



## FORMAT – 2023 MASTERS TRACK & FIELD

**TO:** Sac-Joaquin Section schools that participate in Track & Field  
**FROM:** Michael S. Garrison, Commissioner  
Will DeBoard, Assistant Commissioner  
**DATE:** May 1, 2023

### 2023 CIF SAC-JOQUIN SECTION MASTERS TRACK & FIELD CHAMPIONSHIP

**A. Date & Location:**

1. Trials - Friday, May 19, 2023 @ Davis Sr. High School
2. Finals - Saturday, May 20, 2023 @ Davis Sr. High School

**B. Meet Director:**

Spencer Elliott  
E-mail: selliott@djud.net

**C. Track Facilities:**

1. Eight lane all-weather track and runways.
2. Spikes must be 1/4 inch or less and will be checked by clerk. No needles or Christmas tree spikes allowed.
3. Spikes will be on sale per National Federation rules.
4. Please come dressed for competition.
5. Tents are ONLY allowed on the top rows of the stadium. This is out of consideration for spectators, participants and coaches. Please adhere to the request from the Section office and meet management. No tents are allowed in front of the press box.
6. No bus parking allowed in school parking lot. Drop off in front of school. Parking can be found on the opposite side of campus.

**D. Coaches/Competitors' Gate:**

1. Meet information and wristbands will be distributed to head coaches only at competitors' gate at the southeast corner of the stadium.
2. All coaches and athletes must have a wristband to enter the stadium.
3. Coaches or athletes who do not have wristbands will have to pay admission. ***NO EXCEPTIONS!***
4. It is the coach's responsibility to get the wristbands to both your early and late arriving athletes prior to their entry.
5. Athletes and parents will not be allowed to pick up wristbands. They will be told to contact their coach.
6. Coaches from participating schools will receive a quantity of wristbands based upon the information submitted by their athletic director. If no information is received from the athletic director, each school will receive 2 coaches' wristbands.
7. Each athlete will be provided with a wristband, which will be good for both days of the meet. No replacement bands will be issued.

**E. Entries:**

***(From Divisionals to Masters)***

1. Division I will qualify 8 in each event to the Masters meet.
2. Division II and III will qualify 6 in each event to the Masters meet.
3. Division IV-V will qualify 5 in each event to the Masters meet.
4. In addition, any athlete, in the finals of any divisional event, who meets or exceeds any at-large qualifying mark automatically qualifies to a berth in the Masters Meet regardless of finishing mark or place. *See the respective divisional format for the at-large automatic qualifying mark standards.*
5. Alternates from divisionals to trials: There will be NO alternates from divisionals to Masters trials.
6. Alternates from Masters trials/prelims to finals are not permitted.

**F. FIELD EVENT SCHEDULE – Friday, May 19, 2023**

<b>Field Event</b>	<b>Reporting Time</b>	<b>Scratch Time</b>	<b>Starting Time</b>
Boys' Pole Vault	1:00 p.m.	1:45 p.m.	2:00 p.m.
Girls' High Jump	1:00 p.m.	1:45 p.m.	2:00 p.m.
Boys' Discus	1:00 p.m.	1:45 p.m.	2:00 p.m.
Boys' Triple Jump	2:00 p.m.	2:45 p.m.	3:00 p.m.
Girls' Shot Put	4:30 p.m.	5:15 p.m.	5:30 p.m.
Girls' Triple Jump	4:30 p.m.	5:15 p.m.	5:30 p.m.

