



# 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.
  - 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). Athletes in field events will check in at their event venue.
  - 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.
3. **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.* Coaches with those wristbands may watch the long and/or triple jump from the designated area in the north end-zone adjacent to the long and triple jump runways.
4. **Coaches serving as meet officials are not allowed to interact/coach their athletes while serving as an official.**
5. **Any athlete scheduled to compete in tonight's meet who is scratched will be replaced by the event clerk (for field events) or the clerk of the course (running events) based on the results from the semifinals.**  
*Note: CCS Track & Field bylaws require that athletes check in no later than 30 minutes before the scheduled start of their event.*
6. **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.
7. The top 6 finishers in each event will be awarded medals. **The awards ceremony for each event will take place on the awards stand 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).
8. **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 and the throwing areas have been designated restricted areas. **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 school approved uniform on while on the track, in the competition throwing areas, or in the infield at all times including during warmup and after their event.
9. Any protest must submit on a protest form to the Meet Referee which is available at the Clerk of the Course. The Clerk of the Course will page and forward it to the Meet Referee.
10. 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 24 & 25 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 Mark McConnell, Rodney Niles or 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.**
- 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.*
11. 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.



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Dear League Representatives for CCS Track & Field,

I hope your seasons are going well!

As you know, the Semifinals of CCS Track & Field Championships are just under four weeks away, so we thought it prudent to keep you informed regarding the schedule and related information for this year's championships. Please feel compelled to share this information with you League colleagues.

Below you will find two very important links:

The 2024 Participant Information Bulletin which provides all the meet information and includes the meet schedule:

[https://www.cifccs.org/Playoffs/PIBs/2023-2024/Track\\_-\\_Field\\_PIB\\_2024.pdf](https://www.cifccs.org/Playoffs/PIBs/2023-2024/Track_-_Field_PIB_2024.pdf)

<[https://www.cifccs.org/Playoffs/PIBs/2023-2024/Track\\_-\\_Field\\_PIB\\_2024.pdf](https://www.cifccs.org/Playoffs/PIBs/2023-2024/Track_-_Field_PIB_2024.pdf)

The CCS Track & Field Bylaws for 2024:

[https://www.cifccs.org/sports/track/2023-24/track\\_and\\_field\\_bylaws\\_2023-24.pdf](https://www.cifccs.org/sports/track/2023-24/track_and_field_bylaws_2023-24.pdf)

<[https://www.cifccs.org/sports/track/2023-24/track\\_and\\_field\\_bylaws\\_2023-24.pdf](https://www.cifccs.org/sports/track/2023-24/track_and_field_bylaws_2023-24.pdf)

IMPORTANT NOTES FOR 2024 that are covered in the PIB and Bylaws:

Entries from your meet that qualifies athletes to the CCS Meet should be submitted to Mark McConnell as prescribed in the Information Bulletin linked above. IMPORTANT NOTE: Please include the names of the athletes on qualifying relay teams. By NFHS rules, you are allowed to list up to 8 athletes for each relay team.

As was done last year, the CIF and the CCS will be conducting the 4x800 Relay. This will be a FINALS only event at both CCS and State. You will note in our bylaws that the qualification for both the CCS Meet and the State Meet differ from other events:

i. To qualify for CCS, (as per CCS T&F Bylaws, Section 3.A.5) each league will automatically qualify one team in this event. To complete the field the fastest ten (10) non-winning 4x800 teams from all the league meets combined will also advance to the final.

ii. As per CIF Bylaws, the top two (2) finishing teams from the CCS Championship Finals will advance to the CIF State Meet if they meet the minimum standard set by the CIF (Girls: under 10:00; Boys: under 8:14).

Like last year, there will be three Unified events at the CCS Finals, the 100, 4x100 Relay and the Shotput. Unified events match up students receiving Special Education services with students in General Education. (complete details are listed in the Participant Information Bulletin and on the CCS Track & Field webpage <<https://www.cifccs.org/sports/track/index> ).

i. As you will see covered in the PIB, schools may enter a Unified pair in the 100 or Shotput, or a Unified 4x100 team in the CCS Meet by completing the form available on the CCS Track & Field webpage <<https://www.cifccs.org/sports/track/index> and submitting it to the CCS T&F Liaison for Unified events, Jeff Myers <<mailto:Jeff%20Myers%20%3cjeff.myers@gilroyunified.org%3e> .

ii. The Champion in each Unified event will earn an automatic berth in the CIF State Meet.

iii. Please encourage your schools to consider entering if they have students who might be eligible.

The CCS Meet will also continue to feature Wheelchair/Ambulatory Events in the 100, 200, 400 and Shotput.

i. As you will also see covered in the PIB, schools may enter eligible Wheelchair/Ambulatory athletes into the CCS Meet by completing the Wheelchair/Ambulatory form available on

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the CCS Track & Field webpage <<https://www.cifccs.org/sports/track/index> and submitting it to the CCS T&F Liaison for Wheelchair/Ambulator events, Jeff Myers <<mailto:Jeff%20Myers%20%3cjeff.myers@gilroyunified.org%3e> .

ii. Eligible Wheelchair/Ambulatory athletes who successfully compete their event(s) at the CCS Meet will automatically be entered for consideration to compete in the CIF State Meet.

iii. Please encourage your schools to consider entering if they have students who might be eligible.

