



2010 NCS/LES SCHWAB TIRES TRACK & FIELD CHAMPIONSHIP SERIES BULLETIN

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TO: North Coast Section Track & Field Coaches, Principals, Athletic Directors, NCS Meet Directors, League Commissioners, and NCS Staff
FROM: Karen Smith, Associate Commissioner
DATE: January, 2010

* * * IMPORTANT TRACK & FIELD DATES * * *

EACH NCS/Les Schwab Tires AREA/CLASSIFICATION CHAMPIONSHIP WILL PUBLISH AND DISTRIBUTE A BULLETIN INFORMATION SHEET WITH SPECIFIC INFORMATION RELATED TO THAT MEET.

SATURDAY, MAY 15, 2010

Final date to determine league qualifiers.

SUNDAY, MAY 16, 2010

Entries must be submitted by midnight, Sunday, May 16, 2010.



FARMERS

NCS/LES SCHWAB TIRES TRACK & FIELD CHAMPIONSHIP SERIES SCHEDULE

CLASS A MEET

Site: Montgomery High School
1250 Hahman Drive
Santa Rosa, Ca 95405

Meet Directors: Lin Barrett/ Jim Crowhurst
Fort Bragg HS
300 Dana Street
Fort Bragg, Ca
707-961-2880
hoopster@mcn.org

Saturday, May 22, 2010
Starting Times (Tentative):

Finals: 1:00 p.m.

Class A Leagues:

BAC, CMC, HDNL (Little 6), Branson and Justin-Siena

BAY SHORE AREA MEET

Site: James Logan High School
1800 H Street
Union City, CA 94587

Meet Director:
Lee Webb
James Logan High School
1800 H Street
Union City, CA 94587
510 471-2520 ext:60345
Email: lwebb@nhusd.k12.ca.us

Saturday, May 22, 2010
Starting Times (Tentative):
Field Events: 11:00 a.m.
Track Events: 12:00 noon

Bay Shore Area Leagues:

ACCAL, BSAL, HAAL AND MVAL

REDWOOD EMPIRE AREA MEET

Site: Redwood High School
395 Dougherty Drive
Larkspur, CA 94939

Meet Director:

Laura Schmitt / Jason Jacobson
395 Dougherty Drive/
Larkspur, CA 94939
415-945-3619
Email: schmittl@pacbell.net / jjaco@qar.com

Saturday, May 22, 2010

Starting Times (Tentative):

Field Events: 9:00 a.m.

Track Events: 10:00 a.m.

Redwood Empire Leagues:

HDNL (Big 5), MCAL, NBL, SCL and Lower Lake H.S.

TRI-VALLEY AREA MEET

Site: Granada High School
400 Wall St.
Livermore, CA 94550

Meet Director:

Brad Morisoli
Granada High School
925-455-1931 (w)
925-449-1946 (h)
brad@morisoli.net

Saturday, May 22, 2010

Starting Times (Tentative):

Field Events: 9:00 a.m.

Track Events: 11:00 a.m.

Tri Valley Area Leagues:

BVAL, EBAL, DFAL AND DVAL

QUALIFICATION

Entries to the NCS Class A/Area meet will be as follows:

NCS Class A and 2A/3A Area Meets			
Class A ⁵	Redwood Empire ⁵	Bay Shore ⁵	Tri-Valley ⁵
Bay Counties 6 (4 Relays) Coastal Mountain 8 (4 Relays) Humboldt-Del Norte (Little 5)4 (2 Relays) ⁴ Branson and Justin Siena ⁶ Berean Christian	Humboldt-Del Norte (Big 5) 6 Marin County 6 North Bay 6 Sonoma County 6 ² Lower Lake	Alameda-Contra Costa 6 Bay Shore 6 Hayward Area 6 Mission Valley 6	Bay Valley 6 Diablo Foothill 6 Diablo Valley 6 East Bay 6

²Lower Lake shall compete in the Coastal Mountain Conference's league qualifying track and field meet. When a Lower Lake athlete(s) place in the top four (4) of the CMC meet he/she qualifies (up to three entrants per event as stated in the National Federation Rules Book Rule 4-2-4c on page 21) to the NCS/Les Schwab Tires Redwood Empire Track & Field Championships. NOTE: This action may require an additional heat at the NCS/Les Schwab Tires Redwood Empire Track & Field Championships in all races that are run in lanes.

