

CCS Track & Field Organizational Meeting Unofficial Minutes

Handouts: CCS By-laws, Wheelchair and Ambulatory division at CCS, Sanction Invitationals, At-Large Marks, League Alignment, League Entries & Calculations

CCS Semifinals: Sat., May 14 @ Gilroy HS (back up is Soquel)

CCS Finals: Sat., May 21 @ Gilroy HS (back up is Soquel)

If Covid 19 is still an issue in April, the meet may move to Soquel. Gilroy H.S. administration will make the call. If it is at Gilroy, the time schedule will probably be mid to late morning start for trials. The Finals will probably be later in the afternoon. Official site and time schedule will be in the PIB (Playoff Information Bulletin) in late April.

The State Meet will be held at the usual site:

CIF Semifinals: Friday, May 27 @ Buchanan HS

CIF Finals: Saturday, May 28 @ Buchanan HS

There was talks to have a non-scoring 4x800m relay at the state meet, Steve Filios plans to check into it. I doubt it will happen.

Evaluation Meeting: Tuesday, May 31 4pm (via zoom)

Participating Schools Sheet – handout

The handout shows the different leagues in Track with the schools in each league. Next year, 2 of the PCAL schools will be moving to the BVAL (Gilroy and Christopher). Also, SCVAL will add a new high school in 2022-23, competition will probably be limited to F/S and JV.

Some of the PCALS schools may be listed in the wrong league.

Please review the CCS by-laws. SCVAL will have 6 boys and 6 girls qualify to CCS.

The CCS will have wheelchair and ambulatory divisions at CCS. Please read the information provided. It will be non-scoring. The events will be 100m, 200m, 400m and shot put. CCS would like to fill the lanes. An event will not be held if there is only 1 competitor.

SCVAL will provide workers for the Boys and Girls high jump and 2 Inspectors for the CCS competitions, same as last year.

Admission for spectators will be done online on GoFan. Please tell your parents.

Only 5 Coaches get in free at CCS. They will give out wrist bands for the 5 coaches and also athletes.

There are Participation Certificates that coaches can print from the CCS website for their athletes that qualify to CCS.

CCS has an online store plus they will have merchandise for sale at the meet.

All sanctioned invitationals should have implement certification and wind gauges. Coaches of record must accompany athletes to all meets. Top 8 Meet is sanctioned but not currently on the list of sanctioned meets, hopefully it will show up soon.

No significant changes to the NFHS Rules.

Here are key dates for next year, 2022-23

Practice start date: Monday, Jan. 30, 2023

1st scrimmage date: Monday, Feb. 13, 2023

1st contest date: Monday, Feb. 20, 2023

Last contest date: Saturday, May 6

CCS Semifinals: Saturday, May 13, 2023

CCS Finals: Saturday, May 20, 2023

**CENTRAL COAST SECTION
Track Field Championships
2022 LEAGUE ENTRIES**

2/3/2022

| BOYS LEAGUES | LG. ENROLLMENT | FORMULA TOTAL | AUTO ENTRIES | # ADD'L ENTRIES TO FILL 32 | TOTAL LG. ENTRIES |
|----------------------|-----------------------|----------------------|---------------------|-----------------------------------|--------------------------|
| BVAL | 42,640 | 8.335 | 7 | | 7 |
| PAL | 24,621 | 4.813 | 4 | | 4 |
| PCAL | 35,432 | 6.926 | 6 | 1 | 7 |
| PSAL | 7,262 | 1.420 | 2 | | 2 |
| SCCAL | 6,276 | 1.227 | 2 | | 2 |
| SCVAL | 29,784 | 5.822 | 5 | 1 | 6 |
| WBAL | 3,680 | 0.719 | 2 | | 2 |
| WCAL | 14,002 | 2.737 | 2 | | 2 |
| TOTAL | 163,697 | | 30 | | 32 |
| | | | | | |
| GIRLS LEAGUES | LG. ENROLLMENT | FORMULA TOTAL | AUTO ENTRIES | # ADD'L ENTRIES TO FILL 32 | TOTAL LG. ENTRIES |
| BVAL | 42,640 | 8.346 | 7 | | 7 |
| PAL | 24,621 | 4.819 | 4 | | 4 |
| PCAL | 35,600 | 6.968 | 6 | 1 | 7 |
| PSAL | 7,262 | 1.421 | 2 | | 2 |
| SCCAL | 6,276 | 1.228 | 2 | | 2 |
| SCVAL | 29,784 | 5.829 | 5 | 1 | 6 |
| WBAL | 7,114 | 1.392 | 2 | | 2 |
| WCAL | 10,200 | 1.996 | 2 | | 2 |
| TOTAL | 163,497 | | 30 | | 32 |
| | | | | | |