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***All of the above field events will conduct trials and finals on May 19***

## G. RUNNING EVENT SCHEDULE – Friday, May 19, 2023

<b>Track Events</b>	<b>Scratch Time</b>	<b>Event Time</b>
Girls' 4 x 800M Relay	3:05	3:20
Boys' 4 x 800M Relay	3:25	3:40
Girls' 4 x 100M Relay, Heat 1	3:45	4:00
Girls' 4 x 100M Relay, Heat 2	3:45	4:04
Girls' 4 x 100M Relay, Heat 3	3:45	4:08
Girls' 4 x 100M Relay, Heat 4	3:45	4:12
Boys' 4 x 100M Relay, Heat 1	4:01	4:16
Boys' 4 x 100M Relay, Heat 2	4:01	4:20
Boys' 4 x 100M Relay, Heat 3	4:01	4:24
Boys' 4 x 100M Relay, Heat 4	4:01	4:28
Girls' 100M HH, Heat 1	4:20	4:35
Girls' 100M HH, Heat 2	4:20	4:40
Girls' 100M HH, Heat 3	4:20	4:45
Girls' 100M HH, Heat 4	4:20	4:50
Boys' 110M HH, Heat 1	4:40	4:55
Boys' 110M HH, Heat 2	4:40	5:00
Boys' 110M HH, Heat 3	4:40	5:05
Boys' 110M HH, Heat 4	4:40	5:10
Girls' 400M, Heat 1	5:00	5:15
Girls' 400M, Heat 2	5:00	5:19
Girls' 400M, Heat 3	5:00	5:23
Girls' 400M, Heat 4	5:00	5:27
Boys' 400M, Heat 1	5:16	5:31
Boys' 400M, Heat 2	5:16	5:34
Boys' 400M, Heat 3	5:16	5:38
Boys' 400M, Heat 4	5:16	5:42
Girls' 100M, Heat 1	5:31	5:46
Girls' 100M, Heat 2	5:31	5:50
Girls' 100M, Heat 3	5:31	5:54
Girls' 100M, Heat 4	5:31	5:58
Boys' 100M, Heat 1	5:47	6:02
Boys' 100M, Heat 2	5:47	6:06
Boys' 100M, Heat 3	5:47	6:10
Boys' 100M, Heat 4	5:47	6:14
Girls' 800M, Heat 1	6:05	6:20
Girls' 800M, Heat 2	6:05	6:25
Girls' 800M, Heat 3	6:05	6:30

<b>Track Events</b>	<b>Scratch Time</b>	<b>Event Time</b>
Girls' 800M, Heat 4	6:05	6:35
Boys' 800M, Heat 1	6:25	6:40
Boys' 800M, Heat 2	6:25	6:45
Boys' 800M, Heat 3	6:25	6:50
Boys' 800M, Heat 4	6:25	6:55
Girls' 300M LH, Heat 1	6:45	7:00
Girls' 300M LH, Heat 2	6:45	7:04
Girls' 300M LH, Heat 3	6:45	7:08
Girls' 300M LH, Heat 4	6:45	7:12
Boys' 300M IH, Heat 1	7:01	7:16
Boys' 300M IH, Heat 2	7:01	7:20
Boys' 300M IH, Heat 3	7:01	7:24
Boys' 300M IH, Heat 4	7:01	7:28
Girls' 200M, Heat 1	7:18	7:33
Girls' 200M, Heat 2	7:18	7:37
Girls' 200M, Heat 3	7:18	7:41
Girls' 200M, Heat 4	7:18	7:45
Boys' 200M, Heat 1	7:34	7:49
Boys' 200M, Heat 2	7:34	7:53
Boys' 200M, Heat 3	7:34	7:57
Boys' 200M, Heat 4	7:34	8:01
Girls' 4 x 400M Relay, Heat 1	8:06	8:21
Girls' 4 x 400M Relay, Heat 2	8:06	8:29
Girls' 4 x 400M Relay, Heat 3	8:06	8:37
Girls' 4 x 400M Relay, Heat 4	8:06	8:45
Boys' 4 x 400M Relay, Heat 1	8:38	8:53
Boys' 4 x 400M Relay, Heat 2	8:38	9:01
Boys' 4 x 400M Relay, Heat 3	8:38	9:09
Boys' 4 x 400M Relay, Heat 4	8:38	9:17

