

**CENTRAL COAST SECTION
Track Field Championships
2016 LEAGUE ENTRIES**

1/13/2016

GIRLS LEAGUES	LG. ENROLLMENT	FORMULA TOTAL	AUTO ENTRIES	NO ADD'L ENTRIES TO FILL 32	TOTAL LG. ENTRIES
BVAL	42,112	8.867	8		8
MBL	23,893	5.031	5		5
MTAL	8,698	1.831	2		2
PAL	24,916	5.246	5		5
SCCAL	6,340	1.335	2		2
SCVAL	28,834	6.071	6		6
WBAL	7,030	1.480	2		2
WCAL	10,157	2.139	2		2
TOTAL	151,980		32		32
BOYS LEAGUES	LG. ENROLLMENT	FORMULA TOTAL	AUTO ENTRIES	NO ADD'L ENTRIES TO FILL 32	TOTAL LG. ENTRIES
BVAL	42,112	8.945	8		8
MBL	24,109	5.121	5		5
MTAL	8,210	1.744	2		2
PAL	24,916	5.292	5		5
SCCAL	6,340	1.347	2		2
SCVAL	28,834	6.124	6		6
WBAL	3,766	0.800	2		2
WCAL	12,370	2.627	2		2
TOTAL	150657		32		32
<i>Changes in enrollments for 2015-16 have provided no changes from 2014-15</i>					

FORMULA: LG. ENROLLMENT DIVIDED BY SECTION ENROLLMENT, MULTIPLIED BY 32

2016 Track and Field Rules Changes

3-6-4,
3-19-3 Changes the responsibility of checking the starting blocks from the implement inspector to the head starter.

3-10-7 Head event judges may use white and red flags to signal fair or foul for a field event trial.

6-1-1 thru 5,
6-2-9 Expands and clarifies definitions of trial/attempt, flight, round, pass, foul and what determines the initiation of purposeful action of completing the specific throwing event.

6-2-5,
7-2-2 Clarifies language regarding when the order of competition may be changed for consistency in all field events and removes duplicate language.

6-5-2 Establishes a maximum diameter for the boys and girls indoor shot puts to account for the synthetic cover.

6-6-1 The javelin shall be constructed of metal or other suitable material, which could be wood or newer materials, with a metal point or rubber tip.

7-1-1 thru 7,
7-2-1 Expands and clarifies definitions of trial/attempt, flight, round, pass, foul and what determines the initiation of purposeful action of completing the specific jumping event.

7-6-3 Updates size of takeoff board to accepted sport specifications by recommending it be 8 inches wide, but permits up to 24 inches.

9-1-3b New Permits the use of double boundary lines marking both the inside and outside boundaries of the cross country course.

9-3-3a,
b NEW Recommends the use of a video/photograph back-up system for cross country when transponders are used for place finish with a review activated when the timing system indicates a one-tenth second or less differential.

9-3-4, 5 New
9-4-7 New A finish corral is recommended at cross country meets in which the transponder system is used for the order of finish.

2016 Major Editorial Changes

7-2-1 thru 19 Reorganizes Rule 7-2 so all general rules are together, horizontal rules together and vertical jumps together for greater efficiency when applying the rules.

9-6-1,2 The penalties have been separated and not wearing or altering the assigned number or transponder results in a disqualification unless an irregularity is discovered and shall be addressed by the meet referee.

2016 Editorial Changes
3-4-4, 3-4-5, 3-6-6, 4-3-1b(5), 4-3-1c(6), 9-6-1b(4), 4-6-5d, 7-1-7, 7-5-13, 7-2-1, 7-2-6, 7-5-28, 6-4-9a, 6-5-9a, 6-6-11h, 7-3-2, 7-4-14d, 7-5-27e, 7-6-8, 7-6-9, 7-6-1c

2016 Points of Emphasis
1. Role of officials inspecting duties, a general review
2. Use of flags by officials
3. Number of competitors in sections of distance races
4. Forces disassociated with competitor's actions in high jump and pole vault
5. Multiple logos on uniform bottoms are non-compliant

DISCLAIMER – NFHS Position Statements and Guidelines

The NFHS regularly distributes position statements and guidelines to promote public awareness of certain health and safety-related issues. Such information is neither exhaustive nor necessarily applicable to all circumstances or individuals, and is no substitute for consultation with appropriate health-care professionals. Statutes, codes or environmental conditions may be relevant. NFHS position statements or guidelines should be considered in conjunction with other pertinent materials when taking action or planning care. The NFHS reserves the right to rescind or modify any such document at any time. Please see pages 88-91 for these position statements.

