

Principal

- ☐ Athletic Director
☐ Head Track & Field Coach



2014 NCS/Les Schwab Tires MEET OF CHAMPIONS TRACK & FIELD CHAMPIONSHIP SERIES BULLETIN

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TO: Coaches of Boys' and Girls' Track Teams; League Commissioners; Track Meet of Champions Management Committee members and NCS Staff
FROM: Karen Smith, NCS Associate Commissioner
DATE: February, 2014

EDWARDS STADIUM, UNIVERSITY OF CALIFORNIA, BERKELEY



FARMERS

TRIALS
Friday, May 30, 2014

FINALS
Saturday, May 31, 2014

MEET DIRECTOR

Brian Henderson
750 Moraga Way
Orinda, CA 94563
(925) 280-3930 x5323

GAMES COMMITTEE

Brian Henderson Brad Morisoli
Keith Conning Linda Sawyer
Angela Paradise Jack Coakley
Peter Brewer Allison Adams

Chuck Woolridge
George Kleeman
Mike Elliott
Karen Smith, NCS

Willis Ball
Jim Caccavo
Scott Brady-Smith

TRACK CONSTRUCTION AND SPIKE SIZE: Edwards Stadium has eight 48" Polyurethane surfaced lanes. The long jump, triple jump, pole vault runways and the high jump apron are also a Polyurethane surface. The shot and discus circles are concrete. Track spikes may not exceed 1/4" in length for events conducted in Edwards Stadium. The length is measured from the shoe's sole to the spike's tip.

COMPETITION RULES: The Track and Field Rules Book of the National Federation of State High School Associations will be the official rules and regulations for both boys and girls, superseded by CIF rules, NCS rules or policies of the NCS/Les Schwab Tires Meet of Champions Games Committee. The top four finishers in each event in Saturday Finals will qualify for the State Meet. Competitors in each event who do not finish in the top four ~~four~~ three can qualify as an at-large entry to the State CIF Track & Field Championships if his/her mark at the final section competition is equal to or better than the standards listed on page 8 of this bulletin.

EACH HEAD COACH MUST SUBMIT AT THE TIME OF CHECK-IN A PARENT SIGNED UC BERKELEY WAIVER FORM FOR EACH PARTICIPATING ATHLETE (see waiver form on page 9). The Kiosk will be closed at 2:00 p.m. on Saturday.

ENTRIES AND ADJUSTMENT IN ENTRIES:

NCS/Les Schwab Tires Area/Classification entries are:

CLASS A Meet - 3 entries

REDWOOD EMPIRE Meet - 7 entries

TRI-VALLEY Meet - 7 entries

BAY SHORE AREA Meet - 7 entries

IMPORTANT INFORMATION: All entries will be closed as of midnight Sunday following the NCS/Les Schwab Tires Area/Class A Championship meets. All entries must be submitted in the proper format using the Hy-Tek Track & Field Meet Manager Version 2.0, 3.0 or 4.0 computer program. *Submit a completed meet database Backup file, a list of all scratches and subsequent advancers by event, and any changes to relay entrants via email to Mike Elliott, elliott.mike@comcast.net, Brian Henderson, bhendu400@hotmail.com, and Brad Morisoli, brad@morisoli.net. If you have questions regarding Hy-Tek, call Mike Elliott, 925-519-3144.*

Each NCS Area/Class A Meet Director must be certain that all entries submitted to the NCS/Les Schwab Tires Meet of Champions are accompanied by the times recorded in the NCS/Les Schwab Tires Class A/Area Championship meet. Entries entered as a result of automatic timing should be *used*. Hand-held times must be listed in tenths. Only automatic times can be listed in hundredths. Each NCS Area/Classification Meet Director must see that qualifying entries plus one in each race are individually timed. Any entries submitted without a qualifying time will be seeded last. Marks in the field events made at the NCS/Les Schwab Tires Area/Classification Championship meet must also be submitted. It is essential that the NCS Area/Class A Meet Directors have the event sheets and an official copy of the results of their NCS/Les Schwab Tires Area/Class-A Championship meet *with them at the Meet of Champions in case, any*

questions arise concerning entries from their respective Area/Class A Conference.

UC BERKELEY LIABILITY WAIVER FORM

Each head coach, upon check-in, must submit for each participating athlete, a parent signed UC Berkeley Waiver Form. This blank form is included in this bulletin, (pg. 9). Participants will not be allowed to compete unless this waiver is signed by their parents/guardian and submitted at check-in. Coaches must also submit the coach's certification when checking in your athletes. This form is also included in the bulletin (pg. 10)

AT-LARGE QUALIFIERS

Any student-athlete who participates in NCS/Les Schwab Tires Class A or Area Championship meet and does not qualify by place to the NCS/Les Schwab Tires MOC Championships but meets or exceeds the "at-large" standard in the MOC finals will automatically qualify for the NCS/Les Schwab Tires MOC Championships.

At-large Standards for 2014

| Boys | | Girls | |
|---------------------|-----------|---------------------|------------|
| 4 x 100-meter Relay | 44.09 | 4 x 100-meter Relay | 49.45 |
| 1600-meter run | 4:21.53 | 1600-meter run | 5:13.66 |
| 110-meter H.H. | 15.63 | 100-meter H.H. | 15.84 |
| 400-meter dash | 50.05 | 400-meter dash | 58.46 |
| 100-meter dash | 11.19 | 100-meter dash | 12.73 |
| 800-meter run | 1:57.42 | 800-meter run | 2:20.29 |
| 300-meter I.H. | 40.78 | 300-meter I.H. | 46.77 |
| 200-meter dash | 22.66 | 200-meter dash | 26.00 |
| 3200-meter run | 9:31.13 | 3200-meter run | 11:12.73 |
| 4 x 400-meter Relay | 3:24.00 | 4 x 400-meter Relay | 4:02.99 |
| Long Jump | 21'10.00" | Long Jump | 17'06.08" |
| Triple Jump | 44'08.25" | Triple Jump | 35'11.50" |
| High Jump | 6'03" | High Jump | 5'02" |
| Shot Put | 48'04.25" | Shot Put | 35'011.50" |
| Discus | 147'09.0" | Discus | 112'10" |
| Pole Vault | 13'03" | Pole Vault | 10'06" |

Entries for the Exhibition 4 X 800 will be closed as of noon Sunday following the NCS/Les Schwab Tires Area/Classification Championship meets. Athletes that have qualified and are entered into the MOC are not eligible to participate in the relay. That includes athletes who are eliminated during the trials Friday. Those relay teams that have an athlete, or athletes, that may qualify for the MOC, must include an alternate, or alternates, with revised seeding time(s), along with your entries. All participants must have the UC Berkeley Waiver form signed by their parents (see page 10). Please see the instructions and entry form for the Exhibition 4 X 800 Relay on page 13.

