CIF SAC-JOAQUIN SECTION

SJS

2017 2018

CHAMPIONSHIPS

Tires LES SCHWAB

Division I Track and Field Format 2017-18

PRESIDENT
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FORMAT – 2018 TRACK & FIELD

TO: Sac-Joaquin Section schools that participate in Track & Field
FROM: Michael S. Garrison, Commissioner
Will DeBoard, Assistant Commissioner
DATE: March 15, 2018

2018 CIF SAC-JOAQUIN SECTION/LES SCHWAB TIRES
DIVISION I TRACK & FIELD CHAMPIONSHIP

A. <u>Date & Location:</u>
1. Trials - Wednesday, May 16, 2018 @ Elk Grove High School
2. Finals - Friday, May 18, 2018 @ Elk Grove High School

B. <u>Meet Director:</u>
Tom Rossow Cell: (916) 667-2254 E-mail: rossowtkj@aol.com

C. <u>Track Facilities</u>:
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. There are no dressing facilities at Elk Grove High School; please come dressed for competition.
5. Tents will not be allowed on the home side (west), south of the press box. All tents must be placed 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.
6. No bus parking allowed in school parking lot. Drop off in front of school. Parking can be found at Elk Grove Park.

D. <u>Coaches/Competitors' Gate:</u>
1. Meet information and wristbands will be distributed to head coaches only at competitors' gate at the northwest gate of the stadium.
2. All coaches and athletes must have a wristband to enter the stadium.
3. Coaches or athletes that 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. Each school will be provided with six coaches' wristbands, which will be good for both days of the meet.
7. Each athlete will be provided with a wristband, which will be good for both days of the meet.

E. <u>Entries:</u>
(From League to Divisional)
1. Number of qualifiers from leagues to the Division I meet are as follows:
   CCC - 4; DELTA - 4; MEL - 4; MMC - 4; SFL - 4; SJAA - 4; TCAL - 4
   A. All ties for fourth place must be broken. Only four may qualify by placement.
   B. There will be only one alternate per event per league.

2. In addition, any athlete, in the finals of any league qualifying event, who meets or exceeds the divisional at-large qualifying mark in that event automatically qualifies to a berth in the Division I Meet regardless of finishing mark or place. Note: Only FAT times are acceptable for at-large qualifying. See Item V on Page 9 for the divisional at-large qualifying mark standards. (Divisional Competition)
3. One alternate from league to trials may replace athletes from their own league who withdraw.
4. Top eight qualifiers by mark will move to the championship finals. The next eight (places 9-16) will move to the consolation finals.
5. The eight championship finalists plus the top four consolation finishers will qualify by place to the Masters Meet. If a championship finalist does not compete or is disqualified, an additional consolation finisher will qualify for the Masters for a total of 12.
6. In addition, any athlete, in the finals of any divisional event, who meets or exceeds any Sac-Joaquin Section Masters at-large qualifying mark automatically qualifies to a berth in the Masters Meet regardless of finishing mark or place. *See Item V on Page 9 for the Masters at-large qualifying mark standards.*

F. FIELD EVENT SCHEDULE – Wednesday, May 16, 2018

Field Event	Reporting Time	Scratch Time	Starting Time
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.
Boys' Pole Vault	4:00 p.m.	4:45 p.m.	5:00 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.

All of the above field events will conduct trials and finals on May 16

G. RUNNING EVENT SCHEDULE – Wednesday, May 16, 2018

Track Events	Scratch Time	Event Time
Boys' 4 x 100 M Relay, Heat 1	2:45	3:00
Boys' 4 x 100 M Relay, Heat 2	2:45	3:04
Boys' 4 x 100 M Relay, Heat 3	2:45	3:08
Boys' 4 x 100 M Relay, Heat 4	2:45	3:12
Girls' 4 x 100 M Relay, Heat 1	3:01	3:16
Girls' 4 x 100 M Relay, Heat 2	3:01	3:20
Girls' 4 x 100 M Relay, Heat 3	3:01	3:24
Girls' 4 x 100 M Relay, Heat 4	3:01	3:28
Boys' 110 M HH, Heat 1	3:18	3:33
Boys' 110 M HH, Heat 2	3:18	3:38
Boys' 110 M HH, Heat 3	3:18	3:43
Boys' 110 M HH, Heat 4	3:18	3:48
Girls' 100 M HH, Heat 1	3:38	3:53
Girls' 100 M HH, Heat 2	3:38	3:58
Girls' 100 M HH, Heat 3	3:38	4:03
Girls' 100 M HH, Heat 4	3:38	4:08

