

## 2024 CVC Track and Field Prelims and Finals Format

### A. Date & Location:

1. Prelims – Wednesday, May 1, 2024 @ Bella Vista High School
2. Finals – Friday, May 3, 2024 @ Bella Vista High School

### B. Meet Director/s:

1. Dave Unterholzner of Bella Vista

### C. Track Facilities:

1. Eight lane all-weather track and runways
2. Spikes must be ¼ inch or less.
3. There are no dressing facilities at Bella Vista; 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](http://www.athletic.net).
2. The entry deadline on athletic.net for the prelims/finals is **Monday, April 29, 2024, at 7:00 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 Qualifiers

1. First six (6) in each CVC Final varsity event shall qualify to compete in the SJS Division II Meet at **Bella Vista High School** on **Wednesday** and **Friday, May 8** and **10**. There will be one 7<sup>th</sup> place alternate per event.
2. All ties in CVC Finals varsity events for sixth and seventh (alt) place must be broken.
3. Any athlete, in the finals of any qualifying event, who meets or exceeds the SJS Division II at-large qualifying mark in that event, automatically qualifies to a berth in the SJS Division II 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 – **Head Starter**
2. Games Committee and Appeals Committee – head coaches of member schools
3. Clerk – **Bella Vista**
4. Timing/Scoring – arranged and paid for by **Bella Vista**
5. Starters - Two starters are recommended for the trials and finals. The starters are arranged for and paid by **Bella Vista**
6. Announcer – **Bella Vista**
7. Hurdle and block crew – **Bella Vista**
8. Relay exchange zone judges – **Bella Vista**
9. High Jump (Wednesday & Friday) – Inderkum
10. Pole Vault (Wednesday & Friday) – Bella Vista
11. Long Jump (Wednesday & Friday) – Antelope
12. Triple Jump (Wednesday & Friday) – River Valley
13. Shot Put (Wednesday & Friday) – Yuba City
14. Discus (Wednesday & Friday) – Roseville

**H. FIELD EVENT SCHEDULE – Wednesday, May 1, 2024**

<b>Field Event</b>	<b>Starting Time</b>
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, 2024**

<b>Event</b>	<b>Rolling Schedule</b>
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	

4 x 800 Relay - Frosh/Soph Girls
4 x 800 Relay - Frosh/Soph Boys
4 x 800 Relay - Varsity Girls
4 x 800 Relay - Varsity Boys

**J. FIELD EVENT SCHEDULE – Friday, May 3, 2024**

<b>Field Event</b>	<b>Starting Time</b>
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 Boys' Discus	2:00 PM
Varsity Girls' Discus	After Varsity Boys
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, 2024 – Starting at 4:00 pm**

<b>Event and Estimated Time</b>	<b>Event and Estimated Time</b>
100 Meter Hurdles - F/S Girls (33")	300 Meter Hurdles - F/S Girls (30")
100 Meter Hurdles - Varsity Girls (33")	300 Meter Hurdles - Varsity Girls (30")
110 Meter Hurdles - F/S Boys (36")	300 Meter Hurdles - F/S (33")
110 Meter Hurdles - Varsity Boys (39")	300 Meter Hurdles - Varsity Boys (36")
1600 Meters - F/S Girls	800 Meters F/S Girls
1600 Meters - F/S Boys	800 Meters F/S Boys
400 Meter Relay - F/S Girls	800 Meters - Varsity Girls
400 Meter Relay - F/S Boys	800 Meters - Varsity Boys
400 Meter Relay - Varsity Girls	200 Meters - F/S Girls
400 Meter Relay - Varsity Boys	200 Meters - F/S Boys
1600 Meters - Varsity Girls	200 Meters - Varsity Girls
1600 Meters - Varsity Boys	200 Meters - Varsity Boys
400 Meters - F/S Girls	3200 Meters - Varsity Girls
400 Meters - F/S Boys	3200 Meters - Varsity Boys
400 Meters - Varsity Girls	1600 Meter Relay - F/S Girls
400 Meters - Varsity Boys	1600 Meter Relay - F/S Boys
100 Meters - F/S Girls	1600 Meter Relay - Varsity Girls
100 Meters - F/S Boys	1600 Meter Relay - Varsity Boys
100 Meters - Varsity Girls	
100 Meters - Varsity Boys	

**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 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. Eight 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 eight (8) members entered on athletic.net. Four team members and four 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*)
10. Only "A" relay teams can score team points and advance to the Divisional Meet.

**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 eight 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 prelim 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 eight 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 in varsity events will be based on the current year's Divisional at large marks.

Varsity Boys

Pole Vault.....8-10  
 High Jump.....5-00

Varsity Girls

Pole Vault.....6-11  
 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

### 2024 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 Finals for the three most recent years.

2024 DII Boys Standards	
100 Meters	11.23
200 Meters	22.82
400 Meters	51.43
800 Meters	2:01.44
1600 Meters	4:31.66
3200 Meters	10:01.71
110 Hurdles	16.16
300 Hurdles	42.42
4 x 100 Relay	43.83
4 x 400 Relay	3:28.77
High Jump	5-10
Pole Vault	12-04
Long Jump	21-01
Triple Jump	41-08
Shot Put	45-02
Discus	132-02

2024 DII Girls Standards	
100 Meters	12.58
200 Meters	26.18
400 Meters	60.44
800 Meters	2:28.00
1600 Meters	5:28.42
3200 Meters	11:57.65
100 Hurdles	16.56
300 Hurdles	48.21
4 x 100 Relay	50.21
4 x 400 Relay	4:10.95
High Jump	4-09
Pole Vault	8-11
Long Jump	16-00
Triple Jump	33-08
Shot Put	32-04
Discus	98-02

**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: _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____
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Name of Head Coach (print): \_\_\_\_\_

Signature of Head Coach: \_\_\_\_\_

School: \_\_\_\_\_

Decision of Meet Referee/Jury of Appeals: \_\_\_\_\_

\_\_\_\_\_

### Appendix III

## Capital Valley Conference Finals (5-3-24) - School Relay Card

If you have any changes to your relay team members that qualify to the SJS DII 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	
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	
Alt			F	
Alt			F	

**Varsity Girls 4 x 800 Relay:**

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

Varsity **Boys** 4 x 800 Relay:

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