

CENTRAL COAST SECTION, CIF
1985 TRACK & FIELD CHAMPIONSHIPS
ADVANCED INFORMATION BULLETIN

COACHES PLEASE TAKE NOTE OF THE FOLLOWING INFORMATION:

HOST: CENTRAL COAST SECTION, CIF
LOCATION: LOS GATOS HIGH SCHOOL
DATE: FRIDAY, MAY 24, 1985
TIME: SEE ATTACHED SCHEDULE
DIRECTOR: KEN JOHNSON, WILLOW GLEN HIGH SCHOOL,
998-6330(S); 264-3933(H)
RULES FOR 1985 Track and Field as published by the
COMPETITION: National Federation of State High School
Associations plus any modifications adopted
by the California Interscholastic Federation.
QUALIFYING: Qualifying from Region to Section as deter-
mined by our current Track By-Law.

Region I 4 boys, 4 girls (GPSL,NPL,PAL,WCAL)
Region II 4 boys, 4 girls (DAL,SCVAL,STAL)
Region III 4 boys, 4 girls (MHAL, WVAL)
Region IV 4 boys,4 girls(CSAL,MTAL,MBL,SCCAL)

HARDSHIP There is no provision for granting hardships
CASES: in the Section Meet. An athlete must compete
in the CCS if he/she is to advance to the
State Meet.

SCRATCHES: If any qualifier is unable to compete in the
trials or finals, notify your Regional Direc-
tor as soon as possible so the alternate can
be notified. Alternates will be inserted
into the lane or flight vacated by the ath-
lete he/she is replacing.

COACHES Should be picked up at athlete's gate upon
PACKET: arrival. Coaches are to take note that no
more than three athletes per event will be
allowed. (Rule 5 Section I, Article I)

CIF BY-LAW "No CIF team shall participate in interscho-
307 STATES: lastic or approved competition with any other
team unless the CIF team is under supervision
as required by the California Administrative
Code Title V or CIF By-Law 506(b)."

CIF BY-LAW "Who may coach: (a) All public school teams
506(b) STATES: must be coached by a person who meets the re-
quirements of the California Education Code
and the California Administrative Code Title
V. (b) In the case of a non-public school,
a person engaged by that school on a yearly
contract basis as a regular member of the

school teaching staff and certified by the administrator of that school as competent for the position held."

Teams and/or individuals will not be allowed to warm-up, practice, or participate in any CCS event unless physically accompanied by a faculty representative.

These provisions are both CIF requirements and State law. Please be sure that all athletic teams of your school are in compliance. None of us has the authority to set aside these provisions.

ENTERING
STADIUM:

Coaches and athletes will be admitted at the participants' gate. Coaches must accompany their athletes for them to be admitted. Hands will be stamped for re-entry.

DRESSING
FACILITIES:

Locker rooms will only be made available on a request basis. Locks and towels will not be provided.

UNIFORMS:

All athletes must compete in the school's uniform, and you are reminded that shoes are required equipment. Any "extra" apparel that could fall off and impede another contestant will not be allowed. IN RELAY EVENTS EACH TEAM MEMBER SHALL WEAR THE SAME COLOR AND DESIGN, SCHOOL UNIFORM (JERSEY AND TRUNKS). WHEN OTHER APPAREL IS WORN UNDER THE JERSEY BY MORE THAN ONE TEAM MEMBER (TWO OR MORE), THAT APPAREL MUST BE IDENTICAL. TIGHTS MAY BE WORN IN PLACE OF TRUNKS. SCHOOLS ARE PERMITTED THE OPTION OF USING BODY SUITS IN TRACK WITHOUT REQUIRING STUDENTS TO WEAR SCHOOL-ISSUED SHORTS OR TOPS OVER THE BODY SUIT. IN RELAY EVENTS IF THE BODY SUIT IS WORN BY MORE THAN ONE TEAM MEMBER (TWO OR MORE), OTHER TEAM MEMBERS MUST WEAR IDENTICAL APPAREL.

