

Rules for the League Meet

Trials Day

- 1) Seeding for the trials will be based on entered time and also, to prevent all of a school's entries from being in one heat.
- 2) Trials will be held in the 100m, 200m, 400m, 100H/110H/65H and 300H only if more than 8 competitors check-in.
- 3) Only the heat winners will be automatic qualifiers. The rest of the finalist will be determined by time. Therefore, if there are 2 heats: the winner of each heat and the next 6 fastest times will qualify for finals. If there are 3 heats: the winner of each heat and the next 5 fastest times will qualify for finals.
- 4) Seeding for the finals will be based on time only.
- 5) Finals for the F/S boys 3200m and JV girls 3200m will be held on Trials Day.
- 6) All F/S boys and JV girls' field events will compete on Trials Day. They are allowed only 4 attempts. If the field for an event is more than 12 athletes, then field will be split into 2 flights with the top competitors competing in the second flight. Each legal throw will be measured. A maximum 12 athletes can compete in each flight. This method will only be used for the Boys F/S and Girls JV competition. The order of the Field Events will follow the CCS order.
- 7) Starting height for the high jump will be set 2 inches below lowest entered height of athletes who check-in. The bar will move up in 2-inch increments.

Finals Day

- 8) If there are more than 16 entrants in the 800, we will split the field evenly with the slow group running first and the fast group running second. The combined times from both heats will be used to determine the overall places. If there are an odd number of runners in the 800 when two heats are being run, the additional runner will be placed in the fast heat.
- 9) Only 1 heat will be run for the 1600m in each division.

Running Events

- 800m – alleys if needed (determined by the starter)
1600m – alleys if needed (determined by the starter)
3200m – alleys if needed (determined by the starter)
1600m Relay – 3 turn stagger
- 10) 2 Alleys will be used for the 800m, 1600m and 3200m if needed (the starter will make determination). The top third of the competitors will run in the outside alley with the fastest competitor on the outside to the slowest on the inside. The other 2 thirds of

the competitors will run in the first alley with the fastest of that group on the outside to the slowest on the inside.

Field Events

The Varsity boys and Varsity girls' field events will compete on Finals Day. They will be allowed 3 attempts (LJ, TJ, SP and Discus) with the top 8 receiving an additional 3 attempts. **Any ties for 8th place will be included in the finals.** The top 8 will compete in reverse order of their place. Therefore, the competitor with the highest mark will compete last.

If the field is bigger than 12 competitors, flights will be used with the top competitors in the second flight. The order of the Field Events will follow the CCS order.

In the Discus and Shot, every legal throw will be measured.

Starting height for the high jump will be set 2 inches below lowest entered height of athletes who check-in. The bar will move up in 2-inch increments.

Rules for both days

11) The high jump bar should not be moved up more than one increment above the height that an athlete has cleared while he/she is away competing in another event as long as they have checked out and are within 10 minutes of their check out time. They should be offered a chance to jump out of order before checking out. Once the 10 minutes has passed, the bar can be moved up. The field official should note the time of check out of the field sheet.

12) Warm-ups for field events are not allowed prior to the event unless the venue has been declared open by the meet director and the event official or contestant's coach is supervising at the site. A red cone or sign can be used to signal the event is closed. (Article 6-2-6) Officials should be on site 30 minutes before the start of the event for warm-ups. First set of field events start at 3pm. Officials should be there by 2:30pm. First official jump or throw should happen by 3pm.

13) All field event athletes may check out no earlier than 5 minutes prior to the start of a track event in which they are entered and must report back immediately at the end of the track event. They must notify the event official when they check out and when they report back. The event official should allow them multiple attempts prior to the athlete checking out of the event if the athlete desires to make multiple attempts. The athlete has up to 10 minutes to recover after the completion of his/her running event, not when they report back to the field event. If his/her running event finishes at 4pm, the athletes can be called for a field attempt at 4:10pm. The field official should note the time of check out of the field sheet.

14) If an athlete is participating in two field events at the same time, he/she should go back and forth between the two events as quickly as possible within a 10-minute window. The field official should note the time of check out of the field sheet. They should be offered a turn out of order once checking in to allow time to move back and forth between events.

15) All discus and shots will be weighed before the competition. Shot and Discus officials should verify that all implements have been weighed and approved.

16) Any clerical or scoring issues should be reported within 48 hours of the end of the meet. Please email corrections to the meet director and Hank Lawson.

