

## 2019 CVC Track and Field Quad Meet Format

### A. Dates & Locations:

1. Wednesday, March 13, 2019  
Meet A: Antelope, Bella Vista, Yuba City at **Roseville**  
Meet B: River Valley, Inderkum at **Woodcreek**
2. Wednesday, March 27, 2019  
Meet A: Bella Vista, River Valley, Woodcreek at **Antelope**  
Meet B: Roseville, Yuba City at **Inderkum**
3. Wednesday, April 10, 2019  
Meet A: River Valley, Roseville, Woodcreek at **Yuba City**  
Meet B: Antelope, Inderkum at **Bella Vista**

### B. Meet Director:

1. Head coach of host schools

### C. Track Facilities:

1. Eight or Nine lane all-weather track and runways depending on site.
2. Spikes must be  $\frac{1}{4}$  inch or less
3. There are no dressing facilities at any school; please come dressed for competition.

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

### E. Entries:

1. Entries will be done through [www.athletic.net](http://www.athletic.net).
2. The entry deadline on athletic.net for center meets will be determined by the timer of each meet.

### F. Meet Officiating Responsibilities:

1. Meet Referee – Head coach of home school
2. Games Committee – head coaches of attending schools
3. Appeals Committee – head coaches of attending schools
4. Timing/Scoring – arranged and paid for by the home school.
5. Starter - arranged for and paid for by the home school.
6. Clerk – home school
7. Announcer – home school
8. Hurdle and block crew – home school
9. Relay exchange zone judges – home school
10. Field Event Officials – (*Appendix I*)

## CAPITAL VALLEY CONFERENCE TRACK AND FIELD QUAD MEET - Order of Events

### ORDER OF TRACK EVENTS

<u>Event No.</u>	<u>Event</u>	
1.	100 Meter Hurdles - Frosh/Soph Girls (33")	
2.	100 Meter Hurdles - Varsity Girls (33")	
3.	110 Meter Int. Hurdles - Frosh/Soph Boys (36")	
4.	110 Meter High Hurdles - Varsity Boys (39")	
5.	1600 Meters - Frosh/Soph Girls	
6.	1600 Meters - Frosh/Soph Boys	
7.	400 Meter Relay - Frosh/Soph Girls	
8.	400 Meter Relay - Frosh/Soph Boys	
9.	400 Meter Relay - Varsity Girls	
10.	400 Meter Relay - Varsity Boys	
11.	1600 Meters - Varsity Girls	
12.	1600 Meters - Varsity Boys	
13.	400 Meters - Frosh/Soph Girls	
14.	400 Meters - Frosh/Soph Boys	
15.	400 Meters - Varsity Girls	
16.	400 Meters - Varsity Boys	
17.	100 Meters - Frosh/Soph Girls	
18.	100 Meters - Frosh/Soph Boys	
19.	100 Meters - Varsity Girls	
20.	100 Meters - Varsity Boys	
21.	300 Meter Low Hurdles - Frosh/Soph Girls (30")	
22.	300 Meter Low Hurdles - Varsity Girls (30")	
23.	300 Meter Low Hurdles - Frosh/Soph Boys (33")	
24.	300 Meter Int. Hurdles - Varsity Boys (36")	
25.	800 Meters Frosh/Soph Girls	
26.	800 Meters Frosh/Soph Boys	
27.	800 Meters - Varsity Girls	
28.	800 Meters - Varsity Boys	
29.	200 Meters - Frosh/Soph Girls	
30.	200 Meters - Frosh/Soph Boys	
31.	200 Meters - Varsity Girls	
32.	200 Meters - Varsity Boys	
33.	3200 Meters - Frosh/Soph Girls	Run
34.	3200 Meters - Varsity Girls	Together
35.	3200 Meters - Frosh/Soph Boys	Run
36.	3200 Meters - Varsity Boys	Together
37.	1600 Meter Relay - Frosh/Soph Girls	
38.	1600 Meter Relay - Frosh/Soph Boys	
39.	1600 Meter Relay - Varsity Girls	
40.	1600 Meter Relay - Varsity Boys	

### ORDER OF FIELD EVENTS

#### Event

**Long Jump (open pit all divisions - 4 attempts)**

**Triple Jump (open pit all divisions - 4 attempts)**

Long Jump and Triple Jump competitors must be checked in by the start of the Frosh/Soph Girls 100 Hurdles. The pits will close at the start of the Frosh/Soph Girls 4 x 400 Relay

#### **High Jump**

Frosh/Soph Girls	Run Together
Varsity Girls	
Frosh/Soph Boys	Run Together
Varsity Boys	

#### **Pole Vault**

Frosh/Soph Boys	Run Together
Varsity Boys	
Frosh/Soph Girls	Run Together
Varsity Girls	