EQUIPMENT
CHECK:

All pole vaulters will be required to have their vaulting poles checked by the event judge to insure tape restrictions are not violated. High jumpers will be checked by the event judge to insure their shoes conform to legal standards.

WEIGH-IN:

All shot and discus competitors will weigh in their implements at the table as indicated on map between 2:30 and 3:00. Implements that do not meet all specifications of weight, size, diameter, etc. will be confiscated until the events are completed. Girls will compete with the 4 Kilo Shot.

MEET
OFFICIALS:

Meet officials will be assigned by the CCS office. The CCS Track and Field Committee unanimously voted to provide Field events judges by assigning the responsibility to Leagues as follows:

<u>Time</u>	<u>Event</u>	<u>Class</u>	<u>League Responsible for Officials</u>
3:30	DISCUS	BOYS	STAL
*3:30	POLE VAULT	BOYS	WVAL
4:00	LONG JUMP	BOYS	MHAL
4:00	HIGH JUMP	GIRLS	DAL
4:00	SHOT PUT	GIRLS	SCVAL
4:00	TRIPLE JUMP	GIRLS	MBL
6:00	SHOT PUT	BOYS	SCVAL
6:00	DISCUS	GIRLS	STAL
6:00	LONG JUMP	GIRLS	MHAL
6:00	TRIPLE JUMP	BOYS	MBL
6:00	HIGH JUMP	BOYS	DAL

*PLEASE NOTE EARLY START

BRING YOUR OWN CREW AND EQUIPMENT NECESSARY TO CARRY OUT YOUR RESPONSIBILITIES.

WARM-UP AREA:

Athletes will warm up in designated warm-up area as per attached map. Athletes will not be allowed on the track prior to reporting to the clerk of the course. Only athletes actually involved in competition will be allowed on the stadium field, and they must return to the stands upon completion of their event.

SEATING:

Coaches and athletes must sit in the east bleachers as designated on the map. Athletes and coaches will not be allowed on the field (this is defined as the area from Lane 8 through the infield), unless they are actually competing. Non-compliance with this rule may result in disqualification. Competitors will not be allowed to take radios or tape decks into the stadium.

TRACK SURFACE:

CHEVRON 400, 8 x 42", Olympic starting alignment.

RUNWAY SURFACES:

Tartan for long, triple, high jump and pole vault.

THROWING SURFACES: Concrete.

1/4 INCH SPIKES:

All athletes will be checked for 1/4" spikes before being allowed to compete on either the tartan or asphalt.

CALLS FOR EVENTS: First and last calls will be given for each event. First call will be given 15 minutes before the start. All contestants must report to the clerk of the course no later than the last call (see track diagram for the location of the clerk of the course). Any athlete not reporting on time will be scratched. Men and women contestants will be called at the same time.

CONTESTANTS
DOUBLING:

If a contestant is entered in a track and field event at the same time, he/she should first clear with the field event judge, then report to the clerk of the course. He/she must report back to the field event immediately after completion of the running event. He/she will be allowed 10 minutes to recover before resuming competition in the field event.

TIES:

Ties will be resolved in accordance with the National Federation Rule book, or in the case of vertical jumping events by pre-determined jump-off procedures. Ties in running races will be settled by a run-off on the following Monday at a site and time to be decided by the meet director.

PHOTO FINISH:

Accutrack will be used on close finishes to aid the judges in determining the order of finish.

STARTING BLOCKS: Blocks will be provided and only those blocks may be used.

RELAY BATONS: Bring your own batons (they must conform to specifications).

SCORING: Scoring will be: 10, 8, 6, 4, 2, 1 in all events.

AWARDS:

Boys 4 Trophies
 110 Medals - 5 places (Varsity)

Girls 4 Trophies
 105 Medals - 5 places (Varsity)

Awards will be presented immediately following the completion of the event. Track contestants must report directly from the finish line to the awards area for their medals. Field event contestants will report to the awards area at the start of the Running Finals.