Track Events	Scratch Time	Event Time
Boys' 400 M, Heat 1	3:58	4:13
Boys' 400 M, Heat 2	3:58	4:17
Boys' 400 M, Heat 3	3:58	4:21
Boys' 400 M, Heat 4	3:58	4:25
Girls' 400 M, Heat 1	4:14	4:29
Girls' 400 M, Heat 2	4:14	4:33
Girls' 400 M, Heat 3	4:14	4:37
Girls' 400 M, Heat 4	4:14	4:41
Boys' 100 M, Heat 1	4:30	4:45
Boys' 100 M, Heat 2	4:30	4:49
Boys' 100 M, Heat 3	4:30	4:53
Boys' 100 M, Heat 4	4:30	4:57
Girls' 100 M, Heat 1	4:46	5:01
Girls' 100 M, Heat 2	4:46	5:05
Girls' 100 M, Heat 3	4:46	5:09
Girls' 100 M, Heat 4	4:46	5:13
Boys' 800 M, Heat 1	5:02	5:17
Boys' 800 M, Heat 2	5:02	5:22
Boys' 800 M, Heat 3	5:02	5:27
Boys' 800 M, Heat 4	5:02	5:32
Girls' 800 M, Heat 1	5:22	5:37
Girls' 800 M, Heat 2	5:22	5:42
Girls' 800 M, Heat 3	5:22	5:47
Girls' 800 M, Heat 4	5:22	5:52
Boys' 300 M IH, Heat 1	5:42	5:57
Boys' 300 M IH, Heat 2	5:42	6:01
Boys' 300 M IH, Heat 3	5:42	6:05
Boys' 300 M IH, Heat 4	5:42	6:09
Girls' 300 M LH, Heat 1	5:58	6:13
Girls' 300 M LH, Heat 2	5:58	6:17
Girls' 300 M LH, Heat 3	5:58	6:21
Girls' 300 M LH, Heat 4	5:58	6:25
Boys' 200 M, Heat 1	6:14	6:29
Boys' 200 M, Heat 2	6:14	6:33
Boys' 200 M, Heat 3	6:14	6:37
Boys' 200 M, Heat 4	6:14	6:41
Girls' 200 M, Heat 1	6:30	6:45
Girls' 200 M, Heat 2	6:30	6:49
Girls' 200 M, Heat 3	6:30	6:53
Girls' 200 M, Heat 4	6:30	6:57
Boys' 4 x 400 M Relay, Heat 1	7:02	7:17
Boys' 4 x 400 M Relay, Heat 2	7:02	7:25
Boys' 4 x 400 M Relay, Heat 3	7:02	7:33
Boys' 4 x 400 M Relay, Heat 4	7:02	7:41
Girls' 4 x 400 M Relay, Heat 1	7:34	7:49
Girls' 4 x 400 M Relay, Heat 2	7:34	7:57
Girls' 4 x 400 M Relay, Heat 3	7:34	8:05
Girls' 4 x 400 M Relay, Heat 4	7:34	8:13

H. FIELD EVENT SCHEDULE – Friday, May 18, 2018

Field Event	Reporting Time	Scratch Time	Starting Time
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.
Girls' Pole Vault	4:00 p.m.	4:45 p.m.	5:00 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.