SCHEDULE - Friday, May 30, 2014

*** FIELD EVENTS FINALS ONLY***

| Event No. | Reporting Time | Starting Time | Event |
|-----------|----------------|---------------|-------------------|
| 32 | 8:30 am | 9:30 am | Girls Discus |
| 27 | 9:15 am | 10:15 am | Girls High Jump |
| 24 | 10:30 am | 11:30 am | Boys Triple Jump |
| 25 | 12:15 am | 1:00 pm | Boys Shot Put |
| 22 | 10:30-11:30am | 1:45 pm | Boys Pole Vault |
| 30 | 2:00 pm | 3:00 pm | Girls Triple Jump |

*** RUNNING EVENTS TRIALS***

NOTE: (Each event will have three heats except the 1600m run which will have two and the 3200m run which will be run as a final on Saturday.)

| | | | |
|----|-------|------|------------------------|
| 1 | 12:45 | 1:00 | Girls 400m Relay |
| 2 | 1:00 | 1:15 | Boys 400m Relay |
| 3 | 1:15 | 1:30 | Girls 1600m Run |
| 4 | 1:30 | 1:45 | Boys 1600m Run |
| 5 | 1:50 | 2:05 | Girls 100m Low Hurdles |
| 6 | 2:05 | 2:20 | Boys 110m High Hurdles |
| 7 | 2:20 | 2:35 | Girls 400m Dash |
| 8 | 2:35 | 2:50 | Boys 400m Dash |
| 9 | 2:50 | 3:05 | Girls 100m Dash |
| 10 | 3:05 | 3:20 | Boys 100m Dash |
| 11 | 3:20 | 3:35 | Girls 800m Run |
| 12 | 3:35 | 3:50 | Boys 800m Run |
| 13 | 3:55 | 4:10 | Girls 300m Low Hurdles |
| 14 | 4:10 | 4:25 | Boys 300m Int. Hurdles |
| 15 | 4:25 | 4:40 | Girls 200m Dash |
| 16 | 4:40 | 4:55 | Boys 200m Dash |

| | | | |
|---------------|------|------|------------------------|
| 33 Exhibition | 4:55 | 5:10 | Girls 3200m Relay |
| 34 Exhibition | 5:10 | 5:25 | Boys 3200m Relay |
| 19 | 5:25 | 5:40 | Girls 1600m Relay |
| 20 | 5:40 | 5:55 | Boys 1600m Relay |
| | | 6:10 | Track Trials Completed |

ATHLETES' AREA: Evans (Baseball) Diamond, which is adjacent to the North-East corner of Edwards Stadium, will be the designated warm-up area for the athletes. No shot, discus or other implements are allowed in the warm-up area. Shot and discus warm-up throws will be allowed at the venue by the event judge just prior to the starting time. Warm-ups for other events will not be permitted in Edwards Stadium. The Clerk-of-the-Course will meet all contestants at the North-West corner of Edwards Stadium at the staging area. Coaches and athletes are to sit in the West bleachers on the Press Box side of the track. Athletes crossing the field to the staging area must walk carefully on the grass between the North end of the track and the tennis courts. No one will be allowed in the East bleachers.

SCHEDULE - Saturday, May 31, 2014

*** FIELD EVENTS FINALS ***

| Event No. | Reporting Time | Starting Time | Event |
|-----------|----------------|---------------|------------------|
| 26 | 8:00 am | 9:00 am | Boys Discus |
| 21 | 9:15 am | 10:15 am | Boys High Jump |
| 29 | 10:00 am | 11:00 am | Girls Long Jump |
| 31 | 11:45 am | 12:30 pm | Girls Shot Put |
| 28 | 9:30-10:30 am | 12:45 pm | Girls Pole Vault |
| 23 | 12:30 pm | 1:30 pm | Boys Long Jump |

*** RUNNING EVENTS FINALS ***

| | | | |
|----|------|------|-------------------------|
| 1 | 1:15 | 1:30 | Girls 400m Relay |
| 2 | 1:23 | 1:38 | Boys 400m Relay |
| 3 | 1:32 | 1:47 | Girls 1600m Run |
| 4 | 1:43 | 1:58 | Boys 1600m Run |
| 5 | 1:55 | 2:10 | Girls 100m Int. Hurdles |
| 6 | 1:02 | 2:17 | Boys 110m High Hurdles |
| 7 | 2:10 | 2:25 | Girls 400m Dash |
| 8 | 1:17 | 2:32 | Boys 400m Dash |
| 9 | 2:24 | 2:39 | Girls 100m Dash |
| 10 | 2:30 | 2:45 | Boys 100m Dash |
| 11 | 2:37 | 2:52 | Girls 800m Run |
| 12 | 2:44 | 2:59 | Boys 800m Run |
| 13 | 2:53 | 3:08 | Girls 300m Int Hurdles |
| 14 | 3:00 | 3:15 | Boys 300m High Hurdles |
| 15 | 2:08 | 3:23 | Girls 200m Dash |
| 16 | 3:15 | 3:30 | Boys 200m Dash |
| 17 | 3:23 | 3:38 | Girls 3200m Run |
| 18 | 3:40 | 3:55 | Boys 3200m Run |
| 19 | 3:55 | 4:10 | Girls 1600m Relay |
| 20 | 4:05 | 4:20 | Boys 1600m Relay |
| | | 4:30 | Track Events Completed |

PARTICIPATION LIMITATIONS: A contestant is any athlete entered in the meet. The contestant becomes an entry at midnight, Sunday, May 25, 2014. (Nat'l Fed. Rule 4, Section 1, Article 1)

Contestants officially become competitors when they report to the clerk of the course or field-event judge for an event in which they are entered. Contestants who fail to report prior to the clerk of the course closing the entries in the running events or after the judge starts competition in the field events will not be allowed to participate in the event. (Nat'l Fed. Rule 4, Section 1, Article 2 and 3)

Each contestant shall be responsible for obtaining a wristband and knowing the time schedule. Each contestant is solely responsible for promptly reporting for each event entered and at the location designated (Nat'l Fed. Rule 4, Section 1, Article 4).

