

NSCIF TRACK/CROSS COUNTRY COMMITTEE
 MINUTES OF THE REGULAR MEETING
 FEBRUARY 7, 2007
 ANDERSON HIGH DISTRICT OFFICE, ANDERSON, CALIFORNIA

In attendance:

Norm MacKenzie	Track Commissioner	Oroville
Scott Fairley	Track Chairman	West Valley
Bob Hall	NAL Track	Corning
Bill Springhorn	NAL XC	Central Valley
Jim Deaver	EAL Track	Enterprise
Kevin Girt	EAL XC	Chico
Mike Flint	SCL Track	Trinity
Steve Nesheim	SCL XC	Mt. Shasta
Jay Shuttleworth	BVL Track	Winters
Tami O'Neill	BVL XC	Sutter
Gary Teague	SVLS Track	Pierce
Rhonda Heiney	EL/FRL Track	Tulelake
Rob Cates	SVLN Track	Live Oak
Jean Murphy-Atkins	SVLN XC	Durham
Todd Hamer	MVL Track	Los Molinos
Tony Hermann	MVL XC	Williams
Dennis Boyle	USATF Official/Starter	Palo Cedro

Guests:

Bob Hastings	BVL	Las Plumas
Dori Staub	EL	Tulelake

1. The meeting was called to order by Track Chairman, Scott Fairley at 9:35 a.m.
2. Introductions were made. All leagues were represented.
3. M/S/C Deaver/Nesheim to approve the minutes of September 20, 2006. Fairley reviewed the minutes. M/S/C Springhorn/Girt to approve the agenda.
4. USATF Officials: A presentation was given by USATF Certified Official, Dennis Boyle, encouraging interested parties to become certified officials. An officials clinic will be held Saturday, February 24, 2007 at Enterprise High School beginning at 9:00am. Currently, there are 20-25 certified officials living in the Northern Section area. For a complete list, contact Dennis Boyle. The USATF

officials have expressed a concern for the safety of athletes wearing headphones in the field of competition. The Northern Section will wait for official word from the state concerning banning their use.

5. 2007 Championship Meets:

NSCIF Finals	West Valley H.S.	West Valley/Fairley	May 25, 4pm
D1	Central Valley	Central Vly/Springhorn	May 18, 2pm
D2	Yuba College	Live Oak/Cates	May 18
D3	Co. of Siskiyou	Mt. Shasta/Nesheim	May 18, 11am
D4	West Valley	Williams/Los Molinos	May 18, 10:30
NAL	West Valley	West Valley	May 11, 2pm
EAL	Paradise	Paradise	May 11
BVL	Yuba College	Sutter	May 11
EL	Tulelake	Tulelake	May 11, 10am
SVLN	Butte College	Durham	May 10
SVLS	Yuba College	Pierce	May 10, 12:00
MVL	Central Valley	Los Molinos/Williams	May 11
SCL	Co. of Siskiyou	Weed	May 10

6. 2007 Track Calendar:

March 16	North State Relays @ CSU, Chico
March 16	Panther JV Invite @ Chico High School
March 24	Eagle Classic Relays @ West Valley High School
March 30/31	Stanford Invitational @ Palo Alto
March 31	Hornet Invitational @ Enterprise High School
March 31	Burt Williams Invite @ Central Valley High School
April 5	Mt. Shasta Time Trials @ Mt. Shasta H.S.
April 14	John Frank Invite @ Central Valley High School
April 20	West Valley/Chico Invite @ CSU, Chico
April 20	Pleasant Valley JV Invite @ Chico H.S.
April 21	Yreka Lions Invite @ Yreka High School
April 27	Rio Vista Relays @ Rio Vista High School
April 28	Burney Spring Classic @ Burney High School
April 28	Sacramento Meet of Champions @ Hughes Stadium
April 28	Grants Pass Invite @ Grants Pass, OR
May 4	Mt. Shasta Twilight @ Mt. Shasta High School
May 4	Gary Burton Invite @ Corning High School
May 4	Nevada Union Invite @ Nevada Union H.S.
June 12/13	Nor Cal Multi Event @ West Valley High School

Following several conflicts in the invitational season scheduling, it was recommended that the meet directors of Northern Section invitationals meet in December each year to try to eliminate conflicting dates.

7. 2007 Track and Cross Country Handbooks:

Scott Fairley distributed the new 2007 NSCIF Handbooks. The committee reviewed any major changes including new league alignments and qualifying procedures. All head coaches in the section should receive a copy of the new handbook.

8. Athletic.Net Online Site: This is the second year that the Northern will use athletic.net for online entries and statistics. Scott Fairley discussed several mistakes that coaches made last year while entering data. 1. When creating a meet schedule, coaches need to use an existing meet when one has already been posted. 2. Meets held outside the Northern Section should have the proper section listed for the site. 3. Only include an "a" for automatic timing if the meet was timed with a FAT system. 4. When posting results, choose "JV" shot or hurdles if the event used a 10lb. shot or was run over lower hurdles.

9. Cross Country Report: The NSCIF Cross Country Championships was held at West Valley High School on Thursday, November 9, 2006 beginning at 2:00 p.m. The meet featured a record tying 523 runners from 30 schools who ran under ideal racing conditions. Senior, Brent Handa (Fall River) won the section varsity boys' title, while senior Hannah Dillard (Chico) was the varsity girls' winner for the second year in a row. Mt. Shasta became the first Division 5 team to win the overall team title, as both the boys and girls accomplished that feat. Financially, the meet had a net profit of \$1,086.54 after all expenses were paid. See attached.

2007 NSCIF Date: The 2007 NSCIF Cross Country Championships will be held at West Valley High School on Thursday, November 8 beginning at 2:00 p.m. Rotation order is: Var. Boys, Var. Girls, Open Boys, Open Girls.

