

2019 CVC Track and Field Prelims and Finals Format

A. Date & Location:

1. Prelims – Wednesday, May 1, 2019 @ River Valley High School
2. Finals – Friday, May 3, 2019 @ River Valley High School

B. Meet Director/s:

1. Marie Kroeger of River Valley

C. Track Facilities:

1. **Nine lane** all-weather track and runways
2. Spikes must be ¼ inch or less
3. There are no dressing facilities at River Valley; please come dressed for competition.

D. Meet Web Site: <http://www.bvtrack.com/CVC/CVCTrackandFieldIndex.html>

E. Entries:

1. Entries will be done through www.athletic.net.
2. The entry deadline on athletic.net for the trials/finals is **Monday, April 29, 2019 at 8:00 pm**.
3. NFHS rule 4-2-1 ... a competitor shall not compete in more than four events, including relays... applies to our two day league meet. Only four events for the two days allowed.

F. Sac Joaquin Section (SJS) Division II-III Qualifiers

1. First four (4) in each CVC Final varsity event shall qualify to compete in the SJS Division II-III Meet at **River Valley High School** on **Tuesday** and **Thursday, May 7** and **9**. There will be one 5th place alternate per event.
2. All ties in CVC Finals varsity events for fourth and fifth (alt) place must be broken.
3. Any athlete, in the finals of any qualifying event, who meets or exceeds the SJS divisional at-large qualifying mark in that event, automatically qualifies to a berth in the SJS Division II-III Meet regardless of finishing mark or place. Note: Only fully automatic times are acceptable for at-large qualifying. See attached for divisional at-large qualifying mark standards. (*Appendix I*)

G. Meet Officiating Responsibilities:

1. Meet Referee – CVC Rep
2. Games Committee and Appeals Committee – head coaches of member schools
3. Clerk – **River Valley**
4. Timing/Scoring – arranged and paid for by **River Valley**
5. Starters - Two starters are recommended for the trials and finals. The starters are arranged for and paid by **River Valley**
6. Announcer – **River Valley**
7. Hurdle and block crew – **River Valley**
8. Relay exchange zone judges – **TBA**
9. High Jump (Wednesday & Friday) – **TBA**
10. Pole Vault (Wednesday & Friday) – **TBA**
11. Long Jump (Wednesday & Friday) – **TBA**
12. Triple Jump (Wednesday & Friday) – **TBA**
13. Shot Put (Wednesday & Friday) – **TBA**
14. Discus (Wednesday & Friday) – **TBA**

H. FIELD EVENT SCHEDULE – Wednesday, May 1, 2019

Field Event	Starting Time
Varsity Boys' Long Jump	2:00 PM
Varsity Girls' Long Jump	After Varsity Boys
Varsity Girls' Pole Vault	2:00 PM
Varsity Boys' Pole Vault	After Varsity Girls
Varsity Boys' Shot Put	2:00 PM
Varsity Girls' Shot Put	After Varsity Boys
Frosh/Soph Girls' Triple Jump	2:00 PM
Frosh/Soph Boys' Triple Jump	After Frosh/Soph Girls
Frosh/Soph Boys' High Jump	2:00 PM
Frosh/Soph Girls' High Jump	After Frosh/Soph Boys
Frosh/Soph Girls' Discus	2:00 PM
Frosh/Soph Boys' Discus	After Frosh/Soph Girls

All of the above field vents will conduct prelims and finals on May 1

I. PRELIMS RUNNING EVENT SCHEDULE – Wednesday, May 1, 2019

Event	Rolling Schedule
100 Meter Hurdles - Frosh/Soph Girls' (33")	2:00 PM
100 Meter Hurdles - Varsity Girls (33")	
110 Meter Hurdles - Frosh/Soph Boys (36")	
110 Meter Hurdles - Varsity Boys (39")	
400 Meters - Frosh/Soph Girls	
400 Meters - Frosh/Soph Boys	
400 Meters - Varsity Girls	
400 Meters - Varsity Boys	
100 Meters - Frosh/Soph Girls	
100 Meters - Frosh/Soph Boys	
100 Meters - Varsity Girls	
100 Meters - Varsity Boys	
300 Meter Hurdles - Frosh/Soph Girls (30")	
300 Meter Hurdles - Varsity Girls (30")	
300 Meter Hurdles - Frosh/Soph Boys (33")	
300 Meter Hurdles - Varsity Boys (36")	
800 Meters Frosh/Soph Girls	
800 Meters Frosh/Soph Boys	
800 Meters - Varsity Girls	
800 Meters - Varsity Boys	
200 Meters - Frosh/Soph Girls	
200 Meters - Frosh/Soph Boys	
200 Meters - Varsity Girls	
200 Meters - Varsity Boys	
3200 Meters - Frosh/Soph Girls	
3200 Meters - Frosh/Soph Boys	