FORMULA: LG. ENROLLMENT DIVIDED BY SECTION ENROLLMENT, MULTIPLIED BY 32

| Event | Date of Event | Host School | Contact Person | Level |
|---|----------------------|-------------------------|--|--------------|
| Santa Cruz Coast Relays | 3/5/2022 | Aptos | Zach Hewett | V |
| Cupertino High/De Anza College Invitational | 4/9/2022 | Cupertino | Paul Armstrong (Cupertino)/Nick Mattis(De Anza College) | All |
| Avis Kelley Invitational | 3/26/2022 | Gilroy | Thad Moren | V |
| Gilroy Distance Scrimmage | 2/18/2022 | Gilroy | Thad Moren | All |
| Time Trials | 3/5/2022 | North Salinas | Joshua Small | All |
| TKA Track and Field Invitational | 3/12/2022 | The Kings Academy | Matthew A. Tompkins | All |
| 12th Winter Time Trials | 2/25/2022 | Watsonville | Rob Cornett | V-JV |
| 49th Wildcat Relays | 3/12/2022 | Watsonville | Rob Cornett | V-JV |
| Garlic Classic | 3/19/2022 | Christopher | Jeff Myers | V-JV-F/S |
| PCS Invitational | 3/25/2022 | Pacific Collegiate | Charles Koontz | All |
| Eagle Classic | 3/26/2022 | Alvarez | Rudy Dominguez | V-JV |
| Freshman Focus | 3/12/2022 | Alvarez | Rudy Dominguez | F |
| Fighting Knight Relays | 3/12/2022 | Hillsdale | Chris Lucey | All |
| Firebird Relays | 3/26/2022 | Fremont | Mark Shields | All |
| Pacific Grove Rotary Invitational | 4/2/2022 | Pacific Grove | Lauralea Gaona | All |
| Willow Glen High School Track Invitational | 3/5/2022 | Willow Glen | John Owens | All |
| TKA Track and Field Invitational | 3/12/2022 | The Kings Academy | Matthew A Tompkins | All |
| TKA Distance Carnival | 3/25/2022 | The Kings Academy | Matthew A Tompkins | All |
| Knights Invite | 4/16/2022 | Soquel | Matt Ryan | V |
| Bill Kearney Invitational | 4/9/2022 | Salinas | Roger Chagnon | All |
| Quicksilver Invitational | 4/2/2022 | Leland | Rudy Montenegro | All |
| OCondon Invitational | 4/8/2022 | North Monterey County | Gustavo Ibarra | V |
| Seventy Six Relays | 2/19/2022 | Independence | Khoi Tran | All |
| Kiwanis - Bellarmine Track & Field Classic (K-Bell) | 3/12/2022 | Bellarmine | Patrick McCrystle/John Maloney | V-JV |
| CCS Last Chance Track & Field Invitational | 4/16/2022 | Los Altos | Steph MacKenzie, Gerri Baldwin, Hank Lawson, Kirk Flatow | All |
| King City Invitational Track Meet | 4/9/2022 | King City | Anthony Velasquez | V-JV-F/S |
| Rustbuster Invitational | 3/5/2022 | Monta Vista (Cupertino) | Kirk Flatow | V-JV-F/S |
| 2022 Saint Francis Track & Field Invitational | 3/19/2022 | St. Francis | Paul Lapke | All |
| Stanford Invitational | 4/1/2022 | Castilleja | Lashanda Worthy | All |



CIF/CENTRAL COAST SECTION

TRACK & FIELD LEAGUE ALIGNMENT

2021-22

ASSOCIATE MEMBERS (Not a member of a league):

- | | | |
|----------------------------------|---|---|
| Alto International School | Everest Public | KIPP Navigate College Prep |
| Apostles Lutheran | Granada Islamic High School | Monterey Bay Academy |
| BASIS Independent Silicon Valley | German International School of Silicon Valley | Rise University Prep |
| Chartwell | Kahn Lab School | St. Abraham's Classic Christian Academy |
| Denali – Summit Public Schools | KIPP Esperanza High School | TIDE Academy |
| | | Waldorf School of the Peninsula |

