

Peninsula Athletic League

Track and Field Varsity Trials and Finals

Participant Information Bulletin

ATTENTION PAL Coaches: Please route this bulletin to your coaching staff and team. Make sure that you and your coaches have read the [TRACK & FIELD BYLAWS](#) which are posted on under the “By-laws” tab of the [Peninsula Athletic League Website](#).

GAMES COMMITTEE: Ed Riley, Chris Lucey, and Aisha Swayzer

MEET DIRECTOR: Chris Lucey: luceycw@yahoo.com

MEET REFEREE: Al Hernandez (Trials) & JR Heberle (Finals)

LEAGUE MEETINGS: Scratch meeting 4/22 @ 7:00 pm, Hillsdale Cafeteria

Post-season Evaluation: Monday, May 6, 2024 @ 7:00pm @ Hillsdale HS Library

PAL TRIALS AND FINALS DATE AND SITE:

Round	Date	Time	Site
Trials	Thursday, April 25, 2024	Field Events: 2:30 pm Track Events: 5:00 pm	Menlo Atherton HS
Finals	Saturday, May 4, 2024	Field Events: 10:00 am Track Events: 11:00 am	Menlo Atherton HS

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Varsity Track and Field Championships 2024

Menlo-Atherton High School

Note: Trials time schedule may be impacted by the volume of qualifiers

RUNNING EVENTS				FIELD EVENTS		
Trials: Thurs. April 25	Finals: Sat. May 4	Gender	Event	Trials: Thurs. April 25	Finals: Sat. May 4	Event
3:45 PM	9:45		Coaches Meeting			
----	11:00	Girls	4 x 100 Relay (2 sections each)	2:30 PM	----	F/S Girls Pole Vault
----	11:10	Boys		after F/S Girls		F/S Boys Pole Vault
5:00	11:20	Girls	1600m	4:00 PM	----	Girls Long Jump
5:15	11:30	Boys	100m/110m hurdles	4:00 PM	----	Girls Shot Put
5:35	11:40	Girls				
5:45	11:45	Boys				
5:55	11:50	Girls	400m	4:00 PM	----	Boys High Jump
6:05	11:55	Boys	100m	4:00 PM	----	Boys Triple Jump
6:20	12:05	Girls				
6:30	12:10	Boys				
6:50	12:15	Girls	800m	4:00 PM	----	Boys Discus
7:00	12:20	Boys	300m hurdles	After F/S Boys (~5:30-6pm)	----	Girls Pole Vault
7:15	12:30	Girls				
7:25	12:40	Boys	200m	----	10:00 AM	Boys Pole Vault
7:35	12:45	Girls				
7:45	12:50	Boys				
8:00	----	Girls	4 x 800m	----	10:00 AM	Boys Long Jump
8:15	----	Boys	3200m (2 boys heats)	----	10:00 AM	Boys Shot Put
----	1:00	Girls				
----	1:15	Boys				
----	1:40	Girls	4x400m Relay (2 sections each)	----	10:00 AM	Girls High Jump
----	1:50	Boys				
Implement Certification				----	10:00 AM	Girls Triple Jump
Trials: Thursday April 25th		2:45-3:45 pm		----	10:00 AM	Girls Discus
Finals: Saturday May 4th		8:45-9:45 am				

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SCRATCHES

1. **PAL TRIALS:** Scratches and substitutions for the PAL Trials will be handled at the Coaches' scratch meeting on the Monday following the close of entries. *No alternate list will be accepted at the Trials competition.*
2. **PAL FINALS:** If any qualifier is unable to compete in the PAL Finals, the Director should be notified as soon as possible so an alternate can be notified. Alternates from the rank order Trials results may be inserted into the lane or flight vacated by the athlete he/she is replacing up to the start time of the Finals competition.

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.
- Athletes and coaches will not be allowed on the field unless they are actually competing or officiating an event. Coaches' boxes will be arranged for the field event areas and wristbands for access will be issued. 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 restricted competitive 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

General Admission	Students with ID and Children K-8	Adults over 60	Under 8
\$10	\$5	\$5	Free
<i>Only online tickets will be accepted and will be made available through GoFan.</i> https://gofan.co/event/1500492?schoolId=CA87614			

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."

