



# SPORT GUIDELINES TRACK & FIELD

Acalanes, Alhambra, Benicia, Berean Christian, Campolindo,  
Clayton Valley Charter, College Park, Concord, Las Lomas, Miramonte,  
Mt. Diablo, Northgate, Ygnacio Valley

**Approved: January, 2017**

**Revised: Feb 1, 2025**

## 1.0 SEASON

- 1.1 Practice will begin on the date designated by the North Coast Section.
- 1.2 Maximum number of contests: 14 plus 2 scrimmages.

## 2.0 LEAGUE FORMAT:

- 2.1 The 13 schools of the league will be divided into 2 divisions.
- 2.2 The regular season schedule for each school will be comprised of 5 meets.
- 2.3 Current divisional alignment is as follows:  
Foothill Division: Acalanes, Campolindo, Clayton Valley, Las Lomas, Miramonte, Northgate  
Valley Division: Alhambra, Benicia, Berean, College Park, Concord, Mt. Diablo, Ygnacio Valley

## 3.0 CONTEST INFORMATION

- 3.1 TIME OF COMPETITION: 3:30pm (3:15pm for pole vault)
- 3.2 DAYS OF COMPETITION: Wednesdays  
3.2.1 Days of competition may change by mutual agreement of the coaches and Athletic Directors.
- 3.3 TEAM REFERENCE: Frosh Soph Girls (FSG) Frosh Soph Boys (FSB) Varsity Girls (VG) and Varsity Boys (VB).
- 3.4 DAL REGULAR SEASON MEET ORDER OF EVENTS

### Running Events

- |                              |                  |
|------------------------------|------------------|
| 1.a. 400m Relay Unified      | G; B             |
| 1.b. 400m Relay              | FSG; VG; FSB; VB |
| 2. 1600m Run                 | FSG; VG; FSB; VB |
| 3. 100m High Hurdles         | FSG; VG          |
| 4. 110m High Hurdles         | FSB; VB          |
| 5. 400m Dash                 | FSG; VG; FSB; VB |
| 6.a.. 100m Dash Unified      | G; B             |
| 6.b. 100m Dash               | FSG; VG; FSB; VB |
| 7. 800m Run                  | FSG; VG; FSB; VB |
| 8. 300m Low Hurdles          | FSG; VG          |
| 9. 300m Intermediate Hurdles | FSB; VB          |
| 10. 200m Dash                | FSG; VG; FSB; VB |
| 11. 3200m Run                | FSG; VG; FSB; VB |
| 12. 1600m Relay              | FSG; VG; FSB; VB |

### Field Events

- |                |   |
|----------------|---|
| 1. Long Jump   | Open Pit - From start of meet to end of 100m                    |
| 2. Triple Jump | Open Pit - From start of 800m to end of 1600 Relay              |
| 3. High Jump   | FSG & VG together first, then FSB & VB together                 |
| 4. Pole Vault  | VG & VB together first, then FSG & FSB together                 |
| 5. Shot Put    | FSG & VG together first, then FSB & VB together; <b>Unified</b> |
| 6. Discus      | FSB & VB together first, then FSG & VG together                 |

## 4.0 RULES

- 4.1 The coach of the host school will contact the visiting coach at least 48 hours before the scheduled contest to go over meet mechanics.
- 4.2 National Federation of State High School Athletic Association (NFHS) rules will be enforced.
- 4.3 Meets will be run with equipment meeting NFHS standards and under safe conditions (not in darkness).
- 4.4 The use of film or video from sources not previously designated for official use will not be allowed for officiating.