A contestant shall not be entered in more than four individual events, excluding relays. If a contestant is entered in more than the

allowable number of events, meet management shall scratch the contestant from the excess event(s) by following the listed order of events. (Nat'l Fed. Rule 4, Section 2, Article 2)

A competitor shall not compete in more than four events, including relays. (Nat'l Fed. Rule 4, Section 2, Article 1)

CONFLICT IN EVENTS: Competitors who are entered in field events being held simultaneously must report to both event officials, otherwise the athlete will be scratched. If the field event is in conflict with a running event, the athlete must secure a release from the field event official and report to the Clerk-of-the-Course. Athletes may not report directly to the starting line. Athletes must first check-in with the Clerk-of-the-Course.

RUNNING EVENT MECHANICS

RACES OVER 400 METERS: The 800m, 1600m, 3200m runs will use a one-turn staggered alley start. The 1600m relay will be staggered in lanes for three (3) turns.

HEAT ASSIGNMENTS IN PRELIMINARIES: Assignments to heat preliminaries will be made by the Meet Director and Games Committee. Lane assignment will be based on time only.

LANE ASSIGNMENT IN TRIALS AND FINALS:

In all races except the 800, 1600 and 3200 meter runs, the Games Committee will assign the fastest qualified runners or qualifiers in each round of competition to the middle lanes, or the preferred lanes as determined by the Games Committee, and the next fastest qualifiers to the adjacent lanes, and so on (4,5,3,6,2,7,1,8). Lane assignment will be based on time only. No preference will be given for placing in preliminary heats.

There will be three preliminary heats in the 800-meters, with runners starting in alleys for the first turn.

There will be two heats in the 1600-meter run, with runners starting in alleys for the first turn.

In the 800m, the 1600m and the 3200m preliminaries and finals, the races will be seeded with the fastest qualifier placed on the outside of alley 2, and the other competitors in ascending order toward the curb. The slowest qualifier will be in lane one. One third of the runners will start in alley 2, and the remaining two-thirds of the field will start in alley 1.

QUALIFYING FOR RUNNING FINALS:

In all trial races except the 800m and 1600m run, the first place finishers in each heat will qualify for the finals. The remaining qualifiers will be determined by the times they run in those trial heats. In the case of a tie(s) for first in the trials, all runners involved in the first place tie will qualify for the finals and the number of non-first place finishers will be reduced to ensure there are not more than eight runners in the finals of all races.

In the 800m run there will be three (3) heats. The first 3 placers in each heat, plus the next fastest three (3) times will qualify for the final. The final field will be comprised of 12 total athletes.

In the 1600m run there will be two (2) heats. The first 4 placers in each heat, plus the next fastest four (4) times will qualify for the final. The final field will be comprised of 12 total athletes.

The 3200-meter run will be conducted as a final only for all entrants on Saturday.

STARTING BLOCKS AND BATONS: Only starting blocks and relay batons provided by meet management will be used.

FIELD EVENT MECHANICS

Participants will not be allowed on the infield prior to report time for event.

When finals and/or trials are officially completed, the participation area will be closed. Extra practice will not be allowed.

Each of the contestants in the long jump, triple jump, shot put and discus will be allowed three (3) qualifying trials. The top eight (8) competitors will receive three (3) additional trials to determine the top six (6) medal winners.

HIGH JUMP AND POLE VAULT

Competition in the high jump and pole vault will be conducted in 5 alive format. Competition will start at the heights listed below and competition will continue until final places are determined. Once a total of (9) competitors or less remain in the competition at the beginning of a round, then the competition will be conducted in (1) continuous flight of 9 competitors.

All pole vault participants, after registration and within one hour of their reporting period, must check-in with the Clerk of the Field at the Northeast corner of the stadium. Pole Vault participants checking in after the reporting period time has expired may not be allowed to compete. Illegal poles will be impounded and not allowed on the field of competition. Impounded poles will be safely secured by meet management and can be picked up following completion of the event.

REMINDER: NO ELECTRONICS ALLOWED IN FIELD OF COMPETITION.

HIGH JUMP WARM-UP SCHEDULE

| | <u>GIRLS HIGH JUMP</u> Friday, May 30, 2014 TRIALS & FINALS (10:15 am) | <u>BOYS HIGH JUMP</u> Saturday, May 31, 2014 TRIALS & FINALS (10:15 am) |
|-----------------------|--|---|
| | 9:15 No bar | 9:15 No Bar |
| warm-up | 9:45 4-6 | 9:45 5-8 |
| heights | 9:55 4-8 | 9:55 5-10 |
| | 10:05 5-0 | 10:05 6-0* |
| competition starts at | * Heights may vary as requested by the competitors | |
| | 10:15 4-8 | 10:15 5-10 |
| | Bar will rise in 2" increments until 5-0, then 1" increments | Bar will rise in 2" increments until 6-4, then 1" increments |

Friday May 30, 2014

Boys Pole Vault Final

No bar will be placed at any height in warm-ups.

10:30 – 11:30 Coach's Certification submission/Pole Check

11:45 –1:30 Event warm-up.

1:30 Officials Talk. Runway closed-athletes announced.

1:45 Competition will begin at Opening Height of 12'0" **
Bar will be raised in 6" increments until 14'0", then in 4" increments thereafter until winner is determined **

If 4 or more vaulters are in the competition after 15-0, then 2" increments to hit the CIF auto-qualifier mark of 15-2.

**Games Management reserve the right to adjust these competition heights based on the marks of qualifying competitors.

Saturday May 31, 2014

Girls Pole Vault Final

No bar will be placed at any height in warm-ups..

9:30 – 10:30 Coach's Certification submission/Pole Check

10:45–12:30 Event warm-up.

12:30 Officials Talk. Runway closed-athletes announced.

12:45 Competition will begin at Opening Height of 9'0" **
Bar will be raised in 6" increments until 11'0", then in 4" increments until winner is determined **

If 4 or more vaulters are in the competition after 11-4, then 3" increments to hit the CIF auto-qualifier mark of 11-7.

**Games Management reserve the right to adjust these competition heights based on the marks of qualifying competitors.

LONG JUMP, TRIPLE JUMP, SHOT PUT AND DISCUS

On the listed day of competition, contestants will compete in accordance with their marks made in the Area/Classification Championship meets, with the participant with the best recorded mark competing last. The competitors will be placed in flights. Each competitor, unless excused, will be given three (3) attempts before the next flight takes its trials. The top eight (8) competitors will receive three (3) additional trials to determine the top six (6) medal winners. Marks made in the preliminary competition will carryover to be counted in the final competition.

