

**NSCIF TRACK/CROSS COUNTRY COMMITTEE
MINUTES OF THE REGULAR MEETING
FEBRUARY 2, 2009
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
Mike Flint	SCL Track	Trinity
Steve Nesheim	SCL XC	Mt. Shasta
Tami O'Neill	BVL Track	Sutter
Bob Hastings	BVL XC	Las Plumas
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 Hadley	Official	Anderson
------------	----------	----------

1. The meeting was called to order by Track Chairman, Scott Fairley at 9:30 a.m.
2. Introductions were made. All leagues were represented.
3. M/S/C Deaver/Teague to approve the minutes of September 16, 2008. Fairley reviewed the minutes. M/S/C Deaver/Teague to approve the agenda.
4. **USATF Officials:** USATF Certified Official, Dennis Boyle, covered the new rules for 2009. (see below) Officials will make an effort to warn athletes of uniform and jewelry violations prior to competition. The athlete will be given the opportunity to correct the infraction, provided it does not delay the meet.

5. 2009 Championship Meets:

NSCIF Finals	West Valley H.S.	West Valley/Fairley	May 29, 4pm
D1	Enterprise H.S.	Enterprise/Deaver	May 22, 1pm
D2	Wheatland H.S.	Wheatland/Durham	May 22
D3	Co. of Siskiyou	Mt. Shasta/Nesheim	May 22, 2pm
D4	West Valley	Williams/Los Molinos	May 22, 10:30
NAL	West Valley	Lassen	May 15, 2pm
EAL	Paradise	Chico	May 15
BVL	Wheatland	Wheatland	May 15
EL	Tulelake	Tulelake	May 15
SVLN	Pleasant Valley	Live Oak	May 15

SVLS	Wheatland H.S.	Pierce	May 14
MVL	University Prep	Los Molinos/Williams	May 15
SCL	Co. of Siskiyou	Burney	May 15

NSCIF Finals Date and Time: A lengthy discussion took place concerning a conflict with graduation and the section finals track meet. After three proposals failed to gain approval made by Sutter coach, Tami O'Neill, to move the meet to Wednesday, or earlier in the day on Friday, or Saturday, a decision was made to leave the date and time as Friday, May 29 at 4:00pm. Many felt that a change could create conflicts with schools not present and/or that a precedent would be made for the change of future NSCIF dates.

6. 2009 Track Calendar:

March 20	North State Relays @ CSU, Chico
March 20	Panther JV Invite @ Chico High School
March 27	Eagle Classic Relays @ West Valley High School
March ??	Burt Williams Invite @ Central Valley High School
March 27/28	Stanford Invitational @ Palo Alto
April 2	Mt. Shasta "Fair Weather" Invite @ Mt. Shasta H.S.
April 3	Rio Vista Relays @ Rio Vista High School
April 4	Hornet Invitational @ Enterprise High School
April 11	John Frank Invite @ Central Valley High School
April 14/15	Nor Cal Multi Event @ West Valley High School
April 18	Yreka Lions Invite @ Yreka High School
April 24	West Valley/Chico Invite @ CSU, Chico
April 24	Pleasant Valley JV Invite @ Chico H.S.
April 24	Burney Spring Classic @ Burney High School
April 30	Mt. Shasta Time Trials @ Mt. Shasta H.S.
May 2	Sacramento Meet of Champions @ Hughes Stadium
May 2	Grants Pass Invite @ Grants Pass, OR
May 8	Mt. Shasta Twilight @ Mt. Shasta High School
May 8	Gary Burton Invite @ Corning High School
May 8	Nevada Union Invite @ Nevada Union H.S.

7. Review of Track Alignments for 2009/10:

Scott Fairley reviewed the league and divisional alignments for 2009/10.

- D1 – Eastern Athletic (Chico, Enterprise, Foothill, Oroville, Paradise, Pleasant Valley, Red Bluff, Shasta)
Northern Athletic (Anderson, Central Valley, Corning, Lassen, West Valley, Yreka)
- D2 – Butte View (Gridley, Las Plumas, Orland, Sutter, Wheatland, Winters)
Sacramento Valley North (Colusa, Durham, Live Oak, Quincy, Willows)
- D3 – Sacramento Valley South (E. Nicolaus, Pierce, Portola, Rio Vista)
Shasta Cascade (Burney, Etna, Fall River, Modoc, Mt. Shasta, Trinity, Weed)
- D4 – Mid-Valley (American Christ., Biggs, Esparto, Hamilton, Hayfork, Liberty, Los Molinos, Mercy, Providence Christ., UPrep, Redding Adventist, Redding Christian, Williams)
Evergreen/FRL (Big Valley, Butte Valley, Dunsmuir, Happy Camp, Loyalton, Surprise Valley, Tulelake)

Note: Quincy will have a track team this spring and will be placed in the SVLN.

- 8. Realignment for 2011/12:** Scott Fairley presented a league and divisional alignment for the 2011/12 track seasons. The league alignments were approved by the Realignment Committee. An adjustment was made to move leagues into divisions that were of comparable enrollment.

