

## Turn Judges

Please help with hurdle set up if in your area. Thanks.

Some Infractions to look for:

Relay Infractions – Passing outside the exchange zone

- 1) Drop Baton – outside exchange zone must be retrieved by runner who dropped it
- 2) Drop Baton – inside exchange zone, if a legitimate attempt is made to pass it, either runner can pick it up as long as the baton is retrieved within the original exchange zone extended across the track. Also they cannot interfere with the other runners.
- 3) Lane infractions – running on the inside of the lane or curb for three or more consecutive steps with either or both feet
- 4) Lane infractions – interfering with other runners by running outside their lane
- 5) Break line – taking 1 or more steps outside their lane before the break line
- 6) Running inside the track curb to gain an advantage over a competitor by improving position or shortening the course
- 7) Impeding a runner by crossing their path and not being a full stride ahead
- 8) Hurdling Infractions – knocks down hurdle by hand
- 9) Advances or trails a leg or foot along the side of and below the height of the hurdle
- 10) Does not attempt to clear each hurdle.
- 11) Interferes with another hurdler, knocks hurdle into another lane which interferes with the runner
- 12) Please read the rules on next page on the 4x400 relay so you know what interference to look for.

These are just some to look for. If you see any infractions, report them to the Meet Referee (starter) and he will rule whether it is a DQ.

remain 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.

## FIELD JUDGES

We will hold two flights for the long jump, triple jump, discus, and shot put with the athletes with the top 8 marks competing in the second flight and all remaining athletes competing in the first flight. All athletes will initially receive three attempts in their event. If there are 12 or fewer athletes upon check-in, the official can combine the athletes into 1 flight.

After all athletes have had three attempts in their event; the top 8 will receive three additional attempts. If there is a tie for 8<sup>th</sup> place, both will advance to the finals. They will compete in reverse order of their place after the initial three attempts. Please double-check your work.

Officials at the SP and Discus should make sure the throwing area is cleared before calling the next competitor to the ring.

Please measure the discus' marks to the lesser inch as per NFHS rules.

The top 6 boys and girls qualify to CCS Trials.

All high jump qualifiers and pole vault qualifiers will compete in one flight.

If there is a tie for the last qualifying place in the HJ to the CCS semifinals, then the tie will be broken by a jump off in accordance with Rule 2-2-2-b-4 of the National Federation Track and Cross Country rules.

Upon check in, the field official should confirm with the athletes if there is any conflicts with other events. The athletes can take multiple jumps in a row if they have another event at the same time.

For athletes checking out to go to a running event, they can only check out 10 min. prior to their event. The official should note the time of check out on the results sheet. Upon completion of their other event, the athlete has up to 10 min. to recover before competing again. A time schedule is attached. The running events will run no more than 10 min. ahead of schedule.

At the end of competition, the results should be taken to the scoring table.

## SCVAL Championship Meet

- a) Fri. night, May 6
- b) Hank Lawson should send DAL & ECL results at conclusion of ECL meet to Julie L'Heureux, Walt Van Zant, Curtis Liang and Stephanie MacKenzie. They will determine Top 16. Remember: goal is to get best athletes to the meet.
- c) Please send scratches by Wed., May 4 at 8:00pm to Hank Lawson and Julie L'Heureux
- d) Lane Assignments will be done Wed. Night
- e) Location – Santa Clara H.S.
- f) Start Times: 4:30pm field, 5:30pm running,
- g) Meet Director : Julie L'Heureux
- h) Starter: Leroy Milam
- i) Jury of Appeals (3 + 2 alt.): Mark Shields (F), Curtis Liang (MV), Bernie Ramos (L), alternates: Michael Davidson (PA), Kenrick Sealy (H)

### j) Job Assignments:

Timer: Hank Lawson

Results: Hank Lawson

Announcer: Alejandra Flores (Fremont)

Field Event Result Checker: TBD (SC)

Clerk of Course: Margaret Demorest (SC)

Starting Clerk: Curtis Liang (MV)

Finish Line: Curtis Liang (MV)

Block Crew: Los Altos

Implement Weigh In: Los Altos

Events: experienced official for field events

Pole Vault: LG/SC

Hurdles: Monta Vista

Shot: Lynbrook

Discus: Homestead

LJ/TJ Girls - Cupertino

HJ: Fremont

LJ/TJ Boys: Gunn

Finish Line Judges:

Turn Judges:

1st half (400m relay - 100m) 8 judges - Wilcox (2), Mt.

View (2), Saratoga (2), Palo Alto (1), Milpitas (1)

2nd half (800m - 1600m relay) 8 judges – Milpitas (2),

LA (3), Palo Alto (2), Saratoga (1)

Snack Bar – Santa Clara