



CIF/Central Coast Section  
**2019 TRACK & FIELD CHAMPIONSHIPS**  
**Participant Information Bulletin**



This Bulletin was e-mailed to all member-schools on or about April 1, 2019

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(408) 224-2994

**ATTENTION ATHLETIC DIRECTORS:**

Please route this bulletin to your HEAD VARSITY TRACK & FIELD COACH, and make sure that you and your coach have read the [TRACK & FIELD BYLAWS](#) which are posted on under the "Playoff Information & Bylaws" tab of the [Track & Field webpage](#) of the [CCS website](#).

**MEET DIRECTOR:** STEVE FILIOS 408 224-2994 [sfilios@cifccs.org](mailto:sfilios@cifccs.org)

**MEETINGS:** EVALUATION: MONDAY, MAY 28, 2019, @ 4:00pm

**CHAMPIONSHIPS DATES / SITE**

<u>ROUND</u>	<u>DATE</u>	<u>TIME</u>	<u>SITE</u>
Semi-Finals	<b>Saturday, MAY 11th</b>	Field Events: 10:00 am Track Events: 11:00 am	Gilroy High School
Finals	<b>Friday, MAY 17<sup>th</sup></b>	Field Events: 4:00 pm Track Events: 6:00 pm	Gilroy High School

**WEATHER:** The Meets will go on, rain or shine.

**NOTE:** *The CCS Commissioner and/or staff shall be responsible for all contracts for sites used during the CCS Play-offs. The CCS Commissioner and/or staff have sole authority to schedule or cancel sites, as well as full discretion as to the assignment or re-assignment of teams to times and sites throughout the CCS Play-offs. The CCS Commissioner and/or staff have the final authority in any disputes over sites or times of play, and the decision of the CCS Commissioner is not subject to appeal due to the immediacy of running the Tournament for the good of the whole. Neutral sites are not a policy of the CCS and should not be expected in any rounds of play. Sites will be assigned by the CCS for the good of the Tournament.*

**IMPORTANT NOTICE TO ALL PARTICIPANTS AND COACHES**

The CIF-Central Coast Section is well aware that many other school and non-school activities (AP tests, SAT/ACT tests, proms, plays, holidays, senior trips, religious days, etc.) may occur during CCS Play-offs. The CCS tries to avoid as many conflicts as possible; however, with so many activities available for today's student-athlete, it is not reasonable to assume that all such activities can be taken into account, and thus, CCS Play-off events will go on as originally scheduled. Participants and coaches are therefore expected to plan in advance for such possible scheduling conflicts and make those difficult choices as to which events will take precedence for that individual. Generally, although it is ultimately the personal choice of the student-athlete and/or his/her parent(s), an academic activity should take precedence over an extra-curricular event.

**QUALIFYING/ENTRIES:**

**A. FROM LEAGUE FINALS TO CCS SEMI-FINALS MEET** (see [CCS Track & Field Bylaws: Section 3.](#))

- After removing all scratches and inserting all alternates, League Representatives must submit their **League Finals Results & Final League Entries**, by **9:00am** on the **Tuesday morning prior to the CCS Qualifying Meet**, **directly to Mark McConnell: [racetimer@aol.com](mailto:racetimer@aol.com)**;
- Once **League Entries** are submitted for the CCS Semi's, alternates will not replace scratched athletes.
- Allocations of **League Entries** to the CCS Semi's were updated at the CCS Track & Field Committee's Organizational Meeting on January 9, 2019. (see chart below)

<b>2019 LEAGUE ENTRIES</b>					
<u>LEAGUE</u>	<u>BOYS</u>	<u>GIRLS</u>	<u>LEAGUE</u>	<u>BOYS</u>	<u>GIRLS</u>
<b>BVAL</b>	<b>8</b>	<b>8</b>	<b>SCVAL</b>	<b>6</b>	<b>6</b>
<b>PAL</b>	<b>5</b>	<b>5</b>	<b>WBAL</b>	<b>2</b>	<b>2</b>
<b>PCAL</b>	<b>7</b>	<b>7</b>	<b>WCAL</b>	<b>2</b>	<b>2</b>
<b>SCCAL</b>	<b>2</b>	<b>2</b>			

4. **At-Large Entries** will be admitted in accordance with [CCS Track & Field Bylaws: Section 3.E.1. and 2.](#) If an athlete does not automatically qualify for the CCS Semi-Finals but his/her mark from their performance at the final League event at the Varsity level which qualifies athletes to the CCS Semi-Finals is equal to or better than the average of the last-place qualifying mark to the CCS Finals from the three [3] most recent years, then that athlete will be added to the CCS Semi-Final competition. This provision is for all events, including relays.