Attached you will find the list of League Responsibilities for the 2024 CCS Meet. We are very grateful for your participation in assisting the Meet Management team in conducting the CCS Championships. With the help of your league representatives we are able to insure that all of our events are conducted in the best interest of our very deserving student-athletes. Please review the list with your league colleagues and let me know if you have any questions. As in the past, I would also ask that you forward me the names of those people who will be serving as officials representing your league at the Semifinals and Finals so that I can insure that their names are on the gate list. After entering the stadium, officials should report to the CCS Tent next to the Clerk of the Course to receive their credentials.

All the best with the remainder of you 2024 season. Do not hesitate to contact me or CCS Track & Field Liaison Xolan Brown if you have any questions.

Steve

Steve Filios  
CCS Meet Director

**2024 CENTRAL COAST SECTION TRACK & FIELD CHAMPIONSHIPS**  
**League Responsibilities**

<u><b>EVENT</b></u>	<u><b>MINIMUM # OF PEOPLE NEEDED</b></u>	<u><b>EQUIPMENT NEEDED</b></u>	<u><b>LEAGUE RESPONSIBILITY</b></u>
<b>LONG JUMP - Girls</b>	6 total (head official, 2 for measuring, 2 on rakes, 1 to operate "performance sign")	Measuring tape, pencils <i>CCS provides: rakes, shovel, cones, flag, clipboard, wind gauge and instructions</i>	<b>PCAL – Team 1</b>
<b>LONG JUMP - Boys</b>	6 total (head official, 2 for measuring, 2 on rakes, 1 to operate "performance sign")	Measuring tape, pencils <i>CCS provides: rakes, shovel, cones, flag, clipboard, wind gauge and instructions</i>	<b>PCAL – Team 2</b>
<b>HIGH JUMP – Boys &amp; Girls</b>	3 (head official, 2 to place bar, operate "performance sign" and help measure the bar)	Measuring tape, pencils <i>CCS provides: crossbar, clipboard and instructions</i>	<b>SCVAL with CCS Official</b>
<b>DISCUS - Boys &amp; Girls</b>	6 total (head official, 2 for measuring, 2 spotters, 1 to operate "performance sign")	Back up measuring tape, pencils <i>CCS provides: measuring device, broom, clipboard and instructions</i>	<b>BVAL</b>
<b>POLE VAULT – Boys</b>	3 (head official, 2 to place bar & move standards, operate "performance sign" and help measure the bar)	Measuring tape, pencils <i>CCS provides: crossbar, clipboard and instructions</i>	<b>PCAL</b>
<b>POLE VAULT – Girls</b>	3 (head official, 2 to place bar & move standards, operate "performance sign" and help measure the bar)	Measuring tape, pencils <i>CCS provides: crossbar, clipboard and instructions</i>	<b>WCAL</b>
<b>SHOT PUT – Boys &amp; Girls</b>	6 total (head official, 2 for measuring, 2 spotters, 1 to operate "performance sign")	Measuring tape, pencils <i>CCS provides: broom, clipboard and instructions</i>	<b>SCCAL</b>
<b>TRIPLE JUMP - Boys</b>	6 total (Head official, 2 for measuring, 2 on rakes, 1 to operate "performance sign")	Measuring tape, pencils <i>CCS provides: rakes, shovel, cones, flag, clipboard, wind gauge and instructions</i>	<b>PAL</b>
<b>TRIPLE JUMP - Girls</b>	6 total (Head official, 2 for measuring, 2 on rakes, 1 to operate "performance sign")	Measuring tape, pencils <i>CCS provides: rakes, shovel, cones, flag, clipboard, wind gauge and instructions</i>	<b>PSAL</b>
<b>TURN JUDGES / INSPECTORS</b>	<i>Needed for all races except 100m</i> Insure that: - in the 4x100 relay: relay exchanges are made in the 30m zone ( <i>all inspectors</i> ) - in the 800, 1600 and 3200 : runners do not impede or foul ( <i>all inspectors</i> ) - In the 800 & 4x400 relay(2 <sup>nd</sup> runner): insure compliance with break-line ( <i>WCAL &amp; MHAL inspectors</i> ) - in 200, 300H, 400, 800 (1 <sup>st</sup> turn) inspect for lane line violations ( <i>all inspectors</i> ) - In 300H inspect for trail leg violations over hurdle - in the 100/110m hurdles inspect for fouls ( <i>SCVAL &amp; PCAL inspectors</i> )	<i>CCS provides: flag, clipboard and instructions</i>	<b>BVAL(2):</b> beginning & end of relay zone 1 <b>WCAL(1):</b> end of relay zone 1; 150m mark <b>PSAL (1)</b> 150m mark <b>WBAL(1):</b> 200m mark <b>PAL(2):</b> end of relay zone 2; 250 m mark <b>SCVAL(2):</b> relay zone 3 <b>PCAL (1):</b> 350m mark
<b>HURDLE CREW</b>	8-10 people - Insure that hurdles are placed on the correct mark, set at the correct height and that any counter-weights are set correctly - Inspect for hurdle violations/fouls	<i>CCS provides: hurdles</i>	<b>WCAL</b>