

# CIF Central Section Track & Field Finals

## Meet Information

- Place:** Veterans Memorial Stadium at Buchanan High School
- Date:** Saturday May 18, 2019
- Time:** Field Events 4:00pm, Running Events 5:00pm
- Host:** Buchanan High School
- Gates open:** Spectator gates will open at 3:00pm, athlete's gate at 2:00pm
- Parking:** \$5.00 (busses may drop off only at stadium and must park in bus parking lot located off, of Teague between Alta Sierra and Buchanan school)
- Meet Director:**  
Brian Weaver  
Buchanan High School  
Tel 559-327-3281 office, 559-281-5698 cell  
E-mail [brianweaver@cusd.com](mailto:brianweaver@cusd.com)      www.buchanantrack.com
- Facility:** Veterans Memorial Stadium (8500 seating) is a nine-lane Beynon Hobart Track. Shot put will be contested inside the stadium, with discus being contested on the upper field. The venue will also host the 2018 State Championships.
- Entry Fee:** \$8.00 per athlete entered this includes alternates, with a max of \$300.00. **Payment must be received prior to entry (to receive packet and wristbands). Makes checks payable to CUSD/Buchanan Track.** Bring your payment to the athlete's/coaches gate.
- Scratches:** If you have a scratch and do not wish to pay for them, you must email [brianweaver@cusd.com](mailto:brianweaver@cusd.com) by Wed May 15<sup>th</sup> by 10:00am. All other scratches must be paid for.
- Relays:** Relay names must be submitted to meet management (brianweaver@cusd.com (up to 6 names)) prior to Wednesday May 15, 10:00am. Only those names submitted and listed at clerks tent/check in sheets may compete. Batons will be issued
- Awards:** Medals, will be awarded to the **top six places in each event. First and second place team trophies** will also be awarded. You may pick up your medals at the conclusion of the meet at the finish line area or when your teams last competing athlete results have been read. Medals will not be mailed or kept after meet.
- Registration & Team Packets:** Team packets and athletes gate will be located North of the Main Entrance of the Track. **Team Packets** will be available for pick up at **2:00pm**. Enclosed in the packet will be **a program, final meet information, and athletes and coaches wrist bands (only athletes who are entered in meet will receive wristbands and coaches wrist bands (2 per gender) additional will be based upon the number of qualifying athletes).** All others must pay at main gate.
- Weigh-in:** The implement weight-in station will be at field house by the warm-up area. Implements may be weighed in from **2:00pm-3:15pm**. Implements that do not make weight will be impounded by meet management until the end of the event.

**Pole Vault:** All pole vaulters must have poles/pole bags inspected before entering track area. Only poles that meet NFHS rules will be allowed in track/competition area.

**Team Entry:** All teams will enter the stadium through the **athlete's gate, north of stadium main gate.** Athlete's **bag and shoes will be inspected** upon entrance. Athletes and coaches will receive wristbands for entry into meet. Wristbands must be on prior to entering. You will only be given wristbands for qualified athletes and alternates. Coaches' wristband (2 per gender) additional will be issued based upon event qualified athletes. All others must enter through the admission gate. All **spikes are to be 3/16 pyramid spikes, HJ jump athletes may use 1/4 pyramid spikes in the high jump only.** Spike check will be done randomly on athletes before and after they compete. If an athlete has spikes that do not meet games committee allowable spikes, they will not be allowed to compete or disqualified from event. No glass containers are to be brought into the stadium.

**Note: Athletes competing in field events may not cross the track to confer with coaches. Communications between athletes and coaches using electronic devices, including cell phones and video, is strictly prohibited (rule 3-2-8). Coaches/athletes may meet only in the warm-up area, no video shall be allowed, shown to a competitor until the conclusion of their event. This includes an athlete who checks out for another event or excused from event they are currently competing in. No coaching area for an active athlete in designated for any athlete/event.**

**Stereos:** No sound systems or large stereos are permitted.

**Warm-up Area:** Warm-ups will be in the grass area, located on the upper practice field, just northeast of the main entrance.