M/S/C – Springhorn/Hamer to approve the league and divisional alignment for 2011/12.
(see attached)

Several proposals were discussed concerning the number of qualifiers from each division to the NSCIF Finals. Proposals included: D1 (3), D2 (2), D3 (1), D4 (1), 1 at-large. OR D1 (2), D2 (2), D3 (1), D4 (1), 2 at-large OR D1 (2), D2 (1), D3 (1), D4 (1), 3 at-large. A vote was tabled until the September meeting.

- 9. Cross Country Report:** The NSCIF Cross Country Championships were held at West Valley High School on Thursday, November 13, 2008 beginning at 2:00 p.m. The meet featured a record 584 runners from 34 schools who ran under ideal racing conditions. Sophomore, Domenic D'Aquisto (Enterprise) won the section varsity boys' title, while senior Michelle Johnson (West Valley) was the varsity girls' winner. Chico won the overall girls title, while Enterprise won the boys. Financially, the meet had a net profit of \$1,205.27 after all expenses were paid. See attached.

2009 NSCIF Date: The 2009 NSCIF Cross Country Championships will be held at West Valley High School on Thursday, November 12 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 one team placing in the top 10. Mt. Shasta's girls placed 9th as a team in Division 5. Individually, Tiffany Heflin (Lassen) ran the third fastest time ever by a Northern Section girl while placing 3rd and Michelle Johnson (West Valley) placed 7th in Division 4. In the Division 5 race, Morgan Schell (Durham) placed 7th.

2009 Cross Country Calendar:

Sept. 5	Bill Springhorn Invite @ Shasta College
Sept. 12	Yreka Invitational @ Yreka
Sept. 18	Mt. Shasta Invite @ Mt. Shasta
Oct. 9	West Valley Coed Invitational @ West Valley

NSCIF Starting Line: In an effort to provide a safe and fair starting line area at the NSCIF Finals, the committee recommended that a second starting line should be installed ten yards behind the front line. Any competitor beyond a team's number seven runner must start from the second line. M/S/C Murphy-Atkins/Hastings

NSCIF Entry Fees: Schools are reminded that they are responsible for paying the entry fee for all athletes "entered" as of the athletic.net online entries due date. There will be no refunds for athletes who do not show on the day of the meet.

- 10. Track Commissioner's Report:** Norm MacKenzie reviewed the new rules for the 2009 season. Norm passed out packets to the championship meet directors present. Medals were also distributed to meet directors. Meet directors were reminded to check their awards prior to their meets.

Major Track Rule Changes and Reminders for 2009:

1. **Closed Barrel Guns:** Starters are required to use a closed barrel starting pistol.
2. **Throwing Procedures:** An athlete may enter and exit, then re-enter the circle without a foul to dry hands, clean shoes, etc. as long as it is done within the time limits.
3. **Pole Vault Attempt:** A vaulter may leave the ground in an attempt to stop their approach, but if it is an unsuccessful attempt to clear the bar, it shall be considered a miss, even if he does not break the plane of the box.
4. **FAT Timing:** When using FAT, timing shall be recorded to the hundredths of a second, and all ties shall be broken using thousandths of a second, if the system allows.

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. The bottom line is to keep costs down. Currently, Division 2 is the only division without an FAT timing system.

Bob Russell Award Help: Norm MacKenzie is looking for someone to help select the Bob Russell Award winners at the NSCIF Finals. Contact Norm if interested.

11. **State CIF Committee Report:** Jim Deaver reported that the State CIF Track Championships will be held at Buchanan High School in Fresno for the next three years. Also, the State Cross Country meet will remain in Fresno for at least the next two years. He also reported that starters in the southern part of the state will continue to use open barrel starting pistols unless requested not to by school officials.
12. **Track Honor Coaches:** The Northern Section Track and Field Honor Coaches for 2009 are Laird Richards (Red Bluff) and Jon Williams (Hamilton). Congratulations! Other nominees included: Don Minto (Corning), Rhonda Heiney (Tulelake), and Kurt Ramage (Shasta).
13. **Track Computer Technology Clinic:** A clinic for all coaches interested in furthering their knowledge on FAT timing systems (Finishlynx/Hawk Eye), Hy Tek Meet Manager, and Athletic.net online services will be held on Sunday, April 22 beginning at 10:00am at West Valley High School. The track coaches and officials clinic will not be held this year. Look for the clinic in February of 2010.
14. **Starter Fees:** USATF starter, Bob Hadley, discussed the establishment of standardized starter's fees for dual track meets. Following discussion, it was recommended that since track starters act as independent agents without a starter's association, it would be best for starters to negotiate fees on their own.
15. A tentative date for the next NSCIF Track Committee meeting was set for Tuesday, September 1, 2009 beginning at 9:30 a.m.
16. The meeting was adjourned at 1:30 p.m.

Respectfully submitted, Scott Fairley, Chairman