



# CENTRAL COAST SECTION

## Track & Field Championships



### ATTENTION ALL COACHES – PLEASE READ THESE IMPORTANT ITEMS!!!

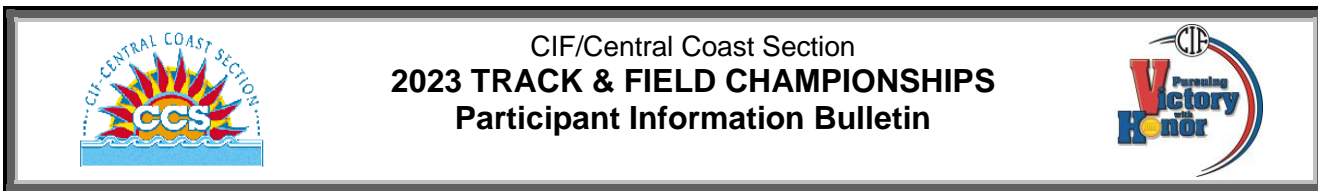
1. Enclosed in this envelope are wristbands for you and your other coaches, a meet schedule and a copy of your meet entries.
2. **Check-in procedures**
  - The head coach or designated coach of each team is to check in at the coaches/athletes gate to the stadium and sign for the team envelope. The team envelope will contain a maximum of five (5) coach's wristbands.
  - Coaches must be wearing a wristband to enter the stadium.
  - Team camp areas can be in the stadium but pop-up tents must not obscure the view of any spectators nor the press box announcer.
  - The warm-up area will be on the field to the west of the stadium. No stretching or warm-up will be allowed in the stadium.
  - Coaches will not be allowed on the infield with the exception of the designated long/triple jump coach of an entered athlete who will be given a special wristband for their coach. Coaches with those wristbands may watch the long and/or triple jump from the designated areas in the north end-zone adjacent to the long and triple jump runways.
  - Athletes in running events will check in with the Clerk of the Course when paged. The Clerk of the Course will be located on the north end of the straightaway (very close to the warm-up area).
  - Coaches serving as meet officials today have been listed on the "Official's Gate List" and will be issued an official's pass. They will not need to have a wristband. After entry to the stadium they may get their credentials and meal ticket at the CCS tents which are adjacent to the clerk of the course.
  - No additional wristbands are available. No other gates lists are accepted.
2. **Any athlete scheduled to compete in tonight's meet who is scratched will be replaced by the event clerk based on the results from the semifinals.**

*Note: CCS Track & Field bylaws require that athletes to check in no later than 15 minutes before the scheduled start of their event.*
3. **For athletes in both field and track events:** Please ask your athletes to use good judgment in checking out for a track event while competing in the field. **If an athlete is summoned to the clerk of the course for a running event, the athlete should check in with the clerk and return to the field event and continue competing until a reasonable time before the race.** Note: Coaches will be allowed to check in with the Clerk of the Course on behalf of an athlete who is competing in a field event for the better flow of the field event. Please have athletes return directly to the field event after the running event. As per CCS Track & Field bylaws, athletes have 10 minutes from the end of their running event to recover before they are required to return to competition in the field. **Athletes entered in multiple field events must work with event officials to manage their competitions so as not to delay or inconvenience their fellow competitors** and must work with event official so that they are available for any attempt within the 10 minute window after checking out.
4. The top 6 finishers in each event will be awarded medals. **The awards ceremony for each event will take place on the awards after the completion of each event.** Please inform your athletes that they will be escorted immediately after their event to their designated awards area.
  - **CERTIFICATES OF PARTICIPATION** are available for all athletes entered in the meet on the CCS secure website which can be accessed by school athletic directors and principals.
  - **COMMEMORATIVE CHENILE PATCHES** can be purchased or ordered at the "T-shirt" sales table or by ordering online on the CCS website: [www.cifccs.org](http://www.cifccs.org).
5. **PLEASE REMIND YOUR ATHLETES THAT:**
  - NFHS uniform rules will be enforced.
  - **USE OF ELECTRONIC DEVICES:** As per NFHS rules, the use of electronic communication devices is permitted during the 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. A competitor may not view any videotape or any other visual reproduction of their performance prior to completion of the event.
  - Athletes are required to keep their uniform on while on the track or in the infield at all times including during warmup and after their event.
6. **NO COACHES ARE ALLOWED ON THE FIELD UNLESS THEY ARE SERVING AS A MEET OFFICIAL. Exception:**