**Timing System:** Finishlynx photo timing system will be used.

**Team Scoring:** 1<sup>st</sup>-10, 2<sup>nd</sup>-8, 3<sup>rd</sup>-6, 4<sup>th</sup>-5, 5<sup>th</sup>-4, 6<sup>th</sup>-3, 7<sup>th</sup>-2, 8<sup>th</sup>-1  
1<sup>st</sup> and 2<sup>nd</sup> place awards will receive a team plaque for Division 1 and Division 2.  
**Note-**the team scoring will not be scored separated by division.

**Uniforms:** National Federation rule 4-3 pertaining to uniforms will be enforced. In addition, hip numbers must be placed on the sides of the athlete's hip and one on the chest, such that the numbers will be visible to the finish line camera. Violations of the above rules will result in disqualification from event.

**Spectators:** Cost is \$8.00 per adult and \$6.00 for high school students with ID and \$7.00 for seniors. Only CIF Lifetime and playoff passes will be accepted at the gate.

**Programs:** Will be sold at the Main Gate for \$2.00

**T-shirts:** Souvenir T-shirts will be sold.

**Concessions:** Will be open on home side of Stadium

**Canopies:** Canopies and umbrellas larger than 4' wide on **home side must be at the top of upper deck and not in front of press box (red seats).** Canopies may be placed on visitor side of stadium.

**Equipment:** All starting blocks and batons will be supplied by meet management. No other blocks or batons will be used. Only meet management approved personal will be allowed to hold blocks.

**Staggers:** 800m, 1600m and 3200m will be waterfall start in allies  
1600m Relay will be three turn stager

**Seeding:** All events will be seeded according to National Federation rule book. Seeding for the 800m, 1600m and 3200m will be run in allies and seeded based upon time. 800m Starting in lane one working out will be 9, 8, 7, 6, 5 seeds. The outside ally will be 1, 2, 3, 4 seeds. 1600m and 3200m Starting in lane one working out will be 18,17,16,15,14,13,12,11,10,9,8,7 seeds. The outside ally will be 1,2,3,4,5,6 seeds.

**Qualifying:** **Top three marks for each Area (North, Central East, Central West, and South) meet automatically qualify them for the meet. The next six marks combined from all Areas** will make up the field of 18 total qualifiers. Three alternates will be listed for every event. You will be notified of qualifiers no later than Saturday May 11, 2019, via email or it will be posted at [www.buchanantrack.com](http://www.buchanantrack.com). At anytime an athlete's is scratched, they will be replaced by the next best mark from the Area/Sierra Sequoia meets, regardless of when athletes are scratched.

**Scratches for re-seeding:**

Prior to meet day scratches may be emailed to [brianweaver@cusd.com](mailto:brianweaver@cusd.com). Upon arriving at the meet and you have a scratch please go to the clerks tent and inform them. Any scratches made after 4:00pm, events will not be re-seeded. Field events will not be re-seeded the day of meet.

# Coaches Information

## Clerks:

The Clerks of the Course will be located at the Blue tent near the main entrance. Running event athletes report 15 min. before the event begins/when they are called to report over the warm up area PA system. **Athletes “are to wait at the check in area” and then will be escorted to the starting line.** Athletes who do not check in on time (10 min before race time) will be scratched and alternates will replace them. Three hip numbers will be issued at the Clerks tent upon check in: **hip numbers must be placed on the sides of the athlete’s hip and one on the chest, such that the numbers will be visible to the finish line camera.**

## Field Event Instructions:

**Field events will report directly to event, warm-ups begin 45 min before event start time. Athletes must be checked in 30 min before the start of the event. Athletes who report late will be scratched.** Athletes must be present for information review (unless checked out of another event). Competitors who are entered in field events being held simultaneously must report to each event’s official for check-in, 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 will have up to 20 min to return or they will lose their attempt(s).

Horizontal Jumps and Throwers will receive 3 preliminary attempts with the top 9 being re-seeded (lowest mark will be first and best mark last), and given 3 final attempts. The 18 qualifiers will be placed in two flights of 9.

No colored liquids are allowed into competition area (track/field).

