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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

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

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>EVENT</u>	<u>MINIMUM # OF PEOPLE NEEDED</u>	<u>EQUIPMENT NEEDED</u>	<u>LEAGUE RESPONSIBILITY</u>
LONG JUMP - Girls	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>	PCAL – Team 1
LONG JUMP - Boys	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>	PCAL – Team 2
HIGH JUMP – Boys & Girls	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>	SCVAL with CCS Official
DISCUS - Boys & Girls	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>	BVAL
POLE VAULT – Boys	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>	PCAL
POLE VAULT – Girls	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>	WCAL
SHOT PUT – Boys & Girls	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>	SCCAL
TRIPLE JUMP - Boys	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>	PAL
TRIPLE JUMP - Girls	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>	PSAL
TURN JUDGES / INSPECTORS	<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 nd runner): insure compliance with break-line (<i>WCAL & MHAL inspectors</i>) - in 200, 300H, 400, 800 (1 st 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 & PCAL inspectors</i>)	<i>CCS provides: flag, clipboard and instructions</i>	BVAL(2): beginning & end of relay zone 1 WCAL(1): end of relay zone 1; 150m mark PSAL (1) 150m mark WBAL(1): 200m mark PAL(2): end of relay zone 2; 250 m mark SCVAL(2): relay zone 3 PCAL (1): 350m mark
HURDLE CREW	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>	WCAL