RULES FOR COMPETITION

The current *National Federation Track & Field Rules*, plus modifications adopted by the CIF, CCS, and/or PAL will be used:

1. **COMPETITIVE AREA:** The restricted competitive area is open only to meet officials, contestants warming up for the next scheduled event, coaches with wristbands and other authorized individuals. Only athletes actually involved in current competitions will be allowed in the competitive area. They must exit the competitive area upon completion of their event. Coaches' boxes will be provided at each field event for the technical event coaches to meet and provide coaching to their athletes in those events.
2. **USE OF ELECTRONIC DEVICES:** As per NFHS rules, the use of electronic communication devices is permitted during meet in unrestricted areas. The infield of the stadium (from Lane 8 into the field) has been designated a restricted area, with the exception of the Coaches' Boxes. No electronic devices may be in use in this restricted area. This includes the use of cell phones.
3. **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.
4. **CALLS FOR EVENTS:** Competitors must check in with the clerk of the course or field-event judge no later than 20 minutes prior to the published start time for that event. Any athlete not reporting on time will be scratched. After checking in, competitors will be required to remain in the restricted area except to use the restroom until they complete their event.
5. **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.

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6. 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 from the completion of their running event to recover before resuming competition in the field event (not from when they report back to the field event.) 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 may allow them multiple attempts prior to the athlete checking out of the event if the athlete desires to make multiple attempts. The field official should note the time of check out of the field sheet.
7. FINISH: F.A.T. systems will be used to determine the order of finishes in all running events.
8. 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, including ties for the final Section meet qualification position. Ties for the last qualifying spot to the Finals or the Section Semi-Finals for the in-lane 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.
9. SCORING: Scoring will be: 10, 8, 6, 4, 2, 1 in all events.
10. DRESSING: Locker rooms will NOT be available.
11. 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.

EQUIPMENT CHECK:

1. 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.
2. High jumpers will be checked by the event judge to ensure their shoes conform to legal standards.
3. 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.
 - a. Implements that do not meet all specifications of weight, size, diameter, etc. will be confiscated until the events are completed.
 - b. Girls will compete with the 4-kilo shot.
4. All athletes shall be checked prior to being allowed to compete to ensure that no spikes are greater than 1/4"
5. All batons must conform to NFHS specifications.
6. Starting blocks will be provided and only those blocks may be used.

SEEDING PROCEDURES:

1. Equal heats will be formed. Heat winners, plus the next fastest times, qualify for the finals. Athletes are seeded by time or mark.
2. Trials winners will be seeded by time in the Finals
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 may be used for the 1600m and 3200m. Seeding for these races will be the same as used for the CCS Section Meet.

FIELD EVENTS

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 is supervising at the site. A 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

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warm-ups. First set of Varsity field events start at 4 pm for the Varsity Trials and 10 am for the Varsity Finals.

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. See CONTESTANTS DOUBLING SECTION ABOVE. The field official should note the time of check out of the field sheet.

1. Shot Put, Discus, Long Jump & Triple Jump:

- a) All discus and shots will be certified before competition. Shot and Discus officials should verify that all implements have been weighed and approved.
- b) Athletes will be seeded on the basis of qualifying marks, with the best mark last, broken into an equal number of competitors in each flight if necessary. Each flight will take three [3] attempts before moving to the next flight. The top flight in all cases will be last.
- c) The twelve [12] best will advance to the final rounds.
- d) In the event of a tie for the 12th spot, the tied competitors shall advance in that event.
- e) In the final rounds, the athletes will be seeded 1 to 12 on the basis of preliminary round marks, with the best competing last. Each athlete may take three [3] trials in the final rounds.

2. High Jump and Pole Vault:

- a) Athletes will be seeded on the basis of League qualifying marks, with the best mark last.
- b) Starting heights and raises 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 the entry marks.
- c) 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 back within 10 minutes of their running event finishing. 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.
- d) Normal NFHS tie breaking rules will be used to advance to CCS Semis. Should there still be a tie for the final CCS qualifying spot after applying the normal NFHS tie breaking rules, a jump off shall be held to determine the final qualifier.

APPEALS and PROTESTS:

1. **HARDSHIP APPEALS:** If there is a hardship athlete, he/she must follow the Hardship Rule in the PAL Track By-laws. The request for hardship must be presented to the PAL Commissioner and Meet Director prior to the start of the League Trials. See the Track By-laws, 12.1.14.

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

2. **THE JURY OF APPEALS** – The Games Committee shall serve as the jury of appeals. Protests 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 referee for a ruling. The decision of the referee is appealable if the coach still feels that the

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terms and conditions of competition or the application of the rules have been misapplied or misinterpreted. The Jury of Appeals shall review the appeal. Appeals will be addressed immediately, and are final, with no further action to follow. A final written appeal can be made to the League Commissioner as an avenue of last resort for the head coach.