All of the above field events will conduct trials and finals on May 18

I. RUNNING EVENT SCHEDULE – Friday, May 18, 2018

Track Events		Scratch Time	Event Time
Boys' 4 x 100 M Relay	Consolation Final	5:45	6:00
Boys' 4 x 100 M Relay	Championship Final	5:45	6:05
Girls' 4 x 100 M Relay	Consolation Final	5:55	6:10
Girls' 4 x 100 M Relay	Championship Final	5:55	6:15
Boys' 1600 M		6:05	6:20
Girls' 1600 M		6:13	6:28
Boys' 110 M HH	Consolation Final	6:25	6:40
Boys' 110 M HH	Championship Final	6:25	6:43
Girls' 100 M HH	Consolation Final	6:31	6:46
Girls' 100 M HH	Championship Final	6:31	6:50
Boys' 400 M	Consolation Final	6:45	7:00
Boys' 400 M	Championship Final	6:45	7:05
Girls' 400 M	Consolation Final	6:55	7:10
Girls' 400 M	Championship Final	6:55	7:15
Boys' 100 M	Consolation Final	7:05	7:20
Boys' 100 M	Championship Final	7:05	7:25
Girls' 100 M	Consolation Final	7:15	7:30
Girls' 100 M	Championship Final	7:15	7:35
Boys' 800 M	Consolation Final	7:25	7:40
Boys' 800 M	Championship Final	7:25	7:45
Girls' 800 M	Consolation Final	7:35	7:50
Girls' 800 M	Championship Final	7:35	7:55

Boys' 300 M IH	Consolation Final	7:47	8:02
Boys' 300 M IH	Championship Final	7:52	8:07
Girls' 300 M LH	Consolation Final	7:57	8:12
Girls' 300 M LH	Championship Final	8:02	8:17
Boys' 200 M	Consolation Final	8:10	8:25
Boys' 200 M	Championship Final	8:15	8:30
Girls' 200 M	Consolation Final	8:20	8:35
Girls' 200 M	Championship Final	8:25	8:40
Boys' 3200 M		8:30	8:45
Girls' 3200 M		8:45	9:00
Boys' 4 x 400 M Relay	Consolation Final	9:00	9:15
Boys' 4 x 400 M Relay	Championship Final	9:07	9:22
Girls' 4 x 400 M Relay	Consolation Final	9:15	9:30
Girls' 4 x 400 M Relay	Championship Final	9:22	9:37

J. <u>Sportsmanship:</u>

1. The basis of all competitive interaction in the Division I 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. <u>Registration:</u>

1. Coaches and competitors must first check in at the competitors' gate before the meet.
2. Track athletes must register with the clerk of the course 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 2018. Questions can be addressed to the games committee.

L. <u>Uniforms and Jewelry:</u>

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. <u>Athletes' Area/Warm-ups:</u>

1. Athletes may sit in any bleacher area.
2. The outfield of the softball diamond next to the competitor's gate 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 on the 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 to the first four places in each championship final.
2. Team championship banners and second place plaques in both boys' and girls' divisions.
3. The awards for running events will be distributed at the finish line; the awards for field events will be distributed at the venue. Disputed medals will be held until the dispute is resolved.
4. Scoring (championship heats only) will be as follows:

First Place	- 10 points	Fifth Place	- 4 points
Second Place	- 8 points	Sixth Place	- 3 points
Third Place	- 6 points	Seventh place	- 2 points
Fourth Place	- 5 points	Eighth place	- 1 point

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. Seeding:

1. Seeding for both trials and finals will follow the format outlined in the Sac-Joaquin Section Constitution for track and field.
2. League representatives: Send your complete league meet results to Craig Wilson at redcaptiming@gmail.com before noon on Saturday, May 12, 2018.
   Steps:
   A. Back up the complete meet file.
   B. Enter in ALL relay teams and/or send them as a list with the file.
   (Maximum of 6 competitors may be listed per relay team)
   C. Send it as an attachment to the above address.
   D. Please leave a phone number where you may be reached, if any problems arise.
   E. Submit Hytek backups with every athlete's first and last names along with their grade in school. (including relay only athletes)
   F. Names or relay athletes must be submitted by the deadline and by league representatives only.
   G. Note whether league meet was handtimed or fully automatic (FAT).
3. If results are not received in a timely manner, league qualifiers will be seeded as the last qualifiers in each event. This is not subject to appeal.
4. Seedings will be available at www.cifsjs.org.