- 4.5 Participation of competitors:
  - 4.5.1 A competitor may be moved up or down between Frosh Soph and Varsity from meet to meet.
  - 4.5.2 A competitor may not compete in more than 1 classification in any 1 meet.
- 4.6 All meets must be contested at metric distances.
- 4.7 For uniformity in determining the drawing of lanes in regular season meets, visiting coaches have 1st choice and lanes will alternate between schools.
- 4.8 Where heats are run in regular season meets, the 1st heat will be the scoring heat.
  - 4.8.1 Where the 1st heat does not accommodate 3 athletes from each competing school, a 2nd scoring heat will be contested and overall placing will be determined using marks from both heats.
  - 4.8.2 Each school's fastest competitors should be entered in the 1st heat.
- 4.9 Schools entering more than 1 relay team must designate the scoring team prior to competition. Only the designated scoring relay team will be used for scoring purposes.
- 4.10 POLE VAULT:
  - 4.10.1 When only one pole vault pit is in operation, the VG and VB will be contested together 1st, and the FSG and FSB will be contested together 2nd.
  - 4.10.2 Opening height will be determined by mutual agreement of the coaches.
  - 4.10.3 The bar will rise in 6" increments.
  - 4.10.4 If a vaulter breaks a pole, he/she will be given a minimum of two run-throughs before re-entering competition.
  - 4.10.5 Start Time: At regular season meets, the pole vault event is to start as soon as possible, by mutual agreement of the coaches, but no later than 3:15pm.
  - 4.10.6 An athlete must initiate an attempt within 60 seconds of being called or he/she is charged with a scratch.
- 4.11 SHOT PUT/DISCUS: Each competitor will be allowed 4 attempts only.
  - 4.11.1 Order of divisions for Shot Put: FSG & VG together 1st, then FSB & VB together 2nd.
  - 4.11.2 Order of divisions for Discus: FSB & VB together 1st, then FSG & VG together 2nd.
  - 4.11.3 An athlete must initiate an attempt within 60 seconds of being called or he/she is charged with a scratch.
- 4.12 LONG JUMP/TRIPLE JUMP:
  - 4.12.1 Each jumper will be allowed 4 attempts only.
  - 4.12.2 Long jump will be conducted from the start of the 1st running event until the conclusion of the 100m. Triple jump will be conducted from the start of the 800m to the conclusion of the 1600 Relay.
  - 4.12.3 The event will be run as an "open pit." An athlete must initiate an attempt within 60 seconds of being called or he/she is charged with a scratch.
- 4.13 HIGH JUMP:
  - 4.13.1 Order of divisions: FSG & VG together first, then FSB & VB together.
  - 4.13.2 Opening height will be determined by mutual agreement of coaches.
  - 4.13.3 The bar will be raised in 2" increments.
- 4.14 **RESULTS:** The host school is responsible for providing complete and accurate results within 30 minutes of the conclusion of competition to the visiting coaches. It is the responsibility of the visiting coach to remain at the site in order to receive complete results and submit any protests.

## **5.0 EQUIPMENT AND UNIFORMS**

- 5.1 EQUIPMENT:
  - 5.1.1 Maximum spike length is 1/4".
- 5.2 GENERAL UNIFORM RULE:
  - 5.2.1 All NFHS rules regarding uniforms will be enforced.

## **6.0 TIMING EQUIPMENT & OFFICIALS**

- 6.1 Fully Automated Timing (FAT) shall be used for all running events.
- 6.2 At least 1 knowledgeable adult must be in charge of conducting the finish line.
- 6.3 At least 1 knowledgeable adult must be in charge of conducting each field event.
- 6.4 At no time should an athlete or other non-adult be placed in charge of conducting an event.

- 6.5 The head coach from each school will serve as a member of the jury of appeals in order to resolve any disputes during regular season competition.

## **7.0 DETERMINATION OF CHAMPIONS**

- 7.1 The league champion will be determined based on the results of the league championship meet. In the case of a tie, co-champions will be awarded.
- 7.2 Division champions will be determined based upon the record of each team within its respective division. In the case of a tie, the league championship meet standings will be used to break the tie.

