



**MCAL Track & Field Championships**  
**Redwood High School**  
**Thursday, May 10 & Saturday, May 12, 2018**

**MEET ENTRIES**

All entries must be submitted using EZMeets.com or HyTek by Monday, May 7, 2018 at 12:00 pm. Relay team members must be entered in EZMeets roster. Email pool of relay candidates (up to 6). If 9 or more relay teams entered, Trials will be on Thursday for a relay event.

Each athlete can only be entered into four events maximum. Each athlete MUST have a mark in order to compete. Enter AUTO marks ONLY. Conversion hand to auto: Add 0.24 to the 100m and 200m and 0.14 to the 400m or longer. Each school is allowed four entries per event (Varsity Girls and Varsity Boys only).

A school can enter more than 4 if the 5th, 6th, etc. athlete meets the following standard.

Each school is also allowed a total of 3 wildcard entries (across girls and boys).

If there are more than 8 teams entered in the 4x400 meter relay, the top 5 seeded times will not need to run in trials.

**MCAL At-Large Standards**

100 Meters	14.03	11.95
200 Meters	28.99	24.38
400 Meters	66.80	57.38
800 Meters	2:36.74	2:09.02
1600 Meters	5:52.63	4:55.72
3200 Meters	12:54.03	10:47.15
100m/110m HH	18.76	18.86
300m IH	55.45	45.41
Long Jump	14-03.00"	18-11.00"
Triple Jump	29-03.00"	38-02.00"
High Jump	4-05"	5-04"
Discus	74-06.50"	106-09.00"
Shot Put	26-00.50"	37-10.50"
Pole Vault	7-02"	10-04"

**HONEST EFFORT RULE:**

The league will use the Honest Effort Rule for preliminary and final rounds of the League Championship.

Competitors who have qualified for and/or been accepted into more than one event, must honestly participate in the qualifying or final round in each event for which the athlete is accepted or has qualified, or the athlete will be barred from further competition in the meet.

Athletes must compete with maximum effort and/or qualify from trials into the finals.

Note 1: It is understood that passing on attempts in field events is a strategy in those events and is not considered a question of honest effort.

**ENTRY LIMIT RULE:**

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.

**VAULT SIGN-IN**

All head coaches must sign the 2017 CIF POLE VAULT SIGN-IN/ VERIFICATION form to verify their athlete's weight.

All competing athletes will be weighed prior to competition in the attire that they will compete in, including shoes, and helmet, if a helmet is used.

**JURY OF APPEALS**

A jury of appeals will serve as the final board of appeals. The jury will be the meet director of each league meet.

**WEIGH-INS**

All shots and discus will be weighed in at 12:00 pm on Thursday and 8:00 am on Saturday. All implements not meeting specifications will be impounded for the duration of the meet.

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**WARM-UP AREA**

Warm area will be outside the stadium.

**EVENT MECHANICS**

**Running Events**

1. 200 meters dash: The 200-meter dash will be run around a full turn.
2. 400 meter dash: The 400-meter dash will be run in staggered lanes and around two turns.
3. 4 x 400 meter relay will be a three turn stagger. Runners may break for the pole after the third turn.
4. Heat Assignments: All races up to and including the 1600 meters and all relays will be assigned to heats according to the National Federation Track and Field Rules book.
5. Trials to Finals Advancement:

All races up to 400m: 8 advance to finals. 800m: 12 advance to finals. 1600m: Games committee decision (up to 16).

All races up to 400m: Whatever number to finals (depending on the number of heats with 8 advancing to the finals).

800m: Top 3 + 6 for 2 heats, top 3 + 3 for 3 heats, top 2 + 2 for 4 heats.

1600m: Top 4 + 4 for 2 heats to advance to finals (12 taken). 3200m: Finals only on Saturday.

6. Lane Assignment:

In all races except the 1600 and the 3200 meter runs, The Games Committee will assign the fastest qualified runners or qualifiers in each round of competition to the middle lanes, or the preferred lanes as determined by the Games Committee, and the next fastest qualifiers to the adjacent lanes, and so on (4,5,3,6,2,7,1,8).

7. 800 meters, 1600 meters, and 3200 meters:

The 800 meters, 1600 meters, and 3200 meter runs 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 1,4,5,8,9,12,13,16,17 will be in the first alley and runners 2,3,6,7,10,11,14,15,18 will be in the second alley.

