

**ARTICLE NINE  
TRACK AND FIELD**

**9.1 SCHEDULE:**

- 9.1-1 The schedule will consist of dual meets and the league competition meet.
- 9.1-2 There is potential for “double duals” due to shared facility usage. These should be scored as separate duals

**9.2 MEET ADMINISTRATION:**

- 9.2-1 There will be four divisions: Boys' Varsity, Girls' Varsity, JV Boys, and JV Girls. Meets will begin at 3:30pm.
- 9.2-2: The host school must supply a copy of the meet results to the visiting school(s) via Athletic.net by the next day.
- 9.2-3 The host team should notify the visiting school(s) by 11:00 a.m. if the meet is to be cancelled. Teams should schedule the make-up for the earliest possible date. Teams must have mutual agreement on the make up day.
- 9.2-4 It is recommended that host schools use automatic timing systems for the running events.
- 9.2-5 Schools should submit their entries to Athletic.net by the night before a meet takes place. Both host and visiting schools are permitted to make changes to their entries on the day of the meet/during the meet.
- 9.2-6 Host schools must do their absolute best to provide adequate adult supervision and officiating of all Track and Field events. If they cannot provide adult officials and support to adequately and safely run the meet, it is the responsibility of the head coach to notify the visiting school the Monday of the meet week of any support they may need in running the meet.
- 9.2-7 If a school does not have facilities or the facility is unsafe to run the event (reasons other than natural causes), the host school will forfeit the points of that event.
- 9.2-8 If an event is not available because of natural causes (weather), the event will be held at the earliest possible date if it has a bearing on the meet. The head coaches will make the decision regarding natural causes. If a field event begins, and is postponed due to natural causes, only athletes who had check-in for the event may compete in the postponed meet.
- 9.2-9 In dual meets, Throws events will have four (4) attempts, no finals.
- 9.2-10 The Track and Field Rule Book and/or Case Book of the National Federation will be the official rules and regulations for all competitors and events.
- 9.2-11 Where applicable, CIF State and Section rulings or policies will supersede NFHS rules.
- 9.2-12 Submitted athletes competing must clear opening height (or complete a successful/legal attempt) to qualify for the available points in the event.

9.2-13 NFHS rules apply for determining final finish (places) and thus scoring. If no team has athletes competing in the event, those points will be forfeited (not awarded to any team). If only one team has athletes competing in the event, the event must still take place for points to be scored and awarded.

9.2-14 Competitors are responsible for their own equipment. Only legally certified implements and certified meet equipment will be allowed in any competition area.

### **9.3 OFFICIALS:**

9.3-1 The use of adult officials is required at all events.

9.3-2 Schools are responsible for the use of shot put and discuses that meet the required weights.

9.3-3 Host schools have the right to weigh the implements of all athletes both home and away to ensure the validity of the implement.

### **9.4 LEAGUE AND TOURNAMENT ADMINISTRATION:**

9.4-1 All coaches will meet the Monday before the league meet to discuss entries and review procedures. This will be hosted by the host school.

9.4-2 All entries for the league meet must be entered by the Sunday night before the league meet. Seeding for both trials and finals will follow the format outlined in the Sac-Joaquin Section Constitution for track and field.

9.4-3 Entries should be made using Athletic.net.

9.4-4 Each school may enter six (6) athletes in each event at the qualifying meet.

9.4-4-1 Schools may enter additional athletes in the event other schools in the league do not submit six athletes for the event.

9.4-4-2 Additional submissions will be ordered by Season Best times/heights/marks and will fill available slots up to 42 athletes.

9.4-5 Athletes may not participate in JV finals and also participate in Varsity trials and finals. Athletes who participate at the league meet in the JV division will be ending their season at the league meet and may not qualify for the Divisional meet. The exception would be those JV athletes that are moved up as "Alternates" in relays only for the Divisional or Master's meet.

