

ATTENTION ALL COACHES – PLEASE READ!!!

1. Enclosed in this envelope are a coaches' sign-in sheet, wristbands for you and your other coaches, wristbands for your athletes entered in the meet, a meet schedule and a copy of the meet entries. Athletes and coaches must be wearing a wristband in order to enter the stadium.
2. **Check-in procedures**
 - The head coach or designated coach of each team is to check in at the front gate of the stadium and sign for the team envelope. The team envelope will contain a wrist band for each athlete entered in the meet as well as a maximum of five (5) coach's wristbands.
 - Coaches and athletes must be wearing a wristband to enter the stadium.
 - The team camp area and a warm-up area will be on the field to the west of the stadium. No team camps, stretching or warm-up will be allowed in the stadium.
 - All athletes must wear masks and be social distant unless they are competing.
 - All coaches must wear masks at all times. Coaches will be allowed to enter the stadium and watch events from the designated areas.
 - Athletes in running events will check in with the Clerk of the Course when paged. There will be a gate located on the north end (near the backstop) of the team camp/warm-up area to access the Clerk.
 - Athletes will enter the stadium from the team camp/warm-up area via:
 - Pole vault, high jump, long jump and triple jump via the gate on the north end (near the backstop) of the team camp/warm-up area.
 - Shotput and discus via the main gate to the stadium. Implement certification will take place on the south end of the stadium.
 - 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.
 - No additional wristbands are available. No other gates lists are accepted.
3. Coaches are asked to verify the listed names of athletes who are advancing to the CCS finals. Please insure that every athlete's *last AND first* name and their year in school are correct. Errors should be reported to Mark McConnell (who is located at the finish line).
4. **SCHOOLS WITH RELAY TEAMS:**
 - Due to COVID guidelines, relay teams must supply their own batons.
 - Please submit any name changes for relay team members to the Clerk of the Course. If your relay team(s) qualifies for the Finals, and you will be making any changes, please submit those changes before you leave today.
5. There are **NO** alternates in today's meet. Scratched athletes will not be replaced. There will be a list of alternates for the FINALS should anyone drop an event between the trials and finals.
6. **Note:** CCS Track & Field bylaws require that **athletes to check in no later than 15 minutes before the scheduled start of their event**.
7. For athletes in multiple events: Please review the process for your athletes 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, have your athlete check in and return to the field event and continue competing until a reasonable time before the race. Please have athletes return directly to the field event after the running event. He/she will be allowed 10 minutes to recover before resuming competition in the field event. 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. A change in flights may be allowed in order to accommodate the athlete and meet management.
8. Live results are being posted to www.soqueltrack.com/results Due to COVID guidelines no results can be posted in the stadium. A complete set of results will be also available on the CCS website. *Both today's meet and next week's finals will be livestreamed, and also available on demand, by the NFHS Network (<https://www.nfhsnetwork.com/associations/cifccs>).*
9. Athletes will advance to the CCS finals in accordance with the CCS bylaws. ***Should any athlete find it necessary to scratch an event in the CCS Finals, please notify the meet director so that an alternate can be identified and notified as soon as possible.***
10. **PLEASE REMIND YOUR ATHLETES THAT ALL UNIFORM, VIDEO AND CELL PHONE RULES WILL BE INFORCED AT TODAY'S MEET.**
 - 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 stadium has been designated a restricted area. **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. *Note:* A competitor may not view any videotape or any other visual reproduction of their performance prior to completion of the event.



CIF/Central Coast Section
2021 TRACK & FIELD CHAMPIONSHIPS
 Participant Information Bulletin
Updated 5/28/2021



This Bulletin was e-mailed to all member-schools on or about May 10, 2021

Contact: Steve Filios - Email: sfilios@cifccs.org

ATTENTION ATHLETIC DIRECTORS:

Please route this bulletin to your HEAD VARSITY TRACK & FIELD COACH, and make sure that you and your coach have read the [TRACK & FIELD BYLAWS](#) which are posted under the "Playoff Information & Bylaws" tab of the [Track & Field webpage](#) of the [CCS website](#).

MEET DIRECTOR: STEVE FILIOS sfilios@cifccs.org

MEETINGS: *EVALUATION:* MONDAY, JUNE 28, 2021 @ 1:00pm

CHAMPIONSHIPS DATES / SITE / SCHEDULE

ROUND	DATE	TIME	SITE
Semifinals	Saturday, JUNE 12th	Field Events: 10:00 am Track Events: 11:00 am	Soquel High School
Finals	Saturday, JUNE 19th	Field Events: TBD Track Events: TBD	Soquel High School

WEATHER: The Meets will go on, rain or shine.