R. Running Events:

1. Qualified athletes must check in with the running event clerk prior to the scratch time. If the qualified athlete is not signed in 15 minutes prior to the event start time, that athlete will be scratched and replaced by the listed alternate athlete. Checked-in athletes must be at the staging area by the clerk at scratch time.
2. In trials there will be four heats to determine eight finalists.
3. Finalists will be the winner of each heat and the next four (4) fastest times.
   NOTE: If more than 32 athletes qualify for a running event (because of at-large qualifying), there will be five heats with winners of each heat and the next three (3) fastest times advancing to the championship finals. The next 8 fastest individuals will comprise the consolation final.
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.

S. <u>Field Events:</u>

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 and replaced by a listed alternate athlete. Therefore, listed alternate athletes may also warm up in the event area. If an alternate is not inserted into the competition because the qualified athletes are all present, the alternate would have to leave the field event site.
2. Nine (9) 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 (6) inches per round until seven competitors remain. At that time, the bar will be raised three (3) inches 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 until seven competitors remain. At that time, the bar will be raised one inch (1″) per round.
7. Opening heights for pole vault in trials will be as follows: Boys-12′8″; Girls-8′8″.
8. Opening heights for high jump in trials will be as follows: Boys-5′8″; Girls-4′6″.
9. The games committee reserves the right to change the opening heights relative to the qualifying marks submitted.
10. 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 ot 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.
11. 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. Competitors who must check out of an event for another will be allowed to do so according to national and CIF regulations.
12. In the throws and horizontal jumps, all competitors receive three attempts.
13. The finalists are re-ordered and receive three additional attempts to determine final placing. Marks from all six attempts shall be noted for place.
14. Field event athletes shall not cross the track to confer with coaches or spectators once the athletes have entered the infield.
15. In the trials for the throws and horizontal jumps, there will be two or three flights depending on the number of entries.

T. <u>Weigh-in of Shot Put and Discus:</u>

1. All implements must be certified by weights and measures.
2. Weights and measures will be open from 1:15 p.m.-2:35 p.m. for the discus both days.
3. Weights and measures will be open from 1:15 p.m.-5:00 p.m. for the shot put both days.

U. <u>Equipment:</u>

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; coach and athlete will sign the entrant's sheet.

V. **Masters Meet Qualifiers:**

1. The eight championship finalists plus the top four consolation finishers will qualify by place to the Masters meet at Elk Grove High School on Thursday and Friday, May 24 and 25, 2018. If a championship finalist does not compete or is disqualified, an additional consolation finisher will qualify for the Masters. There will be no alternates from divisionals to Masters.
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 Masters Meet regardless of finishing mark or place.
3. Coaches who will be scratching qualifiers to the Masters meet are asked to notify Craig Wilson of Red Cap Timing by Saturday, May 19 at noon.
4. At-large qualifying marks are based upon the average of the 9th place qualifying marks from the Masters Meet finals from the three most recent years. The at-large qualifying marks for 2018 are listed below.

2018 At-Large Sac-Joaquin Section Qualifying Marks
(Only FAT times are acceptable)
From League to Division I Meet

2018 At-Large Event	Qualifying Marks	2018 At-Large Event	Qualifying Marks
Boys 100M	11.26	Girls 100M	12.73
Boys 200M	23.09	Girls 200M	26.62
Boys 400M	51.25	Girls 400M	59.44
Boys 800M	2:00.27	Girls 800M	2:23.31
Boys 1600M	4:28.82	Girls 1600M	5:19.70
Boys 3200M	9:45.01	Girls 3200M	11:29.11
Boys 110M Hurdles	15.76	Girls 100M Hurdles	16.07
Boys 300M Hurdles	41.21	Girls 300M Hurdles	47.39
Boys 4x100M Relay	43.63	Girls 4x100M Relay	50.22
Boys 4x400M Relay	3:28.75	Girls 4x400M Relay	4:07.70
Boys High Jump	5-11	Girls High Jump	4-11
Boys Pole Vault	13-00	Girls Pole Vault	9-05
Boys Long Jump	20-08	Girls Long Jump	16-05
Boys Triple Jump	41-06	Girls Triple Jump	34-05
Boys Shot Put	46-02	Girls Shot Put	34-01
Boys Discus	137-06	Girls Discus	105-05