**A designated viewing areas for horizontal jumping events will be provided for the coach of each athlete entered in the LONG JUMP and TRIPLE JUMP.**

7. Any protest must be submitted in writing to the Meet Referee. Coaches filing a written protest may present it at the Clerk of the Course who will page and forward it to the Meet Referee.
8. The top 3 athletes and top 3 relay teams in each relay event will advance to the CIF State Meet on Friday and Saturday, May 26 & 27 with the exception of the 4x800 Relay and the Unified Events (the top 2 4x800 relay teams and the winner of the Unified Events advance to the CIF State Meet) **REMINDER: If an athlete earns a CIF State Meet berth and does not plan on participating in the State Meet, you must inform Meet Management (preferably me, Steve Filios or Timer/Head Results Judges Rodney Niles and Dane Boulton) as soon as possible after their event BUT NO LATER THAN 30 MINUTES AFTER THE CONCLUSION OF THE MEET.** Our entries are due to the CIF by early Sunday morning. This does not give Meet Management a lot of time to coordinate with the coaches of alternates, **so please plan ahead with your athletes regarding their plans should they earn a State Meet berth.**
  - o Bear in mind when making decisions regarding athletes who may earn berths in multiple events at the State Meet. The CIF has an "Honest Effort Rule" which requires athletes to complete in every event for which they are entered
    - **CIF HONEST EFFORT RULE** Competitors who have qualified for and been entered into more than one event, must honestly participate in the qualifying and final round in each event for which the athlete is declared or the athlete will be barred from further competition in the meet. Athletes must compete with maximum effort and/or qualify from trials into the finals.  
*Note 1: It is understood that passing on attempts in field events is a strategy in those events and is not considered a question of honest effort.*  
*Note 2: Athletes may appeal a disqualification on the grounds of "Hardship" to the Referee/Games Committee/Jury of Appeals.*
9. Live results are available at [live.athletic.net](http://live.athletic.net) (see QR code to the right) Complete results will be posted on the CCS website as well at the conclusion of the meet.





This Bulletin was e-mailed to all member-schools on or about April 15, 2023  
 Contact: Xolan Brown [xbrown@cifccs.org](mailto:xbrown@cifccs.org) or Steve Filios - Email: [sfilios@cifccs.org](mailto:sfilios@cifccs.org)

**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](#).

**CCS TRACK & FIELD LIAISON: XOLAN BROWN** [xbrown@cifccs.org](mailto:xbrown@cifccs.org)

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

**EVALUATION MEETING: TUESDAY, MAY 30, 2023 @ 4:00pm**

**CHAMPIONSHIPS DATES / SITE**

ROUND	DATE	TIME	SITE
Semifinals	Saturday, May 13th	Field Events: 10:00 am; Track Events: 11:00 am	Gilroy High School
Finals	Saturday, May 20 <sup>th</sup>	Field Events: 3:00 pm; Track Events: 4:40 pm	Gilroy High School