State CIF Results: The Northern Section had another fine showing at the state meet with three individuals and two teams placing in the top 10. Mt. Shasta's girls won the Division 5 title for the second year in a row, while Mt. Shasta's boys placed 5th in Division 5. Individually, Brent Handa (Fall River) placed 3rd, and Katie Fritzke (7th) and Cynthia Laiacona (8th) from Mt. Shasta also earned medals.

NSCIF Starting Line: In an effort to safely handle the large fields at the beginning of the race, several adjustments were made at the starting line. Flagging was extended around the first turn near the tennis courts, top ten ranked teams were seeded into preferred starting

boxes, and the start line was moved as far to the north as possible. The committee felt that these adjustments helped considerably. However, it was suggested that another starting line located behind the main start area should be added for "overflow" runners.

2007 NSCIF Divisions: Fairley distributed the cross country divisions for 2007. No schools will change divisions.

~~Cross Country Leagues in the southern part of our section: The committee strongly feels that two cross country leagues should be organized for schools who participate in cross country in the southern part of our section. The BVL will include Las Plumas, Sutter, Wheatland, Gridley, Durham, and Colusa. The MVL will consist of UPrep, Biggs, Williams, Providence Christian, Redding Adventist, Bishop Quinn, Hamilton, Liberty Christian, and American Christian.~~

2007 Cross Country Calendar:

Aug. 31	Mt. Shasta Siskiyou Warm-up @ Mt. Shasta
Sept. 7	Las Plumas Invitational
Sept. 8	Yreka Invitational @ Greenhorn Park
Sept. 14	Mt. Shasta Invitational @ Mt. Shasta
Sept. 29	Stanford Invitational @ Palo Alto
Oct. 6 or 20	West Valley Coed Invitational @ West Valley
Oct. 19/20	Mt. SAC Invitational @ Walnut

10. Track Commissioner's Report: Norm MacKenzie reviewed the new rules for the 2007 season. See handout for major changes.

Championships Meet Reminders: Norm MacKenzie passed out packets to the championship meet directors present. He reminded meet directors that we want to conduct quality competitions while still keeping costs down. Medals were also distributed to meet directors.

A concern was brought up over some divisions placing the bar at even heights and others placing the bar at odd heights at the divisional championship meets. For consistency, the following procedures were adopted.

M/S/C Nesheim/Flint to round down to the next even 2 inch height interval of the lowest qualifier in the high jump at the divisional meets. NOTE: If the lowest qualifier jumped 5'7", the starting height would be 5'6". This ensures that all divisional meets are conducted at even, two inch heights.

In the pole vault, round down to the next even 6 inch height interval of the lowest qualifier. i.e. if the lowest qualifier vaulted 9'9", the starting

height would be 9'6".

Norm MacKenzie Sportsmanship Award criteria: A sportsmanship award plaque will be given to one boy and one girl at the NSCIF Finals who meet the following criteria: Senior, NSCIF Finals qualifier, and nominated by his/her coach. Send nominations to Norm MacKenzie.

11.JV Boys 300 Hurdle Height: After a motion and discussion, the committee is seriously considering raising the JV boys 300 hurdle height from 30" to 33". The committee felt the 33" height would help the transition to the varsity level's 36" hurdle height. A vote will take place, after discussion within leagues, at our September committee meeting.

12.State CIF Track Committee Report: Jim Deaver presented the minutes from the January state advisory committee meeting. The following were discussions of note:

- * Beginning in 2007, a 34.92 degree sector shall be used in the shot and discus. These are the same sectors used at the collegiate level. The discus cage must be adapted to maintain a 4-5 foot distance between the sector line and forward cage post.

NOTE: It was noted that athletes should not compete at venues which do not meet the discus cage requirements. All team points shall be divided evenly between the visiting teams.

- * In the pole vault, a line shall be painted so that officials can easily see the zero point extending horizontally from the top of the back of the plant box.
- * Prior to competition, the coach must verify that each of their school's pole vaulters meets the requirements for weight and equipment.
- * The state track meet in 2007 will be held at Sacramento City College.
- * Meet officials will rule on questions regarding shoes, shorts, tops, and jewelry. All other items worn, i.e. sun glasses, hats, bandanas, ribbons shall be at the discretion of meet management.
- * The state cross country meet will continue to be held in Fresno for the next three years.
- * Following complaints over the availability of results at the state cross country championships, meet organizers vowed to improve their system next year.

13.Track Honor Coaches: The Northern Section Track and Field Honor Coaches for 2007 are Tom Quijada (Rio Vista) and Ron Wooley (Enterprise). Congratulations! Other nominees included: Kirk

Ramage (Shasta), Bill Vader (Corning), Laird Richards (Red Bluff), Pam Borg (Yreka), Bill Brown (Fall River), and Sonny Johnston (Paradise).

14. **Track Coaches and Officials Clinic:** Enterprise and West Valley High Schools will host the second annual track and field coaches clinic on Saturday, Feb. 24 beginning at 9:00am. The clinic, which is sponsored by MF Athletics, will be held at Enterprise. Coaches, officials, as well as interested volunteers, are encouraged to attend. Top coaches from throughout our section will be speaking. Last year's meet was a great success, attracting over fifty coaches. See attached flier.

15. **Web site:** Coaches are reminded to log on to: www.geocities.com/westvalleytrack for schedules and rankings, as well as www.athletic.net for entries and results.

16. A tentative date for the next NSCIF Track Committee meeting was set for Tuesday, September 18, 2007 beginning at 9:30 a.m.

17. The meeting was adjourned at 12:45 p.m.

Respectfully submitted,
Scott Fairley, Chairman