TRACK & FIELD

| <u>BVAL</u> | | | <u>SCVAL</u> | | <u>PAL</u> | | |
|---------------------|---------------------|--------------------|---------------|------------------|----------------|---------------|---------------|
| <u>MT. HAMILTON</u> | <u>SANTA TERESA</u> | <u>WEST VALLEY</u> | <u>DEANZA</u> | <u>EL CAMINO</u> | <u>Bay</u> | <u>Ocean</u> | <u>Lake</u> |
| Evergreen Valley | Branham | Andrew Hill | Gunn | Cupertino | Aragon | Capuchino | Burlingame |
| Leigh | James Lick | Del Mar | Homestead | Fremont | Carlmont | Half Moon Bay | El Camino |
| Leland | Lincoln | Gunderson | Los Altos | Monta Vista | Menlo-Atherton | Hillsdale | Jefferson |
| Pioneer | Live Oak | Independence | Los Gatos | Mountain View | Mills | San Mateo | Oceana |
| Santa Teresa | Oak Grove | Mt. Pleasant | Lynbrook | Santa Clara | Sequoia | Terra Nova | So. San Fran. |
| Silver Creek | Piedmont Hills | Overfelt | Milpitas | Saratoga | Westmoor | Woodside | |
| Westmont | Prospect | San Jose | Palo Alto | Wilcox | | | |
| Willow Glen | Sobrato | Yerba Buena | | | | | |

| <u>PCAL</u> | | | <u>SCCAL</u> | <u>WBAL</u> | <u>WCAL</u> |
|--------------------|--------------------|-----------------------|--------------------|----------------------|--------------------|
| <u>Gabilan</u> | <u>Mission</u> | <u>Cypress</u> | | | |
| Carmel | Alisal | Gonzales | Aptos | Castilleja (G) | Archbishop Mitty |
| King City | Anzar | Greenfield | Harbor | Crystal Springs | Arch. Riordan |
| North Salinas | CEIBA | Stevenson | Mt. Madonna | Eastside Col. Prep | Bellarmino (B) |
| Notre Dame-Sal.(G) | Christopher | Marina | San Lorenzo Valley | Harker School | Junipero Serra (B) |
| Palma (B) | Everett Alvarez | Monterey | Santa Cruz | King's Academy | Presentation (G) |
| Salinas | G.B. Kirby | Monte Vista Christian | Scotts Valley | Menlo | Sacred Heart Cath |
| San Benito | Gilroy | Pacific Collegiate | Soquel | Mercy-Burlingame (G) | St. Francis |
| | North Monterey Co. | Pacific Grove | | Notre Dame- Bel (G) | St. Ignatius |
| | Oakwood | Pajaro Valley | | Notre Dame-SJ (G) | Valley Christian |
| | Pacific Point | Santa Catalina (G) | | Pinewood | |
| | Rancho San Juan | Seaside | | Priory | |
| | Watsonville | St. Francis SCP | | Sacred Heart Prep | |
| | | Soledad | | | |
| | | Trinity Christian | | | |
| | | York | | | |

| <u>PSAL</u> | | | | |
|------------------------|-----------------|-----------------------|---------------------|---------------------------|
| Ace Charter | Cindy Avitia | Cristo Rey SJ | Design Tech | Downtown College Prep |
| East Palo Alto Academy | Kehillah Jewish | KIPP SJ Collegiate | Latino College Prep | Luis Valdez Lead. Academy |
| Mid-Peninsula | Nueva | Pacific Bay Christian | Pescadero | San Francisco Christian |
| Summit Prep | Summit Shasta | Summit Tahoma | Thomas More | University Prep Academy |



Central Coast Section Track & Field Championships

Wheelchair and Ambulatory Track and Field Division Guidelines

GENERAL GUIDELINES:

A Wheelchair and Ambulatory Division is scheduled for the 2022 CCS Track and Field Meet. Both Divisions will include participants from any CCS full- member school.

- The wheelchair/ambulatory racing and seated shot put events will be incorporated into the meet by CCS meet staff.
- Each athlete will have the opportunity to compete in the 100, 200, 400 and shotput. All necessary equipment is the responsibility of the athlete.
- The athletes in the Wheelchair and Ambulatory Divisions will compete in separate races and field events from the traditional athletes. The top eight performances that meet the CCS designated qualifying standards will qualify for the CCS Track & Field Championships.
- Meet management reserves the right to combine genders into one race if the number of entries is not adequate to fill the heat and/or the number of lanes on the track.

ELIGIBILITY FOR PARTICIPATION IN THE WHEELCHAIR AND AMBULATORY DIVISIONS:

Only high school students eligible under the CIF Constitution and Bylaws are eligible to compete.

- All applicable CIF rules and regulations will apply.
- Any high school student may be eligible to participate in the Wheelchair and Ambulatory Divisions with a documented permanent physical disability. Each athlete's physical disability must be verified by a licensed physician and maintained on permanent file at the school.
- Schools and athletes are responsible for all aspects of participation in the events. (See CIF Bylaw 503)

ENTRY REQUIREMENTS:

Participants must submit a qualifying mark or performance standard to be considered for participation. Performances will be accepted through the CCS, at the Track & Field webpage of the CCS website: www.cifccs.org , no later than midnight on Sunday, May 8, 2022.

