

El Camino League Meet 2015 – Schedule, Rules and Duty Reminders

Coaches:

The El Camino League Meet is Monday, May 4th and Wednesday, May 6th at Monta Vista High School. Following is the time schedule, league meet duties for each school, and some highlighted rules for the meet.

Entries for the league meet will be due on Friday, May 1 at 10:00pm through **athletic.net**. Please use the trials date of May 4th to make all of the entries (including Varsity, FSB and JVG events that occur on Monday and all events on Wednesday) (we will lock out the May 6th date). Please enter only 3 athletes per event. Any at-large athletes should be sent to Kirk Flatow (coachflatow@gmail.com) by Friday, May 1. If those at-large entries, in addition to the team's first 3 entrants, are in the top 8 of all entries in that event, then Jim Clark will be instructed to add those athletes that meet "the top 8" standard.

If there are any questions, please email the meet director.

Admissions

Please remind your parents that admission will be charged on Monday and Wednesday. Admission is \$6 for adults, \$3 for students and seniors, and children under 5 will be free.

If you have volunteers to help with the meet, please send the names and their duties to Kirk Flatow to be added to the gate list.

Driving and Bus Arrival Information for Monta Vista High School

Monta Vista High School is located at:

21840 McClellan Rd, Cupertino, CA 95014

The school administration is planning to keep the bus circle on McClellan available solely for school buses carrying track teams to drop off their athletes during your expected arrival times. Please have your buses drop the athletes off there, they can then walk West along McClellan to the student parking lot, walk back towards the tennis courts and then past the tennis courts on the left to the track.

If your team is arriving by private car, the athletes can be dropped off in the student parking lot on McClellan Road. Depending upon what time your cars arrive, parking may be limited; after the students begin to leave there be a lot of parking spaces available. Let your drivers know that with the exception of the spots designated for handicapped parking, we will not be enforcing parking regulations in the student parking lot during these days; any student spots can be used, including the short term waiting spots (painted green); you can park anywhere you find a spot. No one will need a student-parking permit to park in this lot.

Please note that arriving at Monta Vista between 2:45pm to 3:15pm can be problematic, there is a lot of traffic with students leaving and parents arriving to pick up kids. Please plan to arrive early.

We are planning to have one parking place reserved for the head coach of each school at the far end of the student parking lot facing the tennis courts—this is the closest parking to the Monta Vista track. This should make carrying your gear to the track as easy as possible. Please check this area for a cone with your school name, park, and bring the

cone with you to the starting area and leave this near the timer, we can reuse the cone for the next day. **Thank you!**

Warm Up Information

Monta Vista High School is very space limited. We throw the discus inside the oval so infield space is limited; please ask your students to not set up informal camps anywhere in the infield, we will be short of space as it is so athletes must stay in the stands when they are not competing or preparing to compete. On May 6, there are home softball and baseball games also.

There are limited areas in which to warm up. This is not a great situation for a large meet so please help out by keeping your team out of the infield except in the period right before the athletes are competing. There is space between the baseball and softball diamonds (behind the home/back stretch grandstands) that are covered with field turf, and we will place some practice hurdles in this area also. This is the softest warm up area but it is not large. There is a large area of asphalt blacktop outside the 3rd base side of the baseball field. Distance runners can also use the parking lot, local neighborhoods or the grass fields at nearby Kennedy Middle School.

Hurdles: There will be 20 RED practice hurdles distributed on the infield and in the practice area. Please ask your hurdlers to use these RED hurdles for practice. The PURPLE hurdles will be staged for use in competition, moving these hurdles can delay the meet.

Tents: Please set up any canopies/tents in the top row of the home (larger) stands on the East side of the track (backstretch). The smaller visitor stands don't accommodate large canopies as well (and you won't want to haul your canopies to the far side of the track in any case!)

Concessions: We will have concessions stands open, run by the Monta Vista Athletic Boosters, and a BBQ/grill is planned!

SCHEDULES

Trials Schedule – Monday, May 4th

1:30pm Coaches' scratch meeting

PLEASE HAVE YOUR ATHLETES CHECK IN EARLY. If we have less than 8 athletes in an event, we will cancel the trials and go straight to finals. We will not re-seed for scratches. **Non-laned races—800, 1600, 3200 and 4x400R—will all use hip numbers.**

3:00pm Trials begin

ROLLING SCHEDULE—if an event goes straight to finals we will keep moving.