Boys:							
100	11.11	1600	4:22.19	400R	43.42	HJ	6'00
200	22.67	3200	9:38.88	1600R	3:27.29	PV	12'08
400	50.55	110HH	15.48	LJ	21' 01	Shot Put	49'05
800	1:58.92	300IH	40.51	TJ	43'03	Discus	142'04

Girls:							
100	12.54	1600	5:08.33	400R	49.60	HJ	5'1
200	25.75	3200	11:27.53	1600R	4:05.89	PV	10'08
400	59.28	110HH	15.83	LJ	17'01	Shot Put	37'02
800	2:19.00	300LH	47.04	TJ	36'03	Discus	114'0

B. FROM SECTION SEMI-FINALS TO FINALS: See [CCS Track & Field Bylaws: Section 4.](#)

C. FROM SECTION FINALS TO CIF STATE MEET

1. CCS qualifies three (3) in each event to the State Meet.
2. There is no provision for granting hardship exemption from competing in the Section Semi-Finals and Finals Meets. **AN ATHLETE MUST COMPETE IN THE CCS MEET IF HE/SHE IS TO ADVANCE TO THE CIF STATE MEET.**
3. **AT-LARGE ENTRIES:** An athlete shall earn an At-Large entry into the CIF State Meet if his/her mark at the **Section Finals** is equal to or better than the average of the 9th-place qualifying marks to the CIF State Meet Finals from the three (3) most recent years (*CIF By-Law 2802*). See [CIF Track and Field website](#) for [State CIF At-large Entries](#).

**SCRATCHES:**

- A. **CCS FINALS:** If any qualifier is unable to compete in the CCS Finals, the Director should be notified as soon as possible so the alternate can be notified. Alternates will be inserted into the lane or flight vacated by the athlete he/she is replacing. **No alternate list will be accepted at the Semi-Final Meet.**
- B. **CCS FINALS to CIF STATE MEET:** If any State CIF Meet qualifier is unable to compete at the State Meet, his/her coach MUST notify the CCS Meet Director **prior to the conclusion of the CCS Meet.** **No alternates will be allowed after this date.**

**ELIGIBLE ATHLETES:**

No athlete will be allowed to compete who is not accompanied by a certified coach of the school which he/she is representing.

**COACHES**

- All student athletes **must be accompanied by a coach** that meets the criteria as addressed in CIF Bylaws 308 & 506. Students who are not accompanied by a coach meeting these requirements at any CIF contest **WILL BE CONSIDERED INELIGIBLE** and will not be allowed to compete
- Coaches should sign in and pick up team packets, containing heat sheets and other critical Meet information at the "Participants' Gate" located adjacent to the west side of the stadium upon arrival at the venue.
- Athletes and coaches will not be allowed on the field unless they are actually competing or working an event. Non-compliance with this rule may result in disqualification. **Coaches who are officiating field events or performing other Meet responsibilities are not to actively "coach" while in the field area.**
- Coaches and athletes are allowed to sit on either side of the stadium bleachers but are asked to be conscious of allowing optimum seating for the public to view the competition. **Team canopies are allowed in the top row of the bleachers and the outer perimeter of the track or warm-up field but should be set up so as not to obscure the view of spectators.**
- It is the responsibility of the coach to also serve as school supervisory personnel and to prevent and correct any inappropriate behavior of their students or spectators.

**SCHEDULE OF EVENTS**

*Note: Semifinal time schedule may be affected if extra heats/competitors are added due to at-large qualifiers*