2016 Track and Field and Cross Country Rules Changes

nothing major in (....)

- 3-6-4 New, 3-19-3:** Changes the responsibility of checking the starting blocks from the implement inspector to the head starter.
Rationale: Placing the responsibility of inspecting all starting blocks is more appropriate with the starter, who has this expertise, rather than with the implement inspector who has expertise with throwing implements.
(Starters have consistently been done this at meets, now starters may deem a block(s) unsafe and take it out of service. A prime problem is block spikes that are too short, or missing. Several starters carry spikes with them. It is up to the home school to check the blocks before the meet))
- 3-10-7 New:** Head event judges may use white and red flags to signal fair or foul for a field event trial.
Rationale: The use of flags will assist with efficient administration of the field events. Communication between officials, coaches and fans is enhanced by the visual signal, similar to the use of flags by umpires. (only says "may use"....hopefully more can use these flags in field events)
- 6-1-1 thru 5, 6-2-9:** Expands and clarifies definitions of trial/attempt, flight, round, pass, foul and what determines the initiation of purposeful action of completing the specific throwing event.
Rationale: Expands the definitions for throwing events for greater clarity in application of the throwing rules and updates to accepted current sport terminology.
(6-2-5 we already practice – order change in field events for multi event athletes)
- 7-1-1 thru 7, 7-2-1:** Expands and clarifies definitions of trial/attempt, flight, round, pass, foul and what determines the initiation of purposeful action of completing the specific jumping event.
Rationale: Expands the definitions for jumping events for greater clarity in application of the jumping rules and updates to accepted current sport terminology.
(what is included in the one minute pre-attempt period; adds language to the "pass" in vertical jumps)
- 7-6-3:** Updates size of takeoff board to accepted sport specifications by recommending it be 8 inches wide, but permits up to 24 inches.
Rationale: Updates to accepted current sport equipment specifications for the takeoff board while not resulting in existing boards becoming non-compliant.
(few have these but they are now legal 8" to 24" long)
- 7-2-2, 6-2-5:** Clarifies language regarding when the order of competition may be changed for consistency in all field events and removes duplicate language contained elsewhere in existing rules and adds language regarding when the order of competition may be changed for consistency in all field event rules.
(further clarifies changing competition order to accommodate athletes in multiple events)
- 9-3-3a, b New:** Recommends the use of a video/photograph back-up system for cross country when transponders are used for place finish with a review activated when the timing system indicates a one-tenth second or less differential.
Rationale: Recommends the use of a video/photograph back-up system when order of finish in cross country is determined using a transponder system. Transponders can read early or late, come off the runner etc. The video back-up can confirm close finishes and also assist if other problems arise using the transponder system at the finish line.
(most of our timers use a video back-up; all do at CCS and state)

