

Santa Clara County Track & Field Championships 2017

Thursday May 18

Coaches Meeting: 1:30pm

Pioneer High School (Must stay inside the stadium)

Running Events Start: 2:00pm

1290 Blossom Hill Rd. San Jose 95118

Field Events Start: 2:00pm

Rules: We will follow the NFHS rules

1/4" spikes or less

Only officials and athletes who are warming up will be allowed on the track or the infield. Violations may lead to a DQ.

All coaches must stay off of the track & infield unless they are making a protest

Please keep coaches, athletes, and other team supporters away from the timing & scoring area

Athletes can compete in a maximum of four events (including relays) Relay team must have matching uniforms

Scoring: 1st = 10, 2nd = 8, 3rd = 6, 4th = 5, 5th = 4, 6th = 3, 7th = 2, 8th = 1

At least 2 adults should be in charge of each school's meet duties.

The equipment, including event sheets, will be provided. Please bring your own 1st aid supplies and batons

Protests must be made to the committee, by the head coach or AD, immediately

League Assignments:

Timing/Scoring/Results	Compile results and calculate the score	Hank Lawson
Starter	Starts each event/heat and gives some instruction to the runners	SJMSAL
Starting Blocks	Makes sure blocks are where they need to be before each race & after the meet	SJMSAL
Hurdle Crew	Places and removes hurdles, checks them after each race	SJMSAL
Infield Official	Remind athletes, coaches, and spectators to keep track/field clear	SJMSAL
Facilities	Site, equipment, custodian	Meet Management
Clerk	Organize athletes into heats before the start of events & coordinate with starter	WVAL
Announcer	Makes calls for events and announces meet information	WVAL
Finish Line/Awards	Organize athletes at the end of each race and give them awards	WVAL
T-shirts	Ordering shirts and selling them on site	WVAL
High Jump Pit 1 (Girls)	Coordinate athletes, measure, and record results, gives awards	WVAL
High Jump Pit 2 (Boys)	Coordinate athletes, measure, and record results, gives awards	WVAL
Shot Put	Coordinate athletes, measure, and record results, gives awards	VJHSAL
Discus	Coordinate athletes, measure, and record results, gives awards	VJHSAL
Triple Jump	Coordinate athletes, measure, and record results, gives awards	VJHSAL
Long Jump	Coordinate athletes, measure, and record results, gives awards	VJHSAL
Medical Tent	Provide an area for athletes and their coaches to treat injuries	Meet Management
Zone Judges (2 per zone)	Check for lane and zone violations and report to finish line	1 zone per league
Meet Referee	Coordinates with officials & coaches & makes sure the meet runs smoothly	Cliff Pappadakis
Protest Committee	Rule application and other non-judgment situations	Cliff Pappadakis, Rich Ponce, Natalie Rynn

Qualifying:

SJMSAL will get 4 qualifiers and 2 relay teams

WVAL & VJHSAL will get 6 qualifiers and 3 relay teams

Only finishers in scoring positions at their league
finals will be eligible for entry

In the case of a tie for the last qualifying spot (field
events only), both athletes will qualify

Awards: To the top 8

Concessions: TBA

T-Shirts- On sale for \$15 (CASH ONLY)

There will be no alternates assigned to run on the day of the meet. Qualifiers should be told they can run at the end of their League/Sectional meet and before the entries are sent in for the County meet. No additions or substitutes will be made after the entry deadline (5-15)

Order of Events: We will begin with girls 6, 7, 8, then the boys 6, 7, 8

TRACK EVENTS: We will do a rolling start with running events beginning at 2:00pm

65M Hurdles Trials 2 Even heats (top 8 times go to finals)

Girls 1600M

100M Trials 2 Even heats (top 8 times go to finals)

Boys 1600M

65M Hurdles Final

4x100M

800M Waterfall start, top seed in lane 1

100M Final

4x400M (2 turn stagger)

Lanes/Positions based on entry marks: 1st (4), 2nd (5), 3rd (3), 4th (6), 5th (2), 6th (7), 7th (1), 8

FIELD EVENTS: We will do a rolling start with field events beginning at 2:00pm

Report to the event site when event is called (ex: Boys 6 Shot report to the Shot area)

Field event athletes must check with the event official when leaving for another event. If it is a track event, they will have 10 minutes to report back upon completion of the track event. When doing multiple field events, they must rotate between those events and complete all trials before their group completes competition. Any missed trials will be forfeited if their group finishes competition before the athlete returns

No warm ups are allowed unless the coach or the event official are present

All attempts will be measured. All athletes will get 3 attempts. HJ gets up to 3 attempts per height. Order will be determined by entry marks. Athletes with the best marks will be last in the order

Throwing events start time: 2:00 Throwers will perform all 3 attempts in succession

Shot Girls 6, Girls 7, Girls 8, Boys 7, Boys 8, Boys 6

Disc Boys 6, Boys 7, Boys 8, Girls 7, Girls 8, Girls 6

All discus throwers use a 1 kg disc

Boys 8 use an 8 lb shot, all others use a 6 lb shot

Horizontal jumping events start time: 2:00

LJ Boys 7, Boys 8, Boys 6, Girls 8, Girls 6, Girls 7

TJ Girls 7, Girls 8, Girls 6, Boys 8, Boys 6, Boys 7

Athletes will be allowed no more than 2 run throughs. These must happen before the division begins competition

Vertical jumping events start time: 2:00

Starting Heights for High Jump

Pit 1: Girls 6, Girls 7, Girls 8

Pit 2: Boys 6, Boys 7, Boys 8

ng Heights

Girls 6 = 3'6" Girls 7 = 3'8" Girls 8 = 3'10"

Boys 6 = 4' Boys 7 = 4'2" Boys 8 = 4'4"

Please use a tape to measure the height of the bar at the center (between the standards) for correct height

Height increases by 2 inches every time it is raised until only 1 jumper left

Once the bar has gone up, it should not be lowered unless there is a tie for first

Coaches should see the meet referee if there are questions, needs, or concerns