9.4-6 The order of events will be the same as for the Sac-Joaquin Divisional meet.

9.4-7 The following will be the structure of day one of the league championship meet:

Field Events (1:30PM Start Time. Check-ins begin at 12:30PM.)

- Pole Vault (VB/JVB, VG/JVG)
  - Boys' Discus (VB, JVB)
  - Girls' Shot Put (VG, JVG)
  - High Jump (VG, JVG)
  - Triple Jump (VB, JVB, VG, JVG)
- All of the above field events will conduct trials and finals on Day One. Please pay attention to the announcer for the calls. Athletes are responsible for arriving at their event as we move through the divisions.

Track Events (3PM Start Time)

- 4 x 800M Relay (FINAL)
  - Girls' 100 HH
  - Boys' 110 HH
  - 400M
  - 100M
  - 800M
  - Girls' 300 LH
  - Boys' 300 IH
  - 200M
  - JV 3200M (FINAL)
- Events will be run JV Girls, JV Boys, Varsity Girls, Varsity Boys.

9.4-8 The following will be the structure of day two of the league championship meet:

Field Events (2:30PM Start Time. Check-ins begin at 1:30PM.)

- High Jump (VB, JVB,)
  - Girls' Discus (VG, JVG)
  - Boys' Shot Put (VB, JVB)
  - Long Jump (VG, JVG, VB, JVB)
- All of the above field events will conduct trials and finals on Day One. Please pay attention to the announcer for the calls. Athletes are responsible for arriving at their event as we move through the divisions.

Track Events (4PM Start Time)

- 1600M (JV)
- 4 x 100M Relay (FINAL)
- 1600M (V)
- Girls' 100 HH
- Boys' 110 HH
- 400M

- 100M
- 800M
- Girls' 300 LH
- Boys' 300 IH
- 200M
- 3200M (V)
- 4 x 400M (FINAL)
  - Events will be run JV Girls, JV Boys, Varsity Girls, Varsity Boys.
  - Throwers 4 x 100 (Unscored Event, Participation not required but HIGHLY recommended)

#### 9.4-9 Awards and Scoring in the League Meet

- All-League Patches will be awarded to first place finishers in each Varsity event.
- Star patches will be awarded to second and third places finishers in each Varsity event.
- Patches will be awarded on Wednesday for the listed field events only. All other patches will be awarded on the second day of competition at the awards table located on the infield.
- Team championship banners in both Varsity Boys' and Varsity Girls' divisions.
- Event Scoring will be as follows:
  - First Place - 10 points
  - Second Place - 8 points
  - Third Place - 6 points
  - Fourth Place - 4 points
  - Fifth Place - 2 points
  - Sixth place - 1 point
- Relay Scoring will be as follows:
  - First Place - 10 points
  - Second Place - 8 points
  - Third Place - 6 points
  - Fourth Place - 4 Points
  - Fifth Place - 2 Points

#### 9.4-10 Running Events

- Qualified athletes must check in with the running event clerk one event prior to their race, or by Final Call.
- If not checked in, that athlete will be scratched and replaced by the listed alternate athlete. (Finals Only) Checked-in athletes must be at the staging area.
- In trials there will be heats to determine eight finalists.
- Finalists will be the winner of each heat and the next fastest times in all races to get to eight finalists.
- 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.
- The 800M trials will use a one-turn stagger.
- The 800M, 1600M and 3200M final will start in alleys. In the 800 final, the top two finishers in each heat automatically qualify for the finals along with the remaining fastest times through all heats to make a total of 12 runners.

- The 200M dash will be run on a turn.
- The 400M dash will be run in staggered lanes around two turns.
- The 1600M relay will use a three-turn stagger.
- 4x800 Relay: Each league will qualify the same number of 4x800 relay teams as it does for any other event. This event will be run as a final only, on Day One, via alley start.