## **8.0 VARSITY LEAGUE CHAMPIONSHIP MEET**

- 8.1 HOST: The league championship will be hosted by a committee composed of personnel from each school. The head coach from each school will serve as a member of the games committee.
- 8.2 SITE: The site of the league meet will be determined at the post-season meeting each year.
- 8.2.1 The league coaches will elect a meet director for the championship meet.
- 8.3 ENTRY SUBMISSION:
- 8.3.1 Entries for the league championships will be submitted through the athletic.net web site. The deadline for entry submission will be the Sunday preceding the league championship trials.
- 8.3.2 A seeding meeting for the league championships will take place at 5:00pm on the Tuesday preceding the league championship trials.
- 8.3.3 After entries for the league championships have been finalized at the seeding meeting, there will be no upgrading of times or marks.
- 8.4 ENTRY SEEDING:
- 8.4.1 The top 32 varsity athletes in running events and the top 24 varsity athletes in field events, regardless of affiliation, will be accepted. Coaches must use an athlete's top mark when submitting an entry for the league championship meet. An athlete must have a mark, accomplished during the current season, in order to be entered into an event at the league championship meet.
- 8.4.2 In order to not exceed the maximum number of athletes in each event, ties for the final entry will be broken by the following criteria: Grade preference: 12th graders prevail over 11th graders, 11th over 10, etc. If a tie still exists, a coin flip will determine the final entry.
- 8.4.3 If any school fails to make their entries by the online entry submission deadline, that school will only be eligible for one entry in each event at each level and will be seeded last, provided that the entry mark meets minimum qualifying standards (is among the top 32/24 for varsity or among the top 16/32 for frosh soph).
- 8.4.4 The Games Committee has the right to require verification of a particular mark, and may rule to adjust or reject the mark in question.
- 8.4.5 Schools may only enter one relay team in each relay event.
- 8.4.6 The league will use the Honest Effort Rule for preliminary and final rounds of the League Championship. Competitors who have qualified for and/or been accepted into more than 1 event, must honestly participate in the qualifying or final round in each event for which the athlete is accepted or has qualified, or the athlete will be barred from further competition in the meet. Athletes must compete with maximum effort and/or qualify from trials into the finals.
- Note 1:** It is understood that passing on attempts in field events is a strategy in those events and is not considered a question of honest effort.
- 8.5 SCHOOL RESPONSIBILITIES: SEE APPENDIX A. Officials should be at the meet site 45 minutes prior to the first event start time.
- 8.6 HEAD MEET REFEREE: If possible the league meet referee should not be affiliated with any league school. The meet referee will oversee all appointed umpires and field judges, and make the final decision regarding all disqualifications and protests.
- 8.6.1 There is NO jury of appeals. The ruling of the meet referee is final.

## 8.7 CONFLICT IN EVENTS:

- 8.7.1 Competitors who are entered in events being held simultaneously must report to each event's official by the published event start time, otherwise the athlete will be scratched.
- 8.7.2 If a field event is in conflict with a running event, the athlete must secure a release from the field event official and report to the Clerk-of-the-Course.
  - 8.7.2.1 Athletes are not to report directly to the starting line without checking in 1st with the Clerk-of-the-Course.
  - 8.7.2.2 REMINDER: The time excused rule is 30 minutes. Officials must write down the time that the athlete is initially excused in order to enforce this rule. This is the total time an athlete may be excused from a field event before or between attempts. Failure to return to the event and execute an attempt within 30 minutes will result in the athlete being scratched from further competition in the event.