#### **Shot Put (4 attempts)**

Varsity Boys  
Frosh/Soph Boys  
Varsity Girls  
Frosh/Soph Girls

#### **Discus (4 attempts)**

Varsity Girls  
Frosh/Soph Girls  
Varsity Boys  
Frosh/Soph Boys

**G. 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.

**H. 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.

**I. Awards/Scoring:**

1. No awards will be given at CVC track and field center meets.
2. Meets will be scored as double and triple dual meets.
3. Scoring will be as follows:

First Place –	5 points
Second Place –	3 points
Third Place –	1 point
Relays –	5-0

**J. 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*)

**K. Running Events:**

1. Timed finals will be run in all running events using fast to slow heats.
2. In the 3200 it is recommended that the frosh/soph girls and varsity girls run one combined race and the frosh/soph boys and varsity boys one combined race.
3. The 800M, 1600M and 3200M will use a one-turn stagger.
4. The 800M, 1600M and 3200M will start in alleys.
5. The 1600M relay will be run as a three-turn stagger.
6. The 100 hurdles heights for the frosh/soph and varsity girls will be 33 inches. For the 110 hurdles the frosh/soph height will be 36 inches and 39 inches for the varsity boys.
7. 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.
8. 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 Divisionals to Masters to State.

**L. Field Events:**

1. Athletes may report directly to the field event site if an event official is present.
2. Field event seeding will be worst to best.
3. In the throws and horizontal jumps each competitor will receive four attempts.
4. Competitors who must check out of a vertical event for another will be allowed ten minutes from the time of check out to return. Event officials should note the checkout time on their recording forms. If the vertical jumper does not return in ten minutes the bar will go up and the competition will continue.

5. In vertical events the event official can have the athlete who is checking out take their attempts out of order before they leave. Once the bar has been moved up in a vertical event it can't be moved down again.
6. For competitors who must check out in a throwing event for another event the official can move an athlete to an earlier or later flight to accommodate the athlete's absence. Once all rounds have been completed, checked out athletes can no longer be inserted into the competition.
7. Long Jump and Triple Jump will conduct an open pit. Competitors must be checked in by the start of the Frosh/Soph Girls 100 Hurdles. The pits will close at the start of the Frosh/Soph Girls 4 x 400 Relay.
8. Starting heights for the pole vault and high jump:

**BOYS**

Frosh/Soph Pole Vault..... 8-00  
 Varsity Boys Pole Vault..... 9-00  
 Frosh/Soph Boys High Jump ..... 4-06  
 Varsity Boys High Jump..... 5-00

**GIRLS**

Frosh/Soph Pole Vault..... 6-00  
 Varsity Girls Pole Vault..... 7-00  
 Frosh/Soph Girls High Jump..... 4-00  
 Varsity Girls High Jump..... 4-00

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

## Appendix I

### 2019 CVC Track and Field Officiating Assignments

Meet Location and Date							
	Center 1 A	Center 1 B	Center 2 A	Center 2 B	Center 3 A	Center 3 B	CVC Finals
	13-Mar		27-Mar		25-Apr		May 9 & 11
	Host		Host		Host		Host
	Ponderosa	Whitney	Roseville	Antelope	Oakmont	Del Campo	TBA
Event							
Timing/Finish Line	Whitney	Ponderosa (BV)	Roseville (BV)	Antelope	Oakmont (BV)	Del Campo	Cosumnes Oaks (BV)
Scoring	Whitney	Ponderosa (BV)	Roseville (BV)	Antelope	Oakmont (BV)	Del Campo	Cosumnes Oaks (BV)
Announcing	Whitney	Ponderosa	Roseville	Antelope	Oakmont	Del Campo	Cosumnes Oaks
Hurdle Crew	Whitney	Ponderosa	Roseville	Antelope	Oakmont	Del Campo	Cosumnes Oaks
Block Crew	Whitney	Ponderosa	Roseville	Antelope	Oakmont	Del Campo	Cosumnes Oaks
Clerk	Whitney	Ponderosa	Roseville	Antelope	Oakmont	Del Campo	Cosumnes Oaks
Relay Zone Judges	Whitney	Ponderosa	Roseville	Antelope	Oakmont	Del Campo	Bella Vista
High Jump	Cosumnes Oaks	Roseville	Bella Vista	Oakmont	Roseville	Antelope	Roseville
Long Jump	Cosumnes Oaks	Antelope	Del Campo	Cosumnes Oaks	Cosumnes Oaks	Whitney	Oakmont
Triple Jump	Oakmont	Roseville	Del Campo	Oakmont	Cosumnes Oaks	Whitney	Del Campo
Shot Put	Whitney	Bella Vista	Whitney	Ponderosa	Roseville	Ponderosa	Whitney
Discus	Whitney	Bella Vista	Whitney	Cosumnes Oaks	Bella Vista	Antelope	Antelope
Pole Vault	Oakmont	Ponderosa	Bella Vista	Ponderosa	Bella Vista	Ponderosa	Ponderosa