⁴Branson School and Justin-Siena shall compete in the Marin County Athletic League's league qualifying track and field meet. When either Branson School or Justin-Siena athlete(s) place in the top four (4) of the MCAL meet he/she qualifies (up to three entrants per event as stated in the National Federation Rules Book Rule 4-2-4c on page 21) to the NCS Class A Track & Field Championships.

⁵Any league that fails to forward any entries in an individual event will increase the entries to other participating leagues. The Meet Director of the Class A or Area Meet must maintain equal entries from each participating league.

⁶**Berean Christian shall compete in the Diablo Valley Athletic League's league qualifying track and field meet. When Berean Christian athlete(s) place in the top four (4) of the DVAL meet he/she qualifies (up to three entrants per event as stated in the National Federation Rules Book Rule 4-2-4c on page 21) to the NCS Class A Track & Field Championships.**

For any meet, a student may enter not more than four individual events, excluding relays

A student may compete in only one classification in league meets. Example: A student who is entered in Frosh-Sophomore competition in a league meet, but who fails to qualify for the finals cannot be moved to a Varsity relay team for the finals of that same meet.

A student who has been entered in the maximum number of events in the trials of any meet, but who fails to qualify in one or more of these events is not eligible to be substituted as a member of a qualifying relay team in the finals of that meet.

A student who competes in a non-varsity classification in the league meet may compete as a member of a Varsity relay team in either of the NCS/Les Schwab Tires Area/Classification Championships or the NCS/Les Schwab Tires Meet of Champions

A student must compete in the NCS/Les Schwab Tires Area/Classification Championship Meet in the individual events in which the student qualifies in his/her league meet.

ENTRIES

AT-LARGE QUALIFIERS

Any student-athlete who participates in either the league championship meet or the NCS/Les Schwab Tires Class A or Area Championship meet and does not qualify by place but meets or exceeds the standards below will automatically qualify for the next level of competition (either the Class A or Area Championships or the Meet of Champions).

NCS AREA AND MOC At-large Standards for 2010

Boys		Girls	
4 x 100-meter Relay	43.21	4 x 100-meter Relay	49.93
1600-meter run	4:25.06	1600-meter run	5:09.16
110-meter H.H.	15.23	100-meter H.H.	15.42
400-meter dash	50.97	400-meter dash	59.35
100-meter dash	11.31	100-meter dash	12.62
800-meter run	1:59.98	800-meter run	2:18.49
300-meter I.H.	40.33	300-meter I.H.	46.80
200-meter dash	22.73	200-meter dash	26.03
3200-meter run	9:32.52	3200-meter run	11:38.43
4 x 400-meter Relay	3:27.95	4 x 400-meter Relay	4:06.13
Long Jump	21'05.75"	Long Jump	17'03.00"
Triple Jump	43'05.25"	Triple Jump	35'10.75"
High Jump	6'01"	High Jump	5'01"
Shot Put	48'02.00"	Shot Put	35'04.25"
Discus	147'03"	Discus	110'00"
Pole Vault	13'00"	Pole Vault	10'03"

CLASS A At-large Standards for 2010

Boys		Girls	
4 x 100-meter Relay	46.87	4 x 100-meter Relay	56.08
1600-meter run	4:43.04	1600-meter run	5:50.41
110-meter H.H.	17.90	100-meter H.H.	18.15
400-meter dash	54.29	400-meter dash	1:04.71
100-meter dash	12.02	100-meter dash	13.45
800-meter run	2:07.48	800-meter run	2:43.09
300-meter I.H.	46.09	300-meter I.H.	53.38
200-meter dash	24.41	200-meter dash	28.63
3200-meter run	10:35.08	3200-meter run	13:24.06
4 x 400-meter Relay	3:47.50	4 x 400-meter Relay	4:46.14
Long Jump	18'10.00"	Long Jump	14'05.00"
Triple Jump	36'10.00"	Triple Jump	30'01.00"
High Jump	5'05"	High Jump	4'04"
Shot Put	38'10.00"	Shot Put	28'04.00"
Discus	112'05"	Discus	85'01"
Pole Vault	8'04.0"	Pole Vault	6'06"