## 8.8 TRIALS MEET MECHANICS

- 8.8.1 The league championships will be conducted on consecutive Saturdays, with trial events contested on the 1st Saturday and final events contested on the 2nd Saturday.
- 8.8.2 Starting Time: Field Events: 2:00pm; Running Events: 3:00pm. These times may be adjusted by the games committee at the league championship seeding meeting.
- 8.8.3 Order of Events: Order of running events will follow the standard CIF state meet order. The 400 Relay, 1600 Relay and 3200m will not be contested on the trials date. These events will be run as finals only. For a complete trials event schedule see Appendix B.
- 8.8.3 Varsity Trials Running Event Mechanics:
  - 8.8.3.1 4 heats in all races except the 1600m (2 heats).
  - 8.8.3.2 The top 16 will qualify for the finals.
    - 8.8.3.2.1 All races except the 800m & 1600m run: 1st place from each heat and the remaining finalists to be determined by time.
    - 8.8.3.2.2 800m & 1600m run: Top 4 finishers from each heat and the remaining finalists determined by time.
- 8.8.4 Varsity Trials Field Event Mechanics
  - 8.8.4.1 Vertical Jumps:
    - 8.8.4.1.1 The High Jump and Pole Vault will be run in flights of "5 alive".
    - 8.8.4.1.2 Opening heights will be as follows for each division:
      - High Jump: FSG 3-6; VG 4-0; FSB 4-6; VB 5-0.
      - Pole Vault: FSG 6-0; VG 7-0; FSB 7-0; VB 8-0.
    - 8.8.4.1.3 Bar will be raised in 2" increments until 3 contestants remain, then 1" increments.
  - 8.8.4.2 Horizontal Jumps/Throws
    - 8.8.4.2.1 Horizontal Jumps and Throws will be run in flights of 8.
    - 8.8.4.2.2 Each contestant will receive 3 attempts.

## 8.9 LEAGUE MEET FINALS

- 8.9.1 Starting Time: Field Events: 2:00pm; Running Events: 3:00pm. These times may be adjusted by the games committee at the league championship seeding meeting.
- 8.9.2 Order of Events: Order of running events will follow the standard CIF state meet order. For a complete finals event schedule see Appendix C.

## 8.10 SCORING AND AWARDS

- 8.10.1 6 places shall be scored in each event (10-8-6-4-2-1). In running events, placing will be determined based upon times from both final heats. In field events, marks achieved in the trial round on the finals date will carry over and may be used to determine final placing.
- 8.10.2 The league commissioner will provide the following awards to the league meet director to be awarded at the completion of the league meet: Medals for varsity 1st through 3rd place. Ribbons for varsity 4th, 5th and 6th place.

## **9.0 DETERMINING ALL LEAGUE**

- 9.1 All League recognition will be based on the final results of the championship meet, and will be determined as follows:
  - 9.1.1 First Team: All event winners
  - 9.1.2 Second Team: All 2nd place finishers, excluding any first team designates.
  - 9.1.3 Honorable Mention: All 3rd place finishers, excluding any first and second team designates.
- 9.2 Any athlete who is deemed academically or behaviorally ineligible at their school will not be eligible for all-league consideration. Athletes who are ejected twice during the season under the NCS ejection policy will not be eligible for all-league consideration.

## **10.0 RAINOUTS**

- 10.1 Rescheduling rained out track meets will be on the next available date by mutual consent of the head coaches.
- 10.2 Host school is responsible for rescheduling.

## **APPENDIX A**

### **LEAGUE CHAMPIONSHIP MEET SCHOOL RESPONSIBILITIES**

To be determined at the preseason track & field meeting. Responsibilities include the following:

Announcer	Head Umpire
Awards Sorting & Announcing	High Jump Official & Crew
Block Crew	Hurdle Crew
Clerk of the course & Crew	Implement Weigh-ins
Discus Official & Crew	Long Jump Official & Crew
Entries, seeding, heat sheets, programs, results	Meet Director
Facilities Manager	Meet Referee
Finish line Director	Pole Vault Officials & Crew x2
Finish Line Recorder	Shot Put Official & Crew
Finish Lynx Primary Timing System	Starter & Recall Starter
Finish Lynx Back-up Timing System	Triple Jump Official & Crew
Gate Collection	Zone Judges & Track Umpires

