

**NSCIF TRACK/CROSS COUNTRY COMMITTEE
MINUTES OF THE REGULAR MEETING
FEBRUARY 5, 2008
ANDERSON HIGH DISTRICT OFFICE, ANDERSON, CALIFORNIA**

In attendance:

Liz Kyle	NSCIF Commissioner	Red Bluff
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
Scott Helmer	BVL XC	Sutter
Gary Teague	SVLS Track	Pierce
Jean Murphy-Atkins	SVLN XC	Durham
Dori Staub	EL/FRL Track	Tulelake
Todd Hamer	MVL Track	Los Molinos
Tony Hermann	MVL XC	Williams
Dennis Boyle	USATF Official/Starter	Palo Cedro

Guests:

Bob Hastings	BVL	Las Plumas
Bob Hadley	Official	Anderson

1. The meeting was called to order by Track Chairman, Scott Fairley at 9:40 a.m.
2. Introductions were made. All leagues were represented.
3. M/S/C Deaver/Nesheim to approve the minutes of September 25, 2007. 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 23, 2008 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.

5. 2008 Championship Meets:

NSCIF Finals	West Valley H.S.	West Valley/Fairley	May 23, 4pm
D1	Enterprise H.S.	Enterprise/Deaver	May 16, 2pm
D2	Butte College	Durham/Atkins	May 16
D3	Co. of Siskiyou	Mt. Shasta/Nesheim	May 16, 2pm
D4	West Valley	Williams/Los Molinos	May 16

NAL	Yreka	Yreka	May 9, 2pm
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EAL	Enterprise	Enterprise	May 8
BVL	Butte College	Gridley	May 9
EL	Tulelake	Tulelake	May 8
SVLN	Butte College	Durham	May 8
SVLS	Wheatland H.S.	Pierce	May 8
MVL	University Prep	Los Molinos/Williams	May 9
SCL	Co. of Siskiyous	Weed	May 9

6. 2008 Track Calendar:

March 14	North State Relays @ CSU, Chico
March 14	Panther JV Invite @ Chico High School
March 22	Eagle Classic Relays @ West Valley High School
March 29	Burt Williams Invite @ Central Valley High School
April 4/5	Stanford Invitational @ Palo Alto
April 5	Hornet Invitational @ Enterprise High School
April 11	Rio Vista Relays @ Rio Vista High School
April 12	John Frank Invite @ Central Valley High School
April 18	West Valley/Chico Invite @ CSU, Chico
April 18	Pleasant Valley JV Invite @ Chico H.S.
April 19	Yreka Lions Invite @ Yreka High School
April 24	Mt. Shasta Time Trials @ Mt. Shasta H.S.
April 26	Burney Spring Classic @ Burney High School
April 26	Sacramento Meet of Champions @ Hughes Stadium
May 2	Mt. Shasta Twilight @ Mt. Shasta High School
May 2	Gary Burton Invite @ Corning High School
May 2	Nevada Union Invite @ Nevada Union H.S.
May 3	Grants Pass Invite @ Grants Pass, OR
June 10/11	Nor Cal Multi Event @ West Valley High School

7. League By-Laws for Track and Cross Country:

Scott Fairley distributed by-laws from many of the Northern Section leagues. He stressed the need for written by-laws to eliminate confusion during the season. The by-laws need to be approved by the league principals and athletic directors for inclusion in the league constitution. By-laws should address: How team championships are won, scoring system, eligibility requirements, number of entries into the league finals, how to submit entries into the league finals, help needed at the finals, heats/qualifiers at the finals, awards, entry fees, starting heights, order of events, and host rotation.

8. Realignment for 2009/10: Following the dissolution of the SVLS and creation of the Tri City League, a discussion ensued over the divisional placement of schools within those leagues. After a lengthy discussion concerning enrollment figures and strength of programs, it was decided that leaving schools in their current divisions was in the best interest of track and field. The committee will petition the Board of Managers to exempt track from the new realignment.

9. Cross Country Report: The NSCIF Cross Country Championships were held at West Valley High School on Thursday, November 8, 2007 beginning at 2:00 p.m. The meet featured a record 539 runners from 33 schools who ran under ideal racing conditions. Freshman, Domenic D'Aquisto (Enterprise) won the section varsity boys' title, while junior Michelle Johnson (West Valley) was the varsity girls' winner. Mt. Shasta won the overall girls title, while Pleasant Valley won the boys.