- If more than eight participants submit eligible entries in any event, the top eight performances submitted for the CCS meet will advance.
- A qualifying performance may be obtained from any local competition during the regular season, sub-section or section qualifying meet or Paralympic events from spring of 2022. Race entries must be FAT recorded. Shot put entries must be able to be verified by an official meet host.

WHEELCHAIR AND AMBULATORY DIVISION QUALIFICATION STANDARDS:

Participants must meet the following standard for each event in order to submit an entry to the state meet. School personnel will be required to submit an official meet results document to verify the performance.

T&F Wheelchair Division Qualification Standards:

| Event | Boys | Girls |
|--------------|-------------|--------------|
| 100 | :40 | :45 |
| 200 | 1:20 | 1:30 |
| 400 | 2:00 | 2:30 |
| Shot | 2.8 M - 4K | 2.2 M - 6lbs |

T&F Para-Ambulatory Division Qualification Standards:

| Event | Boys | Girls |
|--------------|-------------|--------------|
| 100 | :25 | :30 |
| 200 | :50 | :55 |
| 400 | 1:50 | 1:55 |
| Shot | 4 M – 4K | 4.4 M – 6lbs |

ENTRY PROCEDURES:

School personnel will be required to submit verified qualifying performances

- A designated entry process will be provided on the Track & Field webpage of the CCS website www.cifccs.org and due no later than May 8, 2022.
- All qualifiers will be posted on the CCS website at the time they become available.

100m, 200m, 400m WHEELCHAIR EQUIPMENT AND RACING STANDARDS:

Athletes will be expected to compete in their school's team uniform. Reasonable accommodations will be made when necessary. Resources for track and field equipment information can be obtained from the following link:

www.challengedathletes.org

- Manual wheelchairs only for track events, which may be specialized racing chair or an all sport chair.
- The racing chair may have two large wheels (not to exceed 70cm in diameter) and one small wheel (not to exceed 50cm in diameter).
- The racing chair must be manually propelled by pushing on the wheels or the hand rims. The chair shall not be equipped with gears, levers or electronic steering.
- All participants must wear a racing helmet that is a hard protective shell and should meet the safety standards of the American National Safety Institute (ANSI).
- Shoes are not required, however protective socks are recommended.
- All participants must start each race event using racing gloves.
- Athlete's lower limbs(s) must be secured to the track chair. Any touch of the ground by a lower limb results in disqualification from the event.
- Competitors are responsible for the proper functioning of the competition chair and equipment. Athletes that experience an equipment failure may finish the event, however no event will be delayed or rescheduled if such an incident occurs.

SHOT PUT EQUIPMENT AND SEATED THROWING STANDARDS FOR WHEELCHAIR DIVISION:

Athletes will be expected to compete in their school's team uniform. Reasonable accommodations will be made when necessary. Resources for track and field equipment information can be obtained from the following link:

[www. http://www.teamusa.org/US-Paralympics/Community/Paralympic-Sport-Clubs/Current-Clubs](http://www.teamusa.org/US-Paralympics/Community/Paralympic-Sport-Clubs/Current-Clubs)

- Implements must be allowed by NFHS regulations. The 4K shot put will be used for boys and 6lbs. Shot put for girls.
- All participants must put the shot from a "chair" (manual wheelchair, throwing chair, power wheelchair). Scooters and "standing chairs" will not be allowed. Chairs may be designed based on the needs of the athlete.
- The upper most part of the cushion/seat on any chair may not exceed 75cm measured from the ground. The seat of the chair has to be square or rectangular and flat or sloped backwards.
- The chair may not have any moving parts.
- No part of the throwing frame or wheelchair may be outside of the circumference of the circle.
- The chair may be considered an extension of the athlete's body. For example: Any part of the chair touching the top of the stop board is a foul.
- The athlete's body must remain in contact with the seat during the throw.

- Tournament staff will be available to assist the athlete getting to the competition area as well as assisting the athlete in and out of the circle. The CCS, in cooperation with the US Paralympic Organization, will make every effort to provide a throwing chair at the meet.

FREQUENTLY ASKED QUESTIONS:

Who is eligible in the Wheelchair Division?

All athletes with a permanent physical disability on file with the school and in grades 9-12 must meet the eligibility standards in the State CIF Constitution and Bylaws.

Who is eligible in the Ambulatory Division?

All athletes shall have a permanent orthopedic, neuromuscular or other physical disability. This would include Visually impaired, Cerebral Palsy, Dwarf and Amputees. Permanent orthopedic impairment shall be verified by a licensed physician and maintained on permanent file at the school. All athletes in grades 9-12 must meet the eligibility standards in the State CIF Constitution and Bylaws.