The takeoff board in the girls' and boys' long jump will be 10 feet from the pit. The takeoff boards in the girls' triple jump will be 28 and 32 feet from the pit, and the boys' takeoff boards will be 36 and 40 feet from the pit.

All discus and shots must be weighed and marked by the Certification Official on the day of competition. The Certification Official will be located at the Northeast end of the track near the Clerk-of-the-Course. Once certified, implements will be impounded until required for competition or the event ends. All types of discuses including rubber ones may be used. Discus may be used provided it meets specifications. Only properly certified implements will be allowed on the infield.

REMINDER: NO ELECTRONICS ALLOWED IN FIELD OF COMPETITION.

GENERAL INFORMATION

SCORING

The NCS/Les Schwab Tires Meet of Champions will be scored according to the National Federation Rule Book: 10, 8, 6, 4, 2, and 1.

REGISTRATION AND ADMISSION OF ATHLETES

Coaches, Asst. Coaches and athletes shall check in and receive their credentials at the Registration Booth (at the Kiosk) that is located on the North-West side (Oxford Avenue) of Edwards Stadium. Coaches, Asst. Coaches and participants will not be permitted entry at any other gate. The Registration Booth and entry gate will open at 8:00 a.m. **Please note that registration packets will only be issued to a certified school coach! Coaches must confirm at the Kiosk that they are the certified school coach using a form provided at the competition.** NCS no longer requires the Head Coach to submit the Certification of Authorized Personnel Form. Coaches are responsible for issuing wristbands to their athletes.

HONEST EFFORT - (Note, this rule applies to qualifying and final events)

Competitors who have qualified for and been entered into more than one event, must honestly participate in the qualifying round in each event for which the athlete is declared or the athlete will be barred from further competition in the meet. Athletes must compete with maximum effort and/or qualify from trials into the finals.

Note 1: It is understood that passing on attempts in field events is a strategy in those events and is not considered a question of honest effort.

UNFAIR ACTS It is an unfair act when a competitor receives any assistance from any other person that could improve that competitor's performance. Assistance includes:

- a) Interference with another competitor.
- b) Pacing by a teammate or persons not participating in the event
- c) Competitors joining or grasping hands with each other during a race.
- d) Competitors using an aid during the race.
- e) Communication with a competitor through the use of a wireless device.
- f) Coaching a competitor from a restricted area
- g) A competitor views a videotape prior to the completion of the competition.

*The penalty for such unfair acts is disqualification from that event.

Note: A coach may verbally instruct a competitor provided the coach is positioned in an unrestricted area. (Nat'l. Fed. Rule 4, Section 6, Article 7, a-g)

UNSPORTSMANLIKE CONDUCT

Unsporting conduct is behavior that is unethical or dishonorable. It includes, but not limited to, disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, criticizing or using profanity directed toward someone. This shall apply to all coaches, contestants and other team/school personnel. The penalty for such behavior is disqualification from that event and further competition in the meet. (Nat'l. Fed. Rule 4, Section 6, Article 1)

POLE VAULT COACHES PLEASE ALSO REFER TO COACHES BOX ETIQUETTE IN POLE VAULT BULLETIN

UNACCEPTABLE CONDUCT

Unacceptable conduct by a competitor includes, but is not limited to, willful failure to follow the directions of a meet official, using profanity that is not directed at someone or any action that could bring discredit to the individual or his/her school. The penalty for such behavior is disqualification from that event. (Nat'l Fed. Rule 4, Section 5, Article 2)

UNIFORM RULE: Each competitor's uniform shall consist of:

ART. 1.....The competitor's uniform shall be issued by the school, worn as intended by the manufacturer, and have the following restrictions:

1. Each competitor shall wear shoes.
2. Each competitor shall wear a track top or one-piece uniform issued by the school.
 - a. When numbers are used, each competitor shall wear his/her assigned, unaltered contestant number.
 - b. The top or one-piece uniform may have the school identification and the top may have the competitor's name.
 - c. The top shall not be knotted or have a knot-like protrusion.
 - d. A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the top or one-piece uniform.
 - e. The American flag, not exceeding 2 x 3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top.
 - f. Bare midriff tops are not allowed.
 - g. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect.
3. Each competitor shall wear a track bottom or one-piece uniform issued by the school.
 - a. The bottom or one-piece uniform may have the school identification.
 - b. Loose-fitting, boxer-type shorts are permitted for boys and girls. Closed-leg briefs are acceptable for girls.
 - c. French or high-cut apparel shall not be worn in lieu of uniform bottom.
 - d. The waistband of a competitor's bottom shall be worn above the hips.
 - e. A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimensions more than 2¼ inches, is permitted on the bottom or one-piece uniform.
 - f. The American flag, not exceeding 2 x 3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform bottom.
4. Visible Undergarments
 - a. Any visible garment(s) worn underneath the uniform top or bottom shall be a single color and unadorned except for:
 1. A single school name or insignia no more than 2¼ square inches with no dimension more than 2¼ inches:
 2. A single, visible manufacturer's logo as per NFHS rules.

Note: If more than one visible garment is worn under the uniform bottom, all must be the same color.

ART. 2.....Additional restrictions for relay races.

1. In relay races, each team member shall wear the same color and design of school uniform although the length of the bottom or one-piece uniform may vary.
2. Any visible garment(s) worn under the top or bottom shall be a single color and the same color as those worn by other members of the relay team. Visible garments under the uniform top or bottom may vary in length.

ART. 3.....Jewelry shall not be worn by contestants

1. Medical alert medals are not considered jewelry and must be taped to the body and alert may be visible.
2. Religious medals are not considered jewelry and must be worn under the uniform and taped to the body.
3. A watch may be worn around the wrist.

For more complete information on the jewelry rule please go to the NCS website: www.cifnccs.org. Choose the sport of track and field.

PENALTY: For an illegal uniform or wearing jewelry, the competitor is disqualified from the event. (Nat'l Fed. Rule 4, Section 3, Articles 1-3)

REMINDER: NO ELECTRONICS ALLOWED IN FIELD OF COMPETITION.

PROTEST/APPEAL PROCESS (RULE 3.2.4)

All protests are first made to the Meet Referee. The Referee's decision then may be appealed in writing to the Jury of Appeals. The Jury of Appeals will have the final authority in all appeals.