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## H. FIELD EVENT SCHEDULE – Saturday, May 20, 2023

<b>Field Event</b>	<b>Reporting Time</b>	<b>Scratch Time</b>	<b>Starting Time</b>
Unified Shot Put	12:15 p.m.	1:00 p.m.	1:15 p.m.
Unified Long Jump	1:00 p.m.	1:45 p.m.	2:00 p.m.
Girls' Pole Vault	1:00 p.m.	1:45 p.m.	2:00 p.m.
Boys' High Jump	1:00 p.m.	1:45 p.m.	2:00 p.m.
Girls' Discus	1:00 p.m.	1:45 p.m.	2:00 p.m.
Girls' Long Jump	2:00 p.m.	2:45 p.m.	3:00 p.m.
Boys' Shot Put	4:30 p.m.	5:15 p.m.	5:30 p.m.
Boys' Long Jump	4:30 p.m.	5:15 p.m.	5:30 p.m.

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*All of the above field events will conduct trials and finals on May 20*

## I. RUNNING EVENT SCHEDULE – Saturday, May 20, 2023

<b>Track Events</b>	<b>Scratch Time</b>	<b>Event Time</b>
Unified 4 x 100M Relay	4:30	4:45
Girls' 4 x 100M Relay	4:45	5:00
Boys' 4 x 100M Relay	4:53	5:08
Girls' 1600M	5:04	5:19
Boys' 1600M	5:13	5:28
Girls' 100M HH	5:29	5:44
Boys' 110M HH	5:39	5:54
Girls' 400M	5:49	6:04
Boys' 400M	5:56	6:11
Unified 100M	6:04	6:19
Girls' 100M	6:10	6:25
Boys' 100M	6:14	6:29
Girls' 800M	6:23	6:38
Boys' 800M	6:31	6:46
Girls' 300M LH	6:42	6:57
Boys' 300M IH	6:49	7:04
Girls' 200M	6:59	7:14
Boys' 200M	7:06	7:21
Girls' 3200M	7:14	7:29
Boys' 3200M	7:31	7:46
Girls' 4 x 400M Relay	7:49	8:04
Boys' 4 x 400M Relay	7:59	8:14

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**J. Sportsmanship:**

1. The basis of all competitive interaction in the Masters meet is a commitment to the CIF Sac-Joaquin Section Code of Ethics and to true sportsmanship which describes a meet athlete as "... a person who can take a loss or defeat without complaint or victory without gloating, and who treats his/her opponents with fairness, courtesy, and respect."
2. Coaches and athletes are reminded that Sections 503.3 and 503.4 of the CIF Sac-Joaquin Section Constitution will be enforced.

**K. Registration:**

1. Coaches and competitors must first check in at the competitors' gate (southeast side of stadium) before the meet.
2. Track athletes must register with the clerk of the course (north end of stadium) by their event's scratch time.
3. Field athletes must register with the event official at the venue by their event's scratch time.
4. Coaches must certify at competitors' gate that his/her athletes are properly attired in compliance with rules for 2023. Questions can be addressed to the games committee.

**L. Uniforms and Jewelry:**

Uniform shall conform to National Federation Rule 4-3 (Competitor's Uniform) and Sac-Joaquin Section Constitution. All athletes competing must wear their school issued uniform and sweats at all times. No other uniform or clothing may be worn during warm-ups or competition. National Federation Rule 4-3-3 regarding wearing jewelry has been removed from the rules for track and field competition. As in previous years, the wearing of a medical alert with the alert visible continues and is encouraged for purposes of risk minimization. Violations of the above rules will result in disqualification from an event.

**M. Athletes' Area/Warm-ups:**

1. Athletes may sit in any bleacher area.
2. The fields to the north and east of the stadium in the large athletic fields are designated as the track athlete's warm-up areas. No warm-ups on the track or infield.
3. Field athletes will be allowed to warm up at their venues when officials arrive, approximately one hour before the event begins.
4. No warm-ups are allowed at any field event venue without a designated official present.

