



North Coast Section

NCS/Les Schwab Tires Redwood Empire AREA
Track & Field Championships – Presented by Farmers
Santa Rosa High School
Saturday, May 16, 2009

REVISED: 4/8/09

Meet Director:

Larry Arteberry
Windsor High School
8695 Windsor Road
Windsor, CA 95492-9511
School Phone 707-837-7767
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FARMERS

Site: Santa Rosa High School
1235 Mendocino Ave
Santa Rosa, CA 95401

Entries information will be supplied by meet director no later than Sat. night, May 3

Time Schedule: All event competitors should report 30 minutes before scheduled start time. Heat times could change due to possible entrants from Coastal Mountain Conference.

Field Events

9:00	Boys Long Jump	11:30	Boys Shot Put
	Girls Shot Put		Girls High Jump
	Boys Discus		Boys Triple Jump
	Boys High Jump		Girls Long Jump
	Girls Triple Jump		Girls Discus
	Girls Pole Vault		Boys Pole Vault

Running Events

10:00 a.m.	Girls 4 x 100 Relay	1:08 p.m.	Boys 800
10:15 a.m.	Boys 4 x 100 Relay	1:32 p.m.	Girls 300 Hurdles
10:30 a.m.	Girls 1600	1:50 p.m.	Boys 300 Hurdles
10:47 a.m.	Boys 1600	2:10 p.m.	Girls 200
11:00 a.m.	Girls 100 Hurdles	2:25 p.m.	Boys 200
11:17 a.m.	Boys 110 Hurdles	2:45 p.m.	Girls 3200
11:37 p.m.	Girls 400	3:05 p.m.	Boys 3200
11:52 a.m.	Boys 400	3:20 p.m.	Girls 4 x 400 Relay
12:10 a.m.	Girls 100	3:41 p.m.	Boys 4 x 400 Relay
12:25 p.m.	Boys 100		
12:42 p.m.	Girls 800		

ADMISSION

Admission price is \$8 general admission and \$5 for students and senior citizens. Individual passes or student association cards do not entitle the holder to free admission.

DIRECTIONS TO SANTA ROSA HIGH SCHOOL

From the South: Take HWY 101 North to the College Ave. exit. Turn right onto College Ave. Turn left on Mendocino Ave. Turn left on Ridgeway Ave. Park on the street near the baseball fields.

From the North: Take HWY 101 South to the Steele Lane exit. Turn left onto Steele Lane. Turn right on Mendocino Ave. Turn right on Ridgeway Ave. Park on the street near the baseball fields.

ENTRANCE TO THE TRACK:

Only coaches and athletes will be admitted into the stadium free of charge. Upon entering, the head coach should check in at the coach's table and pick up their packet.

Entrance will be at the East end of the track.

UNIFORMS

Uniforms and shoes must conform to the rules as stated in NFHS rule 4-5-2.

DRESSING FACILITIES

There will be no dressing facilities available.

CONCESSIONS

Food and beverage will be sold.

T-SHIRTS

T-shirts, sweatshirts, caps, and NCS souvenirs will be available to purchase.

MEET ENTRIES

All entries must be submitted by the league meet director, or his/her designee, using EZMeets.com, unless your league is using the Hy-Tek Track & Field program. Each league meet director will receive a password to enter their league's qualifiers at EZMeets.com, including instructions. If your league is using Hy-Tek Track & Field program then entries may be submitted in the proper format using this computer program and must be forwarded by email to **Doug Hastings at dghstngs@earthlink.net by the deadline for entries, Sunday, May 17, no later than 12:00 noon.** If your league is not using the Hy-Tek Track & Field program then entries must be submitted by EZMeets.com by the same deadline.

The number of qualifiers per each event by league for the NCS/Les Schwab Tires Redwood Empire Track & Field Championships will be as follows:

HDNL	6 entries
MCAL	6 entries
NBL	6 entries
SCL	6 entries

Lower Lake – Lower Lake shall compete in the Coastal Mountain Conference's league qualifying track and field meet. When a Lower Lake athlete(s) place(s) in the top four (4) of the CMC meet, he/she qualifies (up to three entrants per event as stated in the

NFHS Track & Field Rules, 4-2-4c on page 24) to the NCS/Les Schwab Tires Redwood Empire Track & Field Championships.

*Any league that fails to forward **any entries in an individual event** will increase the entries to other participating leagues. No league will receive more than six entries and the Meet Director must maintain equal entries from each participating league.*

Note: Due to the number of potential qualifiers in the NCS/Les Schwab Tires Redwood Empire Track & Field Championships additional heats may be necessary in some races.

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 standards below will automatically qualify for the NCS/Les Schwab Tires MOC Championships.

At-large Standards for 2009

	Boys		Girls
4 x 100-meter Relay	43.39	4 x 100-meter Relay	50.27
1600-meter run	4:25.66	1600-meter run	5:11.08
110-meter H.H.	15.31	100-meter H.H.	15.44
400-meter dash	50.84	400-meter dash	59.37
100-meter dash	11.12	100-meter dash	12.56
800-meter run	1:59.32	800-meter run	2:19.30
300-meter I.H.	40.93	300-meter I.H.	46.79
200-meter dash	22.67	200-meter dash	26.08
3200-meter run	9:38.06	3200-meter run	11:35.37
4 x 400-meter Relay	3:28.16	4 x 400-meter Relay	4:05.00
Long Jump	21'00.00"	Long Jump	17'00.25"
Triple Jump	42'00.75"	Triple Jump	35'07.00"
High Jump	6'01"	High Jump	5'01"
Shot Put	48'06.00"	Shot Put	36'02.00"
Discus	144'06"	Discus	110'10"
Pole Vault	13'02.0"	Pole Vault	10'06.0"

SCRATCH MEETING

The Scratch Meeting will be held for all meet directors at 8:30 a.m. Changes and substitutions can be made only by league directors. Every effort should be made to make all substitutions by midnight, Tuesday, May 19, the deadline for all hardship cases.