J. FIELD EVENT SCHEDULE – Friday, May 3, 2019

Field Event	Starting Time
Varsity Boys' Triple Jump	2:00 PM
Varsity Girls' Triple Jump	After Varsity Boys
Varsity Girls' High Jump	2:00 PM
Varsity Boys' High Jump	After Varsity Girls
Varsity Girls' Discus	2:00 PM
Varsity Boys' Discus	After Varsity Girls
Frosh/Soph Boys' Long Jump	2:00 PM
Frosh/Soph Girls' Long Jump	After Frosh/Soph Boys
Frosh/Soph Girls' Pole Vault	2:00 PM
Frosh/Soph Boys' Pole Vault	After Frosh/Soph Girls
Frosh/Soph Boys' Shot Put	2:00 PM
Frosh/Soph Girls' Shot Put	After Frosh/Soph Boys

All of the above field vents will conduct prelims and finals on May 3

K. FINALS RUNNING EVENT SCHEDULE – Friday, May 3, 2019

Event and Estimated Time		Event and Estimated Time	
100 Meter Hurdles - F/S Girls (33")	4:00	300 Meter Hurdles - F/S Girls (30")	6:30
100 Meter Hurdles - Varsity Girls (33")	4:03	300 Meter Hurdles - Varsity Girls (30")	6:34
110 Meter Hurdles - F/S Boys (36")	4:08	300 Meter Hurdles - F/S (33")	6:38
110 Meter Hurdles - Varsity Boys (39")	4:11	300 Meter Hurdles - Varsity Boys (36")	6:42
1600 Meters - F/S Girls	4:16	800 Meters F/S Girls	6:46
1600 Meters - F/S Boys	4:36	800 Meters F/S Boys	6:51
400 Meter Relay - F/S Girls	5:06	800 Meters - Varsity Girls	6:56
400 Meter Relay - F/S Boys	5:11	800 Meters - Varsity Boys	7:01
400 Meter Relay - Varsity Girls	5:16	200 Meters - F/S Girls	7:06
400 Meter Relay - Varsity Boys	5:21	200 Meters - F/S Boys	7:09
1600 Meters - Varsity Girls	5:26	200 Meters - Varsity Girls	7:12
1600 Meters - Varsity Boys	5:46	200 Meters - Varsity Boys	7:15
400 Meters - F/S Girls	6:01	3200 Meters - Varsity Girls	7:18
400 Meters - F/S Boys	6:05	3200 Meters - Varsity Boys	7:48
400 Meters - Varsity Girls	6:09	1600 Meter Relay - F/S Girls	8:03
400 Meters - Varsity Boys	6:13	1600 Meter Relay - F/S Boys	8:11
100 Meters - F/S Girls	6:17	1600 Meter Relay - Varsity Girls	8:19
100 Meters - F/S Boys	6:20	1600 Meter Relay - Varsity Boys	8:27
100 Meters - Varsity Girls	6:23		
100 Meters - Varsity Boys	6:27		

L. Registration:

1. Track athletes must register with the clerk of the course when their event is called.
2. Field athletes must register with the event official at the venue when called.

M. Uniforms: Uniform shall conform to National Federation Rule 4-3 (Competitors Uniform). All athletes competing must wear their school issued uniform at all times. Coaches should pay particular attention to whether their relay team's uniforms match or not.

N. Awards/Scoring:

1. All conference patches and certificates to the first two places in each varsity final.
2. Each team's patches will be put into envelopes and then distributed to each school at the SJS DII-III Divisional meet.
3. Team championship banners will be awarded to the first place teams in the boys' and girls' varsity divisions.
4. Scoring will be as follows:

First Place –	10 points	Fourth Place –	4 points
Second Place –	8 points	Fifth Place –	2 points
Third Place –	6 points	Sixth Place –	1 point

O. Appeals: All appeals must be submitted in writing to the meet referee under procedures as outlined in National Federation Rule 2-3-3. (*Appendix II*)

P. Video Replay: Video replay to make decisions related to the meet shall not be used unless the games committee has authorized the use of specific equipment.

Q. Running Events:

1. Seeding for both prelims and finals will follow the format outlined in the Sac-Joaquin Section Constitution for track and field.
2. Nine (or eight if the track only has eight lanes) qualifiers **by mark** will move to the finals in the 100M, 200M, 400M, 100/110 hurdles, 300 hurdles and twelve qualifiers **by mark** will move to the finals in the 800M.
3. The 1600M and 3200M will be one day finals.
4. The 800M, 1600M and 3200M will use a one-turn stagger.
5. The 800M, 1600M and 3200M will start in alleys.
6. The 1600M relay will be run as a three-turn stagger.
7. The 100 hurdles heights for the frosh/soph girls and varsity girls will be 33 inches. For the 110 hurdles the frosh/soph boys height will be 36 inches and the varsity boys 39 inches.
8. The 300 hurdles heights will be 30 inches for frosh/soph and varsity girls, 33 inches for frosh/soph boys and 36 inches for varsity boys.
9. Each relay team is allowed up to six (6) members entered on athletic.net. Four team members and two alternates. This will be the same from league to Division to Masters to State. You are allowed to make changes to your relay teams every time you qualify to the next level. If you have changes to make for the Divisional meet use the relay card found in your team packet and return to Dave Unterholzner before you leave Friday. (*Appendix III*)

R. Field Events:

1. All field events will conduct same day finals.
2. Athletes may report directly to the field event site if an event official is present.
3. Field event seeding will be worst to best.
4. In the throws and horizontal jumps the top nine competitors will move from prelims to finals.