#### 9.4-11 Field Events

- 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.
- Eight (8) competitors will move from trials to finals in each division.
- Time limits for competitors to initiate a trial shall be one minute for all field events and will be enforced except for the following:
  - 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.
  - When a single competitor, who has won the competition, remains in the high jump or pole vault, the allowed time shall be five minutes.
- Competitors who must check out in the throws and horizontal jumps must complete all of their first three attempts by the end of their assigned flight. They may compete out of order in their flight by permission of the event official.
- Competitors who must check out of a vertical event may request the event official to complete his/her trials at the current height out of order or opt to return to the event with the number of trials remaining he/she was excused with. In both above cases, the competition will continue and the athlete will return at wherever the crossbar has been raised during his/her excused absence.
- Continuing flights of five will be used in the high jump and pole vault. When nine or fewer competitors remain, one continuous flight will be used.
- In the finals for the throws, each competitor receives three attempts with all competitors being re-ordered by mark and having three more attempts to determine places. Marks from all six throws shall be noted for place.
- In the finals for the horizontal jumps, each finalist shall receive three additional jumps with all competitors being re-ordered by mark and having three more attempts to determine place. Marks from all six jumps shall be noted for place.
- 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.
- During high jump events, once competition has begun, the bar will be raised two inches (2") per round.
- **STARTING HEIGHTS FOR POLE VAULT AND HIGH JUMP:** Starting heights will be determined by Meet Management after all entries are submitted.
- In the trials for the throws and horizontal jumps, there will be two or three flights depending on the number of entries.
- For Shot put and Discus, athletes are to stay at the event and may communicate with their coaches who remain inside the Coaches' Box. No spectators will be allowed in the competition area, only athletes and listed coaches.

- In the postseason league tournament, if there is a field event tie, a tiebreaker will be used. If after looking at all previous attempts that day and the contestants are still tied, they will participate in a head-to-head tiebreaker in that event before leaving the field.
- All implements must be certified by weights and measures. All implements will be collected and marked. Implements that do not qualify will be kept until the conclusion of the day's events.

#### 9.4-12 Sac-Joaquin Section Division III Qualifiers

- The top four (4) championship finishers will qualify by place to the Division III Section meet. Only four may qualify by placement.
- There will be only one alternate per event per league.
- Only one relay team per school per event can qualify.
- 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 III Meet regardless of finishing mark or place. Note: Only FAT times are acceptable for at-large qualifying.
- Alternates to trials may replace athletes from their own league who withdraw. If the league alternate is not present then the next alternate available by rank may be inserted.
- Coaches who will be scratching qualifiers to the Divisionals meet are asked to notify the Division III meet director.
- It is the responsibility of the host school to submit qualifiers to the Division III meet host.

### **9.5 DETERMINATION OF A TEAM LEAGUE CHAMPION:**

- 9.5-1 Each school will compete in six dual meets and a league championship.
- 9.5-2 The overall league champion will be determined by the six (6) dual meets (maximum of 6 points possible), and the league championship (maximum of 6 points possible). A team could only score a maximum of 12 points during the league season.
- 9.5-3 All dual meets will be scored with one (1) point given to the winning school. Each dual meet counts as one (1) contact.
- 9.5-4 In the league championship you get one (1) point for every team you place higher than.
- 9.5-5 If there is a tie for any position you add the score of that position and the position below it and half it. Both teams would be awarded the same amount of points in a tie.

### **9.6 UNIFORMS AND JEWELRY:**

- 9.6-1 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...at all times. No other uniform or clothing may be worn during competition.
- 9.6-2 NFHS Rule 4-3-1 (b5), states that a manufacturer's logo should be no larger than 2.25" by 2.25" not including the waistband. Even if these are school issued, the logo is still in violation of the NFHS Rule and the CIFSJS Format.

### **9.7 ALL League Awards**

All-League players, for MEL Sports, will be selected by a process approved by the Board of Managers (BOM) and conducted by the Athletic Director in charge of each sport.

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