BOYS TENNIS							
<u>BVAL</u>			<u>SCVAL</u>			<u>PAL</u>	
<u>MT. HAMILTON</u>	<u>SANTA TERESA</u>	<u>WEST VALLEY</u>	<u>DEANZA</u>	<u>EL CAMINO</u>	<u>BAY</u>	<u>OCEAN</u>	
Branham	Andrew Hill	Lincoln	Cupertino	Fremont	Aragon	Capuchino	
Evergreen Valley	Del Mar	Live Oak	Gunn	Los Altos	Burlingame	El Camino	
Leigh	Independence	Mt. Pleasant	Homestead	Los Gatos	Carlmont	Mills	
Leland	Prospect	Oak Grove	Lynbrook	Milpitas	Half Moon Bay	Oceana	
Piedmont Hills	Santa Teresa	Overfelt	Monta Vista	Mountain View	Hillsdale	Sequoia	
Pioneer	Willow Glen	San Jose	Palo Alto	Santa Clara	Menlo Atherton	So. San Francisco	
Silver Creek	Yerba Buena	Sobrato	Saratoga	Wilcox	San Mateo	Westmoor	
Westmont					Woodside		
<u>SCCAL</u>		<u>MBL</u>			<u>WBAL</u>		<u>WCAL</u>
Aptos	<u>Gabilan</u>	<u>Pacific</u>			Crystal Springs	Archbishop Mitty	
Harbor	Carmel	Alisal			Harker	Archbishop Riordan	
San Lorenzo Valley	Monterey	Christopher			King's Academy	Bellarmine	
Santa Cruz	Pacific Grove	Everett Alvarez			Menlo	Junipero Serra	
Scotts Valley	Palma	Monte Vista Christian			Pinewood	Sacred Heart Cathedral	
Soquel	Salinas	Oakwood			Priory	St. Francis	
	Stevenson	San Benito			SH Prep	St. Ignatius	
		York				Valley Christian	
INDEPENDENT	Jewish Community	Kehillah Jewish			St. Lawrence	Summit Prep	

TRACK & FIELD							
<u>BVAL</u>			<u>SCVAL</u>		<u>PAL</u>		
<u>MT. HAMILTON</u>	<u>SANTA TERESA</u>	<u>WEST VALLEY</u>	<u>DEANZA</u>	<u>EL CAMINO</u>	<u>Bay</u>	<u>Ocean</u>	<u>Lake</u>
Branham	Andrew Hill	Del Mar	Gunn	Cupertino	Aragon	Burlingame	El Camino
Leigh	Evergreen Valley	Gunderson	Homestead	Fremont	Menlo-Atherton	Capuchino	Half Moon Bay
Leland	Lincoln	Independence	Los Altos	Monta Vista	Mills	Carlmont	Jefferson
Mt. Pleasant	Oak Grove	James Lick	Los Gatos	Mountain View	Sequoia	Hillsdale	Oceana
Santa Teresa	Piedmont Hills	Live Oak	Lynbrook	Santa Clara	Terra Nova	San Mateo	So. San Francisco
Silver Creek	Pioneer	Overfelt	Milpitas	Saratoga	Westmoor	Woodside	
Westmont	Prospect	San Jose	Palo Alto	Wilcox			
Willow Glen	Sobrato	Yerba Buena					
<u>WCAL</u>	<u>MTAL</u>	<u>WBAL</u>		<u>SCCAL</u>	<u>MBL</u>		
Archbishop Mitty	Anzar	Castilleja		Aptos	<u>Gabilan</u>		
Arch. Riordan (B)	Carmel	Crystal Springs		Harbor	Alisal		
Bellarmino (B)	Georgiana Bruce Kirby	Eastside Col. Prep		San Lorenzo Vly	Christopher		
Junipero Serra (B)	Gonzales	Harker School		Santa Cruz	North Monterey Co.		
Notre Dame- Bel (G)	Greenfield	King's Academy		Scotts Valley	North Salinas		
Presentation (G)	King City	Menlo		St. Francis CCC	Notre Dame-Sal.(G)		
Sacred Heart Cath	Marina	Mercy-Burlingame		Soquel	Palma (B)		
St. Francis	Oakwood	Mercy-San Francisco			Salinas		
St. Ignatius	Pacific Collegiate	Notre Dame-SJ			San Benito		
Valley Christian	Pacific Grove	Pinewood					
	Santa Catalina (G)	Priory					
	Soledad	Sacred Heart Prep					
	Stevenson	St. Lawrence					
	Trinity Christian						
	York						
INDEPENDENT: Downtown College Prep, University Prep Academy							