☞ PLEASE READ THE FOLLOWING CAREFULLY ☞

CLASS A, REDWOOD EMPIRE AND BAY SHORE ENTRY PROCEDURES

North Coast Section will utilize EZMeets.com for entry to the NCS/Les Schwab Tires Track & Field Championships in the Class A, Redwood Empire Area and Bay Shore Area competitions. Each Meet Director will be responsible for following the procedures for entry of their league's qualifiers, both those who place in the qualifying place and those who qualify by the At-large Standards using EZMeets.com. Entry instructions will be forwarded to each of the league meet directors who are responsible for conducting their league championship meet. The deadline for entries, using EZMeets.com is Sunday, May 16, 2010 by 12:00 noon. Each league Meet Director, (or his/her representative) must also be present at the respective NCS/Les Schwab Tires Area/Classification Meet with copies of the event sheets and a list of the entries and alternates from the league meet. Copies must also be provided to each NCS/Les Schwab Tires Area/Classification Meet Director. It shall be his/her responsibility to approve any adjustment of entries with the NCS/Les Schwab Tires Area/Classification Meet Director. In the event of an emergency, the league commissioner shall assume that responsibility. Each Area/Classification Championship Meet Director will contact league meet directors concerning entries.

TRI-VALLEY ENTRY PROCEDURES

Entries for the NCS/Les Schwab Tires Tri-Valley Track & Field Championships will be forwarded to Brad Morisoli using Hy-Tek software. Entry information will be distributed from the NCS office to each of the league meet directors whose qualifiers advance to the Tri-Valley competition. The deadline for entries to be forwarded to the Tri-Valley Entry Coordinator is Sunday, May 16, 2010 by 12:00 noon. Brad Morisoli, Tri-Valley Meet Director, will contact each league meet directors concerning entries.

➔NEW←UC BERKELEY WAIVER FORM

Additionally, each head track & field coach must provide each qualifier from their school, including all potential relay members, the UC Berkeley Waiver Form on page 11. This form must be completed and signed by the parents of the athlete. All completed forms must be submitted at the time of check-in at the NCS/Les Schwab Tires Meet of Champions. Athletes who do not complete this form will not be allowed to compete.

RELAY ENTRY FORMS

Schools qualifying relay teams **must** fill out relay entry form at the conclusion of the NCS/Les Schwab Tires Area/Classification Championship Meet and must be submitted in writing to the finish line.

COACH'S RESPONSIBILITY REGARDING REPORTING SCRATCHES (League to Area/Classification Meets)

The coach of any qualifying athlete, who for any reason is to be withdrawn from any future events, is obligated to notify the Meet Director of the next meet at the earliest possible occasion. In addition, the coach has a professional responsibility to notify at the same time the coach of any and all alternates involved in the aforementioned withdrawals, so as to give alternates maximum time to prepare for further competition.

NCS/Les Schwab Tires Area/Classification Meet Directors shall assume the same responsibility for their respective NCS/Les Schwab Tires area/classification meets at the NCS/Les Schwab Tires Track and Field Meet of Champions.

Entries, other than correction of errors by meet management, to the Meet of Champions will be closed as of the completion of the post-meet meetings which follow the NCS/Les Schwab Tires Area/Classification Championship Meets. Adjustments made for error or, scratches must be made by the NCS/Les Schwab Tires Area/Classification Meet Director by telephone to the NCS Track & Field Meet of Champions Director, or his designee, by midnight on the Tuesday following each NCS Area/Classification meet. After this deadline no more entries will be accepted. Each NCS/Les Schwab Tires Area/Classification Meet Director must be certain that all entries submitted to the NCS/Les Schwab Tires Meet of Champions are accompanied by name (first and last), grade, school, event, place, mark or time recorded in the NCS/Les Schwab Tires Area/Classification Championship meet. If the times are the result of automatic timing, that must be indicated. **Hand held times must be listed in tenths - not hundredths.** Only automatic times can be listed in hundredths. Each NCS/Les Schwab Tires 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, of necessity, be seeded last. Marks in the field events made at the NCS/Les Schwab Tires Area/Classification Championship meet must also be submitted.