VAULT SIGN-IN

All head coaches must sign the **2009 CIF POLE VAULT SIGN-IN/ VERIFICATION** form to verify their athlete's weight. All competing athletes will be weighed prior to competition in the attire that they will compete in, including shoes, and helmet, if a helmet is used.

JURY OF APPEALS

A jury of appeals will serve as the final board of appeals. The jury will be the meet director of each league meet.

WEIGH-INS

All shots and discus will be weighed in at 8:30 a.m. All implements not meeting specifications will be impounded for the duration of the meet.

WARM-UP AREA

Warm area will be outside the stadium on the practice football field.

EVENT MECHANICS

1. 200 meters dash
The 200-meter dash will be run around a full turn.
2. 400 meter dash
The 400-meter dash will be run in staggered lanes and around two turns.
3. 800 meters run
The 800-meter run will be run in lanes for the first turn. Runners may break for the pole as they enter the straight-away.
4. 4 x 400 meter relay will be a three turn stagger. Runners may break for the pole after the third turn.
5. Heat Assignments
All races up to and including the 800 meters and all relays will be assigned to heats according to the National Federation Track and Field Rules book. There will be no finals in races run in heats. Advancement to the Meet of Champions will be based on time with the exception of the first place finisher in each heat. See 23.508H.
6. Lane Assignment
In all races except the 1600 and the 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).
7. 1600 meters and 3200 meters
In the Area meets boys and girls 1600 meter runners, there will be one heat consisting of 24 (26 if required due to qualifiers from the Coast Mountain Conference) runners. The 1600m will consist of two heats of 12 runners each and the top two from each heat and the next three fastest times will advance. The 1600 meter and 3200 meter runs will use an alley start in lanes 1-4 and 5-8. Runners will

be seeded from the middle out in each alley according to qualifying times. Runners 1,4,5,8,9,12,13,16,17 will be in the first alley and runners 2,3,6,7,10,11,14,15,18 will be in the second alley.

Field Events

8. High Jump and Pole Vault

Competition in the high jump and pole vault will be conducted in rotating flights. Competition will start at the listed heights below and competition will continue until final places are determined.

Pole Vault – the pole vault starting height will be 6” below the lowest qualifier, not less than 9’0 for the boys and not less than 7’0 for the girls. The bar will be raised in increments until it reaches 14’0 in the boys and 8’0 for the girls. After 14’0 in the boys and 8’0 in the girls the bar will be raised in 4” increments.

NOTE: All coaches of pole vault athletes must provide the pole vault athlete’s weight and sign the athlete’s weight verification form, when checking in at the registration table or booth in order for their vaulter(s) to be eligible for competition.

High Jump – the high jump starting height will be 4’8” in the girls and 5’8” in the boys. The bar will be raised in 2” increments until it reaches 5’2” for the girls and 6’2” for the boys, then the increments increases will be reduced to 1”.

Long Jump, Triple Jump, Shot Put, and Discus

Each of the contestants in the long jump, triple jump, shot put, and discus will be allowed three (3) qualifying trails. The top nine (9) competitors will receive three (3) additional trails to determine the top finishers.

AWARDS

1. Certificates will be awarded to participants.
2. Ribbons will be awarded to the first five boys and girls placers in each event.
3. Pennants will be awarded to the first and second place boys and girls teams.
4. A plaque will be awarded to the first place boys’ and girls’ teams at the NCS Area/ Classification Meets.

SCORING

Scoring shall be 10-8-6-4-2-1.

ALTERNATES

If an alternate replaces an entered qualifier, it will be the sole responsibility of the Meet Director or Area Track & Field Management Committee to decide if the heat, race or flight should be re-seeded.

ADVANCEMENT TO THE MEET OF CHAMPIONS

In all races except the 1600m and 3200m runs the first place finishers in each heat and the next five (5) fastest times will qualify for the Meet of Champions. If there are 3 heats, the winners of each heat will qualify plus the next four (4) fastest times. In the 3200m the top seven finishers will advance to the Meet of Champions. In the 1600m the top two finishers and the next three fastest times will advance to the Meet of Champions.

Additionally, any athletes who do not finish in the top seven but establish a time or

distance that meets or exceeds the At-large times and distances on page three will also qualify to the NCS Meet of Champions.

TIES IN QUALIFIERS FOR MEET OF CHAMPIONS

Only seven (7) qualifiers will advance to the Meet of Champions. In the case of a tie(s) for first place in a heat(s) all runners involved in the first place tie will automatically qualify for the finals and the number of non-first place advancers will be reduced. Ties must be broken using the National Federation Track & Field Rules Book tie-breaker procedures. If run-offs are necessary they will be conducted at the conclusion the Area Championship unless the competitors' schools are in close proximity. In that case the run-off will be at a neutral site on Tuesday following the meet.

MOTELS IN THE AREA

Doubletree – www.doubletree.com – 707-586-5466

Good Nite Inn Rohnert Park – www.goodnite.com – 707-584-1725

Motel 6 Rohnert Park – www.motel6.com – 707-585-3443

Ramada – Rohnert Park – www.ramada.com – 707-584-1600

Rodeway Inn – 707-584-5690

Budget Inn – 707-584-4448

Days Inn – www.daysinn.com – 707-568-1011

Extended Stay America Santa Rosa – South – www.extendedstayhotels.com – 707-546-4808