Where can athletes compete?

Wheelchair and Ambulatory athletes can compete at any CIF sanctioned meet. Meet directors are encouraged to add these events. Coaches should always call ahead of time to confirm the events are being offered. Athletes may also compete at Paralympic events and those marks will be accepted for the CCS meet provided the races are FAT and the shot put performance can be officially documented.

How does an athlete participate for their high school track and field team?

The athlete must follow the same procedures at their school established for traditional athletes competing in track and field.

Can athletes in wheelchairs compete against traditional athletes in the same race?

Yes. In school sanctioned track meets wheelchair athletes can compete with one another. For the 100m, 200m and 400m it is recommended that if this occurs the wheelchair athlete is designated to compete in an outside lane. Wheelchair athletes in the 100m, 200m and 400m in the CCS Championships will not compete with traditional athletes. Boys and Girls heats may be combined for competition and separated at the conclusion to determine places for each gender and/or division.

Is this true for Shot put also?

Yes, the athletes may be flighted with the traditional athletes. The athlete's choice of type of "throwing chair" may determine if this is possible or if the athlete needs to be flighted before or after the traditional athletes.

How does a coach enter an athlete in the CCS meet?

The athlete must be entered into the CCS meet via the entry form available on the Track & Field webpage of the CCS website (www.cifccs.org).

Can athletes racing on the track receive assistance from coaches or other personnel?

No, athletes may not receive assistance during the competition.

Can athletes throwing the shot put receive assistance from the coaches or other personnel?

A coach (only) may assist the athlete in getting to the competitive area and may also assist the athlete entering and leaving the circle. In the event that the wheelchair athlete does not have tie-down straps, a coach may hold the chair during the throwing attempt to prevent excessive movement.

Are the NFHS uniform rules in place for a Wheelchair or Ambulatory athlete?

Yes, all uniform rules and regulations are in effect just as with traditional athletes. Any exceptions/modifications may need to be considered and presented to meet officials for clarification.

RESOURCES:

UNITED STATES PARALYMPICS

info@usoc.org

Loaner Equipment

www.findaclub.usparalympics.org

Coach Education

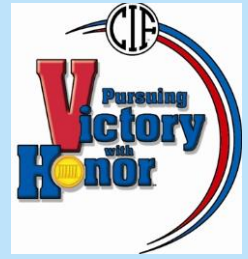
www.2.teamusa.org/US-Paralympics/Sports/Tack-and-Field/Coaches-Education



CIF/Central Coast Section

Track & Field Bylaws

2021-22



Section 1. SCHEDULED MEETINGS

- A. Organizational: **THURSDAY, JANUARY 27, 2022, 7:00 PM**
 B. Evaluation: **TUESDAY, MAY 31, 2022, 4:00 PM**

Section 2. MEET DATES

The 2022 CCS Track & Field Championships are scheduled as follows:

Semi-Finals: **SATURDAY, MAY 14, 2022**

Finals: **SATURDAY, MAY 21, 2022**

SITES: 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.

Section 3. QUALIFYING FROM LEAGUE MEETS TO SEMI-FINAL MEET

- A. There will be **32** qualifiers to the CCS Semi-Final Meet, determined as follows:
1. Each League/Division will have at least two (2) Automatic Qualifiers
 2. The remaining qualifiers to equal 32 will be divided among the Leagues, using the following formula:
 - a. The combined total enrollment for each League (current year's grade 9-12 CBEDS enrollment figures for all schools competing in Track & Field) will be divided by the total Section enrollment (current year's grade 9-12 CBEDS enrollment figures for all schools competing in Track & Field); then multiplied by **32**;
 - b. The derived value in **A.-2.-a.** above must be a whole number. No rounding up of decimals will apply under **A.-2.-a.**
 - c. No league will have more than **seven (7)** automatic qualifiers.
 3. If there are less than **32** qualifiers after implementing steps **A.-1.** and **A.-2.** above, one (1) additional qualifier will be awarded to each League, in ranked order, until all **32** qualifiers have been determined.
 - a. The Leagues will be ranked according to the decimal portion of the number computed in **A.-2.** above.
 - b. In the event that two (2) or more Leagues' decimal portions are the same, a coin toss will determine which is awarded the higher rank.
 4. League entries will be updated at the Track & Field Committee's Organizational meeting in **January**, then posted shortly thereafter on the CCS website (www.cifccs.org).
- B. Only athletes (including relay teams) who qualify by performance and finish in their respective final League event which qualifies athletes to the CCS Semi-Finals at the Varsity level may go on to the Semi-Final Meet.
1. Any competitor who is disqualified from an event in his/her final League event which qualifies athletes to the CCS Semi-Finals at the Varsity level may not advance in that event to the Semi-Final Meet.
- C. Qualifiers from League or CCS Championship Track & Field Meets may advance to the next post-season meet regardless of school affiliation. (This rule supersedes the limit of three [3] entrants from the same school contained in the **NF** Track & Field Rulebook.)
- D. When two [2] or more basic Leagues join together to form two [2] or more supplemental Leagues, the following shall apply:
1. When two [2] or more supplemental Leagues are formed by the joining of two [2] or more basic Leagues that each had one [1] or more Automatic Qualifiers to the CCS Tournament, the new supplemental Leagues shall retain the total of their previous Automatic Qualifiers (e.g., basic League A and B each have one [1] Automatic Qualifier. When the new supplemental Leagues are formed, combining A and B, they will have a total of two [2] Automatic Qualifiers.).
 2. The League Board of Managers having governance authority over the supplemental Leagues shall determine in its bylaws how those Automatic Qualifiers will be allocated from the supplemental Leagues. In the absence of a basic League tournament to determine Section qualifiers, they **MUST**

