

2017 NBL TRACK & FIELD CHAMPIONSHIP

Hosted by Cardinal Newman High School

The 2017 NBL track & Field Championships will be held on the following dates at the Santa Rosa High School track & field facility in Santa Rosa:

WEDNESDAY, MAY 10 Trials 3:00pm - Field Events 4:45pm - Running Events

FRIDAY, MAY 12 Finals 3:00pm - Field Events 5:00pm - Running Events

Meet Officials

- Boys Long/Triple Jump - Rancho Cotate
- Girls Long/Triple Jump - Maria Carrillo
- Pole Vault - Ukiah
- High Jump - Casa Grande
- Shot Put - Montgomery
- Discus - Santa Rosa
- Relay exchanges and Meet Umpire - Windsor
- Meet Referee - Kevin King
- Meet Director - Shawll Kozel, Cardinal Newman

Seeding Instructions

Entry maximum for varsity athletes per school is 40, 5 athletes per school per event.

ALL ENTRIES FOR THE JUNIOR VARSITY AND VARSITY NBL CHAMPIONSHIPS MUST BE SUBMITTED THROUGH THE EZMEETS.COM WEB SITE!

Entries are due Sunday, May 7, Midnight

Notify if you have any student-athlete who might be impacted by AP testing on the day of trials for Field Events. Those student-athletes will be moved to a later flight.

If you have questions about entry procedures, please contact Shawll Kozel at:

4shawllk@gmail.com

Please note that athletes may be entered in NO MORE Than four events. The only exception to this is if the athlete is listed as a relay alternate. Being listed as a relay alternate **does not count** against the four event entry maximum.

Meet Schedule:

Wednesday, May 10 - NBL Trials

Running Events - Note the times below are estimates. We will run on a Rolling Schedule

100/110H	VB 4:45	JVB 4:55	JVG 5:05	VG 5:15
400m	JVG 5:25	JVB 5:35	VG 5:45	VB 5:55
100m	JVG 6:05	JVB 6:15	VG 6:25	VB 6:35
300mh	JVG 6:45	VG 6:55	JVB 7:05	VB 7:15
200m	JVG 7:25	JVB 7:35	VG 7:45	VB 7:55

Field Events

Pole Vault*	3:00 JVG FINALS	(Immediately after JVG) JVB FINALS		
High Jump	VB 3:00	JVB 4:00	VG 5:00	JVG 6:00
Long Jump	JVG 3:00	VG 4:00	JVB 5:00	VB 6:00
Triple Jump	JVB 3:00	VB 4:00	JVG 5:00	VG 6:00
Shot Put	JVG 3:00	VB 3:00	VG 5:00	JVB 5:00
Discus	VG 3:00	JVB 3:00	VB 5:00	JVG 5:00

*JV Pole Vaulters 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 do not carry over to

the Finals on Friday.

Friday, May 12 - NBL Finals

Running Events

4x100mR	JVG 5:00	JVB 5:04	VG 5:08	VB 5:12
1600m	JVG 5:16	JVB 5:32	VG 5:48	VB 5:56
110/100h	VB 6:03	JVB 6:07	JVG 6:13	VG 6:17
400	JVG 6:23	JVB 6:27	VG 6:31	VB 6:35
100m	JVG 6:39	JVB 6:43	VG 6:47	VB 6:51
800m	JVG 6:55	JVB 7:05	VG 7:15	VB 7:21
300h	JVG 7:26	VG 7:30	JVB 7:34	VB 7:38
200m	JVG 7:43	JVB 7:47	VG 7:51	VB 7:55
3200	JVG 8:00	JVB 8:00	VG 8:32	VB 8:47

4x400m R	JVG 9:02	JVB 9:09	VG 9:16	VB 9:23
Field Events				
Shot Put	JVG 3:00	VB 3:00	VG 4:30	JVB 4:30
Discus	VG 3:00	JVB 3:00	VB 430	JVG 4:30
Pole Vault	VG 3:00	VB 5:00		
Long Jump	JVG 3:00	VG 4:15	JVB 5:30	VB 6:45
Triple Jump	JVB 3:00	VB 4:15	JVG 5:30	VG 6:45
High Jump	VB 3:00	JVB 4:15	VG 5:30	JVG 6:45

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.