EVENT MECHANICS

CLASS A

Running Events

1. NCS/Les Schwab Tires Class A Championships

The Class A meet will be held on one day at a single site with trials to be held in the morning. Trials will be held in the 100m, 200m and 100m/110m hurdles races. All Class A schools (that enter competitors) must assist the Class A Track Committee with the conduct of the meet.

2. Advancement from Trials to Finals in the 100m, 200m and 100m/110m hurdles races.

a. In the trials for running events above the first place finisher in each heat will advance to 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 place in a heat(s), all runners involved in the first place tie will qualify for the finals and the number of non-first place advancers will be reduced). A fully automatic timing system with a hand timed back-up system will be used.

b. If an automatic timing system is not available, hand held timers will be used. At an eight-lane track, the first two finishers from each heat will qualify for the finals. At a nine-lane track, the first three finishers from each heat will qualify. The remaining qualifiers will be determined from the top times recorded from the third place finishers in each heat.

3. If an alternate replaces an entered qualifier, the alternate will be placed in the same lane or order (in case of a field event) that the original qualifier occupied.

4. Order of Events

a. The NCS/Les Schwab Tires Class A Championships will follow the following order of events in the finals.

NOTE: The numbers listed are only to illustrate the order of events and are not necessarily the actual event numbers that will be used in the respective meets.

Running Event Finals

1. Girls 400m Relay

Running Event Finals

11. Girls 800m Run

- | | |
|---------------------|-----------------------|
| 2. Boys 400 m Relay | 12. Boys 800m Run |
| 3. Girls 1600m Run | 13. Girls 300m L.H. |
| 4. Boys 1600m Run | 14. Boys 300m L.H. |
| 5. Girls 100m H.H. | 15. Girls 200m Dash |
| 6. Boys 110m H.H. | 16. Boys 200m Dash |
| 7. Girls 400m Dash | 17. Girls 3200m Run |
| 8. Boys 400m Dash | 18. Boys 3200 m Run |
| 9. Girls 100m Dash | 19. Girls 1600m Relay |
| 10. Boys 100m Dash | 20. Boys 1600m Relay |

5. Marks for All Competitors

NCS/Les Schwab Tires Area/Classification Championships Meet Directors must be certain that all entries in each race are individually timed and the marks made in the field events are submitted to the NCS MOC Entry Coordinator by the stated deadline.

6. Timed finals will be held for the 400m, 300 intermediate hurdles, 800 meter run and the 1600 meter relay. The eight best qualifying times will run in heat 2 of each event. Places will be based upon times achieved in the Trials. There will not be a final race. The fastest qualifiers will run in heat 2 or 3 of each event.
7. The 400 meters dash will be run in staggered lanes and around two turns.
8. 800 meters run
The 800 meter run will be run in lanes for the first turn and will be seeded from the middle out according to qualifying times. Runners may break for the pole as they enter the straightaway.
9. 1600 meters run
The 1600 meter run will start from scratch on a curved line ("in the alley" start). Each row seeded from the middle out according to qualifying times.
10. 1600 meter relay
The 1600 meter relay will use a THREE TURN STAGGER with the second runner breaking at the completion of the third turn.
11. Lane Assignment
In all races except the 3200 meter run, the Games Committee will assign the two top seeded 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 two best qualifiers to the adjacent lanes, and so on. In the 3200 meter run, the fastest half of the qualifiers will be in the front row seeded from the middle rows out and the slowest half of the qualifiers will be in the second row seeded from the middle rows out.