2018 At-Large Sac-Joaquin Section Qualifying Marks
(Only FAT times are acceptable)
From Divisional to Masters

2018 At-Large Event	Qualifying Marks	2018 At-Large Event	Qualifying Marks
Boys 100M	11.01	Girls 100M	12.51
Boys 200M	22.56	Girls 200M	25.81
Boys 400M	49.84	Girls 400M	57.62
Boys 800M	1:57.52	Girls 800M	2:18.72
Boys 1600M	4:25.89	Girls 1600M	5:10.58
Boys 3200M	9:33.10	Girls 3200M	11:04.27
Boys 110M Hurdles	15.11	Girls 100M Hurdles	15.78
Boys 300M Hurdles	39.66	Girls 300M Hurdles	45.75
Boys 4x100M Relay	42.96	Girls 4x100M Relay	49.12
Boys 4x400M Relay	3:24.99	Girls 4x400M Relay	4:02.05
Boys High Jump	6-01	Girls High Jump	5-01
Boys Pole Vault	14-05	Girls Pole Vault	10-02
Boys Long Jump	21-11	Girls Long Jump	17-06
Boys Triple Jump	43-10	Girls Triple Jump	35-10
Boys Shot Put	49-05	Girls Shot Put	36-05
Boys Discus	144-11	Girls Discus	113-09

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 supercede NF rules.

X. Admission:

1. **Admission Fees for Trials and Finals:**
   Adults $6.00
   Students (K-12) $4.00
   Children (age 5 and under)..... Free

Y. Parking

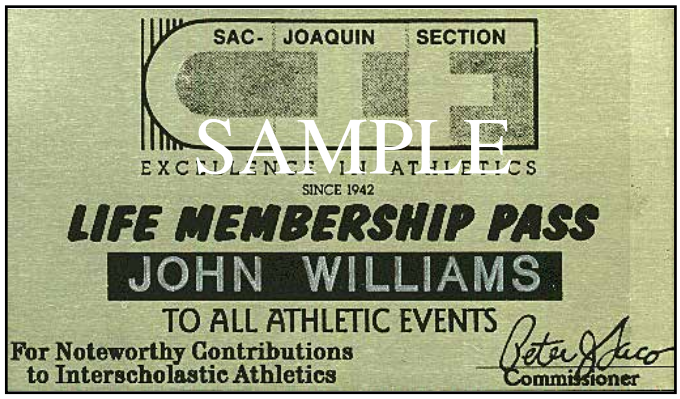
Elk Grove High School will charge $5 per vehicle to park in the school parking lot.

CIF SAC-JOAQUIN SECTION PLAYOFFS
ACCEPTABLE PASS SHEET
2017-18

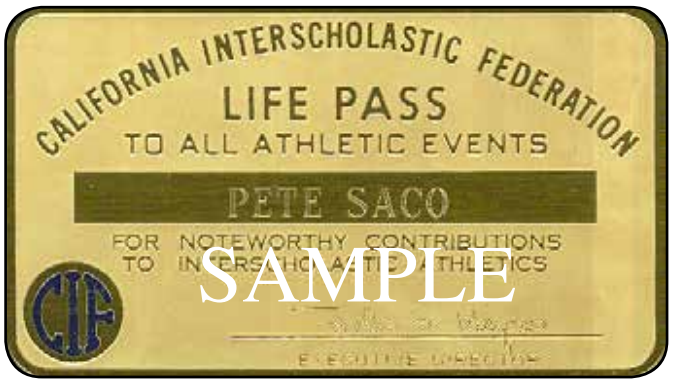
PLAYOFF PASS
(BLACK WITH YELLOW LETTERS)

PRESS PASS
(RED WITH BLACK LETTERS)

SAC-JOAQUIN SECTION
GOLD LIFETIME PASS (OLD)



SAC-JOAQUIN SECTION
GOLD LIFETIME PASS (NEW)

STATE COURTESY

CIF STATE LIFETIME PASS