**N. Awards/Scoring:**

1. Medals will be awarded to the top four finishers in each final and each individual who qualifies for the State Meet by reaching the state at-large automatic qualifying mark.
2. Medals in disputed events will be held until the dispute is resolved.
3. An awards ceremony will follow each event on the infield next to finish area. The top three in each event will be honored.

4. Team championship banners and second place plaques in both boys' and girls' divisions will be awarded.

**O. Appeals:**

1. All appeals must be submitted in writing to the meet referee under procedures as outlined in National Federation Rule 2-3-3.
2. There will be a designated appeals area. Under no circumstances are coaches allowed on the infield. Any violation of this rule may result in immediate disqualification of the athlete.

**P. Electronic Timing (FAT):**

1. Finish Lynx will be used for all running events.
2. Races will not be held up for the review of a previous race.
3. Reviews of Finish Lynx will be by the review committee.
4. Coaches of athletes in contested races are welcome to view the photo but will not be allowed to vote on the review.

**Q. State Meet Qualifiers:**

1. The top three (3) placers in each final shall qualify for the State Meet to be held May 26 and 27 at Buchanan High School in Clovis. In the event a qualifier chooses not to compete in the State Meet, the fourth-place finisher shall be the Section alternate.
2. At the awards ceremony, athletes will verify whether or not they will participate in the State Meet.

**R. Running Events:**

1. Qualified athletes must check in with the running event clerk prior to the event scratch time. If the qualified athlete is not signed in 15 minutes prior to the event start time, that athlete will be scratched. Checked-in athletes must be at the staging area by the clerk at scratch time.
2. In trials there will be three heats to determine eight finalists.
3. Finalists will be the winner of each heat and the next fastest times to get to eight finalists.
  - a. In the 800M only, there will be 12 finalists.
    - (1) Finalists will be the top 2 finishers in each heat and the next fastest times to get to 12.
4. In the event of a tie for the final qualifying spot, a runoff will be held to determine the qualifier for that spot at a time determined by the games committee.
5. The 800M trials will use a one-turn stagger.
6. The 800M, 1600M and 3200M final will start in alleys.
7. The 200M dash will be run on a turn.
8. The 400M dash will be run in staggered lanes around two turns.
9. The 1600M relay will use a three-turn stagger.

10. The 4x800 relay will be run as a final on Friday.

**S. Field Events:**

1. Qualified athletes may report directly to the field event site one hour prior to the event if an event official is present. Qualified athletes must sign in at the field event site from that point up until 15 minutes prior to the event start time. If the qualified athlete is not signed in 15 minutes prior to the event start time, that athlete will be scratched.
2. Eight (8) competitors will move from trials to finals.
3. When there are large fields in the High Jump or Pole Vault, it is advisable for the referee or event official to establish continuing flights of five competitors (five-alive method). When the number of competitors remaining at a given height is fewer than nine, the five-alive method is abandoned and replaced by a continuous flight until the next height change.
4. During pole vault events, once competition has begun, the bar will be raised six inches (6") per round until seven competitors remain. At that time, the bar will be raised three inches (3") per round.
5. In the high jump, the bar will be placed four inches (4") below opening height. Ten minutes before competition begins, the bar will move to opening height.
6. During high jump events, once competition has begun, the bar will be raised two inches (2") per round seven or fewer competitors remain. At that time, the bar will be raised one inch (1") per round.
7. **STARTING HEIGHTS FOR POLE VAULT AND HIGH JUMP:** Starting heights will be determined by Meet Management after all league finals entries are submitted. Starting heights can be seen online by Tuesday afternoon, on both the Sac-Joaquin Section and Bella Vista track and field websites.
8. Time limits for competitors to initiate a trial shall be one minute for all field events and will be enforced except for the following:
  - A. When three or fewer remain in the high jump or pole vault at the beginning of a bar height, the above time shall be increased to three minutes.
  - B. When a single competitor, who has won the competition, remains in the high jump or pole vault, the allowed time shall be five minutes.
9. For throws and horizontal jumps competition, the head judge may change the order of competition of athletes who are excused to compete in another event in the preliminary or final rounds by any method. See Rule 6-2, art 3.
10. In the throws and horizontal jumps, all competitors receive three attempts.
11. The finalists are re-ordered and receive three additional attempts to determine final placing. Marks from all six attempts shall be noted for place.
12. Field event athletes cannot cross the track at any time to confer with a coach or spectator once the athlete has entered the infield.