Field Events

12. Conduct of field events

The conduct of the field events in the NCS/Les Schwab Tires Class A Championship meet will be the responsibility of the respective Area/Classification's Games Committee or Meet Director.

13. Throwing Events and Horizontal Jumps

In the shot put, discus, long jump and triple jump, each competitor will receive three trial attempts, with the top eight competitors (8-lane track) or top nine competitors (9-lane track) receiving an additional three attempts (advance to the finals). Marks from the trials will carry over to the finals.

14. High Jump and Pole Vault mechanics

- a. Competition in the high jump and pole vault will be conducted in 4-6 alive format. Competition will start at the heights listed below and competition will continue until final places are determined. Once a total of (8) competitors or less remain in the competition, then the competition will be conducted in (1) continuous flight of 8 competitors. The starting height will be 6" below the lowest qualifier, but not less than 9'0" for boys. The bar will be raised in 6" increments until the bar reaches 14'0", then the increments will be reduced to 4". The starting height for girls will be 6" below the lowest qualifier, but not less than 7'. The bar will be raised in 6" increments until the bar reaches 8'. After 8' the bar will be raised in 4" increments.
- b. The high jump finals will be conducted in a rotating flight of three. In Class A competition only the starting height will be 2" below the lowest qualifier. The bar will be raised in 2" increments.

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

ADVANCEMENT TO THE MEET OF CHAMPIONS

In all Class A races and field events the top three competitors will qualify to the NCS/Les Schwab Tires Meet of Champions.

TIES IN QUALIFIERS FOR MEET OF CHAMPIONS

Only three (3) qualifiers will advance to the Meet of Champions. Ties must be broken using the National Federation Track & Field Rules Book tie-breaker procedures.

AREA MEETS (Bay Shore, Redwood Empire and Tri-Valley)

23.500H NCS/LES SCHWAB TIRES AREA CHAMPIONSHIP EVENT MECHANICS

One-Day Format

The NCS/Les Schwab Tires Area Track & Field Championships will be a one-day format.

Running Events

1. Order of Events

Running Events

1. Girls 400m Relay
2. Boys 400 m Relay
3. Girls 1600m Run
4. Boys 1600m Run
5. Girls 100m H.H.
6. Boys 110m H.H.
7. Girls 400m Dash
8. Boys 400m Dash
9. Girls 100m Dash
10. Boys 100m Dash

Running Events

11. Girls 800m Run
12. Boys 800m Run
13. Girls 300m L.H.
14. Boys 300m I.H.
15. Girls 200m Dash
16. Boys 200m Dash
17. Girls 3200m Run
18. Boys 3200m Run
19. Girls 1600m Relay
20. Boys 1600m Relay

NOTE: The numbers listed are only to illustrate the order of events and are not necessarily the actual event numbers that will be used in the respective meets.

2. 200 meters dash

The 200-meter dash will be run around a full turn.

3. 400 meters dash

The 400-meters dash will be run in staggered lanes and around two turns.

4. 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.

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 Assignments

In all races except the 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).

7. 1600 meters and 3200 meters runs. The 1600m run will be seeded from the middle of the track from a curved line. The 3200m run will be in two rows, seeded, and use an "in the alley" inside out start.

Field Events

8. Conduct of field events

a) High Jump and Pole Vault

Competition in the high jump and pole vault will be conducted in 4-6 alive. Competition will start at the heights listed below and competition will continue until final places are determined. Once a total of (8) competitors remain in the competition, then the competition will be conducted in (1) flight of 8 competitors.

NOTE: All coaches of pole vault participants must provide the vault participant's weight and sign the 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 will be reduced to 1".

b) 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 trials. The top eight (8) competitors (8-lane track) or top nine (9) competitors (9-lane track) will receive three (3) additional trials to determine the top finishers.

9. Marks for All Competitors

NCS/Les Schwab Tires Area Championships Meet Directors must be certain that all entries in each race are individually timed and the marks made in the field events are submitted to the NCS Track & Field Championship director.