17) All athletes are limited to four events. Entries are determined as of 10:00pm on April 20, 2024. At this time, the at-large qualifiers will be determined. If you are submitting an at-large qualifier, submit their name, division, event and mark to the meet director before 10pm on the 20th of April. When submitting an at-large qualifier, all of your athletes (3 entries plus at-large qualifier(s)) in that event must be in the Top 8 marks for entries or the at-large athlete is not accepted.

18) No competitor may be added to an event after 10:00pm on April 20, 2024, without the agreement of at least 5 of the 7 schools competing in the meet, except for at-large qualifiers. The additions should be made only under unusual circumstances.

19) Appeals regarding misapplication of the rules shall be filed within 30 minutes after the results have been published or made official in that event. The head coach will first protest to the meet director. The meet director will go to the starter, who will also act as the referee, for a ruling. The decision of starter is appealable if the coach still feels that the terms and conditions of competition or the application of the rules have been misapplied or misinterpreted. The Jury of Appeals shall review the appeal. A final written appeal can be made to the League Commissioner as an avenue of last resort for the head coach.

20) If there is a hardship athlete, he/she must follow the Hardship Rule in the SCVAL Track By-laws. The request for hardship must be presented to the SCVAL Commissioner and Meet Director prior to the start of the League Trials. See the Track By-laws, Article VIII, Section 1.

See sample schedule on page below. By-laws state the field events start at 3pm and running events at 4pm.

Trials Schedule – Tuesday, April 23 – Lynbrook High School

2:15pm Coaches scratch meeting

Rolling Schedule
4pm Trials begin
100 HH VG, JVG
110 HH VB
65 HH JVB

400M VG, VB, JVG, JVB
100M VG, VB, JVG, JVB
3200M JVG (Final)
300 IH VG, JVG, VB, JVB
3200M JVB (Final)
200M VG, VB, JVG, JVB

Field Events (Finals) (4 attempts for throws, horizontal jumps)
Weigh in – 2:30pm-2:45pm, 3:45-4:00pm

3:00pm JVG HJ, JVG DT, JVG LJ, JVB LJ, JVB SP
4:15pm JVB HJ, JVB DT, JVB TJ, JVG TJ, JVG SP

Finals Schedule – Thursday, April 25 – Lynbrook High School

2:15pm Coaches scratch meeting
Preliminary Schedule – will update after entries are received
4:00pm 4x100M VG, VB, JVG, JVB
4:15pm 1600M VG, VB, JVG, JVB
4:50pm 100HH VG, 100HH JVG, 110 HH VB, 65 HH JVB
5:05pm 400M VG, VB, JVG, JVB
5:20pm 100M VG, VB, JVG, JVB
5:35pm 800M VG, VB, JVG, JVB
6:10pm 300 IH VG, JVG, VB, JVB
6:25pm 200M VG, VB, JVG, JVB
6:40pm 3200M VG, VB
7:10pm 4x400M JVG, JVB, VG, VB

Field Events (LJ, TJ, SP, DT, 3 attempts, then top eight 3 more attempts)
Weigh in – 2:15-2:30pm, 4:15-4:30pm
3:00pm VG HJ, VG LJ, VG DT, VB SP, VB LJ
5:00pm VB HJ, VB TJ, VB DT, VG SP, VG TJ

Location: Lynbrook High School

Days and time: April 23 & 25, field events 3pm, running 4pm

Meet director: Bernie Ramos (Lynbrook)

Duties:

Starter: Steve Villegas, Matt Villegas

Timing: Hank Lawson

Scoring: Hank Lawson
Announcer: Ronald Huynh (Lynbrook)
Head Field Judge (check field results)/Weigh-ins: Los Altos
Jury of Appeals (3 + 2 alt.): Homestead, Mountain View, Gunn
Alternates: Palo Alto, Lynbrook
Clerk of the Course: Lynbrook
Block Crew: Lynbrook

Events:

Hurdles: Lynbrook
Shot: Homestead
Discus: Los Gatos
LJ/TJ Boys: Palo Alto
LJ/TJ Girls: Los Altos
HJ: Mountain View
Chief Finish Line Judge: Lynbrook
Finish Line/Turn Judges:

Day 1: 110H-100m (3): Gunn (Zone 1&2), Homestead (Zone 3)

3200JVG-200m (3): Palo Alto (Zone 1), Lynbrook (Zone 2),

Day 2: 4x100-100m (3): Los Gatos (Zone 1&2), Palo Alto (Zone 3)

800-4x400 (3): Gunn (Zone 1&2), Los Gatos (Zone 3)

League Entries are due April 20 at 10pm