*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 13 @ Gilroy HS	<i>Finals:</i> Sat, May 20 @ Gilroy HS	Gender	EVENT	<i>Semifinals:</i> Sat, May 13 @ Gilroy HS	<i>Finals:</i> Sat, May 20 @ Gilroy HS	EVENT
11:00	4:45	Girls	4x100 M Relay	10:00	3:00	Girls Pole Vault
11:20	4:50	Boys				
11:40	5:00	Girls	1600 M	10:00	3:05	Boys Discus
12:00	5:10	Boys				
12:20	5:25	Girls	100/110 M Hurdles	10:05	3:10	Boys Long Jump
12:40	5:35	Boys				
-	5:45	Para/Am	400 M	10:10	3:15	Girls Long Jump
1:00	5:50	Girls				
1:20	5:55	Boys	100 M	10:15	3:20	Girls Shotput
1:40	6:05	Girls				
1:55	6:10	Boys	800 M	-	4:20	Wheelchair Shotput
-	6:15	Para/Am				
2:15	6:20	Girls	300 M Hurdles	-	4:30	Para/Am. Shotput
2:30	6:30	Boys				
2:45	6:40	Girls	4 x100 M Relay	10:20	3:25	Boys High Jump
-	6:50	Boys				
-	7:00	Unified	200 M	1:50	5:30	Boys Pole Vault
3:20	7:10	Girls				
3:35	7:15	Boys	4x800 M Relay	2:00	5:35	Girls Discus
-	7:20	Para/Am				
-	7:25	Girls	100 M	2:00	5:40	Girls High Jump
-	7:40	Boys				
-	7:55	Unified	3200 M	2:05	5:40	Girls Triple Jump
3:50	8:05	Girls				
4:20	8:25	Boys	4x400 M Relay	2:10	5:45	Boys Triple Jump
4:50	8:40	Girls				
5:20	8:50	Boys		2:15	5:55	Boys Shotput

**IMPLEMENT CERTIFICATION**

*Semifinals: Sat, May 13: 9:00-10:15 & 1:00-2:15*

*Finals: Sat, May 20: 2:00-3:20 & 4:35-5:55*

**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 SEMIFINALS MEET** (see [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 **9:00 am** 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 are allocated as per the CCS Track & Field Bylaws and were updated by CCS Meet Management in January 2023 (see chart below).

2023 LEAGUE ENTRIES					
LEAGUE	BOYS	GIRLS	LEAGUE	BOYS	GIRLS
BVAL	7	7	SCCAL	2	2
PAL	5	5	SCVAL	5	6
PCAL	6	6	WBAL	2	2
PSAL	2	2	WCAL	3	2

- At-Large Entries** will be admitted in accordance with [TRACK & FIELD BYLAWS](#): **Section 3.E.1. and 2.** If an athlete does not automatically qualify for the CCS Semifinals but his/her mark from their performance at the final League event at the Varsity level which qualifies athletes to the CCS Semifinals 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.

**2023 CCS AT-LARGE ENTRY STANDARDS**

Boys:							
100	11.13	1600	4:21.95	400R	43.60	HJ	6'0
200	22.49	3200	9:34.38	1600R	3:30.69	PV	12'06
400	50.82	110HH	15.74	LJ	20'07.75	Shot Put	45'10
800	1:57.31	300IH	41.25	TJ	42'01	Discus	133'06

Girls:							
100	12.76	1600	5:09.97	400R	50.50	HJ	5'00
200	26.23	3200	11:29.19	1600R	4:12.92	PV	9'6
400	59.15	100HH	15.88	LJ	16'08.5	Shot Put	34'01.5
800	2:19.18	300LH	47.43	TJ	34'10	Discus	104'10

**B. FROM SECTION SEMIFINALS TO FINALS:** See [TRACK & FIELD BYLAWS](#): Section 4.**C. FROM SECTION FINALS TO CIF STATE MEET**

- CCS qualifies three (3) in each event to the State Meet.
- There is no provision for granting hardship exemption from competing in the Section Semifinals and Finals Meets. **AN ATHLETE MUST COMPETE IN THE CCS MEET IF HE/SHE IS TO ADVANCE TO THE CIF STATE MEET.**
- 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](#).

