

ECL Finals Schedule – Friday, April 29 – Cupertino H.S.

2:00pm Coaches scratch meeting

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

4:15pm 1600M VG, VB, JVG, FSB

4:50pm 100HH VG, 100HH JVG, 110 HH VB, 65 HH FSB

5:10pm 400M VG, VB, JVG, FSB

5:25pm 100M VG, VB, JVG, FSB

5:40pm 800M VG, VB, JVG, FSB

6:15pm 300 IH VG, JVG, VB, FSB

6:35pm 200M VG, VB, JVG, FSB

6:50pm 3200M VG, VB

7:25pm 4x400M JVG, FSB, VG, VB

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

Weigh in – 2:15-2:30pm, 4:15-4:30pm

3:00pm VG HJ, VG LJ, VG DT, VB SP, VB LJ

5:00pm VB HJ, VB TJ, VB DT, VG SP, VG TJ

1. Check in for field events before competition starts. The announcer will be making calls.
 You can not warm-up at the field events unless your coach or the event officials are present.
 Make sure that you sign in at the correct time, your name will already be listed.
 Once the field event competition starts, you may not check-in.
 There will be four attempts in the long jump, triple jump, discus, and shot put for JVG and FSB
 Varsity field events will have three attempts, then three more for the top eight qualifying to the final round.
 In the long and triple jump, run throughs should not be allowed once competition begins.
 In the shot and discus, up to three practice throws will be allowed before a round begins (division),
 However, once the competition begins for that round, practice throws are not allowed.
 In the discus and shot, competitors may enter the ring from any direction, but they must exit from the back half of the ring.
2. We will use hip numbers for the 1600, 800, and 3200 only. Will be distributed at the start line.
3. Only competitors or helpers are allowed on the infield
4. Stay away from the finish line unless you are helping.
5. Do not cross the finish line unless you are finishing your race.
6. Measurements for all field events except the discus are to the nearest lesser 1/4 inch.
 The discus is measured to the nearest lesser inch.
7. The time for attempts in the field events is limited. The clock starts when the athlete's name is called in the throws or when they are cleared to jump. (in minutes)

<u># of competitors</u>	<u>HJ</u>	<u>DT</u>	<u>SP</u>	<u>TJ</u>	<u>LJ</u>
>3	1	1	1	1	1
2 or 3	3	1	1	1	1
1	5	1	1	1	1
consecutive trials	2	2	2	2	2
8. Uniform and electronics are expected to be followed.
 NO electronics in the field of play.
9. Video and photographs may be taken, but can not be shown to a competitor until that competitor is finished competing
10. Do not take an attempt in the jumps or throws until you are cleared by the event judge.
- 11.. If you are competing in multiple field events at the same time (HJ below), you are expected to go back and forth between events.
12. If an athlete is competing in both the HJ (PV) and another field event, the athlete should be allowed 10 minutes to leave the high jump (PV) and compete in another field event(s) without the bar being raised. After 10 minutes has passed, the bar can be raised. For HJ (PV) and running events, the athlete can check out 5 min. before the running event and must return immediately following his race. He will be given 10 minutes to recover from the running event. The field judge should note the time on the results sheet when an athlete checks out.
13. Any issues need to be brought to the meet Director's attention before any decisions are made.

ECL Finals - reminders and finals heat sheets.txt

Hi,

1. Turn judges - make sure that your judges are at their places throughout the meet.
2. I will be more strict about electronics in the infield and competition areas and folks just hanging out.
 - 2a. Parents are not allowed on the infield.
 - 2b. Students not competing or helping are not allowed on the infield.
3. The area adjacent to the discus area is the main warm-up area.
4. The grass field across from the baseball field is another warm-up area.
5. Remind your parents that there is a gate charge. Apparently, a lot of people did not understand that. We have not had league finals in three years.
6. Remind your parents not to bring dogs or pets to campus. Someone did and "got talked to."
7. One pair of new Nike size 9 spikes, black with white trim, was left on the infield near the 100m start line.
8. At this point (Kirk and I may tweak this), we will still have the check-in table, for information purposes only. Only those in a laned event should inquire at the check-in table because there are alternates. There is no point for the relays, 1600, 800, and 3200 because there are no alternates. The actual check-in will be at the start line.
 - 8a. Each laned event has three alternates. The alternates should report to the start line in case someone scratches late or does not show-up.
 - 8b. Hip numbers will be issued at the start line for the 1600, 800, and 3200 only.
 - 8c. If you have scratches in the laned events today, send them to the group so that the alternate coaches can be notified.
9. The lane for Wilcox FSB 4x100 will be lane 1 or 7 and the VB 4x100 will be lane 1 or 8,
10. If there were any issues that we need to change/fix for Friday, say something to the list.

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Coach Armstrong
Head Coach Cross Country and Track & Field Cupertino High School (20&21)
SCVAL-DAL XC Rep.

Proposed Rules for the League Meet

Trials Day

- 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 Trials Day.
- 6) All F/S boys and JV girls' field events will compete on Trials Day. 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

- 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 Finals Day. They will be allowed 3 attempts (LJ, TJ, SP and Discus) with the top 8 receiving an additional 3 attempts. Any ties for 8th 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. In the Long Jump and Triple Jump, every legal jump 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

11) 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 10 minutes of their check out time. They should be offered a chance to jump(s) out of order before checking out. Once the 10 minutes has passed, the bar can be moved up. The field official should note the time of check out of the field sheet.