## Athletes’ Code of Conduct/

### Coaches’ Responsibility and Supervision:

Picking up team packet coach understands and has informed athletes of time schedule, uniform rules, usage of wireless devices (including headphones), all meet information and NFHS rules.

The following code for athletes and coaches is required:

- School personal is expected to supervise students’ at all times-including travel to and from the meet and at any time the students are present in the host city or other locations.
- School personnel are expected to set high standards of behavior that are meant to show the highest form of respect for themselves, their school/community.
- It is the expectation of the CIF that the standards of behavior will be set and disused with the students before traveling to the meet and that the standards will be enforced.

## Competition Rules:

The track and field rule book of the National Federation of State High School Associations will be the official rules and regulations for the meet, superseded by the Central Section CIF or Meet Management.

No enclosed tents on infield (half tents are allowed)

Three hip numbers will be issued at Clerks tent. They must be place on each hip and one on the center chest. Jersey must be tucked in and/or numbers must be visible for finish line camera.

**Note: Athletes competing in field events may not cross the track to confer with coaches. Communications between athletes and coaches using electronic devices, including cell phones and video, is strictly prohibited (rule 3-3-8). Coaches/athletes may meet only in the warm-up area, no video shall be allowed, shown to a competitor until the conclusion of their event. This includes an athlete who checks out for another event or excused from event they are currently competing in. No coaching area for an active athlete is designated for any athlete/event.**

### **Starting Heights:**

Will be determined by meet managements after all entries are submitted. Heights will also reflect state meet at-large standards.

### **Horizontal Jumps**

Long jump take off board is 2.5m away from pit

Tripe jump take off board are 9m(30') from pit, 11m(36') from pit and 12.5m(41') from pit

No other boards will be placed on runways

### **Appeals:**

All appeals must be submitted to the finish line under procedures as outlined in National Federation rule 3-5. If a coach must talk to the meet referee, they must notify an official and a meeting will be arranged in the Clerks area (Clerks tent).

### **Weigh-in:**

The implement weight-in station will be at field house by the warm-up area. Implements may be weighed in from 2:00pm-3:15pm. Implements that do not make weight will be impounded by meet management until the end of the event. Coaches must complete pole vault verification card that will be in the meet day packet.

### **Pole Vault/High Jumpers Competing in other Events:**

Athletes may be excused for a maximum of 20 minutes to participate in another event. Permission may be granted by Head Event Official and the time the athletes departed is to be noted on the official event sheet.

An athlete may request the Head Event Official to complete his/her trials at the current height out of order or opt to return to the event with the number of trials remaining that he/she was excused with.

In both the above cases, the competition will continue and the athletes will return at wherever the crossbar has been raised during his/her excused absence.

### **Scratches for re-seeding**

To help with seeding and to be fair to all athletes:

Prior to meet day scratches may be emailed to [brianweaver@cusd.com](mailto:brianweaver@cusd.com). Upon arriving at the meet and you have a scratch please go to the clerks tent and inform them. Any scratches made after 4:00pm, events will not be re-seeded. Field events will not be re-seeded the day of meet.

### **Meet Day**

Teams will be issued two coaches per gender (based on qualified athletes) and athletes (including alternates) wristbands. Wristbands must be on prior to entry. All others will need to enter through spectator gate and pay.

Divisions for team scoring

*Note- team scoring will not be separated by divisions*

## **MALE TRACK**

### **D-1**

<a href="#">Arroyo Grande</a>	<a href="#">Bakersfield</a>	<a href="#">Buchanan</a>	<a href="#">Bullard</a>
<a href="#">Central High School</a>	<a href="#">Clovis East</a>	<a href="#">Clovis High School</a>	<a href="#">Clovis North</a>
<a href="#">Clovis West</a>	<a href="#">Edison</a>	<a href="#">Frontier</a>	<a href="#">Garces Memorial</a>
<a href="#">Golden West</a>	<a href="#">Highland</a>	<a href="#">Kingsburg</a>	<a href="#">Liberty high school</a>
<a href="#">Madera South</a>	<a href="#">Paso Robles High</a>	<a href="#">Ridgeview</a>	<a href="#">San Luis Obispo High</a>
<a href="#">Sanger</a>	<a href="#">Stockdale</a>		