Note: Semifinal time schedule may be affected if extra heats/competitors are added due to at-large qualifiers

RUNNING EVENTS				FIELD EVENTS		
<i>Semifinals: Sat, Jun 12 @ Soquel HS</i>	<i>Finals: Sat, Jun 19 @ Soquel HS</i>	Gender	EVENT	<i>Semifinals: Sat, Jun 12 @ Soquel HS</i>	<i>Finals: Sat, Jun 19 @ Soquel HS</i>	EVENT
12:00	1:00	Girls	4x100 M Relay	10:00	11:00	Girls Pole Vault
12:20	1:10	Boys				
12:40	1:20	Girls	1600 M	10:00	10:00	Boys Discus
1:00	1:30	Boys				
1:20	1:45	Girls	100/110 M Hurdles	10:05	11:10	Boys Long Jump
1:40	1:55	Boys				
2:00	2:05	Girls	400 M	10:10	11:15	Girls Long Jump
2:20	2:10	Boys				
2:40	2:20	Girls	100 M	10:15	10:15	Girls Shot Put
2:55	2:25	Boys				
3:15	2:35	Girls	800 M	10:20	11:30	Boys High Jump
3:30	2:45	Boys				
3:45	2:55	Girls	300 M Hurdles	1:50	1:30	Boys Pole Vault
4:00	3:05	Boys				
4:20	3:15	Girls	200 M	2:00	1:20	Girls High Jump
4:35	3:20	Boys				
4:50	3:30	Girls	3200 M	1:15	12:15	Girls Discus
5:20	3:50	Boys				
5:50	4:10	Girls	4x400 M Relay	2:05	1:40	Girls Triple Jump
6:20	4:20	Boys				
IMPLEMENT CERTIFICATION						
<i>Semifinals: Sat, Jun 12</i>		9:00-10:15 & 12:00-1:15		2:10	1:45	Boys Triple Jump
<i>Finals: Sat, Jun 19</i>		9:00-10:15 & 11:00-12:15		1:00	12:00	Boys Shot Put

IMPORTANT NOTICE TO ALL PARTICIPANTS AND COACHES

The CIF-Central Coast Section is well aware that many other school and non-school activities (AP tests, SAT/ACT tests, proms, plays, holidays, senior trips, religious days, etc.) may occur during CCS Play-offs. The CCS tries to avoid as many conflicts as possible; however, with so many activities available for today's student-athlete, it is not reasonable to assume that all such activities can be taken into account, and thus, CCS Play-off events will go on as originally scheduled. Participants and coaches are therefore expected to plan in advance for such possible scheduling conflicts and make those difficult choices as to which events will take precedence for that individual. Generally, although it is ultimately the personal choice of the student-athlete and/or his/her parent(s), an academic activity should take precedence over an extra-curricular event.

QUALIFYING/ENTRIES:**A. FROM LEAGUE FINALS TO CCS SEMI-FINALS MEET** (see [TRACK & FIELD BYLAWS](#): Section 3.)

- After removing all scratches and inserting all alternates, League Representatives must submit their **League Finals Results & Final League Entries**, by **9:00am** on the **Tuesday morning prior to the CCS Qualifying Meet**, **directly to Mark McConnell: racetimer@aol.com**;
- Once **League Entries** are submitted for the CCS Semi's, alternates will not replace scratched athletes.
- Allocations of **League Entries** to the CCS Semi's are allocated as per the CCS Track & Field Bylaws and were updated by CCS Meet Management on April 1, 2021. (see chart below)

2021 LEAGUE ENTRIES					
LEAGUE	BOYS	GIRLS	LEAGUE	BOYS	GIRLS
BVAL	8	8	SCCAL	3	3
PAL	5	5	SCVAL	6	6
PCAL	6	6	WBAL	2	2
PSAL	2	2	WCAL	2	2

- At-Large Entries** will be admitted in accordance with [TRACK & FIELD BYLAWS](#): **Section 3.E.1. and 2.** If an athlete does not automatically qualify for the CCS Semi-Finals but his/her mark from their performance at the final League event at the Varsity level which qualifies athletes to the CCS Semi-Finals is equal to or better than the average of the last-place qualifying mark to the CCS Finals from the three [3] most recent years, then that athlete will be added to the CCS Semi-Final competition. This provision is for all events, including relays.