Financially, the meet had a net profit of \$733.09 after all expenses were paid. See attached.

2008 NSCIF Date: The 2008 NSCIF Cross Country Championships will be held at West Valley High School on Thursday, November 13 beginning at 2:00 p.m. Rotation order is: Var. Girls, Var. Boys, Open Girls, Open Boys.

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 third year in a row, while West Valley's girls placed 8th in Division 4. Individually, Natalie Sojka (Mt. Shasta) placed 3rd, while teammate, Maggie Strong placed 7th. Michelle Johnson (West Valley) placed 8th in Division 4.

NSCIF Finals Eligibility: Scott Fairley relayed a concern from several coaches over the need to implement a minimum number of competitions for athletes prior to running in the NSCIF Finals. Without a qualifying meet prior to the section finals, the committee felt there was no need for such a rule.

2008 Cross Country Calendar:

Oct. 4 West Valley Coed Invitational @ West Valley

10. Track Commissioner's Report: Norm MacKenzie reviewed the new rules for the 2008 season. Norm passed out packets to the championship meet directors present. Medals were also distributed to meet directors.

Major Track Rule Changes and Reminders for 2008:

1. **Discus Cage:** Athletes should not compete at venues which do not meet the discus cage requirements.
2. **JV Boys 300 Hurdle Height:** The JV Boys 300 Hurdle height has been raised from 30" to 33". The new order of events for the 300 hurdles will be JV Girls (30"), Varsity Girls (30"), JV Boys (33"), Varsity Boys (36").
3. **Pole Vault:** It will no longer be considered a foul if the vaulter leaves the ground without breaking the plane.
4. **Shot Put:** The stopboard can remain at the standard 4 foot length.
5. **Undergarments:** If more than one undergarment is worn under the uniform, ALL undergarments (top or bottom) must be the same color. This includes individual events.
6. **Starting Guns on Campus:** A list of anyone who may use a starting gun on a particular campus (coaches or officials), must be on file in the principal's/superintendent's office.

Championships Meet Finances: The desire of the committee is to conduct quality championship competitions while still keeping costs down. Recently, additional costs in the form of starter fees, fully automatic timing fees, custodial fees, etc. have reduced the profit margin from previous years. With one rainy season, track could go into the red. In an effort to reduce contracted FAT fees, the committee heard a proposal to purchase two Eagle Eye timing systems, then pay our own operators a nominal fee. However, the committee felt that since there is only one division that does not own a timing system, we should continue paying for services while striving to keep costs at a minimum.

11. Hurdle Warm-Up Proposal: Scott Fairley presented a proposal from Chuck Sheley requesting warm-up time on the track for hurdlers at the divisional championships and NSCIF Finals. While all present were in agreement over the benefits of allowing hurdlers the opportunity to practice their steps on the track, it was felt that it could create logistical problems. Athletes are not allowed to warm up on the track once the running events begin.

12. Divisional Championship Meet Rotation: Bill Springhorn made a proposal to change the rotation for hosting the Division 1 meet to two years EAL and one year NAL. His rationale included the EAL having seven all weather tracks compared to the NAL only owning three. Of those three, West Valley is a permanent site of the NSCIF Finals. The committee suggested keeping the current two year rotation, with adjustments being made by mutual agreement.

13. Track Honor Coaches: The Northern Section Track and Field Honor Coaches for 2008 are Eddie Carey (Las Plumas) and Orlyn Culp (Yreka). Congratulations! Other nominees included: Laird Richards (Red Bluff), Rhonda Heiney (Tulelake), and Jon Williams (Hamilton City).

14. Track Coaches and Officials Clinic: Enterprise and West Valley High Schools will host the third annual track and field coaches clinic on Saturday, Feb. 23 beginning at 9:00am. The clinic will be held at Enterprise High School. 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 16, 2008 beginning at 9:30 a.m.

17. The meeting was adjourned at 12:40 p.m.

Respectfully submitted,
Scott Fairley, Chairman