

Proposed Rules for the League Meet

Trials Day (May 1nd)

- 1) Seeding for the trials will be based on entered time and also, to prevent all of a school's entries from being in one heat.
- 2) Trials will be held in the 100m, 200m, 400m, 100H/110H/65H and 300H only if more than 8 competitors check in.
- 3) Only the heat winners will be automatic qualifiers. The rest of the finalist 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.
- 4) Seeding for the finals will be based on time only.
- 5) Finals for the F/S boys 3200m and JV girls 3200m will be held on Monday.
- 6) All F/S boys and JV girls' field events will compete on Monday. They are allowed only 4 attempts. If the field for an event is more than 12 athletes, then field will be split into 2 flights with the top competitors competing in the second flight. Each legal throw will be measured. A maximum 12 athletes can compete in each flight. This method will only be used for the Boys F/S and Girls JV competition. The Field Events were flipped from last year. We will not follow the CCS order for LJ and TJ.
- 7) 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 (May 3th)

- 8) If there are more than 16 entrants in the 800, 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 when two heats are being run, the additional runner will be placed in the fast heat.
- 9) Only 1 heat will be run for the 1600m in each division.

Running Events

- 800m – alleys if needed (determined by the starter)
- 1600m – alleys if needed (determined by the starter)
- 3200m – alleys if needed (determined by the starter)
- 1600m Relay – 3 turn stagger

- 10) 2 Alleys will be used for the 800m, 1600m and 3200m if needed (the starter

will make determination). The top third of the competitors will run in the outside alley with the fastest competitor on the outside to the slowest on the inside. The other 2 thirds of the competitors will run in the first alley with the fastest of that group on the outside to the slowest on the inside.

Field Events

The Varsity boys and Varsity girls' field events will compete on Wed. 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 the field is bigger than 12 competitors, flights will be used with the top competitors in the second flight. The order of the Field Events will follow the CCS order.

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

10) 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 as long as they have check out and are within 20 minutes of their check out time.

11) 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.

12) 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 within a 20-minute window.

13) All discus and shots will be weighed before competition. Shot and Discus officials should verify that all implements have been weighed and approved.

14) Any clerical or scoring issues should be reported within 48 hours of the end of the meet. Therefore, Friday, May 6th at 8pm will be the deadline for reporting errors to the meet director. Please email corrections to Julie L'Heueux and Hank Lawson.

15) All athletes are limited to four events. Entries are determined as of 10:00pm on April 28, 2017. At this time, the at-large qualifiers will be determined. If you

are submitting an at-large qualifier, submit their name, division, event and mark to Julie before 10pm on the 28th of April.

16) No competitor may be added to an event after 10:00pm on April 28, 2017 without the agreement of at least 5 of the 7 schools competing in the meet, except for at-large qualifiers. The additions should be made only under unusual circumstances.

17) Appeals regarding misapplication of the rules shall be filed within 30 minutes after the results have been announced or 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 the appeal. A final written appeal can be made to the League Commissioner as an avenue of last resort for the head coach.

18) If there is a hardship athlete, he/she must follow the Hardship Rule in the SCVAL Track By-laws. The hardship paperwork must be presented prior to the start of the meet to the meet director.

Trials Schedule – Monday, May 1 – Santa Clara H.S.

1:30pm Coaches scratch meeting

Rolling Schedule

3:00pm Trials begin

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 (Finals) (4 attempts for throws, horizontal jumps)

Weigh in – 1:30pm-1:45pm, 2:45-3:00pm

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

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

Finals Schedule – Wednesday, May 3 – Santa Clara H.S.

1:30pm Coaches scratch meeting

Preliminary Schedule – will update after entries are received

3:00pm 4x100M VG, VB, JVG, FSB

3:20pm 1600M VG, VB, JVG, FSB

4:00pm 110 HH VB

4:05pm 65 HH FSB

4:10pm 100 HH VG, JVG

4:20pm 400M VG, VB, JVG, FSB

4:40pm 100M VG, VB, JVG, FSB

5:00pm 800M VG, VB, JVG, FSB

5:30pm 300 IH VG, JVG, VB, FSB

5:50pm 200M VG, VB, JVG, FSB

6:10pm 3200M VG, VB

6:40pm 4x400M JVG, FSB, VG, VB

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

Weigh in – 2:00-2:15pm, 4:00-4:15pm

2:30pm VB HJ, VG LJ, VB DT, VG SP, VB LJ

4:30pm VG HJ, VB TJ, VG DT, VB SP, VG TJ

EC League Meet

Meet Host School: Santa Clara

Meet to be held on Mon., May 1 and Wed., May 3 at Santa Clara High School.

Meet Director: Julie L'Heureux (Santa Clara)

Duties

Starter: – Jim Mantha – both days

Timing: Hank Lawson

Scoring: Hank Lawson

Jury of Appeals (3) –Mark Shields (F), Kirk Flatow (MV), Walt Van Zant (W)

Alternates: Paul Armstrong (C), and Scott Ishizaki (Mt.V)

Head Field Judge: Darrin Garcia/ Reed Kappen for jumps, Paul Fuller for Throws

Clerk of the Course, Starting line judge: Margaret Demorest

Announcer – Fremont

Weigh in: Santa Clara

Events:

Blocks – Santa Clara

Hurdles – Monta Vista

Shot – Fremont

Discus – Mt. View

TJ/ LJ Girls – Cupertino

LJ/ TJ Boys – Saratoga

HJ – Wilcox

Chief Finish Line Judge: Santa Clara

Turn Judges for relays: 1 per school

The entries for the league meet are due on Fri., April 28 at 10:00pm through Athletic.net. Remember only 3 entries per a school per event. At large entries should be submitted separately to Julie L'Heureux by April 28.

Alley starts will be used for the 800m, 1600m, and 3200m if necessary (starter will make determination).

Coaches:

Attached are the proposed rules for the EC League Meet. Please review and email back if you disagree with any of the rules. Changes from last year are:

- 1) Only 1 1600m heat for each division. Based on last year's meet and the spread of finishing times, it seems that we can handle up to 21 athletes in 1 heat.
- 2) We will follow the CCS order of events for the Varsity field events but for the F/S and JVG on Monday, we will have the traditional 1 pit for triple jump and 1 for long jump.
- 3) Alley starts for the 800m, 1600m and 3200m will be used if deemed necessary by the starter.

Reminders:

All entries are due to athletic.net by Friday, April 28 at 10pm. Only 3 entries per event per division are allowed. Please verify that you only have 3 in each event. Any At-larger qualifiers should be submitted by the entry deadline to Julie L'Heureux. Your 3 entries plus your At-Large qualifier must all be in the Top 8 for that event. If you AT- Large entry submittal has a higher mark than one of your entries, they will not be accepted if one of your 3 entries are not in the Top 8 marks.

Attached is the preliminary schedule, along with the job duties. We will use a rolling schedule for Monday. Since our starter is Jim Mantha, I will not set any schedule for Monday. Jim likes to take his time with his instructions at the trials meet to make sure all the athletes understand the rules.

I will updated the Finals Schedule once everyone approves the rules for the League Meet.

Questions?

Julie