**WHEELCHAIR/AMBULATORY DIVISION and UNIFIED DIVISION ENTRIES:**

Coaches of athletes meeting the standards (as listed in this Bulletin and on the [CCS Track & Field webpage](#)) may submit their entries to the CCS Championships by submitting entry form(s) to Jeff Myers, CCS Inclusive Sports Coordinator for Track & Field at [jeff.myers@gilroyunified.org](mailto:jeff.myers@gilroyunified.org) by May 7, 2023.

- [Wheelchair/Ambulatory Division Entry form](#)
- [Unified Division Entry form](#)

**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 Semifinal 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 the entries are submitted to the CIF State Meet Director (CCS entries for the CIF State Meet are due on Saturday evening).** **Please be aware that the CIF State Meet has an honest effort rule that requires athletes to compete in every event in which they are entered. Any violation will result in disqualification from all events entered.**

**ELIGIBLE ATHLETES:**

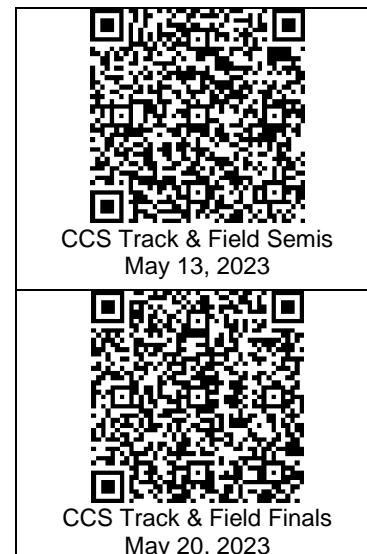
No athlete will be allowed to compete who is not accompanied by a certified coach of the school which he/she is representing.

**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" upon arrival at the venue.
- Athletes and coaches will not be allowed on the field unless they are actually competing or officiating 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.**
- 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.

**ADMISSION**

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>Only online tickets will be accepted and will be made available through <a href="#">GoFan</a>.</b>		



- **ONLY** CCS and State-CIF Passes will be honored.
- 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 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 must return to the designated area 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.
- E. 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.
- F. 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.
- G. FINISH:** F.A.T. systems will be used to determine the order of finishes in all running events.
- H. SCORING:** Scoring will be: 10, 8, 6, 5, 4, 3, 2, 1 in all events.
- I. DRESSING:** Locker rooms will NOT be available.
- J. ALL FOODS**, including seeds, are strictly prohibited on the track and in the infield. **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.

### **EQUIPMENT CHECK:**

- A.** All pole vaulters will be required to have their vaulting poles checked by the event judge to ensure 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 ensure their shoes conform to legal standards.
- C.** All shotput 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.
- Implements that do not meet all specifications of weight, size, diameter, etc. will be confiscated until the events are completed.
  - Girls will compete with the 4-kilo shot.
- D.** All athletes will be checked prior to being allowed to compete to ensure that no spikes are greater than 1/4"
- E.** All batons must conform to NFHS specifications.
- F.** Starting blocks will be provided, and only those blocks may be used.

### **SEEDING PROCEDURES – As per CCS [TRACK & FIELD BYLAWS](#)**

#### **A. RUNNING EVENTS**

1. Equal heats will be formed. Heat winners (except the 800 m, 1600m and 3200m), plus the next fastest times, qualify for the Finals. Athletes are seeded by time or mark.
  - a. **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.
  - b. **1600m & 3200m:** Two [2] equal heats. Top four (4) finishers in each heat, plus the next four (4) fastest, qualify for the Finals.
2. Semifinal 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 will be used for all running events, except the 1600m and 3200m.
5. 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 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:**
- 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.
  - 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.
  - 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.

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

- Hardships may only be considered for qualification from the League qualifying meet to the CCS Semifinals.
- Hardship only applies to an illness/accident that is non-sports related;
- The athlete must be under a medical doctor's care;
- Any request for hardship must be presented to the League Meet Director, IN WRITING, before the start of the athlete's first race;
- The athlete must have posted a previous mark that is better than the last qualifier's mark;
- The hardship hearing will be held on the second working day following the request for hardship;
- Appeals shall be conducted according to the respective League's Bylaws.
- 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:**

**Semifinals 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. An updated list of assignments for both the Semifinals and Finals will be provided to the CCS Meet Management team by the League Representatives.