RUNNING EVENTS				FIELD EVENTS		
<i>Semifinals:</i> Sat, MAY 11 @ Gilroy HS	<i>Finals:</i> Fri, MAY 17 @ Gilroy HS	Gender	EVENT	<i>Semifinals:</i> Sat, MAY 11 @ Gilroy HS	<i>Finals:</i> Fri, MAY 17 @ Gilroy HS	EVENT
11:00	6:00	Girls	4x100 M Relay	10:00	4:00	Girls Pole Vault
11:20	6:08	Boys				
11:40	6:20	Girls	1600 M	10:00	4:05	Boys Discus
11:58	6:28	Boys				
12:15	6:44	Girls	100/110 M Hurdles	10:05	4:10	Boys Long Jump
12:37	6:54	Boys				
12:58	7:05	Girls	400 M	10:10	4:15	Girls Long Jump
1:14	7:10	Boys				
1:32	7:20	Girls	100 M	10:15	4:20	Girls Shot Put
1:45	7:25	Boys				
2:00	7:35	Girls	800 M	10:20	4:25	Boys High Jump
2:15	7:40	Boys				
2:30	7:50	Girls	300 M Hurdles	1:50	6:45	Boys Pole Vault
2:45	7:55	Boys				
3:00	8:05	Girls	200 M	2:00	6:20	Girls High Jump
3:15	8:10	Boys				
3:30	8:20	Girls	3200 M	2:00	6:25	Girls Discus
4:00	8:35	Boys				
4:30	8:50	Girls	4x400 M Relay	2:05	6:30	Girls Triple Jump
4:58	9:00	Boys				
<b>IMPLEMENT CERTIFICATION</b>						
<i>Semifinals:</i> Sat, MAY 11		9:00-10:15 & 12:50-2:10		2:10	6:30	Boys Triple Jump
<i>Finals:</i> Fri, MAY 17		3:05-4:10 & 5:25-6:20		2:15	6:35	Boys Shot Put

**ADMISSION & PARKING**

Go to the CCS Website: [www.cifccs.org](http://www.cifccs.org) for Online Ticket purchase information

Adult Admission	General Admission: <i>Senior Citizens, High School Students, &amp; Children 6 and older</i>	Children <i>5 and under</i>
\$10	\$5	Free
<b>Parking:</b> Gilroy HS will be charging \$5 for parking.		

**PASSES:**

- A. ONLY CCS and State-CIF Passes will be honored.
- B. All participants (in uniform) will be admitted at no charge. A maximum of five (5) coaches will be admitted with their team free of charge at the "Participants' Gate." As per actions of the CCS Board of Managers, no other gate lists will be accepted.

## RULES FOR COMPETITION

The current **National Federation Track & Field Rules**, plus modifications adopted by the CIF and/or CCS will be used.

- A. **WARM-UP:** Athletes will warm up in the designated warm-up area on the soccer field adjacent to the stadium. Athletes will not be allowed on the track prior to reporting to the Clerk-of-the-Course. Only athletes actually involved in competition will be allowed on the stadium field, and they must return to the stands upon completion of their event.
- B. **CALLS FOR EVENTS:** Competitors must check in with the clerk of the course or field-event judge no later than 15 minutes prior to the published start time for that event. Any athlete not reporting on time will be scratched.
- C. **INSPECTORS/UMPIRES:** As per NFHS rules, Inspectors/umpires will be positioned on the track to watch for lane, relay zone, interference and hurdle, (i.e. lead arm and trail leg) infractions.
- D. **USE OF ELECTRONIC DEVICES:** As per NFHS rules, the use of electronic communication devices is permitted during meet in unrestricted areas. However, the infield of the stadium has been designated a restricted area. **No electronic devices may be in use in this restricted area.** This includes the use of cell phones. After checking in competitors will be required to remain in the restricted area except to use the restroom until they complete their event. *Note:* The discus area and the warm-up-up area, which are outside the stadium infield is designated as an unrestricted area.
- D. **CONTESTANTS DOUBLING:**  
If a contestant is entered in a track event and a field event at the same time, he/she should first sign out AND be excused by the field event judge, then report to the Clerk-of-the-Course. Coaches may check in their athletes for running events while the athlete is competing in a field event. He/she must report back to the field event immediately after completion of the running event. He/she will be allowed 10 minutes to recover before resuming competition in the field event.
- E. **TIES** will be resolved in accordance with the National Federation Rules Book, or in the case of vertical jumping events, by pre-determined jump-off procedures. Ties in running events at the Trials will be settled by a run-off on the following Monday, at a site and time to be decided by the Meet Director.
- F. **FINISH:** F.A.T. systems will be used to determine the order of finishes in all running events.
- G. **SCORING:** Scoring will be: 10, 8, 6, 5, 4, 3, 2, 1 in all events.
- H. **DRESSING:** Locker rooms will NOT be available.
- I. **ALL FOODS**, including seeds, are strictly prohibited on the track. **Water** is the only liquid permitted on the track or infield.

