

## De Anza League Meet 2018 Final Instructions

### Meet Duties:

**Starter:** John Wise (Tue & Thur.); Brad Aagaard (Thur. only)

**Timing and Scoring:** Hank Lawson

**Meet Director:** Michael Davidson

**Weigh-in:** Los Altos

**Jury of Appeals:** Milpitas, Lynbrook, Gunn; Alternates: Mtn. View & Los Gatos

**Head Field Judge:** Los Altos - Gerri Baldwin

**Field Results Checker:** Palo Alto - Michael Davidson

**Clerk of the Course:** Gunn

**Announcer:** Palo Alto

**Chief Finish Line Judge:** Gunn

**Starting Line Judge:** Gunn (Tuesday Only)

**Finish Line:** Palo Alto

**Turn Judges:** (1 per school) Milpitas, Los Altos, Mtn. View, Lynbrook



### Event Duties:

Block Crew - Milpitas

Hurdles – Palo Alto

Shot Put – Mtn. View

Discus - Lynbrook

TJ/LJ - Girls – Los Altos

TJ/LJ - Boys – Palo Alto

HJ – Los Gatos

### **Car & Bus Parking:**

Palo Alto has a limited parking for both cars and buses adjacent to the stadium. There is additional parking in the large lot at the front of the school off Embarcadero Rd. Buses will be allowed to drop-off but need to park in the front lot for the duration.

### **Stadium Entrance:**

The main access will have an entrance labeled for Athletes/Coaches and one marked for "Spectators". Please enter through the assigned gates.

### **Tent Set-up:**

All Tents should be placed at the top of the bleachers so as not obstruct any views of the track.

### **Warm-Up/Field Access:**

The Warm-up field is the north end of the field so please limit your warm up to just before you event and field access should be limited to coaches, meet participants, and designated volunteers.

### **Concessions:**

The concessions stand will be open on both Tuesday & Thursday. The concession stand is operated by the Palo Alto Sports Booster to support the school athletic programs. Your support by purchasing food and beverages would be greatly appreciated.

### **Athlete Check-In for Both Days:**

Running events check-in will be located at the north end of the stadium adjacent to the scoreboard. 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 & 4x400MR) – will all have hip numbers. All Field events will check in at the event.

### **Athletic Trainer:**

An athletic trainer will be on site for both trials and finals. They will have a station set-up in the north end of the field.

### **Water Stations:**

Water stations will be located at the south end of the stadium near the timers tent and at the north end of the stadium near the athletic trainer. Functional water fountains can also be found at both end of the bleachers on either side of the track or at the concession stand.

### **Restrooms:**

Restrooms are located at the back end of the track shed near the concession stands.

Meet Results:

Meet results will be printed during the course of the meet which you will be able to check throughout the duration of the meet. Results will also be streamed live during the meet at the following URL.

[http://lynbrooksports.prepcaltrack.com/ATHLETICS/TRACK/2018/18\\_dual/SCVAL\\_Dual.htm](http://lynbrooksports.prepcaltrack.com/ATHLETICS/TRACK/2018/18_dual/SCVAL_Dual.htm)

**ATHLETES SHOULD CHECK IN A MINIMUM OF 30 MINUTES BEFORE THEIR RESPECTIVE EVENT.**

Trials ORDER OF EVENTS – Tuesday, May 1<sup>st</sup>

2:15 Coaches Scratch Meeting – On the field near the timers booth

All events will be contested on a ROLLING SCHEDULE

3:30PM 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, B, FSB

3200M FSB (FINAL)

200M VG, VB, JVG, FSB

Field Events (FINALS) (4 ATTEMPS FOR THROWS & HORIZONTAL JUMPS)

Weigh-In – 2:30pm – 2:45pm, 3:45pm-4:00pm – In the Track Shed behind Clerking

3:00pm – JVG HJ, JVG DT, JVG LJ, FSB LJ, FSB SP

4:15pm – FSB HJ, FSB ST, FSB TJ, JVG TJ, JVG SP

**Finals Schedule – Thursday, May 4<sup>th</sup>**

2:15 Coaches Scratch Meeting – On the field near the timers booth

**If we get ahead of schedule we will not run more than 10 minutes early**

3:30pm 4x100m VG, VB, JVG, FSB

3:45PM 1600M VG, VB, JVG, FSB

4:20PM 110HH VB, 65HH FSB, 100HH VG, 100HHJVG

4:35PM 400M VG, VB, JVG, FSB

4:50PM 100M VGM VB, JVG, FSB  
5:05pm 800M VG, VB, JVG, FSB  
5:40pm 300IH VG, VB, JVG, FSB  
5:55pm 200M VG, VB, JVG, FSB  
6:10pm 3200M VG, VB  
6:40pm 4X400M JVG, FSB, VG, VB

Field Events (LJ, TJ, SP, DT – 3 ATTEMPS, THEN TOP EIGHT (8); 3 MORE  
Weigh-In – 2:15pm – 2:30pm, 4:15pm-4:30pm – In the Track Shed behind Clerking

3:00pm – VG HJ, VG LJ, VG DT, VB SP, VB LJ  
5:00pm – VB HJ, VB TJ, VB DT, VG SP, VG TJ

## De Anza League Rules Reminder

Below are the agreed upon rules for both the Trials & Finals.

### **Trials Day (Tuesday May 1st)**

- 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 Tuesday.
- 6) All F/S boys and JV girls' field events will compete on Tuesday. 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 order of the Field Events will follow the CCS order.

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 (Thursday May 3rd)**

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 Thursday. They will be allowed 3 attempts (LJ, TJ, SP and Discus) with the top 8 receiving an additional 3 attempts. Any ties for 8<sup>th</sup> place will be included in the finals. 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 checked out and are within 20 minutes of their check out time. Once the 20 minutes has passed, the bar can be moved up.

11) Warm-ups for field events are not allowed prior to the event unless the venue has been declared open by the meet director and the event official or contestant's coach is supervising at the site. A red cone or sign can be used to signal the event is closed. (Article 6-2-6) Officials should be on site 30 minutes before the start of the event for warm-ups. First set of field events start at 3pm. Officials should be there by 2:30pm.

12) 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. The athlete has 10 minutes to recover at the completion of his/her running event, not when they report back to the field event. If his/her running event finishes at 4pm, the athletes can be called for a field attempt at 4:10pm.

13) 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 15-minute window.

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

15) Any clerical or scoring issues should be reported within 48 hours of the end of the meet. Therefore, Saturday, May 5th at 8pm will be the deadline for reporting errors to the meet director. Please email corrections to Michael Davidson and Hank Lawson.

16) All athletes are limited to four events. Entries are determined as of 10:00pm on April 27, 2018. 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 Michael before 10pm on the 27<sup>th</sup> of April. When submitting an at-large qualifier, all of your athletes (3 entries plus at-large qualifier(s)) in that event must be in the Top 8 marks or the at-large athlete is not accepted.

17) No competitor may be added to an event after 10:00pm on April 27, 2018 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.

18) Appeals regarding misapplication of the rules shall be filed within 30 minutes after the results have been published 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.

19) 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 League Trials to the meet director.