ALTERNATES

If an alternate replaces an entered qualifier, it will be the sole responsibility of the Meet Director 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 trial heat and the next ~~five (5)~~ fastest times up to seven total qualifiers will qualify for the Meet of Champions. In the 1600m the top two (2) finishers and the next three (3) fastest times will advance to the Meet of Champions. In the 3200m the top seven (7) finishers will advance to the Meet of Champions. **All qualifiers must complete the UC Berkeley Waiver Form on page 11. The form must be signed by parents and each Head Coach will submit all completed forms at check-in.**

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 tiebreaker procedures. If run-offs are necessary, the Bay Shore and Tri-Valley shall have a run-off the following Tuesday at a neutral site selected by the Meet Management. In the Redwood Empire Championships any run-offs will be conducted at the conclusion the Area Championship unless both coaches agree to a date and location no later than Tuesday, May 18th.

ADMISSION FEES

NCS/Les Schwab Tires Area/Classification Meets

Adults	- \$9.00
Students	- \$6.00
Senior Citizens/Child	- \$6.00

SOUVENIRS

Schools may order NCS/Les Schwab Tires Championship T-Shirts (\$17.00, XX Lg. shirts are \$19.), Long sleeve T-shirts (\$20.00, XX Lg. shirts are \$22.00), Sweatshirts (\$33.00, XXL. sweatshirts are \$35.00), Visors (13.00), Hats (\$17.00), Patches (\$17.00), Polar Tec Vests (\$48.00, XXL \$50.00), Polo shirts (\$28.00, XXL \$30.00). Updated heat sheets will be available on the second day of the NCS/Les Schwab Tires Area Track & Field Championships for \$2.00. Schools may also order NCS/Les Schwab Tires Championship T-Shirts, patches and other NCS souvenirs using the enclosed souvenir order form. Coaches may use check, cash, MasterCard, Visa, American Express, Discover, school purchase order, requisition form and school billing to purchase souvenirs. See the Souvenir order form on page 12 to order souvenirs. Call the NCS office if you have any questions. Information regarding souvenirs is also available at the NCS Website - <http://www.cifncs.org>.

ENTRY FEES

Total entry fees to the NCS/Les Schwab Tires Area/Classification Championship Meet for each league at the rate of \$5.00 per each place qualified and \$11.00 per relay team will be paid by the league commissioner to the NCS Office upon billing. Entry Fees may be required for the NCS/Les Schwab Tires Meet of Champions.

AWARDS

NCS/Les Schwab Tires Area/Classification Championships

1. Certificates will be awarded to all 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/Les Schwab Tires Area/Classification Meets.

SCORING

Scoring in the NCS/Les Schwab Tires Area/Classification Championship Meets shall be 10-8-6-4-2-1. Points will be based on times in the running events and by place in the field events.

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 5, Article 8, a-g, Page 27 and 28)

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. Disqualification of a coach or other school personnel shall be from further involvement in the meet. (Nat'l. Fed. Rule 4, Section 5, Article 1, Page 26 and 27)

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, Page 27)

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:
 - a. A single school name or insignia no more than 2¼ square inches with no dimension more than 2¼ inches:
 - b. A single, visible manufacturer's logo as per NFHS rules.

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

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.cifncs.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, Pages 25-26)

NATIONAL HIGH SCHOOL HONOR ROLL PERFORMANCE MINIMUMS

Each year the National Federation publishes a National High School Honor Roll for Track and Field, listing the best performances made by high school boys and best performances made by high school girls under standard conditions. IN ORDER TO BE CONSIDERED FOR LISTING ON THE NATIONAL HONOR ROLL, PERFORMANCES MUST:

1. Be approved by, and submitted through, the state high school association executive officer;
2. Be made by eligible high school athletes whose schools are members of their state high school athletic (activities) associations;
3. Be made in interscholastic meets involving five or more schools and sanctioned by the state high school association;
4. Be winning efforts in running events, unless fully automatic timing is used or non-winning time is verified by three watches; 2nd or 3rd place acceptable in field events;
5. Not be wind-aided (exceeding 2.0 m/s) for the sprints, hurdles, long or triple jump.

