurdles, long or triple jumps.

Please email your list of candidates to Sonjha Phillips, Assistant Commissioner, North Coast Section, CIF, sphillips@cifncs.org immediately after the close of your track season (not later than June 1st). Please double-check all performances so that they comply with the above standards.

PLEASE NOTE: Performances made in running events will be recognized only in the METRIC DISTANCES listed below. DO NOT USE the conversion tables to submit performances made in races at English measurement distances.

In order to give consideration to all worthy performances, please forward recommendations for any performance equal to, or better than, the following minimums:

Boys minimums:

100 meters	:10.45	110 m high hurdles	:14.10	High jump.....	6'10"
200 meters	:21.05	300 m int. hurdles.....	:38.00	Long jump	23'9"
400 meters	:47.50	400 m relay	:41.50	Triple jump.....	48'6"
800 meters	1:53.00	800 m relay	1:28.00	Shot put	60'0"
1600 meters	4:12.00	1600 m relay	3:16.00	Discus throw	187'0"
3200 meters	9:02.00	3200 m relay	7:50.00	Javelin throw.....	190'0"
				Pole vault	16'0"

Girls minimums:

100meters	:11.70	100 m high hurdles (33")	:14.20	High jump.....	5'8"
200 meters	:23.90	300 m low hurdles	:45.40	Long jump	19'5"
400 meters	:55.00	400 m relay	:47.00	Triple jump.....	39'6"
800 meters	2:10.00	800 m relay	1:41.00	Shot put	44'0"
1600 meters	4:53.00	1600 m relay	3:50.00	Discus throw	150'0"
3200 meters	10:28.00	3200 m relay	9:20.00	Javelin throw.....	140'0"
				Pole vault	13'0"



NORTH COAST SECTION TRACK & FIELD CHAMPIONSHIPS

5 Crow Canyon Court, Suite 209, San Ramon, CA 94583

t 925.263.2110 w www.cifnco.org

NATIONAL HIGH SCHOOL HONOR ROLL PERFORMANCE MINIMUMS

COMPETITOR (First & Last Name)	CITY-SCHOOL (If other than name of city)	NAME OF MEET	DATE OF MEET	EVENT	MARK

I hereby certify the performance listed meet standards #1 through #5 and submit them for consideration for the National Track and Field Honor Roll.

ATTESTED BY: _____
Signature

Street Address _____ City _____ State _____ Zip _____ DATE _____

EMAIL TO: Sonjha Phillips
Assistant Commissioner
sphillips@cifnco.org



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TRACK CERTIFICATION OF AUTHORIZED PERSONNEL

Bring this form to Check-in/Registration

CIF Bylaw 503

503 - ADMINISTRATIVE OVERSIGHT

The principal of each school shall be held responsible for the amateur standing and eligibility of the school's teams and team members under CIF, Section and league rules.

F. COACHING

Principals are responsible to ensure that all coaches of the CIF member school for all individual or team(s) meet the requirements of the California Education Code 49032, 35179.1 and Bylaw 22.B.(9). (Revised February 2009 Federated Council)

Head Coach

Asst. Coach

SCHOOL: _____

COACH'S NAME: _____

CONTACT NUMBER: _____

COACH'S EMAIL: _____

CONTACT NUMBER: _____

COACH'S ADDRESS: _____

DRIVERS LICENSE
NUMBER: _____

I hereby assert and verify that the person names above is employed by high school and meets the requirements of the above bylaw as of this date.

Signature of Principal

Date

PLEASE MAKE SEPARATE COPIES FOR EACH CERTIFIED COACH