allocate an automatic berth to each of the supplemental League Champions.

E. AT-LARGE ENTRIES

- At-large entries into the CCS Semi-Finals are available to qualifying athletes. If an athlete does not automatically qualify for the CCS Semi-Finals but his/her mark from their performance at the final League event which qualifies athletes to the CCS Semi-Finals at the Varsity level is equal to or better than the average of the eighth (8th) 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.

2022 CCS AT-LARGE ENTRY STANDARDS

| Boys: | | | | | | | |
|--------|---------|-------|----------|-------|----------|----------|----------|
| 100 | 11.15 | 1600 | 4:20.80 | 400R | 43.65 | HJ | 6'0 |
| 200 | 22.62 | 3200 | 9:32.98 | 1600R | 3:29.75 | PV | 12'06 |
| 400 | 50.86 | 110HH | 15.78 | LJ | 20'09 | Shot Put | 47'05.75 |
| 800 | 1:57.77 | 300IH | 40.87 | TJ | 42'05.5 | Discus | 135'05 |
| Girls: | | | | | | | |
| 100 | 12.73 | 1600 | 5:10.34 | 400R | 50.21 | HJ | 5'00 |
| 200 | 26.14 | 3200 | 11:26.97 | 1600R | 4:10.30 | PV | 9'10 |
| 400 | 59.41 | 100HH | 15.98 | LJ | 16'08.25 | Shot Put | 35'01.75 |
| 800 | 2:19.27 | 300LH | 47.11 | TJ | 35'07 | Discus | 107'07 |

- At-Large entries will be allowed in the 800, 1600 and 3200; however, extra heats will not be created.

F. LEAGUE RESULTS

- League Representatives must submit their final League entries, after removing all scratches and inserting all alternates from their League, to the CCS Office and the Semi-Final Results Director by 9:00am, on the Tuesday prior to the CCS Semi-finals.
- Once League entries are submitted for the CCS Semi-Final Meet, alternates will not replace scratched athletes.
- League entries, from League Qualifying Meets, are to be submitted electronically, via e-mail as described in the CCS Track & Field Participant Information Bulletin and also as posted on the CCS web site.

Section 4. QUALIFYING FROM SECTION SEMI-FINALS TO SECTION FINALS

A. RUNNING EVENTS

- Running Events (except the 800 m, 1600m and 3200m):** Eight [8] finalists. Winners of each heat, plus the next fastest, qualify for the Finals.
- 800 m:** Three (3) equal heats with competitors starting in lanes. Top (3) finishers in each heat, plus the next three (3) fastest, qualify for the Finals.
- 1600m:** Two [2] equal heats. Top four (4) finishers in each heat, plus the next four (4) fastest, qualify for the Finals.
- 3200m:** Two [2] equal heats. Top four (4) finishers in each heat, plus the next four (4) fastest, qualify for the Finals.

B. FIELD EVENTS

- Long Jump, Triple Jump, Shot Put, and Discus:** Four [4] attempts. The top twelve (12) qualify for the Finals. Semifinal marks do not carry over to the finals. The twelve (12) qualifiers from the semifinals will be given three trials at the finals. The competitors with the eight (8) best marks will be given three additional trials.
- High Jump and Pole Vault:** The Games Committee will determine whether meet logistics will allow for the events to be conducted to completion. 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. When competition is complete, the area will be closed and no further practice will be allowed.

Section 5. QUALIFYING FROM SECTION FINALS TO STATE MEET

- CCS qualifies three [3] in each event to the State CIF Meet.
- 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 to qualify for the State Meet.