## UNIFORMS: As per National Federation Rules, and as modified by the State CIF.

**National Federation Uniform Rules** will be strictly enforced. All athletes competing must wear their SCHOOL ISSUED or SCHOOL APPROVED UNIFORM AND SWEATS AT ALL TIMES. No other uniform or clothing may be worn during warm-up, competition or on the victory stand. Failure to do so could result in disqualification from an event.

## SEEDING PROCEDURES – As per CCS Track & Field Bylaws

### RUNNING EVENTS

- 1. Equal heats will be formed. Heat winners, plus the next fastest times, qualify for the Finals. Athletes are seeded by time or mark.
- 2. Semi-Final winners will be seeded by time.
- 3. Lanes in heats will be assigned in accordance with the NFHS rules by the games committee.
- 4. The stagger-start for all running events, except the 800m, 1600m and 3200m, will be the same as used at the current year's CIF State Meet.
- 5. The alley-start will be used for the 800m, 1600m and 3200m. Seeding for these races will be the same as used for the CIF State Meet.

### FIELD EVENTS

#### 1. Shot Put, Discus, Long Jump & Triple Jump:

- a. Athletes will be seeded on the basis of League qualifying marks, with the best mark last, broken into an equal number of competitors in each flight. Each flight will take four [4] attempts before moving to the next flight. The top flight in all cases will be last.
- b. The twelve [12] best will advance to the Finals.
- c. In the event of a tie, all competitors will advance in that event.
- d. At the Section Finals, the athletes will be seeded 1 to 12 on the basis of qualifying marks, with the best competing last. Each athlete will take three [3] trials. The top eight [8] and ties (must be a fair attempt) from the trials will take three [3] final efforts in inverse order of standings at the end of the trials.

#### 2. High Jump and Pole Vault:

- a. Athletes will be seeded on the basis of League qualifying marks, with the best mark last. Continuing flights of "five alive" will be used at each height.
- b. Starting heights will be determined by Meet Management after all entries are submitted. Under no circumstances will the opening height be higher than the 40th percentile of League entry marks.
- c. The twelve [12] competitors with the best marks will advance to the Finals. Normal NFHS tie breaking rules will be used to advance to finals.

**EQUIPMENT CHECK:**

- A. All pole vaulters will be required to have their vaulting poles checked by the event judge to insure tape restrictions are not violated. Coaches MUST also validate their athlete's weight on the coaches' sign-in sheet.
- B. High jumpers will be checked by the event judge to insure their shoes conform to legal standards.
- C. All shot and discus competitors will certify their implements at the certification table prior to the start of their event, as per the certification time schedule stated below.
- D. Implements that do not meet all specifications of weight, size, diameter, etc. will be confiscated until the events are completed.
- E. Girls will compete with the 4-kilo shot.
- F. **All athletes will be checked prior to being allowed to compete to insure that no spikes are greater than 1/4"**
- G. **To insure that all batons conform to NFHS specifications, all relay teams will be provided batons.**
- H. Starting blocks will be provided, and only those blocks may be used.

**APPEALS:****A. HARDSHIP APPEALS:**

1. **Hardships may only be considered for qualification from League to the Semi-Finals;**
2. Hardship only applies to an illness/accident that is non-sports related;
3. The athlete must be under a medical doctor's care;
4. Any request for hardship must be presented to the League Meet Director, IN WRITING, before the start of the athlete's first race;
5. The athlete must have posted a previous mark that is better than the last qualifier's mark;
6. The hardship hearing will be held on the second working day following the request for hardship;
7. Appeals shall be conducted according to the respective League's Bylaws.
8. A run-off, for races restricted by lanes, will be held two [2] days before the next scheduled meet. The site will be determined by the League.

**B. THE JURY OF APPEALS:**

1. **Semi-Finals and Finals** - The Meet Director shall appoint a jury of appeals with approval of the CCS Office. Appeals will be addressed immediately, and are final, with no further action to follow.

