

Coaches:

Here are the instructions for the meet.

- 1) The scratch meeting is at 4:00pm. No heats will be reseeded, alternates will take the empty lane.
- 2) Head Field Judge for each field events should be at the event by 3:45 for final instructions. Please forward this email to them.
- 3) All field athletes for the first group of field events should be there by 4:00pm. Weigh-ins start at 3:45pm. Competition starts at 4:30pm. When checking in, the Field Judge should determine if they have any events that will interfere with the competition and note it on the field sheet.
- 4) Attached is the time schedule for the meet with times for VG and VB. The Field Judges will use this schedule for excusing athletes. *Field athletes can only check out 10 minutes before their running events.* They should return immediately to their field events but have 10 min. from the end of their running events to recover. The Field Judge should note the time of check out on the field sheet.
- 5) Field athletes can take multiple attempts or compete out of order. Here is the rule from NFHS Track Rules Book Rules 3-10:

cards for all field events before the cards are given to the referee and shall report any irregularity to the referee for a final decision.

ART. 3 . . . The head event judge may change the order of competition by any method in the preliminaries and finals to accommodate those who may be excused to participate in other events.

ART. 4 . . . The head event judge may choose to permit a competitor to take preliminary and final trials in succession.

ART. 5 . . . The head event judge shall check and enforce uniform visible

- 6) For HJ or PV athletes, the bar can be raised if all competitors have completed that height while they are at a different event. I suggest that the bar is only raised 1 height as long as the checked out athlete is within the allotted time frame ruled by the Field Judge. Here are some case studies from the NFHS Case Book:

EXCUSED TO COMPETE IN ANOTHER EVENT

***7.2.12 SITUATION A:** After an unsuccessful trial at 6 feet, 4 inches, A1 is excused to compete in the first heat of the 110-meter high hurdles prelims. Due to interference, the referee orders the race to be rerun following the third heat. Due to the rerun, A1 reports back to the high-jump judge 15 minutes after being excused, and the bar is now at 6 feet, 6 inches. **RULING:** A1 will be permitted two trials at the new height. **COMMENT 1:** When A1 failed to return within the limit, the head event judge may consider A1's remaining attempts as passed trials and proceed with competition among the other entries, including the raising of the crossbar when all other competitors have cleared, failed or passed the preceding height. **COMMENT 2:** Guidelines for a competitor who has been excused from a field event to compete in another event include:

- a. The competitor must receive permission from the head event judge.
- b. The head event judge must record the time excused.
- c. The head event judge may allow the competitor to take a trial out of turn before being excused.
- d. The head event judge will use some judgment in extending the time excused under special circumstances, e.g., 3200-meter run.
- e. In the high jump and pole vault, if the competitor has failed to return in the allotted time and all other remaining competitors have passed, failed or cleared the existing height, the crossbar will be raised to the

next height and the judge will automatically pass the excused competitor to the new height.

- f. Coaches must take into account the limited time allowed to compete in another event when determining the events any individual competitor enters.
- g. When an unusual circumstance, injury, reruns, etc., occurs that will prolong the absence of the excused participant, it shall be the competitor's responsibility to communicate this to the head event judge.

***7.2.12 SITUATION B:** During the pole vault competition, the bar is at 14 feet, 0 inches. A1, who has not started vaulting, is excused to participate in the 100-meter dash. When A1 returns 15 minutes later and finds the bar at 14 feet, 6 inches, he is told by the head event judge that he has two remaining attempts because a trial was counted for A1's failure to return within the excused time limit. The decision is protested to the meet referee. **RULING:** The protest should be upheld. **COMMENT:** When A1 failed to return in the allotted minutes, he forfeited his trials at that height and they should be recorded as passed trials. While the crossbar will not be lowered, A1 is allowed to enter competition at the new height, with three trials remaining.

***7.2.12 SITUATION C:** In the finals of the long jump, A1, who has the second-best jump in the prelims, is excused to compete in the 4x400-meter relay. A1 takes the option, from the head event judge, to take his second trial immediately following the first round of trials before reporting to the relay clerk. A1 has not returned prior to the third round of trials and when the judge calls the competitors for their final trial, B1, who is last in order, refuses to take his final attempt until A1 has taken his. **RULING:** B1 has earned the right to make the last attempt and the request will be honored. **COMMENT:** If A1 fails to return within the limit, and there are no extenuating circumstances that would warrant any special consideration, the head event judge could declare A1 has forfeited his third and final attempt.

***7.2.12 SITUATION D:** A1 asks the triple jump head event judge to be excused to compete in the 4x800-meter relay. Because there does not appear to be sufficient time from the final call to the completion of the race for A1 to return to the triple-jump event within the time restriction, he or she asks for an extension. **RULING:** If the circumstances warrant, the head event judge may grant a reasonable extension (three to five minutes) but this should be clearly understood that following the time limit, whenever the competitor's name is called for a trial and the competitor is not available, the trial will be recorded as a failed trial. (3-10)

- 7) If there is a tie for 6th place in the HJ, there will be a jump-off.
- 8) Field athletes, checking out for another field event, should be given a time limit for returning. The high jump official cannot hold the jumpers at that event and prevent them from going to other field events.
- 9) For the HJ and PV, athletes can state their starting height. They don't need to be there to pass each height. It is their responsibility to be back there when that height is reached.
- 10) **The meet will run no more than 10 minutes ahead of schedule.**

- 11) Athletes should check in at least 30 minutes before their scheduled race. **Same for alternates.**
- 12) Warm ups can be done on the infield. ***Instruct your hurdlers not to use the staged hurdles for warmup.*** There will be other hurdles to use or bring your own scissor hurdles.
- 13) Electronic devices are not allowed on the infield, unless they are being used by officials to communicate with each other. No video should be shown to a competitor until their competition is over.
- 14) All athletes not warming up or not competing should stay off the infield.
- 15) Here is the rule for the 4x400 relay hand-offs from the NFHS Track Officials Manual Pg. 24-25.