C. AT-LARGE ENTRIES

An athlete shall earn an At-Large entry into the 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 State Meet Finals from the three [3] most recent years ([CIF By-Law 2802](#)). CIF State Meet at-large entry standards are posted on the CIF website (www.cifstate.org).

Section 6. SEEDING PROCEDURES**A. RUNNING EVENTS REQUIRING TRIAL**

1. Equal heats will be formed. Heat winners, plus the next fastest times, qualify for the Finals. (League Champions and Heat winners are not "protected" in the seeding process. 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. ***Stagger-Start:** In the Section Meet, the stagger-start for all running events, except the 1600m and 3200m, will be the same as used at the current year's CIF State Meet.
5. ***Alley-Start:** In the Section Meet, the alley-start will be used for the 1600m and 3200m. Seeding for these races will be the same as used for the CIF State Meet.

B. 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 perfect 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. Each fair attempt will be marked, and the time-limit will be observed **in accordance with NFHS rules**.
- e. 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 events.

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. When competition is complete, the area will be closed and no further practice will be allowed.
- d. 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 events. An athlete may request the Head Event Official to complete his/her trials at the current height out of order or opt to return to the event with the number of trials remaining he/she was excused with. In both cases, the competition will continue and the athlete will return at wherever the crossbar has been raised during his/her excused absence.
- e. The time limit rule will be in effect in the high jump and pole vault in accordance with the NFHS rules.
- f. Ties for First-Place, or CIF-qualifying, will be resolved by using the **NF** rule-book tie-breaking procedures; or, if still unresolved, by pre-determined jump-off heights.

Section 7. RULES

- A. The current NFHS Track & Field Rules will be used.
- B. **COACH MUST BE PRESENT**
Coaches are expected to be present for the entire Meet. All athletes competing in any CCS contest (scrimmages, alumni contests, pre-season, League and CCS Play-offs) must be accompanied by a coach that meets the following criteria, as addressed in [CIF Bylaws 308 and 506](#):
1. **MUST BE THE "REGULAR COACH"** The coach of either a public or private school team or athlete must be the coach of record for that school for the current season and must comply with all requirements of [CIF Bylaw 506](#):
 - a. **PUBLIC SCHOOLS** - All public school teams must be coached by persons who meet the requirements of the California Education Code and California Administrative Code Title V.
 - b. **NON-PUBLIC SCHOOLS** - In the case of a non-public school, persons engaged by that school on a yearly contract basis as regular members of the school coaching or teaching staff and certified by the administrator for that school as competent for the position held.
 2. **EMERGENCY SITUATIONS** In the case of an emergency ONLY, the Principal of the school may designate an alternate coach, as long as it is done in writing prior to the contest and submitted to the League Commissioner for all pre-season and League contests, and the CCS Commissioner for CCS Play-off contests. Any alternate coach MUST be an individual who meets all the conditions, as stipulated in **Section 7.B-1.** above.
 3. NO COACH PRESENT = STUDENT INELIGIBLE TO PARTICIPATE
- C. Competitors must check in with the clerk of the course or the field-event judge no later than 15 minutes prior to the the published start time for that event.

Section 8. 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 in the League meet;
 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 By-Laws.
 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:**
At 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.

Section 9. MEET OFFICIALS - Section Semi-Finals and Finals

- A. League responsibilities for providing Field Event judges and other Meet personnel are as follows:
***Note: To be reviewed and confirmed. Any changes will be determined at the Organizational meeting in January*

| <u>Event:</u> | <u>League Responsibility</u> |
|-------------------------|---|
| LONG JUMP: | BVAL/WV - Girls / PCAL- Boys |
| HIGH JUMP: | SCVAL - Girls & Boys |
| DISCUS: | BVAL/ST- Girls / PCAL - Boys |
| POLE VAULT: | WCAL - Girls / PCAL - Boys |
| SHOT PUT: | SCCAL - Girls / BVAL/MH - Boys |
| TRIPLE JUMP: | WBAL/PSAL - Girls / PAL - Boys |
| Turn Judges/Inspectors: | BVAL/MH(2); WCAL(1); PAL(2); SCVAL(2); WBAL(1); PSAL(1); PCAL (1) |
| Hurdles: | WCAL |

**ALL LEAGUES SHALL PROVIDE THEIR OWN CREWS AND EQUIPMENT
NECESSARY TO CARRY OUT THEIR RESPONSIBILITIES.**

- B. Any League not providing personnel **45** minutes prior to the start of its assigned event shall be fined \$100.

Section 10. UNIFORMS

As per **NFHS** Rule 4-3.