**MEET OFFICIALS:**

As per unanimous agreement of the CCS Track & Field Committee, field events judges will be provided by assigning responsibilities to Leagues, as follows:

*League responsibilities for providing Field Event judges and other Meet personnel are as follows:*

<b>Event:</b>	<b>League Responsibility</b>
<i>Long Jump:</i>	WVAL - Girls / PCAL - Boys
<i>High Jump:</i>	SCVAL - Girls & Boys
<i>Discus:</i>	STAL- Girls / WBAL - Boys
<i>Pole Vault:</i>	WCAL - Girls / PCAL - Boys
<i>Shot Put:</i>	SCCAL - Girls / MHAL - Boys
<i>Triple Jump:</i>	PCAL - Girls / PAL - Boys
<i>Turn Judges/Inspectors:</i>	MHAL(2); WCAL(1); PAL(2); SCVAL(2); WBAL (2); PCAL (1)
<i>Hurdle Crew:</i>	WCAL

**ALL LEAGUES SHALL PROVIDE THEIR OWN CREWS AND EQUIPMENT NECESSARY TO CARRY OUT THEIR RESPONSIBILITIES.** Any League not providing personnel 30 minutes prior to the start of its assigned event shall be fined \$100.

**TRAINER**

Trainers will be available to address injured athletes and to assist with taping but should not be expected to supply medical materials (tape, bandages, etc.) for any athletes.

**SPORTSMANSHIP** For complete rules, see **CCS Track & Field Bylaws Section 12.**

- **Each Principal** is required by the CCS Board of Managers to meet with any team/individual from his/her school participating in the CCS Tournament to review CCS Sportsmanship Information. See the **CCS TOURNAMENT GUIDE APPENDIX** for **REQUIRED PRE-GAME SPORTSMANSHIP MEETING INFORMATION SHEET.**
- **Any player or coach who is ejected from a CCS Tournament contest for FLAGRANT MISCONDUCT or for UNSPORTSMANLIKE BEHAVIOR will be disqualified from all remaining contests in that sport that season.**



### COMMEMORATIVE T-SHIRTS & PATCHES

CCS Championships T-shirts and Patches may be ordered using the [T-Shirt Order Form](#) and/or [Patch Order Form](#) on the CCS Track & Field webpage. While supplies last, T-shirts, patches, sweatshirts and other commemorative memorabilia will be available at the Meet site. No other merchandise may be sold without CCS approval. Credit cards will be accepted for purchase of merchandise

We now accept these cards for payment:



### AWARDS:

At the CCS FINALS, awards will be presented **immediately following the completion of each event**. Track contestants are asked to report directly from the finish line to the awards area for their medals. Field event contestants will be escorted to the awards area immediately following the completion of their event.

### PARTICIPANT CERTIFICATES

Participant Certificates are available on the CCS Track & Field page of the CCS website.

### RESULTS

Results will be posted in the stadium and will also be available on the [Track & Field page of the CCS website](#). If possible, live results will be available on <http://www.soqueltrack.com/results/>.

### PRACTICE AT CHAMPIONSHIP SITE(S):

Special arrangements for team practice by participating schools at the competition site(s) are prohibited. Schools found in violation of this rule may be barred from further participation in the Section Meet.

### RADIO/TV LICENSING & MEDIA POLICIES

CCS owns the broadcasting rights for all championship contests. Licensing is required. The NFHS Network will be providing both Live and On-Demand coverage of the Meet Finals on the [CCS/NFHS Network Portal](#).



*Unauthorized selling of photographs taken at CCS events is strictly prohibited. In accordance with CIF and CCS contractual agreements, at no time may photographs be sold to the general public, participating schools, or families of student-athletes.*

### STATE CIF MEET:

The top three (3) placers in each event in the Boys and Girls Divisions qualify for the State CIF Track & Field Meet at Veterans Memorial Stadium on the campus of Buchanan High School in Clovis, CA on May 24th & May 25th, 2019. Coaches who have athletes qualifying for the State Meet should refer to the State CIF website ([www.cifstate.org](http://www.cifstate.org)) to download a copy of the [CIF State Meet Advance Information Bulletin](#).

**Note:** Any athlete who qualifies for the CIF State Meet but plans to scratch any event must notify the Meet Director at any time **prior to 30 minutes after the completion of the CCS Championship Meet** in order to complete their scratch and alert any potential alternate.

***NOTE: THE CIF STATE MEET HAS AN HONEST EFFORT RULE REQUIRING ATHLETES TO COMPETE IN EVERY EVENT IN WHICH THEY ARE ENTERED!***