5. In the prelims for the throws and horizontal jumps, each competitor will receive three attempts. In the finals, each competitor receives three additional attempts with all competitors being re-ordered by mark. Marks from all six attempts shall be noted for place.
6. Competitors who must check out of a vertical event for another may request the event official to complete his/her attempts at the current height out of order or opt to return to the event with the number of attempts remaining he/she was excused with. In both cases, the competition will continue and the athlete will return at wherever the crossbar has been raised during his/her excused absence. Once the bar has been moved up in a vertical event it can't be moved down again.
7. For competitors who must check out in the throws and horizontal jumps the official can move an athlete to an earlier or later prelims flight to accommodate the athlete's absence. Once all prelims rounds have been completed, checked out athletes can no longer be inserted into the prelims order. If an athlete checks out during the prelims and has at least one legal attempt long enough to make the finals they must be inserted into the finals.
8. The high jump and pole vault will be run using continuing flights of five (5) or the "5 Alive" system. When nine or fewer competitors are left one continuous flight will be run for the remainder of the competition.
9. Starting heights for the varsity pole vault and high jump will be based on the current year's Divisional at large marks.

VARSDITY BOYS

Pole Vault.....9-00
 High Jump.....5-01

VARSDITY GIRLS

Pole Vault.....7-03
 High Jump.....4-01

FROSH/SOPH BOYS

Pole Vault.....8-00
 High Jump.....4-06

FROSH/SOPH GIRLS

Pole Vault.....6-00
 High Jump.....4-00

These starting heights may be altered at the discretion of the games committee.

Appendix I

2019 Sac Joaquin Section Track and Field DII Meet At Large Standards

An athlete shall earn an at-large entry into the Divisional Meet if his/her mark at the final league competition (which qualifies entrants to the Divisional Meets) is equal to or better than the average 6th place finisher in the DII-III Finals for the three most recent years.

2019 DII Boys Standards	
100 Meters	11.33
200 Meters	23.18
400 Meters	50.52
800 Meters	2:00.33
1600 Meters	4:34.26
3200 Meters	9:57.23
110 Hurdles	15.85
300 Hurdles	42.00
4 x 100 Relay	44.43
4 x 400 Relay	3:31.15
High Jump	5-09
Pole Vault	12-00
Long Jump	20-11
Triple Jump	41-11
Shot Put	44-05
Discus	121-04

2019 DII Girls Standards	
100 Meters	12.86
200 Meters	26.61
400 Meters	60.67
800 Meters	2:26.90
1600 Meters	5:30.23
3200 Meters	12:02.89
100 Hurdles	16.73
300 Hurdles	49.61
4 x 100 Relay	50.78
4 x 400 Relay	4:10.93
High Jump	4-11
Pole Vault	8-03
Long Jump	15-10
Triple Jump	32-05
Shot Put	30-11
Discus	92-07

Appendix II

**CAPITAL VALLEY CONFERENCE TRIALS AND FINALS
TRACK AND FIELD MEET PROTEST/APPEAL FORM
(PLEASE PRINT)**

Competitors Name/Bib Number: _____

School: _____

Time/Date Submitted to Referee: _____

Area of Concern (circle one): Running Event Field Event

Event: _____

Rule Reference: _____

Description of Protest/Appeal: _____

Name of Head Coach (print): _____

Signature of Head Coach: _____

School: _____

Decision of Meet Referee/Jury of Appeals: _____

Appendix III

**Capital Valley Conference Finals (5-3-19)
School Relay Card**

If you have any changes to your relay team members that qualify to the SJS DII-III meet you will need to submit them to the finish line tent before you leave on Friday. If you are running the same teams that ran at the CVC Finals then you can disregard this card.

School _____

Varsity Girls 4 x 100 Relay:

Pos.	Last Name	First Name	Gender	Grade
1			F	
2			F	
3			F	
4			F	
Alt			F	
Alt			F	

Varsity Girls 4 x 400 Relay:

Pos.	Last Name	First Name	Gender	Grade
1			F	
2			F	
3			F	
4			F	
Alt			F	
Alt			F	

Varsity Boys 4 x 100 Relay:

Pos.	Last Name	First Name	Gender	Grade
1			M	
2			M	
3			M	
4			M	
Alt			M	
Alt			M	

Varsity Boys 4 x 400 Relay:

Pos.	Last Name	First Name	Gender	Grade
1			M	
2			M	
3			M	
4			M	
Alt			M	
Alt			M	