

Dear CCS Track & Field Committee,

Note: The CCS Office is still working to confirm the contact information of the head Track & Field coaches for 2025. To insure they receive this information, please share this email with your league colleagues.

As we begin the competition season for Track & Field, here are some updates:

- As per the CCS Calendar, **this week** (February 17-22) is the first week where scrimmages can be conducted. Non-scoring scrimmage meets can be conducted in which the results are not publicly published and no marks recorded can be used for entry into other competitions. **Next week** (February 24-March 1) is the first week for normal competition. *Please note: although some other Sections in California may have earlier starting dates and may be conducting meets this week, as CCS member schools, we are subject to CCS Bylaws and, therefore, cannot participate prior to February 24th.*
- At their last meeting the CCS Board of Managers approved the CCS Track & Field Committee proposal which included the provisions for semifinals in the 4x800 for 2025. Therefore each league will be able to forward the number of entries in the 4x800 to the CCS Semifinals that they are allotted in every other event. However, for 2025, there will not be an at-large time for the 4x800 to the CCS Semis because there is not yet 3 years of data available to establish that standard (as required by the CCS Track & Field Bylaws).
- Because of the addition of the 4x800 to the CCS Semifinals, at the recommendation of your Committee, we will begin the track events one hours earlier than the last few years (10:00 am) and the 4x800 will be conducted prior to the 3200m semifinals. To minimize athlete conflicts between the long jumps and the 4x100 relay, we will begin the long jumps one-half hour earlier than in the past few years (9:30 am).
- Below you will find the links to the NFHS rule changes for 2025 which were also linked to our January Organizational Meeting Agenda:

- ☐ [NFHS Rule changes](#)

o [Rule change poster](#)

- ☐ [Track & Field Point of Emphasis](#)

- ☐ [NFHS Comments on the Rules](#)

- ☐ [NFHS Uniform Rules](#) (no changes this year but this is handy to have. The CIF had to DQ two XC athletes at the CIF State Meet this past fall due to uniform violations)

The CIF will be conducting a meeting later this month regarding Track & Field. I will keep you informed of any noteworthy items.

Please share this with your league colleagues.

Let me know if you have any questions,

Steve

Steve Filios

CCS Meet Director



CENTRAL COAST SECTION TRACK & FIELD



Organizational Meeting January 16, 2025, 6:00 pm

Join Zoom Meeting

<https://us02web.zoom.us/j/81052244792?pwd=YaCwIjZbyXUJAnbaPduRDEGhy0lf5X.1>

Meeting ID: 810 5224 4792

Passcode: 083831

Or Dial by your location

• +1 669 900 6833 US (San Jose)

I. Welcome & Introductions

- A. Roll of League Representatives
- B. Guests

II. Review of Tournament Guide Dates

- A. 2025 Important Dates:
 - Practice start date: Monday, February 3
 - 1st scrimmage date: Monday, February 17
 - 1st contest date: Monday, February 24
 - Last contest date: Saturday, May 10
 - CCS Entries due: Tuesday, May 13
- B. Meets:
 - Semifinals: Saturday, May 17 @ Gilroy HS
 - Finals: Saturday, May 24 @ Gilroy HS
- C. State Meet Dates:
 - Semifinals: Friday, May 30 @ Buchanan HS
 - Finals: Saturday, May 31 @ Buchanan HS
- D. Evaluation Meeting: Tuesday, June 3, 4 pm (via zoom)

III. CCS Meet

- A. [Participating School Sheet](#)
- B. [Review Bylaws & 2024 Committee Report](#)
 - [League Entries](#)
 - League responsibilities-meet officials
 - 4x800 (update)
 - Unified events (update):
 - [CCS At-large times](#)
- C. [Meet/ time schedule](#) (discussion item)
 - Semifinals: Field events: 10:00 am; Track events: 11:00 am
 - Finals: Field events: 3:00 pm; Running events: 4:45 pm
- D. Admission
 - Coaches sign-in
 - Admission for Coaches/Athletes
 - Spectators (GoFan)

- E. Other Items
- Check-in
 - Head coach sign-in
 - Coaches accompanying athletes
 - Warm-up area
 - Clerk of the Course
 - Field Event Officials check-in
 - Award Procedure for finals
 - Participation Certificates
 - CCS online store/Team orders
 - Programs online
 - Other items of concern

IV. Additional information

A. [Sanctioned invitational meets](#)

- Implement certification
- Wind gauges
- Horizontal Jumping Pits – commentary/guidelines
- Coaches accompanying athletes
- CCS/CIF Passes
- Officials –PA thank yous and promos

B. League meet schedule & hosts

C. NFHS Rules

- [NFHS Rule changes](#)
 - [Rule change poster](#)
- [Track & Field Point of Emphasis](#)
- [NFHS Comments on the Rules](#)
- [NFHS Uniform Rules](#)

D. [NFHS/USATF Track and Field Meet Notes](#)

The NFHS has released the 2024 Track and Field Pre-Meet Notes, a web-based, preseason publication. The NFHS Track and Field Rules Committee has identified a strong need for training and educational materials for track and field officials and the many volunteers who work our interscholastic meets. This publication is designed to cover the rules for both coaches and officials.

E. 2025-26

- Practice start date: Monday, February 2
- 1st scrimmage date: Monday, February 16
- 1st contest date: Monday, February 23
- Last contest date: Saturday, May 9
- CCS Semifinals: Saturday, May 16
- CCS Finals: Saturday, May 24
- CIF State Meet: Friday & Saturday, May 29 & 30

V. Adjournment