*League responsibilities for providing Field Event judges and other Meet personnel as reviewed and confirmed at the Organizational Meeting in January.*

<u>Event:</u>	<u>League Responsibility</u>
LONG JUMP:	PCAL - Girls & Boys
HIGH JUMP:	SCVAL - Girls & Boys
DISCUS:	BVAL – Girls & Boys
POLE VAULT:	WCAL - Girls / PCAL – Boys
SHOT PUT:	SCCAL - Girls & Boys
TRIPLE JUMP:	PSAL - Girls / PAL – Boys
Clerk of the Course:	WBAL
Turn Judges/Inspectors:	BVAL(2); WCAL(1); PAL(2); SCVAL(2); WBAL(1); PSAL(1); PCAL (1)
Hurdles:	WCAL
Implement Certification:	PAL

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

Any League not providing personnel **45** 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](#) which is posted under the "Playoff Information & Bylaws" tab of the [Track & Field webpage](#) of the [CCS website](#). While supplies last, T-shirts, patches, hats, sweatshirts, and other commemorative items 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. CCS Commemorative merchandise is also available at the [CCS Online Merchandise Store](#).

We now accept these cards for payment:

**AWARDS:**

At the CCS FINALS, awards will be presented **immediately following the completion of each event**. Track athletes are asked to report directly from the finish line to the awards area for their medals. Field event athletes 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 on the [Track & Field webpage](#) of the [CCS website](#). Live results will be available on Athletic.net. ([live.athletic.net](http://live.athletic.net))

**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.*

**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 26th & May 27th, 2023 ***with the exception*** of the 4x800 Relay, top two (2) placers, and the Unified Events, first place finisher only.

*Note: Wheelchair/Ambulatory participants do not qualify for the CIF State Meet through the CCS Track & Field Championships. If they meet the guidelines listed on the [CIF Track & Field webpage](#), they may apply for the CIF State Meet by completing the [CIF State wheelchair/ambulatory entry form](#).*

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 CCS Meet Director at any time ***prior to 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!**



## CCS Wheelchair and Ambulatory Track & Field Rules

### GENERAL GUIDELINES:

A Wheelchair and Ambulatory Division is scheduled for the 2023 CCS Track and Field Meet. Both Divisions will include participants from any of CCS member school.

- The wheelchair/ambulatory racing and seated shot put events will be incorporated into the meet by CCS Meet staff.
- 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 designated qualifying standards will advance to the CCS Championships.
- Athletes in each event will receive medals.

### ELIGIBILITY FOR PARTICIPATION IN THE WHEELCHAIR AND AMBULATORY DIVISIONS:

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

- All applicable CIF and CCS 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 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 [www.cifstate.org](http://www.cifstate.org), no later than midnight on May 20, 2023.

- If more than eight participants submit eligible entries in any event, the top eight performances submitted for the CCS meet will qualify.
- A qualifying performance may be obtained from any local competition during the regular season or section qualifying meet or Paralympic events from spring of 2023. 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 form is available on the Track & Field page of the CCS website <https://www.cifccs.org/sports/track/index> and must be submitted to Jeff Myers (Jeff Myers [jeff.myers@gilroyunified.org](mailto:jeff.myers@gilroyunified.org)) no later than May 7, 2023.
- All CCS qualifiers will be posted on the Track & Field page of the CCS website: <https://www.cifccs.org/sports/track/index> 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](http://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 limb(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.

CCS Meet 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.

