

## 2009 North Bay League Track & Field Championships

Coaches;

Attached is the schedule for the NBL championships.

### Check-In

The clerking area for the running events will be at the northwest corner of the stadium under the light pole. Larry Meredith will be the clerk of the course.

All runners must check into the event **30 minutes** before the race start time. They must be in the bull pen **10 minutes** before the race. Larry will scratch any athlete who misses either deadline.

Calls for field events will be:

First Call: 20 minutes before the scheduled start time of the event

Second Call: 15 minutes before the scheduled time of the event

Final Call: 10 minutes before the scheduled time of the event.

They will then report to the event venue.

Any athlete not checked with the Clerk in at final call will not be allowed to compete in the event.

### Seeding

Seeding will be done by Peter Guerrini. In the running events seeding will be the fastest in the middle lanes to the slowest to the outside. Formula 4,5,3,6,2,7,1,8.

### Officials

Please note the event your school is responsible for officiating. The numbers in parentheses indicate how many workers you should have working the event. Please have your workers at the site at least 20 minutes before the start of the event.

In the field events please make sure your officials are familiar with the event's rules and the rules for this meet as now explained. Copies of the rules will be attached to each field event clipboard. Field event athletes must be checked in by final call for the event.

### Scoring

Individual Events: 10 - 8 -6- 4- 2- 1

Relays: 10-8-6-4-2

### Redwood Empire Championships

The top 6 finishers in each varsity event will be advanced to the Redwood Empire Championships hosted by the Sonoma County League at Santa Rosa High School on Saturday May 23, 2009.

There will be a scratch meeting below the press box immediately following the NBL Championship meet. If you are unsure of any advancing athletes' status at that time you have until midnight Tuesday May 19 to scratch your athlete and inform me and the affected coach. Please conform to this sportsmanship routine. **THERE IS NO LONGER ANY HARDSHIP RULE!**

### Misc

Peter Guerrini will be sending you a password to enter your athletes on ezmeets.com.

Coaches, please respond with your phone numbers so that if the need for any of you to contact another coach the number will be centralized with me. If you have questions, please call ( 528-0627 ) or email ( ZEEMIE@aol.com ) me.

All the best to you and your athletes this coming season.

Doug

## 2009 North Bay League Track & Field Championships

2009 NBL Track and Field

Championships

Hosted by Santa Rosa High School

Dates/Times: Trials - Wednesday May 13th. Starts at 4:00 PM  
Finals - Friday May 15th. Starts at 3:00 PM

Location: Nevers Field at Santa Rosa High School 1234 Mendocino Ave, Santa Rosa

Meet Directors: Doug Courtemarche, Bob Shor

Site Director: Gary Dellepere

Field Events: Meet Officials  
Boys Long and Triple Jump(4) Piner  
Girls Long and Triple Jump(4) Rancho Cotate  
High Jump(3) Montgomery  
Pole Vault(3) Cardinal Newman  
Dicus(4) Maria Carrillo  
Shot Put(4) Ukiah  
Track Umpires(6) Elsie Allen

### **Entries are limited to 5 per event per division per school.**

An athlete may compete in only four events.

If an athlete competes in more than 4 events, he will be disqualified in all of his events, including the entire relay team.

No added entries will be allowed in any event. BUT any athlete entered in the meet may substitute for any athlete entered in the meet for any event. Those substituted athletes must report at least 1 hour before the scheduled time of the event to the clerk of the course and receive permission of the clerk to substitute for any athlete entered into the meet. THIS ALSO APPLIES TO FIELD EVENTS  
Field event athletes must report 1 hour before the scheduled time of the event to the field event official.

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# Wednesday Trials

## Running Events

100/110mh	VB 4:00	JVB 4:10	JVG 4:20	VG 4:30
400m	JVG 4:40	JVB 4:50	VG 5:00	VB 5:10
100m	JVG 5:20	JVB 5:30	VG 5:40	VB 5:50
300mh	JVG 6:00	VG 6:10	JVB 6:20	VB 6:30
200m	JVG 6:40	JVB 6:50	VG 7:00	VB 7:10
800m	NO TRIALS We will run a minimum of 12 in the fast heat of the Friday finals.			If there are
16 runners or less there will be one heat. If there are 17 - 24 runners there will be 2 races with 12 in the fast heat and the remaining in the slower heat. The fast heat will be the last heat.				
By not having trials in the 800 and the possibility of multiple heats we will make up the difference in the time schedule as the meet progresses. So the events following the 800m might not start exactly as stated on this time schedule but in time will get back on time and the 4 x 4's will go off on time.				
In all trial running events the winners of each heat plus the fastest runners from any heat that make up the 8 fastest runners will advance to the finals.				

## Field Events

If 8 or fewer check in for trials then all go to the finals on Friday and there will be no trials on Wednesday.				
Each competitor in the long jump, triple jump, shot put, and discus will be allowed 3 attempts in the trials with the top 8 going to the finals on Friday.				
Wednesday Trials				
Pole Vault*	JVG FINALS 4:00		JVB FINALS 5:30(Immediately following girls)	
High Jump	VB 4:00	JVB 5:00	VG 6:00	JVG 7:00
Long Jump	JVG 4:00	VG 5:00	JVB 6:00	VB 7:00
Triple Jump	JVB 4:00	VB 5:00	JVG 6:00	VG 7:00
Shot Put	JVG 4:00	JVB 5:00	VG 6:00	VB 7:00
Discus	VG 4:00	VB 5:00	JVG 6:00	JVB 7:00
JV Pole Vault finals on Wednesday. Varsity Pole Vault finals on Friday. As soon as the High Jump reaches 8 jumpers the trials cease. Those 8 go to the finals on Friday.				
Marks from the trials will not carry over to the finals on Friday.				

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NBL FINALS					
<b><u>Friday Finals</u></b>					
Running Events					
4x100mr	JVG 5:00	JVB 5:04	VG 5:08	VB 5:12	
1600m	JVG 5:16	JVB 5:24	VG 5:32	VB 5:39	
110/100mh	VB 5:46	JVB 5:50	JVG 5:55	VG 5:59	
400m	JVG 6:05	JVB 6:09	VG 6:13	VB 6:17	
100m	JVG 6:21	JVB 6:25	VG 6:29	VB 6:33	
800m	JVG 6:37	JVB 6:43	VG 6:49	VB 6:54	
300mh	JVG 6:59	VG 7:03	JVB 7:07	VB 7:11	
200m	JVG 7:16	JVB 7:20	VG 7:24	VB 7:28	
3200m	JVG 7:33	JVB 7:50	VG 8:05	VB 8:20	
4x400mr	JVG 8:37	JVB 8:44	VG 8:51	VB 8:58	
Field Events					
Shot Put	JVG 3:00	JVB 4:15	VG 5:30	VB 6:45	
Discus	VG 3:00	VB 4:15	JVG 5:30	JVB 6:45	
Pole Vault	VG 3:00	VB 5:00			
Long Jump	JVG 4:00	VG 5:15	JVB 6:30	VB 7:45	
Triple Jump	JVB 4:00	VB 5:15	JVG 6:30	VG 7:45	
High Jump	VB 4:00	JVB 5:15	VG 6:30	JVG 7:45	
In the long jump, triple jump, shot put, and discus each finalist will have 3 attempts. The top 7 will then be given an additional 3 attempts.					