**CENTRAL COAST SECTION
2016**

Track Field At-large Standards-current CCS Rule

Boys	<u>2013</u>	<u>2014</u>	<u>2015</u>	<u>Avg.</u>	<u>2016</u>	<u>2013 in inches</u>	<u>2014 in inches</u>	<u>2015 in inches</u>	<u>avg in inches</u>	<u>avg in feet</u>	<u>avg in ft/in</u>
100	11.27	11.15	11.03	11.150	11.15						
200	22.33	22.42	22.41	22.387	22.39						
400	49.57	50.28	51.24	50.363	50.37						
800	1:56.41	1:58.24	1:56.37	01:57.007	1:57.01						
1600	4:23.72	4:21.66	4:23.10	04:22.827	4:22.83						
3200	9:30.27	9:26.20	9:32.70	09:29.723	9:29.73						
110HH	15.34	15.02	15.47	15.276666667	15.28						
300IH	40.33	39.66	40.28	40.09	40.09						
400R	43.25	44.12	43.53	43.633333333	43.64						
1600R	3:28.03	3:28.04	3:27.91	03:27.993	3:28.00						
LJ	21'08.0	21'06.0	21'00.5	see right	21'5	260	258	252.5	256.833	21.40278	21'5
TJ	43'09.00	43.3.75	42'04	see right	43'1.5	525	519.75	508	517.583	43.13194	43'01.5
HJ	6'0	6'4	6'2	see right	6'2	72	76	74	74.000	6.166667	6'2
PV	12'6	13'0	13'6	see right	13'0	150	156	162	156.000	13	13'0
Shot	47'04.25	48'2	47'00	see right	47'6	568.25	578	564	570.083	47.50694	47'6
Disc	145'02	146'5	142'03	see right	144'7	1742	1757	1707	1735.333	144.6111	144'7

**CENTRAL COAST SECTION
2016**

Track Field At-large Standards-current CCS Rule

<u>Girls</u>	<u>2013</u>	<u>2014</u>	<u>2015</u>	<u>Avg.</u>	<u>2016</u>	<u>2013 in inches</u>	<u>2014 in inches</u>	<u>2015 in inches</u>	<u>avg in inches</u>	<u>avg in feet</u>	<u>avg in ft/in</u>
100	12.71	12.51	12.34	12.52	12.52						
200	25.30	25.35	25.47	25.37333333	25.38						
400	58.4	59	59.45	58.95	58.95						
800	02:17.87	02:18.24	02:16.42	2:17.51	2:17.51						
1600	05:04.69	05:05.73	05:05.24	5:05.22	5:05.22						
3200	11:26.16	11:04.16	11:12.49	11:14.27	11:14.27						
100HH	15.93	15.23	15.62	15.59333333	15.60						
300LH	46.39	45.55	46.96	46.3	46.30						
400R	50.09	49.24	49.08	49.47	49.47						
1600R	04:04.67	04:03.02	04:04.48	04:04.06	4:04.06						
LJ	17'3.5	17'3.25	16'9	see right	17'1.25	207.5	207.25	201	205.250	17.10417	17'1.25
TJ	35'10.0	35'0.5	36'2.5	see right	35'4	430	407.5	434.5	424.000	35.33333	35'4
HJ	5'0	5'0	5'2	see right	5'0	60	60	62	60.667	5.055556	5'0
PV	10'6	10'6	10'6	see right	10'6	126	126	126	126.000	10.5	10'6
Shot	37'02.0	34'9	36'10	see right	36'3	446	417	442	435.000	36.25	36'3
Disc	107'06	112'10	113'6	see right	111'3	1290	1354	1362	1335.333	111.2778	111'3



CENTRAL COAST SECTION TRACK & FIELD



Organizational Meeting
January 12, 2016

- I. Welcome & Introductions
- II. Approval of Agenda
 - A. Additions to Agenda
 - B. Approval of Agenda
- III. Review of Tournament Guide Dates
 - A. Meets:
 - Semifinals: Saturday, May 21, 2016
 - Finals: Friday, May 27, 2016
 - B. State Meet Dates:
 - Trials: Friday, June 3, 2016 @ Buchanan HS, Clovis
 - Finals: Saturday, June 5, 2016 @ Buchanan HS, Clovis
 - C. Evaluation Meeting: Tuesday, June 7, 2016, 4 pm
- IV. CCS Meet
 - A. Participating School Sheet – check for accuracy
 - B. Review By-laws
 - Tournament Guide changes of note
 - Number of entries from each league
 - CCS At-large times
 - League responsibilities-meet officials
 - C. Site: San Jose City College
Meet Director: Steve Filios
Seeding & Results: Mark McConnell
 - D. Meet/ time schedule
 - Semifinals: Field events: 2 pm ?, Track events: 2 pm ? - discussion
 - Finals: Field events: 4:00 pm; Running events: 6:00 pm
 - E. Admission
 1. **Please remind runners, parents, and other interested folks that there is an entrance charge & possible parking charge for the CCS Meets**
 2. Admission for Coaches/Athletes
 3. No supervision pass gate list (reminder)