COACHES

****Coaches will not be allowed on the stadium floor, with the exception of pole vault coaches, who will be allowed only in the designated coaching area during the competition period be allowed in the designated coaching area. No electronic devices are allowed on the field of competition or in designated pole vault coaching area.** Athletes may not cross the track to confer with their coach. The only other exception to this policy will be in case of injury or if official permission is granted by the Meet Director or Referee. Pole vault coaches will be allowed to coach in the designated coach's box. Pole vault coaches are not allowed in any other area on the infield with the exception of the pole vault coach's box. Violation of this restriction will result in disqualification of their athlete. One wristband per school will be allowed who have qualified a pole vault competitor. Note: National Federation rules require disqualification of competitors who have been unfairly

aided. See Rule 4-6-7 for details. **COACHES ARE NOT ALLOWED** in the competition areas. They must be in the stands and no closer than the first row. They may not stand at the wall or in the aisle in front of the first row of seats which is considered a restricted area. Disregard of these requirements may cause the coach to lose their coach's pass and privileges.

DRESSING QUARTERS

There will be no dressing rooms or lockers available for either boys or girls at Edwards Stadium. The management requests that all athletes arrive in their proper uniform.

SPECTATOR/COACHES SEATING

Spectator and coaches seating will only be allowed in the west stands. Coaches will not be allowed on the stadium floor without permission from meet management.

TENTS, UMBRELLAS AND RADIOS

Tents and umbrellas are only allowed at the very top three rows of the seating area for spectators. Tents and umbrellas may not be setup in front of the press box. Umbrella are not allowed during any race. Radios are not allowed in the stadium. NO electronics on the field of competition.

ENTRY FEES

Total entry fees to the NCS/Les Schwab Tires Meet of Champions for each league at the rate of \$6.00 per each place qualified and \$12.00 per relay team will be paid by the league commissioner to the NCS Office upon billing.

PARKING

There is a University of California fee lot on the South-West corner of Edwards Stadium at Fulton and Bancroft Avenue. The City of Berkeley has a fee lot on the west side of Edwards Stadium at Allston Way and Oxford Street. However, parking is always a challenge in Berkeley. The management recommends that public transportation be used and/or sufficient time be allowed for all contingencies. BART is available within one block of the stadium. (Pole vault poles are not allowed on BART.)

PARTICIPANTS ADMISSION

Meet credentials will be provided for each school's representatives. Those representatives include:

- one ticket for each boys'/girls' head track coach and one or two assistants for each team entered (limited to not more than three coaches per school),
- one wristband for each competitor,
- one ticket for the manager of each team, limit one per school.
- one wristband for a coach of each school that qualifies a pole vaulter.

Each competitor in the NCS/Les Schwab Tires Meet of Champions Trials and Finals must have a wristband. Each contestant is responsible for his/her wristband. **Duplicates will not be issued under any circumstance.**

Individual league or school passes or student association cards do not entitle the bearer to free admission. The North Coast Section Pass, Press, Photo, NCS Lifetime Pass, CIF Lifetime Pass and Courtesy Card will be honored.

ADMISSION PRICES:

General Admission \$10.00

Special Admission \$7.00*

*Includes high school students, children under high school age (4-13), and senior citizens (60 years or older.)

SOUVENIRS

Schools may purchase NCS/Les Schwab Tires Meet of Champions Championship Track & Field T-Shirts (\$17.00, XX Lg. shirts are \$19), long sleeve T-shirts (\$20.00, XXLg. \$22.00), sweatshirts (\$33.00, XXLg. Sweatshirts are \$35.00), hats (\$17.00), patches (\$17.00), NCS Wind shirts/Polar Tec Vests (\$48.00, XXL. \$50.00), Vison (\$13.00) and Polo shirts (\$28.00, XXLg. \$30.00) at the NCS/Les Schwab Tires Meet of Champions Track & Field Championships. Souvenir programs will also be sold at the NCS/Les Schwab Tires Meet of Champions Track & Field Championship for \$3.00. Updated heat sheets will be available on the second day of the NCS/Les Schwab Tires Meet of Champions Track & Field Championships for \$2.00. Schools may also order NCS/Les Schwab Tires Meet of Champions and Area/Classification Track & Field Championship T-Shirts, patches and other NCS souvenirs using the enclosed souvenir order form. Coaches may use check, cash, MasterCard, Visa, Discover, school purchase order, requisition form and school billing to purchase souvenirs. See the Souvenir order form on page 15 to order souvenirs. Call the NCS office if you have any questions. Information regarding souvenirs is also available at the NCS Internet Website - <http://www.cifncs.org>.

STATE MEET INFORMATION

CIF State Championship Meet

Site: Veterans Memorial Stadium (Buchanan High School), Clovis

Dates: Friday & Saturday, June 6 -7, 2014

NUMBER OF COMPETITORS

Sections are allowed the following entries as per State Federated Council rule:

| | | | | | | | | | |
|-------------|---|-------------|---|-----------|---|-------------|---|---------------|---|
| Southern | 5 | San Joaquin | 3 | San Diego | 3 | Oakland | 1 | Central Coast | 3 |
| North Coast | 3 | Central | 3 | Northern | 1 | Los Angeles | 3 | San Francisco | 1 |

(NCS entries have been adjusted to match comparable sections.)

ENTRIES/SCRATCHES

Entries close and are final, except for circumstance of clerical error, at 8:00 pm on the Saturday of the week preceding the first day of competition. Any scratches received after that point will be subject to penalty under the **Honest Effort Rule**. Coaches and athletes must decide at their section qualifying meets which events they intend to compete in at the State Championships. Sections may move non-qualifiers into any vacancies created by scratches prior to the entry deadline.

All original entry information and subsequent scratches/additions must be submitted by the Section Commissioner or his/her designee. No other entry changes or additions will be accepted.

HONEST EFFORT - (Note, this rule applies to qualifying events only)

Competitors who have qualified for and been entered into more than one event, must honestly participate in the qualifying round in each event for which the athlete is declared or the athlete will be barred from further competition in the meet. Athletes must compete with maximum effort and/or qualify from trials into the finals.

Note 1: It is understood that passing on attempts in field events is a strategy in those events and is not considered a question of honest effort.