Some running events may not require Trial Heats and will therefore be run as Final Only events on Friday.

EVENT MECHANICS:

RUNNING EVENTS

There will be no trials for the 800m, 1600m and the 3200m. For the 800m, depending on how many entries we have, we will run 12 athletes in the fast heat of the Friday finals. If there are 16 runners we will run one heat. If we have more, we will separate into 2 heats with the fastest 12 athletes in the final fastest heat. We will use an alley start in lanes 1-4 and 5-8. Runners will be seeded from the middle out in each alley according to qualifying times. Runners 1,4,5,8,9,12 will be in the first alley and runners 2, 3,6,7,10,11 will be in the second alley.

Qualifying from Trials to Finals in ALL running events except the 800m, 1600m and the 3200m are as follows: **The Top finisher in each heat, plus the next fastest competitors to reach a total of 8.**

All running events in lanes will have final fields of 8.

FIELD EVENTS

Stated in the Meet Schedule.

CONFLICT IN EVENTS

Competitors who are entered in field events being held simultaneously must report to each event's official by the published event start time, otherwise the athlete will be scratched.

If the field event is in conflict with a running event, the athlete must secure a release from the field event official and report to the Clerk-of-the-Course.

Athletes are not to report directly to the starting line without checking in first with the Clerk-of-the-Course.

WARM-UP/CHECK-IN AREA

The warm-up area is located in the field behind the bullpen (northwest corner of the stadium). Be sure your athletes check in at the bullpen to receive their lane assignments for running events and at the venue for field events.

DISQUALIFICATION AND CONDUCT

Unsportsmanlike conduct - Unsporting conduct is behavior that is unethical or dishonorable. It includes, but is not limited to: disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, criticizing or using profanity directed toward someone. This shall apply to all coaches, contestants and other team/school personnel.

Penalty: disqualification from the event and further competition in the meet. (Nat'l. Fed. Rule 4, Section 6, Article 1)

Unfair act - It is an unfair act when a competitor receives any assistance. Assistance includes:

1. Interference with another competitor
2. Pacing by a teammate not in the race or persons not participating in the event
3. Competitors joining or grasping hands with each other during a race
4. Communicating with a competitor through the use of any device, including electronically, during a race or trial
5. Coaching a competitor from a restricted area
6. Competitor using an aid during the race or trial

Penalty: disqualification from that event (Nat'l. Fed. Rule 4, Section 6, Article 5)

UNACCEPTABLE CONDUCT - Unacceptable conduct by a competitor includes, but is not limited to: willful failure to follow the direction of a meet official, using profanity that is not directed at someone or any action which could bring discredit to the individual or his/her school.

Penalty: disqualification from that event (Nat'l. Fed. Rule 4, Section 6, Article 2)

UNIFORM RULE:

Please refer to 2017 NFHS Track and Field Rules Book, Rule 4, Section 3.

PROTEST/APPEAL PROCESS - Jury of Appeals - This will be composed of three coaches **NOT** affected by the decision.

MEET SCORING - All NBL Championship Finals will be scored for all divisions as follows: **10-8-6-4-2-1**

AWARDS - Medals - first through fourth place

QUALIFYING TO NCS REDWOOD EMPIRE CHAMPIONSHIPS:

The Top-6 finishers in each Varsity event qualify for the NCS Redwood Empire Championships at Redwood high School, Saturday, May 20, 2017

Athletes not in the Top-6 finishers in an event, but who achieve an NCS "At-Large" Standard, will also advance to the NCS Redwood Empire Championships. See the "At-Large" Standards at www.ifncs.org, [2017 NCS Area & MOC At-Large Time and Distance Standards](#).