**Field Events**

8. High Jump and Pole Vault

Competition in the high jump and pole vault will be conducted in five alive format. Competition will start at the heights listed below and competition will continue until final places are determined. Once a total of (8) competitors or less remain in the competition, then the competition will be conducted in (1) continuous flight of 8 competitors.

Pole Vault – the pole vault starting height will be 6" below the lowest qualifier, not to be less than 9'0" for the boys and not less than 7'0" for the girls. The bar will be raised in 6" increments until it reaches 14'0" in the boys and 10'0" in the girls. After 14'0" in the boys and 10'0" in the girls the bar will be raised in 3" increments.

NOTE: All head coaches of pole vault athletes verify the pole vault athlete has been weighed and poles inspected and sign the athlete's weight verification form, when checking in on the field table or booth in order for their vaulter(s) to be eligible for competition.

High Jump – the high jump starting height will be 4'0" in the girls and 5'4" in the boys. The bar will be raised in 2" increments until it reaches 5'2" for the girls and 6'2" for the boys, then the increments will be reduced to 1".

**Long Jump, Triple Jump, Shot Put and Discus**

Each of the contestants in the long jump, triple jump, shot put and discus will be allowed three (3) qualifying trials. The top nine (9) competitors will receive three (3) additional trials to determine the top finishers. The order is worst to best based on 3 trials attempts. Final marks based on all 6 attempts for the top 9.

**AWARDS**

1. Medals will be awarded to the first three boys and girls placers in each event.
2. Pennants will be awarded to the first place boys and girls teams.

**SCORING**

Scoring shall be 10-8-6-4-2-1.

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**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.

REMINDER: The time excused rule is 30 minutes. Official must write down the time that the athlete is initially excused in order to enforce this rule. This is the total time an athlete may be excused from a field event before or between attempts. Failure to return to the event and execute an attempt within 30 minutes will result in the athlete being scratched from further competition in the event.

**UNFAIR ACTS**

It is an unfair act when a competitor receives any assistance from any other person that could improve that competitor's performance. Assistance includes:

- a) Interference with another competitor.
- b) Pacing by a teammate or persons not participating in the event
- c) Competitors joining or grasping hands with each other during a race.
- d) Competitors using an aid during the race.
- e) Communication with a competitor through the use of a wireless device.
- f) Coaching a competitor from a restricted area

\*The penalty for such unfair acts is disqualification from that event.

**UNSPORTSMANLIKE CONDUCT**

Unsporting conduct is behavior that is unethical or dishonorable. It includes, but 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: The penalty for such behavior is disqualification from that event and further competition in the meet. (Nat'l. Fed. Rule 4, Section 6, Article 1)

**UNACCEPTABLE CONDUCT**

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

PENALTY: The penalty for such behavior is disqualification from that event. (Nat'l Fed. Rule 4, Section 5, Article 2)

**UNIFORM RULE**

NFHS SECTION 3, ARTICLE 1.....The competitor's uniform shall be issued by the school, worn as intended by the manufacturer, and have the following restrictions:

1. Each competitor shall wear shoes.
2. Each competitor shall wear a track top or one-piece uniform issued by the school.
  - a. When numbers are used, each competitor shall wear his/her assigned, unaltered contestant number.
  - b. The top or one-piece uniform may have the school identification and the top may have the competitor's name.
  - c. The top shall not be knotted or have a knot-like protrusion.

A single manufacturer's logo/trademark/reference, no more than 2 1/4 square inches with no dimension more than 2 1/4 inches, is permitted on the top or one-piece uniform.

The American flag, not exceeding 2 x 3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top.

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Bare midriff tops are not allowed.

The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect.

3. Each competitor shall wear a track bottom or one-piece uniform issued by the school.
  - a. The bottom or one-piece uniform may have the school identification.
  - b. Loose-fitting, boxer-type shorts are permitted for boys and girls. Closed-leg briefs are acceptable for girls.
  - c. French or high-cut apparel shall not be worn in lieu of uniform bottom.
  - d. The waistband of a competitor's bottom shall be worn above the hips.
  - e. A single manufacturer's logo/trademark/reference, no more than 2 1/4 square inches with no dimensions more than 2 1/4 inches, is permitted on the bottom or one-piece uniform.
  - f. The American flag, not exceeding 2x3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform bottom.