### **D-2**

<a href="#">Arvin</a>	<a href="#">Atascadero High</a>	<a href="#">Avenal</a>	<a href="#">Bakersfield Christian</a>
<a href="#">Bishop Union High School</a>	<a href="#">California City</a>	<a href="#">Caruthers High School</a>	<a href="#">Centennial</a>
<a href="#">Central Valley Christian</a>	<a href="#">Cesar Chavez</a>	<a href="#">Chowchilla</a>	<a href="#">Coalinga</a>
<a href="#">Corcoran</a>	<a href="#">Delano</a>	<a href="#">Desert</a>	<a href="#">Dinuba</a>
<a href="#">Dos Palos</a>	<a href="#">East Bakersfield</a>	<a href="#">El Diamante</a>	<a href="#">Exeter</a>
<a href="#">Farmersville</a>	<a href="#">Firebaugh</a>	<a href="#">Foothill</a>	<a href="#">Fowler</a>
<a href="#">Frazier Mountain</a>	<a href="#">Fresno</a>	<a href="#">Fresno Christian</a>	<a href="#">Golden Valley</a>
<a href="#">Granite Hills</a>	<a href="#">Hanford High</a>	<a href="#">Hanford West</a>	<a href="#">Hoover</a>
<a href="#">Immanuel High School</a>	<a href="#">Independence</a>	<a href="#">Kerman</a>	<a href="#">Kern Valley</a>
<a href="#">Kings Christian School</a>	<a href="#">Lemoore</a>	<a href="#">Liberty (Madera Ranchos)</a>	<a href="#">Lindsay</a>
<a href="#">Madera</a>	<a href="#">McFarland</a>	<a href="#">McLane High</a>	<a href="#">Mendota</a>
<a href="#">Minarets</a>	<a href="#">Mira Monte</a>	<a href="#">Mission Oak</a>	<a href="#">Mission Prep</a>
<a href="#">Monache</a>	<a href="#">Morro Bay High</a>	<a href="#">Mt. Whitney</a>	<a href="#">Nipomo High</a>
<a href="#">North</a>	<a href="#">Orange Cove</a>	<a href="#">Orcutt Academy</a>	<a href="#">Orosi</a>
<a href="#">Parlier</a>	<a href="#">Pioneer Valley</a>	<a href="#">Porterville</a>	<a href="#">Redwood</a>
<a href="#">Reedley</a>	<a href="#">Righetti High</a>	<a href="#">Riverdale High School</a>	<a href="#">Robert F. Kennedy</a>
<a href="#">Roosevelt</a>	<a href="#">Rosamond</a>	<a href="#">San Joaquin Memorial</a>	<a href="#">Santa Maria High</a>
<a href="#">Selma</a>	<a href="#">Shafter</a>	<a href="#">Sierra High School</a>	<a href="#">South</a>
<a href="#">St. Joseph</a>	<a href="#">Strathmore</a>	<a href="#">Sunnyside</a>	<a href="#">Taft</a>
<a href="#">Tehachapi</a>	<a href="#">Templeton High</a>	<a href="#">Tranquillity</a>	<a href="#">Tulare Union</a>
<a href="#">Tulare Western</a>	<a href="#">Wasco</a>	<a href="#">Washington Union</a>	<a href="#">West</a>
<a href="#">Wonderful College Prep Academy</a>	<a href="#">Woodlake</a>	<a href="#">Yosemite</a>	

## **FEMALE TRACK**

### **D-1**

<a href="#">Arroyo Grande</a>	<a href="#">Bakersfield</a>	<a href="#">Buchanan</a>	<a href="#">Bullard</a>
<a href="#">Central High School</a>	<a href="#">Central Valley Christian</a>	<a href="#">Clovis East</a>	<a href="#">Clovis High School</a>
<a href="#">Clovis North</a>	<a href="#">Clovis West</a>	<a href="#">Edison</a>	<a href="#">El Diamante</a>
<a href="#">Exeter</a>	<a href="#">Fowler</a>	<a href="#">Liberty high school</a>	<a href="#">Madera South</a>
<a href="#">Paso Robles High</a>	<a href="#">Redwood</a>	<a href="#">San Luis Obispo High</a>	<a href="#">Sanger</a>
<a href="#">Stockdale</a>	<a href="#">Tulare Union</a>		