CIF AT-LARGE STANDARDS

An athlete shall earn an at-large entry into the CIF State Meet Championships if his/her mark at the final section competition (which qualifies entrants to the State Meet) is equal to or better than the average of the 9th place qualifying marks to the State Meet Finals from the three most recent years. The At-Large standards* for the 2014 CIF State Meet are:

| Event | Girls Standard | Boys Standard |
|-----------------|----------------|---------------|
| 100 | 11.92 | 10.69 |
| 200 | 24.50 | 21.75 |
| 400 | 55.94 | 48.29 |
| 800 | 2:11.80 | 1:52.98 |
| 1600 | 4:55.15 | 4:14.24 |
| 3200 | 10:35.79 | 9:08.64 |
| 100/110 Hurdles | 14.23 | 14.42 |
| 300 Hurdles | 43.54 | 38.19 |
| 4 x 100 Relay | 47.53 | 41.92 |
| 4 x 400 Relay | 3:51.27 | 3:18.31 |
| High Jump | 5'5 " | 6'7" |
| Pole Vault | 11'7" | 15'2" |
| Long Jump | 18'4.00" | 22'10" |
| Triple Jump | 38'04.00" | 46'10".00 |
| Shot Put | 41'02.00" | 57'09" |
| Discus | 134'03" | 171'05" |

*These times and distances are subject to change due to error or action by the CIF Federated Council.

Participant's Name (please print): _____ School _____

UNIVERSITY OF CALIFORNIA, BERKELEY
Department of Intercollegiate Athletics

Waiver of Liability, Assumption of Risk, and Indemnity Agreement

Waiver: In consideration of being permitted to participate in any way in the
CIF North Cost Section Track Championship – May 30th & 31st, 2014.

hereinafter called "The Activity", I, for myself, my heirs, personal representatives or assigns, **do hereby release, waive, discharge, and covenant not to sue** The Regents of the University of California, its officers, employees, and agents from liability **from any and all claims including the negligence of The Regents of the University of California, its officers, employees and agents**, resulting in personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, participation in The Activity.

Signature of Parent/Guardian of Minor Date

Signature of Participant Date

Assumption of Risks: Participation in The Activity carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks vary from one activity to another, but the risks range from 1) minor injuries such as scratches, bruises, and sprains 2) major injuries such as eye injury or loss of sight, joint or back injuries, heart attacks, and concussions to 3) catastrophic injuries including paralysis and death.

I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent in The Activity. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.

Indemnification and Hold Harmless: I also agree to INDEMNIFY AND HOLD The Regents of the University of California HARMLESS from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney's fees brought as a result of my involvement in The Activity and to reimburse them for any such expenses incurred.

Severability: The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgment of Understanding: I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and **understand that I am giving up substantial rights, including my right to sue.** I acknowledge that I am signing the agreement freely and voluntarily, and **intend by my signature to be a complete and unconditional release of all liability** to the greatest extent allowed by law.

Signature of Parent/Guardian of Minor Date

Signature of Participant Date

Participant's Age (if minor) _____

NORTH COAST SECTION
5 Crow Canyon Court, Suite 209
SAN RAMON, CA 94583
P: 925-263-2110, F: 925-263-2120

TRACK CERTIFICATION OF AUTHORIZED PERSONNEL

NCS Bylaws

All coaches of CIF/NCS member school teams must meet the requirements of the California Education Code 49032, 35179.1 and Bylaw 22.B.9

School _____

Coach's Name _____ HM # () _____ WK # () _____

Coach's Address _____

City _____

I hereby assert and verify that the person named above is employed

by _____ High School and meets the

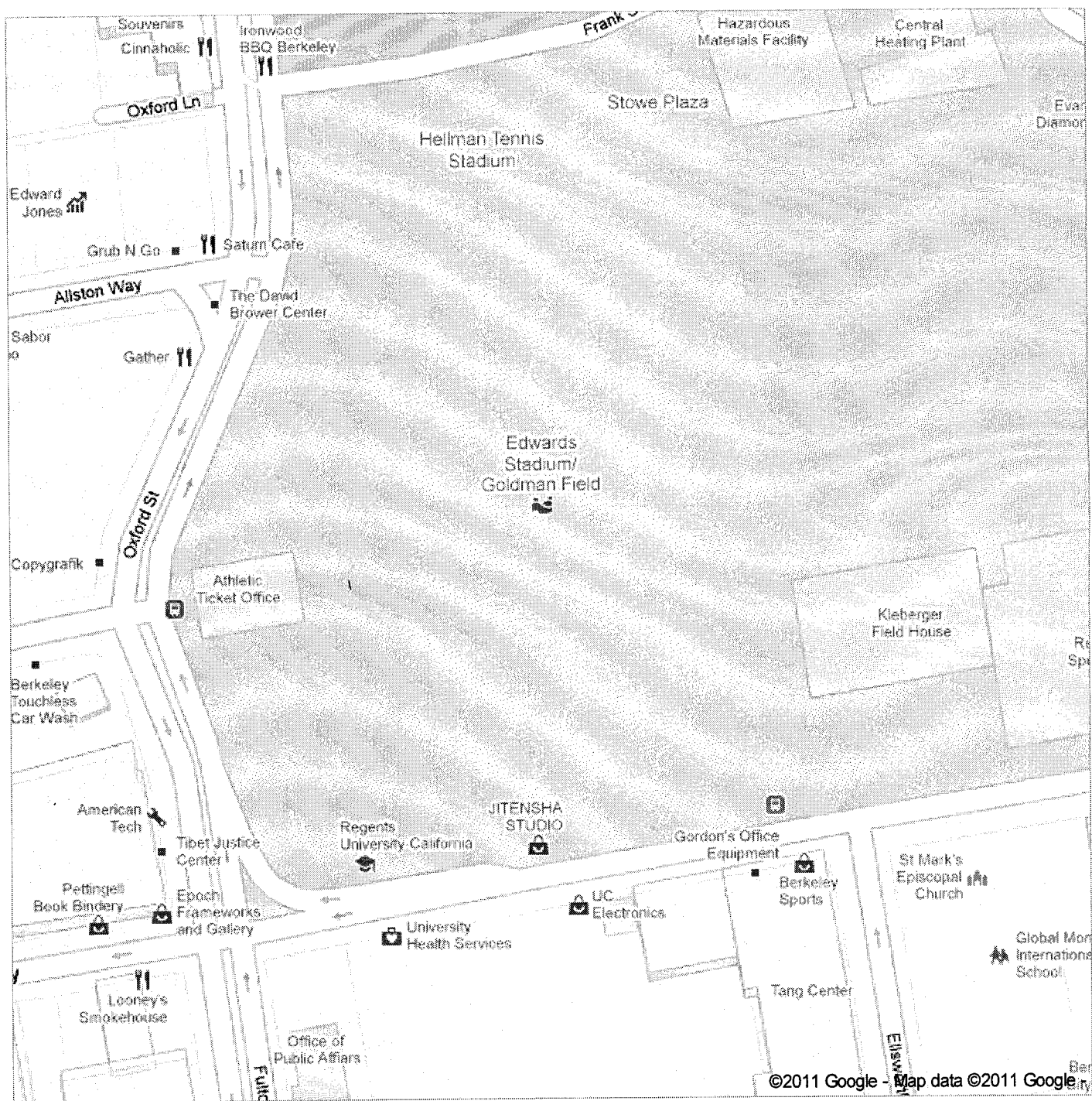
requirements of the above bylaw as of this date.

