

NSCIF TRACK & FIELD CHAMPIONSHIPS

Dear Coach:

West Valley High School is proud to be hosting the 2009 Northern Section Track and Field Championships at West Valley High School. The meet will feature the top eight qualifiers in each varsity event. At stake will be State CIF Championship berths to the victor in each event. Should you have any questions after reading through the information sheets you may contact Scott Fairley at (530)347-7171 ext. 2901 (school) or (530)243-4331 (home).

DATE: Friday, May 29, 2009

PLACE: West Valley High School

TIME: Field Events - 4:00 p.m. Running Events - 6:00 p.m.

DIVISIONS: Varsity Boys and Girls

ENTRY FEE: None. Entry fees from the divisional meets cover both meets.

QUALIFIERS: Qualifiers from Divisional Championships

Division 1	Large Schools Meet	3
Division 2	Medium Schools Meet	1
Division 3	Small Schools Meet	1
Division 4	Small Schools Meet	1
At-Large	(next best qualifiers)	2

AT-LARGE QUALIFICATION:

The At-Large qualifier to the NSCIF finals will be selected in the following manner: The top alternate mark from the 4 divisions will be designated as the At-Large qualifier. After the At-Large competitor is selected, the next best athlete in that division will become the division's alternate.

ALTERNATE PARTICIPATION:

In the NSCIF Finals a qualifier may decide not to compete. In this case, the alternate from that athlete's division may enter the event as an alternate. If that alternate does not compete, the alternate with the next best qualifying mark from any division will be allowed to compete (coin flip for ties). All alternates must report to the clerk of the course or to the field event official no later than fifteen minutes before the scheduled start of the event to be eligible for competition. It is essential that coaches who know that their athlete will not compete in an event at the Section Meet contact the coach of the appropriate alternate as soon as possible.

EVENT SEEDING:

Events will be seeded on Sunday, May 24 (12-5pm). Information on At-Large berths and lane assignments will be posted at the following website:

www.geocities.com/westvalleytrack and www.cifns.org or call Scott Fairley on Sunday evening at (530) 243-4331.

SCRATCHES: A coaches meeting will be held in the bleachers below the press box at 3:15 p.m. All scratches should be reported at that time.

AWARDS: Individual awards will consist of custom medals to the top five finishers in each event. Placemen must report to the awards area immediately after their event is concluded for presentation of medals. The Bob Russell Award for the "most outstanding" boy and girl athlete and Norm MacKenzie Sportsmanship Award winners will also be given at the end of the meet.

COACHES & ATHLETES:

Coaches are to remain off the track and infield. Athletes are to stay off the track and infield until their event is called, at which time they will report to the clerk of the course on the grass behind the 100 meter start or directly to their field event. **DO NOT REPORT TO THE STARTING LINE!** Warm-up on the fields south of the stadium. No warm-ups shall be allowed on the track surface once the field events have begun.

SPIKES: The track and runways at West Valley are all-weather. Short, 3/16 inch spikes are required for all events. Spikes will be checked prior to competing. Spikes will be sold at the front gate.

CLERK OF THE COURSE:

All athletes should report promptly to the clerk of the course at the first call. Field event athletes should report directly to their event upon first call. **Athletes must check in no later than ten minutes before the scheduled start of their event.** Athletes will be scratched, and alternates assigned at that time.

LANES:

West Valley has an eight lane track. Contestants are reminded to *Stay In Your Lane After Finishing Until The Judges Have Selected All Place Winners*. A one turn stagger will be used in the 800, three turn stagger in the 4 X 400, and a scratch start for the 1600 and 3200.

FIELD EVENTS:

Since the Championship meet is a final, all competitors will receive 6 attempts in the horizontal jumps and the throws.

CONTESTANTS DOUBLING:

If a contestant is entered in a track and a field event at the same time, they should first clear with the field event judge, then report to the clerk of the course. They must report back to the field event immediately after completion of the running events. They will be given a maximum of ten minutes from the time they are excused until they must make themselves available for their next trial.

AWARDS PRESENTATIONS:

Medals will be awarded to the top five placewinners immediately following the completion of an event. Please have your athletes report to the awards stand on the infield as soon as possible.

1 MINUTE RULE:

The 1 minute rule for field events (1-1/2 minutes for pole vault) will be *strictly* enforced.

WEIGH-INS:

Shots and Discs must be weighed and marked prior to 3:45 p.m. Weigh in at the track shed under the grandstands.

POLE VAULT WEIGHT VERIFICATION:

Coaches will be required to verify and initial their vaulter's weight on the official pole vault event form. Coaches should accompany their vaulters when they check in for competition. Inspection of poles will take place during warm-ups.

STARTING HEIGHTS:

The starting heights in the high jump will be 2" below the lowest competitor and 6" below the lowest competitor in the vault. The bar will be raised in 2" and 6" increments respectively.

"NORM MacKENZIE" SPORTSMANSHIP AWARD: (see enclosure)

NSCIF will recognize one male and one female track athlete to be honored at the section finals. The following criteria will be used for selection:

- a) Senior athlete who will be competing at the NSCIF finals.
- b) Coaches must mail/phone Norm MacKenzie prior to Monday, May 25 of their nominations.
- c) NSCIF winners will be selected by the track commissioner and the four championship meet directors at the NSCIF finals.
- d) A plaque will be presented to the recipient at the NSCIF finals.

CONCESSION STAND:

There will be a concession stand operating throughout the meet.

ADMISSION:

An admission of \$5.00 (adults) and \$3.00 (students/senior citizens) will be charged for all spectators. No passes.

UNIFORMS:

Uniforms and shoes must conform to the rules as stated in the 2009 National Federation Track and Field rule book. A school issued jersey and shorts must be worn. Anything worn under the uniform jersey and shorts must be a solid color minus any trim of a second color. **NO JEWELRY!!**

WEATHER:

The meet will go on RAIN or SHINE.

T-SHIRTS:

T-Shirts will be on sale throughout the meet. There will be a limited supply, so buy early.

RELAY BATONS: Batons will be provided by the meet management.

FINISHLYNX: Will be used to time and photograph the finish of all races.

RULES: CIF and NSCIF rules will be in effect.

QUESTIONS/PROBLEMS:

If a coach has any questions or problems regarding the conduct of the meet, he should report them to Norm MacKenzie, the meet referee, who will be on the infield.

FOR RESULTS AND SEEDING: www.geocities.com/westvalleytrack