**D-2**

<a href="#">Arvin</a>	<a href="#">Atascadero High</a>	<a href="#">Avenal</a>	<a href="#">Bakersfield Christian</a>
<a href="#">Bishop Union High School</a>	<a href="#">California City</a>	<a href="#">Caruthers High School</a>	<a href="#">Centennial</a>
<a href="#">Cesar Chavez</a>	<a href="#">Chowchilla</a>	<a href="#">Coalinga</a>	<a href="#">Corcoran</a>
<a href="#">Delano</a>	<a href="#">Desert</a>	<a href="#">Dinuba</a>	<a href="#">Dos Palos</a>
<a href="#">East Bakersfield</a>	<a href="#">Farmersville</a>	<a href="#">Firebaugh</a>	<a href="#">Foothill</a>
<a href="#">Frazier Mountain</a>	<a href="#">Fresno</a>	<a href="#">Fresno Christian</a>	<a href="#">Frontier</a>
<a href="#">Garces Memorial</a>	<a href="#">Golden Valley</a>	<a href="#">Golden West</a>	<a href="#">Granite Hills</a>
<a href="#">Hanford High</a>	<a href="#">Hanford West</a>	<a href="#">Highland</a>	<a href="#">Hoover</a>
<a href="#">Immanuel High School</a>	<a href="#">Independence</a>	<a href="#">Kerman</a>	<a href="#">Kern Valley</a>
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<a href="#">Mendota</a>	<a href="#">Minarets</a>	<a href="#">Mira Monte</a>	<a href="#">Mission Oak</a>
<a href="#">Mission Prep</a>	<a href="#">Monache</a>	<a href="#">Morro Bay High</a>	<a href="#">Mt. Whitney</a>
<a href="#">Nipomo High</a>	<a href="#">North</a>	<a href="#">Orange Cove</a>	<a href="#">Orcutt Academy</a>
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<a href="#">Reedley</a>	<a href="#">Ridgeview</a>	<a href="#">Righetti High</a>	<a href="#">Riverdale High School</a>
<a href="#">Robert F. Kennedy</a>	<a href="#">Roosevelt</a>	<a href="#">Rosamond</a>	<a href="#">San Joaquin Memorial</a>
<a href="#">Santa Maria High</a>	<a href="#">Selma</a>	<a href="#">Shafter</a>	<a href="#">Sierra High School</a>
<a href="#">South</a>	<a href="#">St. Joseph</a>	<a href="#">Strathmore</a>	<a href="#">Sunnyside</a>
<a href="#">Taft</a>	<a href="#">Tehachapi</a>	<a href="#">Templeton High</a>	<a href="#">Tranquillity</a>
<a href="#">Tulare Western</a>	<a href="#">Wasco</a>	<a href="#">Washington Union</a>	<a href="#">West</a>
<a href="#">Wonderful College Prep Academy</a>	<a href="#">Woodlake</a>	<a href="#">Yosemite</a>	

## **Scratching of an Athlete from an event prior to the State Meet**

If an athlete has qualified for the State Meet from today's competition in multiple events and they are intending to scratch 1 or more event(s) in the State Meet, a scratch form must be turned in at the finish line today no later than 30 minutes after the announcement of the Final Team Scoring to one of the following: Brian Weaver, Win Downing or Marty Simpson,.

### **Consequences of Not Scratching Your Athlete:**

Coaches, if you do not scratch your athlete today from an event that they/you do not wish to compete in at the State Track Meet no later than 30 minutes after the final team scores are announced, your athlete will have to compete in any event(s) that you intended to scratch them from at the State Meet. Your athlete will be under the **Honest Effort Rule for the State Track Meet**

*Competitors who have qualified for and been entered into more than one event, must honestly participate in the qualifying and final round in each event for which the athlete is declared or the athlete will be barred from further competition in the meet. Athletes must compete with maximum effort.*