## **APPENDIX B**

### **LEAGUE CHAMPIONSHIP TRIALS EVENT SCHEDULE**

#### **Running Events: Time TBA**

1600 FSG 2 heats  
1600 VG 2 heats  
1600 FSB 2 heats  
1600 VB 2 heats  
100H FSG 2 heats  
100H VG 4 heats  
110H FSB 2 heats  
110H VB 4 heats  
400 FSG 2 heats  
400 VG 4 heats  
400 FSB 2 heats  
400 VB 4 heats  
100 FSG 2 heats  
100 VG 4 heats  
100 FSB 2 heats  
100 VB 4 heats  
800 FSG 1 heat  
800 VG 3 heats  
800 FSB 1 heat  
800 VB 3 heats  
300H FSG 2 heats  
300H VG 4 heats  
300H FSB 2 heats  
300H VB 4 heats  
200 FSG 2 heats  
200 VG 4 heats  
200 FSB 2 heats  
200 VB 4 heats

#### **Field Events: Time TBA**

Long Jump  
VG 4 flights: 3 attempts  
FSG 2 flights: 3 attempts (Final Only)  
VB 4 flights: 3 attempts  
  
Triple Jump  
VB 3 flights: 3 attempts  
FSB 2 flights: 3 attempts (Final Only)  
VG 3 flights: 3 attempts  
  
Shot Put  
VG 3 flights: 3 attempts  
FSG 2 flights: 3 attempts (Final Only)  
VB 3 flights: 3 attempts  
  
Discus  
VB 3 flights: 3 attempts  
FSB 2 flights: 3 attempts (Final Only)  
VG 3 flights: 3 attempts  
  
High Jump  
FSG (Final Only)  
VG (Final Only)  
  
Pole Vault  
VB (Final Only)  
FSB (Final Only)

## **APPENDIX C**

### **LEAGUE CHAMPIONSHIP FINALS EVENT SCHEDULE**

#### **Running Events: Time TBA**

##### **400 Relay UNIFIED (TBA)**

400 Relay FSG 1 heat  
400 Relay VG 2 heats  
400 Relay FSB 1 heat  
400 Relay VB 2 heats

##### **100 UNIFIED (TBA)**

1600 FSG 1 heat

1600 VG 1 heat

1600 FSB 1 heat

1600 VB 1 heat

100H FSG 1 heat

100H VG 2 heats

110H FSB 1 heat

110H VB 2 heats

400 FSG 1 heat

400 VG 2 heats

400 FSB 1 heat

400 VB 2 heats

100 FSG 1 heat

100 VG 2 heats

100 FSB 1 heat

100 VB 2 heats

800 FSG 1 heat

800 VG 1 heat

800 FSB 1 heat

800 VB 1 heat

300H FSG 1 heat

300H VG 2 heats

300H FSB 1 heat

300H VB 2 heats

200 FSG 1 heat

200 VG 2 heats

200 FSB 1 heat

200 VB 2 heats

3200m FSG 1 heat

3200m VG 1 heat

3200m FSB 1 heat

3200m VB 1 heat

1600 Relay FSG 1 heat

1600 Relay VG 2 heats

1600 Relay FSB 1 heat

1600 Relay VB 2 heats

#### **Field Events: Time TBA**

##### **Long Jump**

VG 2 flights: 3 prelim, 3 final attempts

FSB 1 flight: 3 attempts (Final Only)

VB 2 flights: 3 prelim, 3 final attempts

**UNIFIED GIRLS & BOYS (Finals Only)**

##### **Triple Jump**

VB 2 flights: 3 prelim, 3 final attempts

FSG 1 flight: 3 attempts (Final Only)

VG 3 flights: 3 prelim, 3 final attempts

##### **Shot Put**

VG 2 flights: 3 prelim, 3 final attempts

FSB 1 flight: 3 attempts (Final Only)

VB 2 flights: 3 prelim, 3 final attempts

**UNIFIED GIRLS & BOYS (Finals Only)**

##### **Discus**

VB 2 flights: 3 prelim, 3 final attempts

FSG 1 flight: 3 attempts (Final Only)

VG 2 flights: 3 prelim, 3 final attempts

##### **High Jump**

FSB (Final Only)

VB (Final Only)

##### **Pole Vault**

VG (Final Only)

FSG (Final Only)