12) 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 to do check-ins and supervise 30 minutes of warm-ups. First official jump or throw should happen by 3pm.

13) All field event athletes may check out no earlier than 5 minutes prior to the start of a track event in which they are entered and must report back immediately at 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 up to 10 minutes to recover after 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. The field official should note the time of check out of the field sheet.

14) 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 10-minute window. The field official should note the time of check out of the field sheet.

15) All discus and shots will be weighed before competition. Shot and Discus officials

should verify that all implements have been weighed and approved. Any underweight implements will be impounded until the end of the meet day.

16) Any clerical or scoring issues should be reported within 48 hours of the end of the meet. Please email corrections to the meet director and Hank Lawson.

17) All athletes are limited to four events. Entries are determined as of 11:25pm on April 23, 2022. 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 the meet director before 11:25pm on the 23rd 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 for entries or the at-large athlete is not accepted.

18) No competitor may be added to an event after 11:25pm on April 23, 2022 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.

19) 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 meet director. The meet director will go to the starter, who will also act as the referee, for a ruling. 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.

20) If there is a hardship athlete, he/she must follow the Hardship Rule in the SCVAL Track By-laws. The request for hardship must be presented to the SCVAL Commissioner and Meet Director prior to the start of the League Trials. See the Track By-laws, Article VIII, Section 1.

21) Facility issues:

a. There is parking on the Stevens Creek Blvd side of the school as well on the Finch Ave side. There is also a good deal of street parking. School day finishes at 3:25pm each so the school parking lots may be full, especially the Finch Ave side until students and teachers leave.

b. There are two bathrooms and two water fountains near the track. Large water jugs will be placed on the infield and ice bags will be available.

c. There will be baseball and volleyball games each day, so a very active campus both days.

d. No dogs or pets are allowed on campus.

e. No parents or spectators inside the track fence area.

f. Limit food inside the track fence area.

See sample schedule on below. By-laws state the field events start at 3pm and running events at 4pm.

Trials Schedule – Wednesday, April 27 – Cupertino H.S.

2:00pm Coaches scratch meeting

Rolling Schedule

4pm 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 – 2:30pm-2:45pm, 3:45-4:00pm

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

4:15pm FSB HJ, FSB DT, FSB TJ, JVG TJ, JVG SP

Finals Schedule – Friday, April 29 – Cupertino H.S.

2:00pm Coaches scratch meeting

Preliminary Schedule – will update after entries are received

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

4:15pm 1600M VG, VB, JVG, FSB

4:50pm 110 HH VB, 65 HH FSB, 100HH VG, 100HH JVG

5:10pm 400M VG, VB, JVG, FSB

5:25pm 100M VG, VB, JVG, FSB

5:40pm 800M VG, VB, JVG, FSB

6:10pm 300 IH VG, JVG, VB, FSB

6:25pm 200M VG, VB, JVG, FSB

6:40pm 3200M VG, VB

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

Weigh in – 2:15-2:30pm, 4:15-4:30pm

3:00pm VG HJ, VG LJ, VG DT, VB SP, VB LJ

5:00pm VB HJ, VB TJ, VB DT, VG SP, VG TJ

ec_info.txt

The entries for the Track & Field SCVAL El Camino division Trials and Finals are due by 10:25pm, Saturday, April 23rd. Use Athletic.net and make your entries on the trials date of Wednesday, April 27th. At this time five of our seven schools have made some entries. Each school receives three entries per event per division. At-large entries must be in the top eight of the entries submitted. In order to get an additional entry beyond your automatic three, all of your entries must be in the top eight entries that are submitted. At -large entries must be sent to me by the deadline. Do not enter at-large entries into the Athletic.net

Those schools that have to provide turn judges, please send their names to me by Tuesday, April 26th. The judges should be in their position for all track events.

Your field event officials and turn judges must know the rules and should have some experience, and must be adults.

*We need someone to do implement weigh-ins. *

If you have questions, please send them to the group.

EC - Cupertino

a) Location: Cupertino

b) Days and time: April 27, April 29, field events 3pm, running 4pm

c) Meet director: Paul Armstrong

d) Duties

Starter: Donald Van Buren (both days)

Timing: Hank Lawson

Scoring: Hank Lawson

Head Field Judge (check field results): Julie L'Heureux

Jury of Appeals (3 + 2 alt.): Curtis Liang (MV), Julie

L'Heureux (SC), Mark Shield(F), alternates: Archie Leave(S), Walt Van Zant(W)

Clerk of the Course: Cupertino

Shot and Discus weigh-ins: TBD

Block Crew: Monta Vista

Starting Line Judge: Curtis Liang (MV)

Events:

Hurdles - Cupertino

Shot - Fremont

Discus - Wilcox

ec_info.txt

LJ/TJ Boys - Saratoga

LJ/TJ Girls - Mt. View

HJ - Santa Clara

Chief Finish Line Judge: Curtis Liang (MV)

Finish Line/Turn Judges:

1st group: 4x100-100m: 1 from each school except Cupertino

2nd group: 800-4x400: 1 from each school except Cupertino

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Coach Paul Armstrong
Head Coach Cross Country and Track & Field
Cupertino High School (20&21)
SCVAL-DAL XC Rep.