



Blossom Valley Athletic League



(revised 01/26/10)

To: AD's / Track & Field Coaches
Date: January 26, 2010
RE: **BVAL Track & Field Finals**

Meet directors: Steve Nelson 408-505-7847c – 408-937-2815 fax
Allen Wulczynski 408-592-7003c

Date/times/site - **Thursday, May 13th @ Mt. Pleasant High School**

2:30 pm Girls Pole Vault - boys to follow
3:00 pm mandatory coaches meeting
3:30 pm field events begin
5:00 pm track events begin

RULES FOR COMPETITION: 2009 – 2010 Track & Field rules, as published by the National Federation, plus any modifications adopted by the CIF and/or CCS. Please be advised all CIF uniform and jewelry rules will be strictly enforced. Time limit rules for field events will also be strictly enforced.

SCHOOL ASSIGNMENTS: Each school has been assigned responsibilities regarding meet management. Any school not performing their assignment will be fined \$100.00. An additional late fee of 20% will be assessed if payment is not received by June 1, 2010.

ORDER OF EVENTS/TIME SCHEDULE

RUNNING EVENTS (all events will be run in 2 heats of 8 runners with the exception of the 3200 meters and the 1600 meters which will be run in 1 heat)

Thursday, May 13th @ Mt. Pleasant

<u>Time</u>	<u>Event</u>
3:00pm	Coaches Meeting
3:00pm-3:45pm	Implement Weighing for VG Disc & VB Shot
4:15pm-5:00pm	Implement Weighing for VB Disc & VG Shot

Running Events

5:00pm	4 x 100 Relays
5:20pm	1600 Meter
5:40pm	100 Meter Hurdles
5:55pm	110 Meter Hurdles

6:10pm	400 Meters
6:30pm	100 Meters
6:45pm	800 Meters
7:05pm	300 Meter Hurdles
7:25pm	200 Meters
7:40pm	3200 Meters
8:15pm	4 x 400 Relays

FIELD EVENTS: All field event competitors shall be allowed four trials with the exception of the vertical jumps, which will be conducted to completion. (order may be adjusted to align with CIF/CCS schedule)

Field Events

2:30pm	Girls Pole Vault – Boys to follow
3:30pm	Girls High Jump
4:00pm	Girls Disc – Boys to follow
4:00pm	Boys Shot Put – Girls to follow
4:00pm	Boys Triple Jump
4:00pm	Girls Long Jump
5:30pm	Boys High Jump
6:00pm	Boys Long Jump
6:00pm	Girls Triple Jump
6:00pm	Boys Long Jump
6:00pm	Girls Triple Jump

IMPLEMENT WEIGHING: 3:00pm – 3:45 pm and 4:15pm – 5:00 pm

QUALIFYING: FROM DIVISION FINALS TO LEAGUE CHAMPIONSHIPS

The number of division qualifiers will be as follows:

Mt. Hamilton	7
Santa Teresa	5
West Valley	4

Entries into the BVAL Championships

The numbers of athletes advancing to CCS Semi Finals are as follows:

Girls	8
Boys	8

RUNNING EVENTS: We will run 2 heats. Winners of each heat, plus the 6 next fastest runners. Seeding will be by times only. (except 3200m and 1600m)

1600 M: One heat of 16 – Top 8 fastest

3200 M: One heat of 16 – Top 8 fastest

LONG JUMP, TRIPLE JUMP, SHOT PUT, & DISCUS – Four attempts. Top 8 advance to CCS.

HIGH JUMP AND POLE VAULT: Events go to completion. Top 8 advance to CCS.

HARDSHIP CASES: See CCS Tournament Guide, Section 9

1. The Jury of Appeals consists of the 3 league reps, and will serve as the final of appeals.
2. There are no appeals after the fact. All appeals are handled immediately and are final.

SCRATCHES: If any qualifier is unable to compete, the director should be notified immediately so the alternate can be notified. Alternates will be inserted into the land vacated by the athlete she/he is replacing.

ELIGIBLE ATHLETES: No athlete will be allowed to compete who is not accompanied by a certificated coach, which he/she is representing.

