

SCVAL Championships

Coaches Instructions

Hello and thanks again.. We want to welcome you and hope you and your athletes have a wonderful and safe time here.

- 1. Coaches packet and pick up—Gate 2.. Each Head Coach or Coach from school can pick up packets.**
- 2. We will not have a scratch meeting—and NO Coaches meeting.. But we will be available—for all Coaches throughout the meet**
- 3. Parking—Saturday—No parking issues but please arrive early as we can not predict if there will be construction or traffic going to the beach. Freeway 17—can be busy!!!**
- 4. Canopies – None on the infield. Allowed in Bleachers and warm up area behind the visitor bleachers. Canopies can NOT block announcer and Media.**

- 5. Parents will not be permitted inside the track area at any time.**
- 6. We will also have Media present—who may want to interview the Overall winner.**
- 7. Results— will be available online within 20-30 minutes after the final heat. We will also attempt to post the results near the concession stand.**
- 8. For start of the events and check in—See Clerk of the course at the Goal post.**
- 9. We will have a few hurdles set up for the hurdlers to practice.. Do not take the hurdles off the racks.**
- 10. No athletes are allowed on the infield.. Athletes are responsible for knowing their event schedule and checking in.**
- 11. As a courtesy to Coaches—we will Allow ONLY 1 Jump Coach on the Infield. There will be a Coaches BOX!**
- 12. Do Not ask the Timer for results.**
- 13. T- shirt vendors and concession stands will be available.**

14. We do have a limited number of spikes for sale.
–10 for \$5. – Will most likely be at the front gate or
the snack bar.
15. Long jump, Triple Jump—see league and SCVAL
rules.
16. We will do the same for Shot Put and Discus.
17. We will have first aid and trainer on site.

Sorry – for the long instructions—

**We will be available throughout the meet to answer
any questions and to address any challenges that may
come up. –**

Thanks again—

Co-Meet Directors

Julie

Doc (Danny)

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.

runner line 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 8th 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 or have someone else check it.

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 5 boys and top 6 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.

Location - Los Gatos.

f) Start Times: 9am Field, 10am Jumps, 11am for Running
g) Meet Director: Danny Colton, Julie L'Heureux
h) Starter: Jeff Gallero
i) Jury of Appeals (3 + 2 alt.): Archie Ljepava (S),
Bernie Ramos (L), Mark Shields (F), alternates: Darrin
Garcia (Mac), Kenrick Sealy (H)
j) Job Assignments:
Timer: Hank Lawson
Results: Hank Lawson
Announcer: Alejandra Flores
Field Event Result Checker: Julie L'Heureux (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
Hurdles: Monta Vista
Shot: Fremont
Discus: Homestead
LJ/TJ Girls - Cupertino
HJ: Gunn
LJ/TJ Boys: Lynbrook
Finish Line Judges:
Turn Judges:
1st half (400m relay - 100m) 8 judges - PA(2), S(2),
Mac(2),W(2)
2nd half (800m - 1600m relay) 8 judges - M(2), Mt.V(2),
LA(1), S(1), G(1), LG(1)
Snack Bar - Los Gatos

Use of Electronic Devices

The use of electronic devices is permitted in unrestricted areas and coaches' boxes in a meet provided it does not interfere with the progress of the meet. Coaches and athletes can review video in these areas and discuss techniques and strategies.

When a competitor views video or uses wireless devices in a restricted area during competition (on the clock for a trial in field events or in a race for running events) they have gained an unfair advantage over their opponents. This infraction to the rules and will lead to disqualification from the event.

The games committee for each meet will determine all restricted and unrestricted areas. Restricted areas are limited to competitors, officials, and event personnel only.