4. Visible Undergarments

- a. Any visible garment(s) worn underneath the uniform top or bottom shall be a single color and unadorned except for:

A single school name or insignia no more than 2 1/4 square inches with no dimension more than 2 1/4 inches.

A single, visible manufacturer's logo as per NFHS rules.

Note: If more than one visible garment is worn under the uniform bottom, all must be the same color.

Note: If more than one visible garment is worn under the uniform top, all must be the same color.

Note: A visible garment worn under the uniform displaying contrasting stitching to the single, solid color of the undergarment and functioning as the actual seam for the undergarment's construction is legal.

NFHS SECTION 3, ARTICLE 2....Additional restrictions for relay races.

In relay races, each team member shall wear the same color and design of school uniform although the length of the bottom or one- piece uniform may vary.

Any visible garment(s) worn under the uniform top and/or under the uniform bottom, extending below the knee, shall be a single color and the same color as those worn by other members of the relay team.

Visible garments under the uniform top or bottom may vary in length.

**PENALTY:** For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition, and shall be issued a warning that a subsequent violation shall result in a disqualification from the event. (Nat'l Fed. Rule 4, Section 3, Articles 1-3)

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**ADVANCEMENT TO THE REDWOOD EMPIRE NORTH COAST SECTION CHAMPIONSHIPS**

In all events the (6) fastest times or best marks will qualify for the Redwood Empire North Coast Section Championships. Ties must be broken using the National Federation Track & Field Rules Book tie-breaker procedures. If run-offs (jump-offs, etc.) are necessary they will be conducted at the conclusion the League Championship unless the competitors' schools are in close proximity. In that case, the run-off will be at a neutral site on Tuesday following the meet. Additionally, any athletes who do not finish in the top six but establish a time or distance that meets or exceeds the At-large times and distances published on the NCS website will also qualify to the Redwood Empire North Coast Section Championships.

Branson School shall compete in the Marin County Athletic League's league qualifying track and field meet. When Branson School athlete(s) place in the top four (4) of the MCAL meet he/she qualifies (up to three entrants per event as stated in the National Federation Rules Book Rule 4-2-4c) to the NCS Class A Track & Field Championships.

**REPORTING OF SCRATCHES TO THE NCS Redwood Empire CHAMPIONSHIPS:**

A mandatory coaches meeting will be held immediately following the conclusion of competition on Saturday, May 12. Coaches must scratch ANY athlete who competed in the MCAL championships but is not available to compete at the NCS Redwood Championships as well as report relay changes at this meeting.

**COACHING AREAS**

There will be a coaches' box set up the pole vault.  
There will be designated coaching areas set up for each field event.

**SCHOOL RESPONSIBILITIES**

Each school is responsible for a specific event (provide a trained official).  
Each school must furnish their own equipment for running the event (clipboard, pens/pencils, brooms, rakes, measuring tape, cones, rule book, etc.).  
4 x 100 Meters: Relay Exchanges (2017): 1<sup>st</sup> (TAM), 2<sup>nd</sup> (BR), and 3<sup>rd</sup> (RED).

	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
School	2026	2027	2028	2029	2030	2031	2012	2013	2014	2015
<b>Tam</b>	<b>Host</b>	+1	TJ	SP	PV	D	PV	HJ		+1
<b>Marin Cath.</b>	HJ	<b>Host</b>	+1	TJ	SP	PV	D	+1	LJ	+1
<b>Novato</b>	LJ	LJ	<b>Host</b>	+1	TJ	SP	+1	D	SP	HJ
<b>Redwood</b>	D	HJ	HJ	<b>Host</b>	+1	TJ	SP	PV	D	LJ
<b>San Rafael</b>	PV	Clerk	Clerk	HJ	<b>Host</b>	+1	TJ	SP	PV	D
<b>Terra Linda</b>	SP	Timer	Timer	LJ	HJ	<b>Host</b>	+1	TJ	+1	PV
<b>Drake</b>	TJ	D	LJ	+1	LJ	HJ	<b>Host</b>	+1	TJ	SP
<b>San Marin</b>	+1	SP	D	+1	D	LJ	HJ	<b>Host</b>	+1	TJ
<b>Branson</b>	+1	Timer	Timer	D	+1	+1	LJ	+1	<b>Host</b>	+1
<b>Justin Siena</b>	+1	TJ	SP	PV	+1	+1	+1	LJ	HJ	<b>Host</b>

PV Note: This will be a team effort conducted by the MCAL PV coaches.