Please send your list of candidates to Karen Smith, Associate Commissioner, North Coast Section, CIF, 12925 Alcosta Blvd., Suite 8, San Ramon, CA 94583 or email ksmith10@cifnco.org immediately after the close of your track season (not later than Tuesday, June 1, 2009). Please double-check all performances so that they comply with the above standards.

PLEASE NOTE: Performances made in running events will be recognized only in the METRIC DISTANCES listed below. DO NOT USE the conversion tables to submit performances made in races at English measurement distances.

In order to give consideration to all worthy performances, please forward recommendations for any performance equal to, or better than, the following minimums:

Boys minimums:

100 meters	10.60	110 m high hurdles	14.10	Pole vault	15'10"
200 meters	21.30	300 m inter. hurdles	37.20	High jump	6'10"
400 meters	47.70	400 m relay	41.30	Long jump	23'6"
800 meters	1:53.00	800 m relay	1:27.00	Shot put	61'0"
1600 meters	4:12.00	1600 m relay	3:16.00	Discus throw	182'0"
3200 meters	9:06.00	3200 m relay	7:50.00	Triple jump	48'6"

Girls minimums:

100 meters	11.80	100 m high hurdles	14.10	High jump	5'8"
200 meters	24.00	300 m low hurdles	43.00	Long jump	19'0"
400 meters	55.00	400 m relay	47.00	Triple jump	39'5"
800 meters	2:11.0	800 m relay	1:42.00	Shot put	44'8"
1600 meters	4:52.00	1600 m relay	3:48.00	Discus throw	148'0"
3200 meters	10:38.00	3200 m relay	9:18.00	Pole Vault	12'5"

Participant's name: _____
Please Print

UNIVERSITY OF CALIFORNIA, BERKELEY

Intercollegiate Athletics

Waiver of Liability, Assumption of Risk, and Indemnity Agreement

Waiver: In consideration of being permitted to participate in any way in NCS Meet of Champions, May 28-29, 2010

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
Participant's Age (if minor) _____

Signature of Participant Date

-W-

EDWARDS STADIUM
U.C. BERKELEY
Corner of Bancroft and Fulton

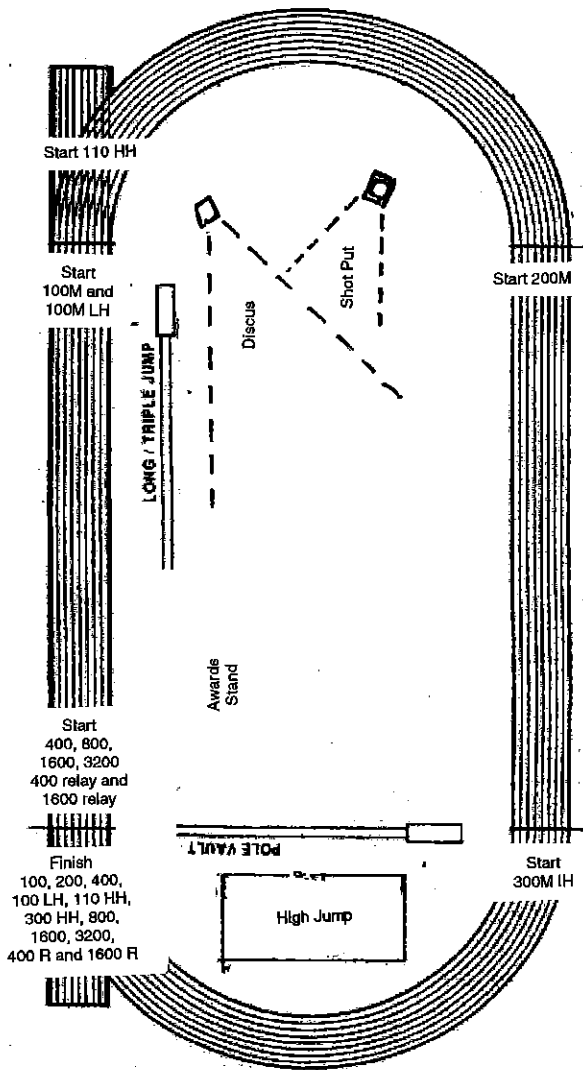
Kiosk - Coaches/
Officials' Check-In
(outside stadium)