Boys:							
100	11.06	1600	4:21.27	400R	43.30	HJ	6'0
200	22.59	3200	9:40.21	1600R	3:27.65	PV	12'10
400	50.43	110HH	15.61	LJ	21' 01	Shot Put	49'08
800	1:57.79	300IH	40.80	TJ	43'03	Discus	141'00
Girls:							
100	12.56	1600	5:08.46	400R	49.66	HJ	5'01
200	25.78	3200	11:32.04	1600R	4:06.91	PV	10'04
400	59.37	110HH	15.64	LJ	17'00	Shot Put	36'10
800	2:19.13	300LH	46.86	TJ	36'04	Discus	112'05

B. FROM SECTION SEMI-FINALS TO FINALS: See [TRACK & FIELD BYLAWS](#): **Section 4.****C. FROM SECTION FINALS TO CIF STATE MEET**

The CIF has cancelled the 2021 CIF State Meet.

SCRATCHES:

CCS FINALS: If any qualifier is unable to compete in the CCS Finals, the Director should be notified as soon as possible so the alternate can be notified. Alternates will be inserted into the lane or flight vacated by the athlete he/she is replacing. **No alternate list will be accepted at the Semi-Final Meet.**

ELIGIBLE ATHLETES:

No athlete will be allowed to compete who is not accompanied by a certified coach of the school which he/she is representing.

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.
- Coaches should sign in and pick up team packets, containing heat sheets and other critical Meet information at the "Participants' Gate" upon arrival at the venue.
- Athletes and coaches will not be allowed on the field unless they are actually competing or officiating an event. 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 field 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.

ATTENDANCE/ADMISSION/COVID 19 GUIDELINES

- The CCS Track & Field Championships involve multiple schools from multiple counties. Each county has its own specific COVID-19 guidelines that must be adhered to during the playoffs in order to ensure the safety and well-being of spectators, players, coaches and officials.
- **Check-in**
 - The head coach of each team is to check in at the front gate of the stadium and sign for the team envelope. The team envelope will contain a wrist band for each athlete entered in the meet as well as a maximum of five (5) coach's wristbands.
 - Coaches and must be wearing a wristband to enter the stadium.
- The team camp area and a warm-up area will be on the field to the west of the stadium. No team camps, stretching or warm-up will be allowed in the stadium.
- All athletes must wear masks and be social distant unless they are competing.
- All coaches must wear masks at all times. Coaches will be allowed to enter the stadium and watch events from the designated areas.
- Athletes in running events will check in with the Clerk of the Course when paged. There will be a gate located on the north end (near the backstop) of the team camp/warm-up area to access the Clerk.
- Athletes will enter the stadium from the team camp/warm-up area via:
 - Pole vault, high jump, long jump and triple jump via the gate on the north end (near the backstop) of the team camp/warm-up area.
 - Shotput and discus via the main gate to the stadium. Implement certification will take place on the south end of the stadium.
- Athletes must provide their own water.
- There will be no concessions at the Semifinals.
- *No spectators will be allowed at the Semifinal Meet on Saturday, June 12.*
- *A limited amount of spectators will be allowed at the Final Meet on Saturday, June 19. On-line ticketing will be used to help support the management of spectator access to the meets in accordance with COVID-19 protocols for public events. No tickets will be sold at the gate.*
- *Both meets will be livestreamed, and also available on demand, by the NFHS Network (<https://www.nfhsnetwork.com/associations/cifccs>)*

RULES FOR COMPETITION

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

- 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. Only athletes actually involved in competition will be allowed on the stadium field and must return to the designated area upon completion of their event.
- CALLS FOR EVENTS:** Competitors must check in with the clerk of the course or field-event judge no later than 15 minutes prior to the published start time for that event. Any athlete not reporting on time will be scratched.
- 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.
- USE OF ELECTRONIC DEVICES:** As per NFHS rules, the use of electronic communication devices is permitted during meet in unrestricted areas. However, the infield of the stadium has been designated a restricted area. **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.
- 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 to recover before resuming competition in the field event.

- E. **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. Ties in 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.
- F. **FINISH:** F.A.T. systems will be used to determine the order of finishes in all running events.
- G. **SCORING:** Scoring will be: 10, 8, 6, 5, 4, 3, 2, 1 in all events.
- H. **DRESSING:** Locker rooms will NOT be available.
- I. **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.
 - Due to CDPH COVID-19 guidelines, no water will be provided by Meet Management. Athletes should supply their own water.
 - As per CDPH guidelines, there will be no concessions at the venue.