110 HH VB

65 HH FSB

100 HH VG, JVG

400M VG, VB, JVG, FSB

100M VG, VB, JVG, FSB

3200M JVG (Final)

300 IH VG, JVG, VB, FSB

3200M FSB (Final)

200M VG, VB, JVG, FSB

Field Events (all are finals) (4 attempts only, except HJ)

2:00pm JVG HJ, JVG DT, JVG LJ, FSB TJ, FSB SP

3:15pm FSB HJ, FSB DT, FSB LJ, JVG TJ, JVG SP

Finals Schedule – Wednesday, May 6th

2:30pm Coaches' scratch meeting. Please remember to bring alternates; we will fill all lanes in finals. Alternates will be inserted into vacated lanes.

PLEASE HAVE YOUR ATHLETES CHECK IN EARLY. Non-laned races—800, 1600, 3200 and 4x400R—will all use hip numbers.

If we get ahead, we will not run more than 10 minutes faster than this schedule.

4:00pm 4x100M VG, VB, JVG, FSB

4:20pm 1600M VG, VB, JVG, FSB

5:00pm 110 HH VB

5:05pm 65 HH FSB

5:10pm 100 HH VG, JVG

5:20pm 400M VG, VB, JVG, FSB

5:40pm 100M VG, VB, JVG, FSB

6:00pm 800M VG, VB, JVG, FSB

6:30pm 300 IH VG, JVG, VB, FSB

6:50pm 200M VG, VB, JVG, FSB

7:10pm 3200M VG, VB

7:40pm 4x400M JVG, FSB, VG, VB

Field Events (LJ, TJ, SP, DT, 3 attempts, then top eight 3 more attempts)

3:30pm VG TJ, VB HJ, VB DT, VG SP, VB LJ

5:30pm VG HJ, VB TJ, VG DT, VB SP, VG LJ

2015 El Camino League Meet Duties

- **Monday, May 4, El Camino League meet prelims;**
 - Timer: Jim Clark (confirmed)
 - Starter; Leroy Milam (confirmed)
- **Wednesday, May 6, El Camino League meet finals;**
 - Timer: Jim Clark (confirmed)
 - Starter; Jim Springer (confirmed)
- **Scoring:** Jim Clark (confirmed)
- **Jury of Appeals (3)** – Paul Armstrong, Mark Shields, Archie Ljepava
 - Alternates: Jim Wilks, Kenrick Sealy
- **Finish Line Judge(s):** Fremont/Saratoga
- **Head Field Judge:** Julie L'Heureux will confirm results
- **Clerk of the Course:** Monta Vista
- **Announcer:** Monta Vista
- **Weigh in:** Santa Clara, Fremont
- **ENTRIES:** Due Friday, May 1, 10:00pm on athletics.net

- **EVENTS for both trials and finals days:** Monta Vista will supply the equipment to run the field events. None-the-less, we still suggest to bring a tape measure for your event (particularly if you like a particular marker or hand-hold so you don't have to bend over for measurements!). Bring extra pencils.
 - **Blocks** – Santa Clara
 - **Hurdles** – Monta Vista

- **Shot** – Homestead
 - **Discus** – Fremont
 - **TJ** – Cupertino
 - **LJ** - Wilcox
 - **HJ** –Saratoga
- **Turn Judges:** Each school will supply 1 person for turn/exchange judging for the relays at the start of the Wednesday meet.
 - Turn 1: Homestead/Cupertino.
 - Turn 2: Saratoga/Wilcox.
 - Turn 3: Santa Clara/Fremont.
 - **Hurdle Event Judges:** There has been a concern expressed about enforcement of the rule which requires competitors to attempt to clear each hurdle; it is an infraction of a competitor does not attempt to clear each hurdle, such as hitting all or most of the hurdles with their front foot. In addition to being an infraction, this is potentially dangerous as a flying hurdle can take out another athlete (and impeding another hurdler is also an infraction). At the suggestion of other coaches, we will have at least two Monta Vista coaches judging the hurdle races for these infractions; I'd like to ask each school to also have their hurdle coaches volunteer to judge a flight of the hurdle races (in any case you might not want to have MV be the sole judges of the hurdle events!).

The entries for the league meet are due on Friday, May 1 at 10:00pm through Athletic.net. The entries for both days should be made on the May 4 entry for—trials day—the finals day will be locked out. All automatic times should be submitted with an 'a' following the time. Remember only 3 entries per a school per event. At large entries should be submitted separately to Kirk Flatow by May 1.

Proposed Rules for the League Meet

Trials Day (Monday, May 4th)

Seeding for the trials will be based upon entered marks and keeping all of a school's entrants from being in the same heat to the extent possible.