**T. Weigh-in of Shot Put and Discus:**

1. All implements must be certified by weights and measures. Weights and measures will be located in the classroom just outside the south/east gates of the stadium.
2. Weights and measures will be open from 11:45 a.m.-1:35 p.m. for the discus both days.
3. Weights and measures will be open from 1:30 p.m.-5:00 p.m. for the shot put both days.

**U. Equipment:**

1. Competitors are responsible for their own equipment.
2. Only legally certified implements and certified meet equipment will be allowed in any competition area.
3. Poles will be certified by the coach at the event venue by coaches and athletes signing the entrants' sheet.

**V. Meet Information/Seedings:**

Information can be viewed on-line at the Sac-Joaquin Section website ([www.cifsjs.org](http://www.cifsjs.org)) on Monday, May 15.

**W. Competing Rules and Regulations:**

1. The Track and Field Rule Book of the National Federation will be the official rules and regulations for all competitors and events.
2. Where applicable, CIF State and Section rulings or policies will supersede NFHS rules.

**X. Admission Fees for Trials and Finals:**

Adults ..... \$12.00  
Seniors (65+)/Military ..... \$10.00  
Students (K-12)..... \$5.00  
Children (age 5 and under).....Free

**Y. Parking**

Davis Sr. High School will charge \$5 per vehicle to park in the school parking lot.

**Z. At-Large State CIF Meet Qualifying Marks:**

1. At-large qualifying marks are based upon the average of the 9th place qualifying marks to the State Meet finals from the three most recent years. The at-large qualifying marks for 2023 are listed below.
2. Any athlete, in the finals of any event, who meets or exceeds any at-large qualifying mark automatically qualifies to a berth in the State Meet regardless of finishing mark or place.

**2023 At-Large**

<b>Event</b>	<b>Qualifying Marks</b>
Boys 100M	10.66
Boys 200M	21.66
Boys 400M	48.53
Boys 800M	1:53.96
Boys 1600M	4:13.89
Boys 3200M	9:05.52
Boys 110M Hurdles	14.36
Boys 300M Hurdles	38.66
Boys 4x100M Relay	41.85
Boys 4x400M Relay	3:19.48
Boys High Jump	6-05
Boys Pole Vault	15-00
Boys Long Jump	22-07
Boys Triple Jump	45-11
Boys Shot Put	56-05
Boys Discus	171-00

**2023 At-Large**

<b>Event</b>	<b>Qualifying Marks</b>
Girls 100M	11.96
Girls 200M	24.50
Girls 400M	55.84
Girls 800M	2:13.20
Girls 1600M	4:52.85
Girls 3200M	10:29.56
Girls 100M Hurdles	14.56
Girls 300M Hurdles	43.92
Girls 4x100M Relay	47.90
Girls 4x400M Relay	3:53.17
Girls High Jump	5-05
Girls Pole Vault	12-03
Girls Long Jump	18-07
Girls Triple Jump	38-06
Girls Shot Put	41-05
Girls Discus	139-06

**AA. State Meet Site Prohibition:**

Competitors will not be permitted to work out at the State Championship venue (Buchanan High School) any time within five days prior to the state track meet. Any violation of the workout rule may result in disqualification.