ADMISSION

PRICES:

General Admission	\$3.00
Student	2.00
Accompanied Children-12 & under	1.00

PASSES:

1. CCS Passes will be honored.
2. School, Faculty and League Passes will not be honored.
3. Coach and contestant passes will be available at the gate.

PROGRAMS:

Programs will be sold at the stadium for \$1.00.

WEATHER:

The meet will go on rain or shine.

CONCESSION:

A concession stand will be in operation during the meet. Only officials will receive meal tickets. Coaches and athletes must make provisions for their own meals.

QUESTIONS/
PROBLEMS:

If any coach has any questions or problems regarding the conduct of the meet he should report them to the Referee.

STATE CIF
CHAMPIONSHIP
MEET:

HOST SECTION: Sac Joaquin Section
LOCATION: Hughes Stadium, Sacramento
DATES:

Friday, May 31, 1985
Field Trials - 1:00pm
Track Trials - 4:30pm

Saturday, June 1, 1985
Field Finals - 3:00pm
Track Finals - 6:30pm

The top 3 places in the Boys' and Girls' Divisions qualify for the State Meet.

Coaches who have athletes qualifying for the State Meet may pick up ONE copy of the State Advance Information Bulletin at the conclusion of the CCS Meet.

CENTRAL COAST SECTION SEEDING PROCEDURES: TRIALS AND FINALS

SEEDING PROCEDURES:

RUNNING EVENTS RUN IN SECTIONS, FINALS ONLY:

440 Relay, 1 mile Relay, 400 M Dash and 300 M low Hurdles (lanes will be assigned). 4,5,3,6,2,7,1,8 in each section;
Fast Sections: Composed of all Regional winners in lanes 4,5,3,6, qualifying time, next four fastest qualifying teams in lanes 2,7,1,8. Slow sections: Composed of the remaining runners/teams, seeded 4,5,3,6,2,7,1,8 by qualifying times.

Running Events requiring trials: Run in lanes all the way, 100 M Dash, 200 M Dash, 100 M and 75 M Hurdles. Two equal heats, top four in each heat qualify for finals. Seeded by Regional place and time. Fastest first, lane four, heat one; second fastest first, lane four, heat two; third fastest first lane five, heat two, etc. Lanes will be assigned 4,5,3,6,2,7,1,8. Finals seeded by place and time.

Running Events - Finals Only: 800 M Run - 1 Mile Run: 2 turn stagger, runners seeded by qualifying place and time. Fastest first in Lane 1; second fastest first in Lane 2, etc., first fastest third lane 1A shoulder-to-shoulder in 42" lane. 2 Mile Run: Olympic scratch start (same as State Meet), runners seeded two-to-a-lane from inside out (1, 1A, 2, 2A, etc.), by Regional place and time.

FIELD EVENTS:

Shot, Discus, Long Jump & Triple Jump: Seeded from 1 to 16 on basis of regional qualifying marks, with best mark last, broken into flights of five, five and six, with each flight taking its three trials before moving to the next flight. The top flight in all cases will be last, and the best six from the trials will take three final efforts in inverse order of standings at end of trials. Each fair attempt will be measured, and the two minute time limit will be observed. Athletes competing in running events must check out with event judge, and they will be given a maximum of 10 minutes to recover from the end of their race.