Signature of Principal

Date

Print Name _____

PLEASE MAKE SEPARATE COPIES FOR EACH CERTIFIED COACH



EXHIBITION 4 X 800 METER RELAY INFORMATION

FRIDAY, MAY 30, 2014

(Entries are due no later than midnight Sunday, May 25th)

On May 30, during the Running Trials of the NCS/Les Schwab Tires Meet of Champions there is a 20-minute break where the 3200 meter run is normally conducted. In an attempt to provide the opportunity for some of those athletes that have not qualified for the Meet of Champions we will include a 4 x 800 meter relay for both boys and girls in that break period. This will be a non-scoring exhibition event and will follow all NCS and CIF rules. This includes matching school issued uniforms, a certified coach in attendance for each team, etc. There will be 12 teams selected for each race based on the times submitted.

Entries are due no later than **noon Sunday, May 25th**. Athletes that have qualified and are entered into the MOC are not qualified to participate in the relay. Those relay teams that have an athlete, or athletes, which may qualify for the MOC, must include an alternate, or alternates, with revised seeding time, or revised seeding times, along with your entries. If a team has an athlete advance to the MOC and no alternate has been submitted, or even if there is an alternate included but no revised seeding time was submitted, the team will be scratched. Only those athletes that are submitted on the entry form will be allowed to compete. **Submit your entries via the NCS website (www.cifnccs.org/track) no later than noon May 25th. Only entries submitted online will be accepted.**

Coaches and athletes shall check-in and receive their credentials at the Registration Booth (at the Kiosk), which is located on the Northwest side (Oxford Avenue) of Edwards Stadium. Coaches and participants will not be permitted entry at any other gate. The Registration Booth and entry gate will be open at 8:00 a.m. Please note that registration packets will only be issued to the coach! Coaches must submit for each participating athlete the parent signed UC Berkeley Waiver Form upon check-in. Coaches are responsible for issuing wristbands to their athletes.

| | | | |
|---------------|------|------|------------------------|
| 33 Exhibition | 4:55 | 5:10 | Girls 3200m Relay |
| 34 Exhibition | 5:10 | 5:25 | Boys 3200m Relay |
| 19 | 5:25 | 5:40 | Girls 1600m Relay |
| 20 | 5:40 | 5:55 | Boys 1600m Relay |
| | | 6:10 | Track Trials Completed |

ATHLETES' AREA: Evans (Baseball) Diamond, which is adjacent to the North-East corner of Edwards Stadium, will be the designated warm-up area for the athletes. No shot, discus or other implements are allowed in the warm-up area. Shot and discus warm-up throws will be allowed at the venue by the event judge just prior to the starting time. Warm-ups for other events will not be permitted in Edwards Stadium. The Clerk-of-the-Course will meet all contestants at the North-West corner of Edwards Stadium at the staging area. Coaches and athletes are to sit in the West bleachers on the Press Box side of the track. Athletes crossing the field to the staging area must walk carefully on the grass between the North end of the track and the tennis courts. No one will be allowed in the East bleachers.

SCHEDULE - Saturday, May 31, 2014

*** FIELD EVENTS FINALS ***

| Event No. | Reporting Time | Starting Time | Event |
|-----------|----------------|---------------|------------------|
| 26 | 8:00 am | 9:00 am | Boys Discus |
| 21 | 9:15 am | 10:15 am | Boys High Jump |
| 29 | 10:00 am | 11:00 am | Girls Long Jump |
| 31 | 11:45 am | 12:30 pm | Girls Shot Put |
| 28 | 9:30-10:30 am | 12:45 pm | Girls Pole Vault |
| 23 | 12:30 pm | 1:30 pm | Boys Long Jump |

*** RUNNING EVENTS FINALS ***

| | | | |
|----|------|------|-------------------------|
| 1 | 1:15 | 1:30 | Girls 400m Relay |
| 2 | 1:23 | 1:38 | Boys 400m Relay |
| 3 | 1:32 | 1:47 | Girls 1600m Run |
| 4 | 1:43 | 1:58 | Boys 1600m Run |
| 5 | 1:55 | 2:10 | Girls 100m Int. Hurdles |
| 6 | 1:02 | 2:17 | Boys 110m High Hurdles |
| 7 | 2:10 | 2:25 | Girls 400m Dash |
| 8 | 1:17 | 2:32 | Boys 400m Dash |
| 9 | 2:24 | 2:39 | Girls 100m Dash |
| 10 | 2:30 | 2:45 | Boys 100m Dash |
| 11 | 2:37 | 2:52 | Girls 800m Run |
| 12 | 2:44 | 2:59 | Boys 800m Run |
| 13 | 2:53 | 3:08 | Girls 300m Int Hurdles |
| 14 | 3:00 | 3:15 | Boys 300m High Hurdles |
| 15 | 2:08 | 3:23 | Girls 200m Dash |
| 16 | 3:15 | 3:30 | Boys 200m Dash |
| 17 | 3:23 | 3:38 | Girls 3200m Run |
| 18 | 3:40 | 3:55 | Boys 3200m Run |
| 19 | 3:55 | 4:10 | Girls 1600m Relay |
| 20 | 4:05 | 4:20 | Boys 1600m Relay |
| | | 4:30 | Track Events Completed |

PARTICIPATION LIMITATIONS: A contestant is any athlete entered in the meet. The contestant becomes an entry at midnight, Sunday, May 25, 2014. (Nat'l Fed. Rule 4, Section 1, Article 1)

Contestants officially become competitors when they report to the clerk of the course or field-event judge for an event in which they are entered. Contestants who fail to report prior to the clerk of the course closing the entries in the running events or after the judge starts competition in the field events will not be allowed to participate in the event. (Nat'l Fed. Rule 4, Section 1, Article 2 and 3)

Each contestant shall be responsible for obtaining a wristband and knowing the time schedule. Each contestant is solely responsible for promptly reporting for each event entered and at the location designated (Nat'l Fed. Rule 4, Section 1, Article 4).