MEET OFFICIALS:

Where certified NFHS and USATF officials cannot be utilized, field events judges will be provided by assigning responsibilities to the schools. An updated list of assignments for both the Trials and Finals will be provided by the PAL Games Committee to the League Coaches.

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

Meet Responsibility	Gender	@ Trials or Finals	School(s)	Total #
Long Jump	Girls	Trials	Capuchino, Jefferson with USATF	6
Triple Jump	Boys	Trials	Carlmont, Westmoor	6
High Jump	Boys	Trials	Burlingame, HMB	5
Pole Vault	F/S & Girls	Trials	Aragon, Woodside with USATF	5
Shot Put	Girls	Trials	Mills with USATF	3
Discus	Boys	Trials	Hillsdale & Terra Nova	6
Long Jump	Boys	Finals	El Camino, Aragon	6
Triple Jump	Girls	Finals	Oceana, Westmoor	6
High Jump	Girls	Finals	Burlingame, HMB	5
Pole Vault	Boys	Finals	San Mateo, Woodside	5
Shot Put	Boys	Finals	Mills, Sequoia	3
Discus	Girls	Finals	Hillsdale & Terra Nova	3
Clerking (Hip #s)		Trials	San Mateo (with USATF @ Finals)	2
Clerking (Hip #s)		Finals	San Mateo	2
Lane Judges		Finals	Burlingame, Carlmont, El Camino, Mills	4
Exchange Zones		Finals	ALL except HMB, Oceana, Terra Nova, Menlo-Atherton	12
Hurdles		Both	Host School (Menlo-Atherton)	5
Blocks		Both	Host School (Menlo-Atherton)	1
Implement Cert.		Both	Woodside	1
Results Runner		Both	Aragon	2
Awards		Both	San Mateo	3
PA Announcer		Both	Host School (Menlo-Atherton)	3
Admissions		Both	Host School (Menlo-Atherton)	3
Trainer/EMT		Both	Host School (Menlo-Atherton)	

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

LJ/TJ: 1 Adult each on board, clipboard, tape (mark); 1 Student on tape (pull), 2 rakers
SP/DT: 1 Adult on ring, 1 on tape (mark); Students shag/tape (pull)
Relays: 1 – 4 Adults (preferably Coaches) each zone

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.

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SPORTSMANSHIP

For complete Section Sportsmanship 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 PAL Tournament contest for FLAGRANT MISCONDUCT or for UNSPORTSMANLIKE BEHAVIOR may be disqualified from all remaining contests in that sport that season.

RESULTS & AWARDS:

At the Championship Events, awards will be presented **during the meet**. Track and field athletes are asked to report directly to the awards area for their medals when called.

Live results will be posted in on RTLIVE.us. Any clerical or scoring issues should be reported within 48 hours of the end of the meet. Please email corrections to the meet director.

CCS MEET:

The top five (5) placers in each event in the Boys and Girls Divisions, plus any additional competitors attaining the CCS At-Large marks in their Finals competition, qualify for the Central Coast Section Track and Field Meet at Gilroy High School on May 11th & May 18th, 2024.

Coaches who have athletes qualifying for the Section Meet should refer to the CCS section website (www.cifccs.org) to download a copy of the [CCS Participant Information Bulletin](#).

Note: Any athlete who qualifies for the Central Coast Section Meet but plans to scratch any event must notify the PAL Meet Director at any time **prior to 9 am on Monday, May 6th** to complete their scratch and alert any potential League alternate for CCS.

DIVISION EVENT

**OPENING
HEIGHT**

**CCS
At Lrg**

PROGRESSION

VARSITY

Boys High Jump	5' 6"	6' 0"	5'6", 5'8", 5'10", 6'0" then 2" increments
Girls High Jump	4' 4"	5' 0"	4'4", 4'6", 4'8", 4'10", 5' 0" then 2" increments
Girls Pole Vault	7' 4"	9' 4"	7'4", 7'10", 8'4", 8'10", 9'4" , 9'10"
			then 6" increments
Boys Pole Vault	9' 6"	12' 6"	9'6", 10', 10'6", 11', 11'6", 12', 12'6"
			then 6" increments

FROSH/SOPH

Boys High Jump	4' 10"		4'10", 5'0", 5'2" then 2" increments
Girls High Jump	4' 0"		4'0", 4'2", 4'4" then 2" increments
Girls Pole Vault	6' 0"		6'0", 6'6", 7'0" then 6" increments
Boys Pole Vault	8' 0"		8'0", 8'6", 9'0", 9'6", then 6" increments