**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 and CCS 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. Athletes may also compete at Paralympic events and those marks will be accepted for the State meet entries 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 the 100m, 200m and 400m it is recommended that if this occurs the wheelchair athlete is designated to compete in an outside lane. 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 State meet?**

The athlete must be entered into the State meet via the entry form available on the track page of the State CIF website.

**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:**

Challenged Athletes Foundation (CAF)

<https://www.challengedathletes.org/>

Coach Education

<https://www.teamusa.org/coachingeducation>

## Unified Track & Field Program

Units of two competitors team up to form a Unified Track & Field pair. The unit consists of:

- One Unified Sports Athlete (Student receiving Special Education services) and one Unified Sports Partner (Student in General Education).
- Both students are from the same school.
- The Unified Sports Partner must be eligible for competition per all CIF eligibility rules.
- The Unified Sports Athlete is a student receiving Special Education services. Students receiving Special Education services who are verified by the site administrator are eligible to participate as Unified Sports Athletes.
- Each student within the pair competes in the assigned event establishing a time or distance. Events for CIF State Track & Field Championships are the shot put, 100-meter dash and the 4 x 100-meter relay.
- For the shot put, traditional shot put implements will be used for all athletes. 5.443kg (12lb) weight for boys and 4kg (8.818lbs) for girls competition.
- For the 100m, athletes will be running next to their partner (example: lane 1 Unified Athlete school A, lane 2 Unified Partner school A, lane 3 Unified Athlete school B, lane 4 Unified Partner school B...).
- Each established time or distance is combined for each Unified Pair. Relay events are based on overall time/finish.
- Each Unified Pair would qualify based on their total combined distance or time
- The Unified events will be non-scoring events.
- All NFHS Track & Field rules must be followed.

### Participation and Qualification

- It is recommended that practice start approximately three to four weeks prior to competition, possibly two days a week for around 45 minutes, to prepare for Unified events at league dual meets, league championship and Section championship competition.
- A minimum of six practices are recommended for participation.
- If a Unified Sport Partner participates on a Unified team, they may not compete in the same event in Section Championship competition with General Education students. For example, a General Education student who participates in CCS competition in the 100-meter dash may not compete in the Unified 100-meter dash. The General Education competitor would be eligible for the Unified shot put, if they are not an entry in the CCS shot put competition.
- A Unified Athlete is allowed to have a different Unified Partner for the shot put and the 100 so long as the unit remains intact throughout the regular and post season.
- A Unified Partner dropping out of Unified competition during the post season or to focus on another individual event after the unit has been established is not allowed.
- During running competition, Unified Pairs would compete in the same race with lane assignments determined by meet management.
- Unified Pairs would be entered by a school in their league's championship meet.
- ***One Section Champion Unified Pair would qualify to the State Track & Field Championship in each of the following events: 100 meter, 4 x 100 meter, and shot put.***
- Unified events are separated by gender. If, in any Unified competition, the Unified team is a mixture of genders, the competing team participates in the boys' event, per CIF Bylaw 300.B – Student Team.
- For Unified competition, some accommodations may be implemented to assist with the conduct of competition. Examples are: person standing behind a competitor assisting them in the start of a race, and other accommodations as they may arise.

### EVENTS

#### 100 Meter Dash

1. Two teammates will combine their times for a total time.
  - a. Unified teams will be placed next to each other in lanes. (i.e. Team A runs Lane 1 and Lane 2, Team B runs Lane 3 and 4, etc.)
  - b. Heating will be determined by the Unified teams combined total time.
  - c. Starting blocks and running spikes are optional.

#### Shot Put

1. Two teammates will combine their throws for final score.
  - a. Unified teams complete three throws. Any order of competition is determined by meet management.

#### 4 X 100 Meter Relay

1. Two pairs would combine to form a Unified 4 X 100 meter relay team.
  - a. The relay team would consist of two Unified Athletes and two Unified Partners.
  - b. Any student may run in any position.

### SCORING/AWARDS

Times/Distances will be combined for a total unit time/ distance to establish placing. Unified teams will receive individual awards.