Spectator Entrance
To stadium

Ticket
Booth
(outside stadium)

Athletes' Entrance
To the stadium

Trainers Area



Clerk of the
Course Field

Baseball field
Warm-up area
(outside stadium)

-E-

-N-

-S-

NCS Order Form TRACK

DEADLINE TO ORDER: JUNE 1, 2010

(Payment must accompany all orders)

Description	Sizes					Unit Price	Unit Total	Shipping	Shipping Total	TOTAL
	S	M	L	XL	XXL (add \$2.00)					
T-Shirt						\$17.00		\$3.50each		
Sweatshirt (Hooded)						\$33.00		\$4.80 each		
Long Sleeve T-Shirt						\$20.00		\$3.50each		
Patch, Sport (sport/year: _____)						\$17.00		\$1.50each		
Patch, Scholar (sport/year: _____)						\$17.00		\$1.50each		
Patch, Scholastic (sport/year: _____)						\$17.00		\$1.50each		
NCS Hat (circle color: Black, Navy, Tan, Grey, Red)						\$17.00		\$1.50each		
NCS Visor (circle color: Black, Navy, Grey, Red)						\$13.00		\$1.50each		
Program (sport: _____) (not available in Tennis, Golf, Badminton)						\$4.00		\$1.50each		
NCS Blanket						\$28.00		\$3.50each		
Polar Tec Vest (circle color: Black, Grey)						\$48.00		\$3.50each		
Polo Shirts (circle color: Tan, Navy, Black, Green)						\$28.00		\$3.50each		
Windshirts (circle color: Tan, Navy, Black, Green)						\$48.00		\$3.50each		
									Tax (INCLUDED)	
									TOTAL	

Merchandise subject to availability. All prices subject to change without notice.
***Shipping and Handling charges on TEAM orders shall not exceed actual shipping charges plus 1.5%.**

When filling out credit card orders please complete all of the following. Credit Cards will be processed the day the merchandise is shipped.

Method of Payment (circle one)	Name on card	Expiration Date	Card Number	Zip Code
Cash, Check, VISA, MASTERCARD, AMEX, DISCOVER				

Home phone	Date	Authorized Signature if using P.O. or school requisition

Receipt:
Name:
Payment method:
Sport/location:
Sales person:
Date:



Address label (Please Print)
NAME:
ADDRESS:
CITY, ZIP:

Send to: North Coast Section, CIF
 12925 Alcosta Blvd. Suite 8
 San Ramon, Ca 94583
 (925) 866-8400
 Fax: (925) 866-7100
 www.cifncs.org

EXHIBITION 4 X 800 METER RELAY INFORMATION

FRIDAY, MAY 28, 2010

(Entries are due no later than midnight Sunday, May 23rd.)

On May 28, 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 **midnight Sunday, May 23rd**. 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. **FAX your entries no later than midnight May 23rd. to the NCS Office, 925-866-7100.**

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.

NORTH COAST SECTION MEET OF CHAMPIONS
EXHIBITION 4 X 800 METER RELAY

(Entries are due no later than midnight Sunday, May 23rd.)

ENTRY FORM

SCHOOL: _____

CERTIFIED ACCOMPANYING COACH: _____

COACHES TELEPHONE NUMBER: _____

BOYS

ATHLETE'S NAME GRADE

1. _____

2. _____

3. _____

4. _____

Time for Seeding: _____

ALTERNATE(S)

1. _____

Time for Seeding: _____

2. _____

Time for Seeding: _____

3. _____

Time for Seeding: _____

GIRLS

ATHLETE'S NAME GRADE

1. _____

2. _____

3. _____

4. _____

Time for Seeding: _____

ALTERNATE(S)

1. _____

Time for Seeding: _____

2. _____

Time for Seeding: _____

3. _____

Time for Seeding: _____