Section 11. AWARDS & SCORING

Awards will be presented at the Finals, for both Girls and Boys, as follows:

- A. *Team Trophies*: Champion, Runner-Up, 3rd- and 4th-Place;
1. Scoring for 8 places shall be as follows: 10,8,6,5,4,3,2,1
 2. In case of a tie by two (2) or more competitors for any place scoring in a event, the points for all places involved shall be divided equally among the tying competitors.
- B. *Medals*: The top six [6] finishers in each event (must have a mark to receive a medal);
- C. *Plaques*: Awarded to the Coach of each Champion Team.

Section 12. SPORTSMANSHIP

- A. The member-schools of the CIF/Central Coast Section are committed to providing a sportsmanlike environment for students, coaches, and spectators

Our Sportsmanship Definition is:

A person who can take a loss or defeat without complaint, or victory without gloating, and who treats his/her opponents with fairness, courtesy and respect.

- B. The following behavior is **unacceptable** at all CIF/CCS High School contests:

- | | |
|--|--|
| <ul style="list-style-type: none"> • berating your opponent's school or mascot • complaining about officials' calls (verbally or in gestures) • berating opposing players | <ul style="list-style-type: none"> • artificial noise-makers • obscene cheers / gestures • negative signs |
|--|--|

- C. To this end, each school is required to submit one (1) signed Sportsmanship Contract on or prior to September 15 of the school year. This contract confirms that the principal has verbally and through written communication addressed the importance of sportsmanship to his/her student body, faculty and community.
- D. **Each Principal** is required by the CCS Board of Managers to meet with any individual or team from his/her school participating in the CCS Tournament to review CCS Sportsmanship Information. (**REQUIRED PRE-GAME SPORTSMANSHIP MEETING**)
- E. **Coaches** will attend a meeting with the Site Director the first day of the meet where they will be reminded of the importance of good sportsmanship and to make certain their Administrators have reviewed this information with their athletes in the past week.

Section 13. ELIGIBLE ATHLETES

- A. All athletes must be in good standing with their school, League and CCS in order to compete. No ineligible athletes will be allowed to compete.
- B. Any participant or coach who is ejected from the Semi-Finals or Finals Section Meet for FLAGRANT MISCONDUCT or UNSPORTSMANLIKE BEHAVIOR will be disqualified from all remaining meets in that sport that season, including the CIF State Meet.

Section 14. PASSES

- A. **ONLY** CCS and State-CIF Passes will be honored.
- B. Coaches (a maximum of five [5] official school Track & Field coaches) will be admitted at the "Participants' Gate."

Section 15. MEET PROGRAMS

Programs will be produced by the CCS office and placed on sale at the Section Meet.

Section 16. TOURNAMENT INFORMATION

The *Participant Information Bulletin* will be sent to all schools and the media approximately three [3] weeks prior to the start of the Tournament.



OTHER IMPORTANT DOCUMENTS RELATED TO PLAYOFFS:

CCS PLAYOFF POLICY - [Click here to see entire policy](#)

SEASON LONG LEAGUE PLAY

The sole purpose of CCS Playoffs is to provide a post-season championship event for its member school teams and athletes who have been engaged in season-long league play in a given sport.

- A. Section playoffs are to be conducted as the culminating activity for teams and/or individuals who have been engaged in season-long league play in a given sport.
- B. Schools or leagues which do not conduct a given sport on a recognized league basis for the majority of a given sport season will not be allowed to enter playoff competition. Exceptions to this general policy may be made by the Board of Managers as a result of a unique, short-term and specific circumstance beyond a school's control that directly causes the school to be unable to participate in that sport in season-long league play,
- C. In individual sports, (swimming, track & field, cross country, tennis, golf, gymnastics, badminton, wrestling), a student athlete must compete in at least $\frac{1}{2}$ of the regularly-scheduled league meets in order to participate in the CCS playoffs in that sport. The specific qualification standards outlined in the CCS bylaws for each of these sports must be met in addition to this general minimum participation standard. Exceptions to this rule may be considered by the league ONLY
 - o if there is a serious medical condition or hardship that is beyond the student's control and which clearly and solely causes their lack of participation in a minimum of $\frac{1}{2}$ of their regularly-scheduled league contests OR
 - o if the student has corrected a scholastic ineligibility in the most recent grading period which occurs after the first half of the league season is complete and which directly and solely causes their lack of participation in a minimum of $\frac{1}{2}$ of their regularly-scheduled league contests.
 - o if through internal team competition and ladder movement an athlete has not had the opportunity to participate in $\frac{1}{2}$ the regular-scheduled league contests.

CCS SPORTSMANSHIP POLICY - [Click here to see entire policy](#)