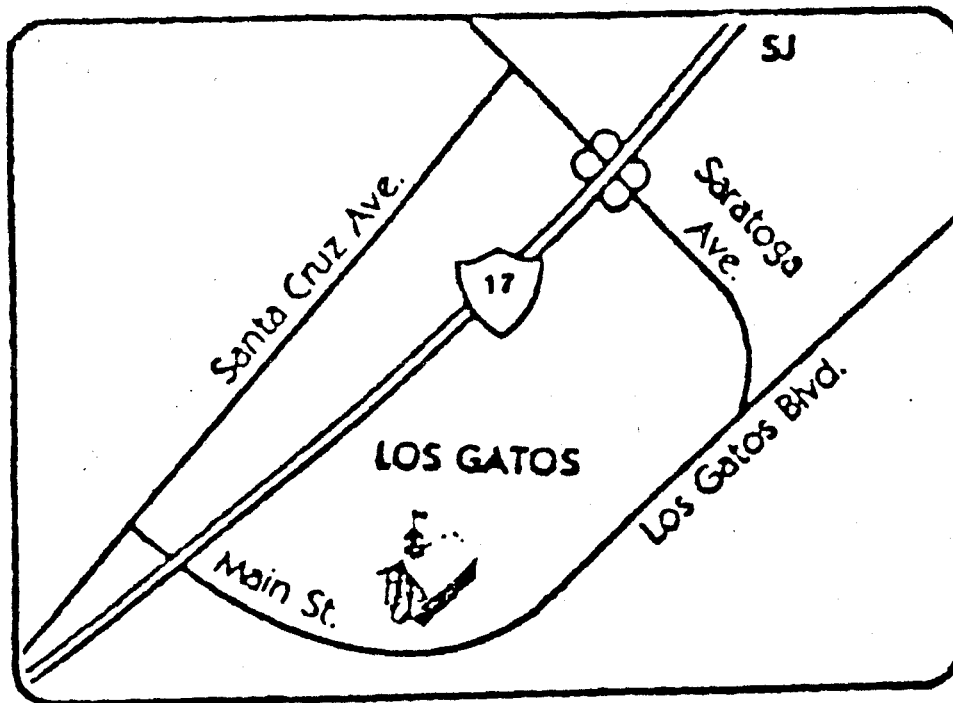
High Jump, Pole Vault: Seeded from 1 to 16 on basis of regional qualifying marks, with best mark last, broken into flights of five, five and six. The starting heights will be the height attained by the lowest qualifier from the regionals. Each flight will complete its attempts at the starting height before moving to the next flight. When the number of competitors remaining decreases the judge will adjust flights accordingly. The two minute rule will be in effect. Ties for first or CIF qualifying will be resolved by the tie-breaking procedures in the rule book, or by pre-determined jump-off heights if still unresolved.

Run-throughs, practice throws, jumps, vaults: Only one practice trial will be allowed each contestant between flights so steps must be perfected prior to the start of competition.