F. Other Items

- Warm-up area
- Award Procedure
- Medals & Participation Certificates
- T-shirt availability - **5 days ahead** (credit card sales at the meet)
- Patch availability - anytime
- Other items of concern

V. Additional information

- A. Sanctioned invitational meets
- B. League meet schedule & host
- C. CIF State meet
- D. NFHS Rule changes
- E. Coach accompanying athletes (CIF rules)

VI. Items added to agenda

VII. Adjournment

SENATE BILL NO. 707, February 27, 2015

As Introduced by Senator Wolk

EXEMPTION FOR TRACK STARTERS

USATF SCA & CALIFORNIA TRACK STARTERS ASSOC. INC.

Please allow this card-carrying Track Starter to proceed onto school or college grounds to pursue his/her track starting assignment as requested by this school/college.

Extracts: Firearms: Gun-Free School Zone act of 1995 prohibits a person from possessing a firearm in a school zone **"Unless with the written permission of certain school district officials."**

Exemption follows: **"Unless with the written permission of specified university or college officials."**

SECTION 1. Section 626-9 of the penal code is amended to read: This section shall be known, and maybe cited, as the Gun-Free School Zone Act of 1995.

b) No person shall possess a firearm ..."unless It is with the written permission of the school district superintendent, his or her designee, or equivalent school authority."

h) Notwithstanding Section 25605, any person who brings or possesses a (loaded) firearm upon the grounds of, or buildings owned or operated for student housing, etc..."unless It is with the written permission of the university or college president, his or her designee, or equivalent university or college authority."

Written permission pertains to the school or college Athletic Director requesting, on behalf of the principal or president, to request a track starter from USATF SCA or CTSA for officiating at track meets.

Any questions, please refer to SENATE BILL No. 707 in its entirety.



CENTRAL COAST SECTION Sanctioned Tournaments/Meets Spring 2016



TOURNAMENT DIRECTORS—ALERT!

By hosting a tournament schools agree to insure that all CIF, CCS and NFHS rules and regulations are followed. The approval of your tournament is contingent upon your signature affirming that you intend and are responsible to insure that every aspect of your tournament will be run in compliance with all NFHS, CIF and CCS rules and regulations.

MEMBERS OF DIFFERENT SCHOOL TEAMS MAY NOT COMPETE ON A "JOINT" TEAM AT ANY TIME IN ANY TYPE OF CONTEST. If a school is deficient in the minimum number of players required to play in a contest, you may not allow players from another school to play with them in order to make up that deficiency. You may not allow such a team to forfeit and then play the contest anyway or by calling it a scrimmage or something else. Scrimmages are NOT part of a tournament and should not be considered as a solution to allow a team, otherwise unqualified or ineligible to play per NFHS, CIF or CCS rules in your tournament. However well-intentioned such actions might be, they are a very serious violation of several rules and will result in sanctions against all schools involved (both schools from the combined teams and the schools that play them AND it will jeopardize the future conduct of the tournament at which this is allowed!