...in their respective lanes to help the judges in their decisions.

2. THREE-TURN STAGGER START: 4x400 METER RELAY GUIDE CARD

Runner No. 1 — Must run in his/her lane all the way. The line on the left is the curb line; stay off of it, do not run on it.

Runner No. 2 — No. 2 shall receive the baton in the lane in which he/she is assigned. After receiving the baton, No. 2 must run the curve in his/her lane until the break line. Runner No. 2 may move towards the inside curb provided he/she does not impede, interfere or have physical contact with opposing runners.

Incoming runner Nos. 2 to 3 and 3 to 4 need to watch their teammate as he/she comes around the curve. It is the incoming runner's responsibility to line up with his/her teammate. **It is the incoming runner's responsibility to avoid impeding outgoing runners.**

Runner Nos. 1, 2, 3 — After handing off the baton, stay in their lane; don't leave or exit the track until all lanes are clear and, if bumped while in their lane, it is "legal". But if they are bumped out of their lane, illegal; disqualification.

Runner Nos. 2, 3, 4 — The inside line on the track is the curb line; stay off of it, do not run on it. If the competitor runs three consecutive steps with one or both feet on this line on the curve, his/her team shall be disqualified.

Runner No. 4 — No. 4 should not throw the baton after he/she crosses the finish line. The team shall be disqualified.

EXCHANGE ZONE. Acceleration zone may not be used.

- 16) 800m will be 2 heats, 1 turn stagger in lanes
- 17) 1600m – will be run in 2 alleys, same for the 3200m

Any questions? Email coachjrembao@lgsuhd.org

John

SCVAL Championship Meet

Friday, May 3, 2019 Los Gatos High School

Running Events*:

5:30pm	VG 400 Meter Relay
5:37pm	VB 400 Meter Relay
5:44pm	VG 1600 Meter Run
5:53pm	VB 1600 Meter Run
6:02pm	VG 100 Meter Hurdles
6:10pm	VB 110 High Hurdles
6:18pm	VG 400 Meters
6:24pm	VB 400 Meters
6:30pm	VG 100 Meters
6:36pm	VB 100 Meters
6:42pm	VG 800 Meters
6:52pm	VB 800 Meters
7:02pm	VG 300M Hurdles
7:10pm	VB 300M Hurdles
7:17pm	VG 200 Meters
7:23pm	VB 200 Meters
7:30pm	VG 3200 Meter Run
7:45pm	VB 3200 Meter Run
8:00pm	VG 1600 Meter Relay
8:15pm	VB 1600 Meter Relay

Field Events:

4:00pm	Check in/Warm ups
4:30pm	Pole Vault Girls
5:30pm	**Check-in/Warm ups Pole Vault Boys
4:00pm	Check in/Warm ups
4:30pm	Boys Discus Boys Long Jump Girls Long Jump Girls Shot Put Boys High Jump
5:30pm	**Check-in/Warm ups
6:00pm	Girls High Jump Girls Discus Girls Triple Jump Boys Triple Jump Boys Shot Put

*Will run up to 10 minutes early

**Or immediately following completion of previous event

Coaches Scratch Meeting	4:00pm @ Clerks Tent
Implement Weigh-ins for:	4:30 events ~ 3:45-4:00pm
Weigh-ins in Track Garage	6:00 events ~ 5:15-5:30pm

Job Assignments

As of 4/26/19

Meet Director: John Rembao & Julie L'Heureux
 Starters: Steve Villegas & Lorri Paulsen
 Clerk of Course: Mike Dudley
 Jury of Appeals: (3 + 2 alt.): Bridget Hall (M), Curtis Liang (G) and Mark Shields (F)
 alternates are Paul Armstrong (C) and Bernie Ramos (L)
 Timer/Results: Hank Lawson
 Field Event Results
 Checker: Julie L'Heureux
 Starting Clerk: Melissa Vuckovich will assist starters
 Finish Line: Curtis Liang (G)
 Block Crew: Los Altos
 Weights/Measures: Los Altos
 Events: Experienced Official for Field Events

LG equipment requests go to:

Pole Vault	LG/SC	Bob Slover
Hurdles	Monta Vista	John Rembao
Shot	Saratoga	Heidee Lopez
Discus	Homestead	Heidee Lopez
LJ/TJ Girls	Cupertino - wind guage > Cupertino	Paul Lawryck
LJ/TJ Boys	Milpitas - wind guage > Milpitas	Paul Lawryck
HJ	SC/Fremont	Sue Rembao

Turn Judges > Zones 1,2,3,4: see facility diagram for locations

1st Half (400m relay to 100m) 8 judges	z1	z2	z3	z4
PA (2), Mt V (3), G (2), LA (1)				
2nd Half (800m to 1600m relay) 8 judges	z1	z2	z3	z4
W (2), L (3), F (2), S (1)				

1st half - Pick up flags at timing tent**2nd Half - Pick up flags from 1st half coaches**

SCVAL Facility 2019 - Helm Field