UNIFORMS:

As per National Federation Rules, and as modified by the State CIF:

National Federation Uniform Rules will be strictly enforced. All athletes competing must wear their SCHOOL ISSUED or SCHOOL APPROVED UNIFORM AND SWEATS AT ALL TIMES. No other uniform or clothing may be worn during warm-up, competition or on the victory stand. Failure to do so could result in disqualification from an event.

EQUIPMENT CHECK:

- A. All pole vaulters will be required to have their vaulting poles checked by the event judge to insure tape restrictions are not violated. Coaches **MUST** also validate their athlete's weight on the coaches' sign-in sheet.
- B. High jumpers will be checked by the event judge to insure their shoes conform to legal standards.
- C. All shot 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.
 - Implements that do not meet all specifications of weight, size, diameter, etc. will be confiscated until the events are completed.
 - Girls will compete with the 4-kilo shot.
- D. All athletes will be checked prior to being allowed to compete to insure that no spikes are greater than 1/4"
- E. All batons must conform to NFHS specifications.
- F. Starting blocks will be provided, and only those blocks may be used.

SEEDING PROCEDURES – As per CCS [TRACK & FIELD BYLAWS](#)

RUNNING EVENTS

- 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. Semi-Final winners will be seeded by time.
- 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 will be used for the 1600m and 3200m. Seeding for these races will be the same as used for the CIF State Meet.

FIELD EVENTS

- 1. **Shot Put, Discus, Long Jump & Triple Jump:**
 - a. Athletes will be seeded on the basis of League qualifying marks, with the best mark last, broken into an equal number of competitors in each flight. Each flight will take four [4] attempts before moving to the next flight. The top flight in all cases will be last.
 - b. The twelve [12] best will advance to the Finals.
 - c. In the event of a tie, all competitors will advance in that event.
 - d. At the Section Finals, the athletes will be seeded 1 to 12 on the basis of qualifying marks, with the best competing last. Each athlete will take three [3] trials. The top eight [8] and ties (must be a fair attempt) from the trials will take three [3] final efforts in inverse order of standings at the end of the trials.
- 2. **High Jump and Pole Vault:**
 - a. Athletes will be seeded on the basis of League qualifying marks, with the best mark last. Continuing flights of "five alive" will be used at each height.
 - b. Starting heights 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 League entry marks.
 - c. The twelve [12] competitors with the best marks will advance to the Finals. Normal NFHS tie breaking rules will be used to advance to finals.

APPEALS:**A. HARDSHIP APPEALS:**

1. Hardships may only be considered for qualification from the League qualifying meet to the CCS Semi-Finals.
2. Hardship only applies to an illness/accident that is non-sports related;
3. The athlete must be under a medical doctor's care;
4. Any request for hardship must be presented to the League Meet Director, IN WRITING, before the start of the athlete's first race;
5. The athlete must have posted a previous mark that is better than the last qualifier's mark;
6. The hardship hearing will be held on the second working day following the request for hardship;
7. Appeals shall be conducted according to the respective League's Bylaws.
8. 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.

B. THE JURY OF APPEALS:

1. **Semi-Finals and Finals** - The Meet Director shall appoint a jury of appeals with approval of the CCS Office. Appeals will be addressed immediately, and are final, with no further action to follow.

MEET OFFICIALS:

As per unanimous agreement of the CCS Track & Field Committee, field events judges will be provided by assigning responsibilities to Leagues. An updated list of assignments will be coordinated by the CCS Meet Management team through the League Representatives.

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

SPORTSMANSHIP For complete 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 CCS Tournament contest for FLAGRANT MISCONDUCT or for UNSPORTSMANLIKE BEHAVIOR will be disqualified from all remaining contests in that sport that season.***

COMMEMORATIVE PATCHES

While supplies last, CCS commemorative patches are available at the [CCS Online Merchandise Store](#).

We now accept these
cards for payment:

**PARTICIPANT CERTIFICATES**

Participant Certificates are available on the CCS Track & Field page of the CCS website.

RESULTS

Results will be posted in on the [Track & Field webpage](#) of the [CCS website](#). Live results will be available on <http://www.soueltrack.com/results/>.

PRACTICE AT CHAMPIONSHIP SITE(S):

Special arrangements for team practice by participating schools at the competition site(s) are prohibited. Schools found in violation of this rule may be barred from further participation in the Section Meet.