Name of Tournament	Host School	Sport	Gender	Level	Tournament Dates	Application Received	Last reviewed	STATUS	Counts as	Minimum # of contacts	Maximum # of contacts
Track & Field											
Alisal Invitational	Alisal	T&F	B/G	V/JV-FS	New date 4/23 4/30	11/10	11/17	approved	1	1	1
Santa Cruz Coast Relays	Aptos	T&F	B/G	V	3/5	10/20	10/30	approved	1	1	1
Bellarmine-Kiwanis Invitational (K-BELL)	Bellarmine	T&F	B/G	V/FS	3/12	10/20	10/21	approved	1	1	1
Cupertino HS/DeAnza College Invitational	Cupertino	T&F	B/G	V/FS	4/9- 3/19	11/1	11/2	approved	1	1	1
Firebird Relays	Fremont	T&F	B/G	V/FS	3/26	11/10	11/17	approved	1	1	1
Avis Kelley Invitational	Gilroy	T&F	B/G	V/FS	3/26	12/9	12/15	approved	1	1	1
Serra Top 7 Invitational	Junipero Serra	T&F	B/G	V/JV-FS	4/16	12/1	12/2	approved	1	1	1
Serra Throwers Meet	Junipero Serra	T&F	B/G	V/FS	3/26	12/9	12/15	approved	1	1	1
King City Invitational	King City	T&F	B/G	V/JV-FS	4/2	11/30	12/1	approved	1	1	1
Don Bell Quicksilver Classic	Leland	T&F	B/G	V/FS	4/9	8/7	8/11	approved	1	1	1
Los Gatos Top 8 Invitational	Los Gatos	T&F	B/G	V/FS	4/22	11/25	12/15	approved	1	1	1
Mt. Pleasant Relays	Mt. Pleasant	T&F	B/G	V	3/5	12/2	12/15	approved	1	1	1
North Salinas Time Trials	North Salinas	T&F	B/G	V	3/5	12/9	12/15	approved	1	1	1
Freshman Focus Invitational	North Salinas	T&F	B/G	Fr	3/19	12/9	12/15	approved	1	1	1



CENTRAL COAST SECTION Sanctioned Tournaments/Meets Spring 2016



TOURNAMENT DIRECTORS—ALERT!

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MEMBERS OF DIFFERENT SCHOOL TEAMS MAY NOT COMPETE ON A "JOINT" TEAM AT ANY TIME IN ANY TYPE OF CONTEST. If a school is deficient in the minimum number of players required to play in a contest, you may not allow players from another school to play with them in order to make up that deficiency. You may not allow such a team to forfeit and then play the contest anyway or by calling it a scrimmage or something else. Scrimmages are NOT part of a tournament and should not be considered as a solution to allow a team, otherwise unqualified or ineligible to play per NFHS, CIF or CCS rules in your tournament. However well-intentioned such actions might be, they are a very serious violation of several rules and will result in sanctions against all schools involved (both schools from the combined teams and the schools that play them AND it will jeopardize the future conduct of the tournament at which this is allowed!

Name of Tournament	Host School	Sport	Gender	Level	Tournament Dates	Application Received	Last reviewed	STATUS	Counts as	Minimum # of contacts
North Salinas Invitational & Relays	North Salinas	T&F	B/G	V/F/S	4/9	12/9	12/15	approved	1	1
Pacific Grove Rotary Invitational	Pacific Grove	T&F	B/G	V/F/S	4/30	8/20	8/21	approved	1	1
Bill Kearney T&F Invitational	Salinas	T&F	B/G	V/F/S	4/16	11/4	11/5	approved	1	1
SMHS Bearcat Invitational	San Mateo	T&F	B/G	V/F/S	4/16	1/5	1/5	pending		
Soquel Track Invitational	Soquel	T&F	B/G	V	3/19	10/13	10/19	approved	1	1
St. Francis Track & Field Invitational	St. Francis	T&F	B/G	V/F/S	new date 4/9-4/23	9/3	9/12	approved	1	1
Wildcat Frosh/Soph Invitational	St. Ignatius	T&F	B/G	F/S	3/5	12/7	12/15	approved	1	1
TKA Sprint and Distance Carnival	The Kings Acad.	T&F	B/G	V/F/S	3/12	11/24	11/25	approved	1	1
Winter Time Trials	Watsonville	T&F	B/G	V/J/V	3/4	10/26	10/28	approved	1	1
Wildcat Relays	Watsonville	T&F	B/G	V/F/S	3/12	10/21	10/21	approved	1	1
Willow Glen Track & Field Invitational	Willow Glen	T&F	B/G	V/F/S	3/5	10/19	10/23	approved	1	1