Trials will be held in the 100m, 200m, 400m, 100H/110H/65H and 300H only if more than 8 competitors check in. We will not reseed due to scratches.

Only the heat winners will be automatic qualifiers. The rest of the finalists will be determined by time. Therefore, if there are 2 heats: the winner of each heat and the next 6 fastest times will qualify for finals. If there are 3 heats: the winner of each heat and the next 5 fastest times will qualify for finals.

Seeding for the finals will be based on time only.

Finals for the F/S boys 3200m and JV girls 3200m will be held on Monday.

All F/S boys and JV girls' field events will compete on Monday. They are allowed only 4 attempts. If the field for any event is greater than 12, the field will be split into 2 flights with the top competitors competing in the second flight.

In the Shot, Discus, Long and Triple jumps, each attempt will be measured. A maximum of 12 athletes can compete in each flight. Four throws will be allowed per competitor. This method will only be used for the Boys F/S and Girls JV competition.

Starting height for the high jump will be set 2 inches below lowest entered height of athletes who check in. The bar will move up in 2-inch increments.

Finals Day (Wednesday, May 6th)

If there are more than 16 entrants in the 800 and 1600, we will split the field evenly with the slow group running first and the fast group running second. The combined times from both heats will be used to determine the overall places. If there are an odd number of runners in the 800 or 1600 when two heats are being run, the additional runner will be placed in the fast heat. Please note that this may change the schedule; we will know after the entries have been made and totaled, and if necessary the schedule will be updated.

Running Events Start

We will use the same starting rules as will be used at CCS.

800m, 1600m, 3200m – alley start
1600m Relay – 3 turn stagger

Field Events

The Varsity boys' and Varsity girls' field events will compete on Wednesday. They will be allowed 3 attempts (LJ, TJ, SP and Discus) with the top 8 receiving an additional 3 attempts. The top 8 will compete in reverse order of their place. Therefore, the competitor with the highest mark will compete last. If any field is greater than 12 athletes, flights will be used with the top competitors in the second flight.

In the Discus and Shot, every legal throw will be measured.

Starting height for the high jump will be set 2 inches below lowest entered height of athletes who check in. The bar will move up in 2-inch increments.

Rules for both days

- The high jump bar should not be moved up more than one increment above the height that an athlete has cleared while he/she is away competing in another event.
- All field event athletes may check out no earlier than 10 minutes prior to the start of a track event in which they are entered and must report back within 10 minutes of the end of the track event. They must notify the event official when they check out and when they report back. The event official should allow them multiple attempts prior to the athlete checking out of the event if the athlete desires to make multiple attempts.
- If an athlete is participating in two field events at the same time, he/she should go back and forth between the two events as quickly as possible.
- All discus and shots will be weighed before competition. Shot and Discus officials should verify that all implements have been weighed and approved.

Any clerical or scoring issues should be reported within 48 hours of the end of the meet. Therefore, Friday, May 8th at midnight will be the deadline for reporting errors to the meet director. Please email corrections to Kirk Flatow (coachflatow@gmail.com) and Julie

L'Heureux (jolheureux@aol.com)

All athletes are limited to four events. Entries are determined as of 10:00pm on May 1, 2015 (with the exception that some additional entries may be allowed if a school is allowed more than three entries in an event).

No competitor may be added to an event after 10:00pm on 4/26/13 without the agreement of a majority of the schools competing in the meet, except for at-large qualifiers. The additions should be made only under unusual circumstances.

Appeals regarding misapplication of the rules shall be filed within 30 minutes after the results have been announced or the results are made official in that event. The head coach will first protest to the starter. The decision of starter is appealable if the coach still feels that the terms and conditions of competition or the application of the rules have been misapplied or misinterpreted. The Jury of Appeals shall review any further appeal. A final written appeal can be made to the League Commissioner as an avenue of last resort for the head coach.

Please follow the by-law rules for any hardship athletes:

Hardship Rule

- 1.1 The hardship rule applies in determining whether an athlete may participate in the Qualification Meet without participating in the Division finals.
- 1.2 Hardship only applies to an illness/accident that is non-sports related.
- 1.3 The athlete must be under a medical doctor's care.
- 1.4 Request for hardship must be presented to the SCVAL Commissioner and the director of the Division finals meet in writing by the coach of the participant before the start of the athlete's first race.
- 1.5 The coach of the hardship athlete must verify that the athlete has posted a mark during the current season that is better than the CCS at-large entry standard.
- 1.8 **A hardship athlete is considered one of the school's three (3) entries.**