LOS GATOS HIGH SCHOOL

20 High School Court, Los Gatos, CA 95030-6973

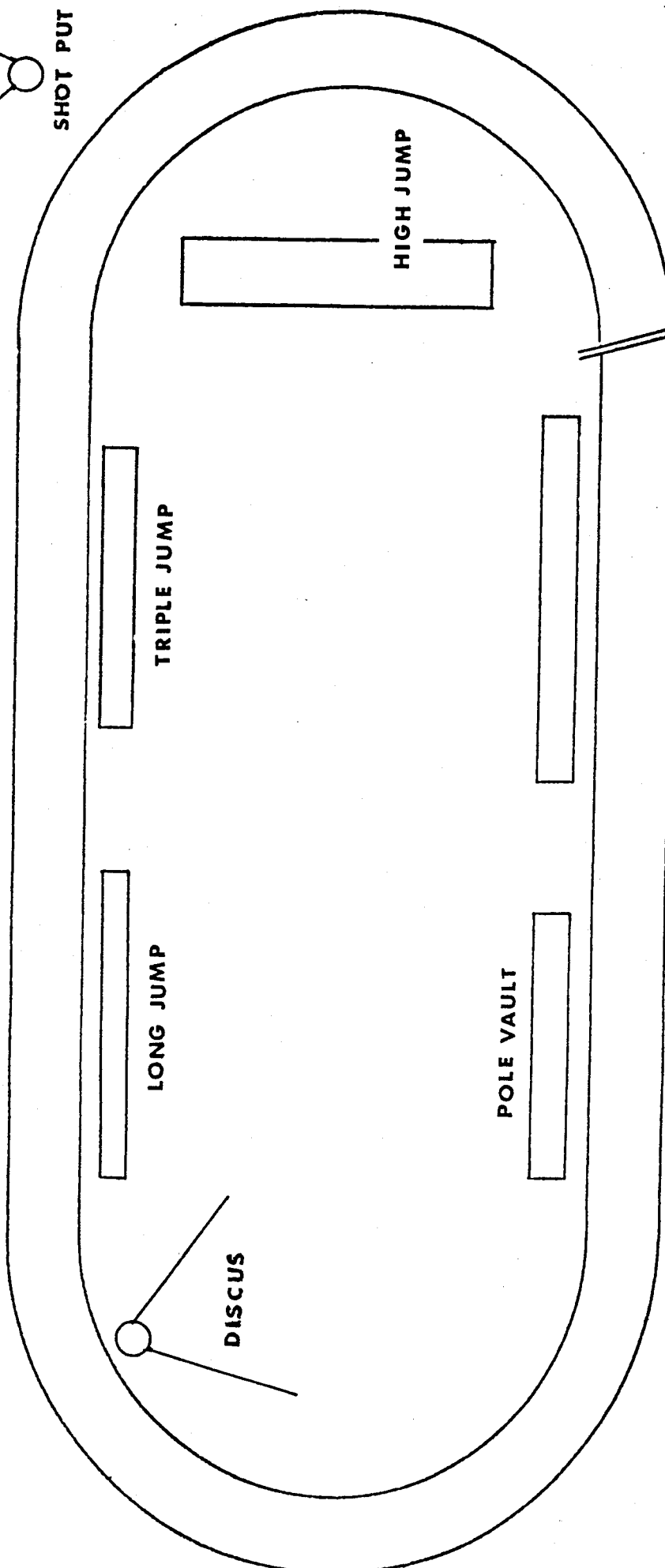
Los Gatos Joint Union School Dist.



LOS GATOS HIGH SCHOOL
Track Facilities

WARM UP AREA

ALL CONTESTANTS PLEASE REMAIN IN THESE BLEACHERS UNLESS COMPETING



CLERK OF THE COURSE
START/FINISH COURSE

Track Shack
Awards

REST ROOMS + CONCESSIONS

ENTRANCE

ANNOUNCER

ORDER OF EVENTS
FOR
CCS TRACK FINALS
1 9 8 5

Los Gatos High School
Friday, May 24, 1985

1. TIME SCHEDULE

4:00	to 5:00	Trials			
4:00		100	Meter DASH	- 4	Heats
4:20		110	HIGH HURDLES	- 2	Heats Boys heats
4:30		100	LOW HURDLES	- 2	Heats will be run
4:40		200	Meter DASH	- 4	Heats first.
5:30	to 6:30	Running Break (light meal for officials)			
6:30		440	REALYS - Fast Slow Sections	(4 Sect.)	
6:45		110	Meter H H		
6:55		100	Meter L H		
7:10		800	Meter		
7:20		100	Meter DASH		
7:30		400	Meter (4 Sections)		
7:45		TWO MILE			
8:10		330	L H (4 Sections)		
8:30		200	Meter		
8:40		ONE MILE			
9:00		MILE RELAYS (4 Sections)			

FIELD EVENTS

<u>TIME</u>	<u>EVENT</u>	<u>CLASS</u>	<u>LEAGUE RESPONSIBLE FOR OFFICIALS</u>
3:30	DISCUS	BOYS	STAL
*3:30	POLE VAULT	BOYS	WVAL
4:00	LONG JUMP	BOYS	MHAL
4:00	HIGH JUMP	GIRLS	DAL
4:00	SHOT PUT	GIRLS	SCVAL
4:00	TRIPLE JUMP	GIRLS	MBL
6:00	SHOT PUT	BOYS	SCVAL
6:00	DISCUS	GIRLS	STAL
6:00	LONG JUMP	GIRLS	MHAL
6:00	TRIPLE JUMP	BOYS	MBL
6:00	HIGH JUMP	BOYS	DAL

* PLEASE NOTE EARLY START