A contestant shall not be entered in more than four individual events, excluding relays. If a contestant is entered in more than the

55th Annual Golden West Invitational Meet Schedule
Saturday • June 28, 2014 • Hornet Field, Sacramento State, California

| TRACK SCHEDULE | | | | | | | FIELD SCHEDULE | | | | | |
|-----------------|-------|-----|------------|-------|--------|-----|--|-------|-----|-------|--------|-----|
| Event | Class | Sex | Start | Start | Finish | No. | Event | Class | Sex | Start | Finish | No. |
| National Anthem | | | | 3:55 | 4:00 | | Discus | Jr | W | 3:30 | 4:20 | 8 |
| 100m | HS | W | Frosh/Soph | 4:00 | 4:05 | 8 | Hammer | HS | W | 3:30 | 4:20 | 8 |
| 100m | HS | W | Final B | 4:05 | 4:10 | 8 | Shot | HS | M | 3:30 | 4:20 | 8 |
| 100m | HS | W | Final A | 4:10 | 4:15 | 8 | High Jump | HS | M | 4:00 | 5:15 | 8 |
| 100m | JR | W | | 4:15 | 4:20 | 8 | High Jump | HS | W | 4:00 | 5:15 | 8 |
| 100m | HS | W | Frosh/Soph | 4:20 | 4:25 | 8 | Long Jump | HS | M | 4:00 | 5:00 | 8 |
| 100m | HS | M | Final B | 4:25 | 4:30 | 8 | Pole Vault | Jr | M | 4:00 | 5:15 | 8 |
| 100m | HS | M | Final A | 4:30 | 4:35 | 8 | Pole Vault | Jr | W | 4:00 | 5:15 | 8 |
| 100m | JR | M | | 4:35 | 4:40 | 8 | Triple Jump | HS | W | 4:00 | 5:00 | 8 |
| 100M Hurdles | HS | W | Final B | 4:40 | 4:45 | 8 | Discus | HS | M | 4:40 | 5:30 | 8 |
| 100M Hurdles | HS | W | Final A | 4:45 | 4:50 | 8 | Hammer | Jr | M | 4:40 | 5:30 | 8 |
| 100M Hurdles | JR | W | | 4:50 | 4:55 | 8 | Shot | Jr | M | 4:40 | 5:30 | 8 |
| 110M Hurdles | HS | M | Final B | 4:55 | 5:00 | 8 | Long Jump | Jr | W | 5:20 | 6:20 | 8 |
| 110M Hurdles | HS | M | Final A | 5:00 | 5:05 | 8 | Triple Jump | Jr | M | 5:20 | 6:20 | 8 |
| 110M Hurdles | JR | M | | 5:05 | 5:10 | 8 | High Jump | Jr | W | 5:45 | 7:00 | 8 |
| 400m | HS | W | Frosh/Soph | 5:10 | 5:18 | 8 | High Jump | Jr | M | 5:45 | 7:00 | 8 |
| 400m | HS | W | Final B | 5:18 | 5:26 | 8 | Pole Vault | HS | W | 5:45 | 7:00 | 8 |
| 400m | HS | W | Final A | 5:26 | 5:34 | 8 | Pole Vault | HS | M | 5:45 | 7:00 | 8 |
| 400m | JR | W | | 5:34 | 5:39 | 8 | Discus | HS | W | 5:50 | 6:40 | 8 |
| 400m | HS | W | Frosh/Soph | 5:39 | 5:47 | 8 | Hammer | HS | M | 5:50 | 6:40 | 8 |
| 400m | HS | M | Final B | 5:47 | 5:52 | 8 | Shot | HS | W | 5:50 | 6:40 | 8 |
| 400m | HS | M | Final A | 5:52 | 5:57 | 8 | Long Jump | HS | W | 6:40 | 7:40 | 8 |
| 400m | JR | M | | 5:57 | 6:02 | 8 | Triple Jump | HS | M | 6:40 | 7:40 | 8 |
| 800m | HS | W | Final B | 6:02 | 6:10 | 8 | Discus | Jr | M | 7:00 | 7:50 | 8 |
| 800m | HS | W | Final A | 6:10 | 6:18 | 8 | Hammer | Jr | W | 7:00 | 7:50 | 8 |
| 800m | JR | W | | 6:18 | 6:26 | 8 | Shot | Jr | W | 7:00 | 7:50 | 8 |
| 800m | HS | M | Final B | 6:26 | 6:31 | 8 | Long Jump | Jr | M | 8:00 | 9:00 | 8 |
| 800m | HS | M | Final A | 6:31 | 6:36 | 8 | Triple Jump | Jr | W | 8:00 | 9:00 | 8 |
| 800m | JR | M | | 6:36 | 6:41 | 8 | | | | | | |
| 300m Hurdles | HS | W | Final B | 6:51 | 6:56 | 8 | | | | | | |
| 300m Hurdles | HS | W | Final A | 6:56 | 7:01 | 8 | | | | | | |
| 300m Hurdles | HS | M | Final B | 7:01 | 7:06 | 8 | Assumes two pits for all Jump events. Use discus cage for discus and hammer only in hammer cage. | | | | | |
| 300m Hurdles | HS | M | Final A | 7:06 | 7:11 | 8 | | | | | | |
| 400m Hurdles | Jr | W | | 7:11 | 7:17 | 8 | | | | | | |
| 400m Hurdles | Jr | M | | 7:17 | 7:23 | 8 | | | | | | |
| Mile | HS | W | Frosh/Soph | 7:23 | 7:28 | 8 | | | | | | |
| Mile | HS | M | Frosh/Soph | 7:28 | 7:33 | 8 | | | | | | |
| Mile | HS | W | | 7:33 | 7:38 | 8 | | | | | | |
| Mile | HS | M | | 7:38 | 7:43 | 8 | | | | | | |
| 1500m | JR | W | | 7:43 | 7:48 | 8 | | | | | | |
| 1500m | JR | M | | 7:48 | 7:53 | 8 | | | | | | |
| 200m | HS | W | Final B | 7:53 | 7:58 | 8 | | | | | | |
| 200m | HS | W | Final A | 7:58 | 8:03 | 8 | | | | | | |
| 200m | JR | W | | 8:03 | 8:08 | 8 | | | | | | |
| 200m | HS | M | Final B | 8:08 | 8:13 | 8 | | | | | | |
| 200m | HS | M | Final A | 8:13 | 8:18 | 8 | | | | | | |
| 200m | JR | M | | 8:18 | 8:23 | 8 | | | | | | |
| 3200m | HS | W | | 8:23 | 8:28 | 12 | | | | | | |
| 3200m | HS | M | | 8:28 | 8:33 | 12 | | | | | | |