ENTERING STADIUM: Coaches and athletes will only be admitted at the Participants Gate. All competing athletes will be stamped as well as up to 4 coaches. All others must enter the main gate and pay admission.

UNIFORMS: As per National Federation rule 4-3 as modified by the CIF, athletes will NOT be allowed to participate in an event while wearing a hat or bandana covering their head.

EQUIPMENT CHECK:

- All pole-vaulters will have their poles checked by the event judge to insure tape restrictions are not violated. Poles must be the proper rated weight.
- High jumpers shoes will be checked by the event judge to insure they conform to legal standards
- All shot and discus competitors' will weigh in their implements at the weigh table, as per the weigh in time schedule
- Implements that do not meet all specifications will be confiscated until the events are completed.
- Girls will compete with the 4 Kilo Shot.

SPIKES: All athletes will be checked for ¼” spikes before competing.

BLOCKS: Starting blocks will be provided and only those blocks may be used.

CALLS FOR EVENTS: First and last calls will be given for each event. First call will be given 15 minutes prior to the start of the event. Athletes are required to report at the first call. Any athlete not reporting on time will be scratched. Boy and girl contestants will be called at the same time.

ATHLETES DOUBLING: If an athlete is entered in a track event and a field event at the same time, he/she should first sign out and be excused by the field event judge, then report to the Clerk of the Course. Coaches may check in their athletes for running events while the athlete is competing in the field event. He/she must report back to the field event immediately after completion of the running event. He/she will be allowed 10 minutes before resuming competition in the field event.

MEET OFFICIALS:

<u>EVENT</u>	<u>SCHOOL RESPONSIBILITY</u>
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1. Girls Long Jump	Leigh
2. Boys Long Jump	Oak Grove
3. High Jump-boys	Mt. Pleasant
4. High Jump-girls	Gunderson
5. Discus – boys	San Jose
6. Discus – girls	Live Oak
7. Pole Vault – boys	Mt. Pleasant
8. Pole Vault – girls	Mt. Pleasant
9. Shot Put – boys	Westmont
10. Shot Put – girls	Pioneer
11. Triple Jump – boys	Andrew Hill
12. Triple Jump – girls	Silver Creek
13. Turn Judges/Inspectors	(2 per school) Leland & Piedmont Hills
14. Relay Judges	(3 Adults per school) Branham, Del Mar & Willow Glen
15. Hurdle Crew	Independence
16. Runners	(2 per school) James Lick, Lincoln, Prospect & Yerba Buena
17. Announcer	Steve Nelson – Mt. Pleasant
18. Meet Referee	Monte Steadman
19. Head Finish Judge	Overfelt
20. Security	Mt. Pleasant
21. Program	Mt. Pleasant
22. Starter	Dino Certa & Scott Chiasm
23. Concessions	Mt. Pleasant
24. T-shirts	Overfelt
25. Weigh-ins	Overfelt
26. Pay Gate	Evergreen Valley 3:00 – 8:00 PM (suggest break into 2 - 2 ½ hour shifts)
27. Athletes Gate	Santa Teresa 3:00 – 8:00 PM (suggest break into 2 - 2 ½ hour shifts)
28. Clerk of the Course	Sobrato

- **SCHOOLS MUST PROVIDE THEIR OWN CREW AND EQUIPMENT NECESSARY TO CARRY OUT THEIR ASSIGNMENTS/RESPONSIBILITIES**
- **EVENT SHEETS WILL BE PROVIDED - RAKES AND SHOVELS WILL BE PROVIDED**
- **ALL FIELD EVENT OFFICIALS MUST BE AT THEIR EVENT AT LEAST 30 MINUTES IN ADVANCE OF THE START**
- **ANY SCHOOL NOT PROVIDING PERSONNEL 30 MINUTES PRIOR TO THE START OF ITS ASSIGNED EVENT SHALL BE FINED \$100**

WARM UP: Athletes will warm up in the designated warm-up area, which will be the adjoining softball/soccer fields. Athletes will not be allowed on the track prior to reporting to the Clerk of the Course. Only athletes involved in competition will be allowed on the track, and they must return to the stands upon completion of their event.

SEATING: There are to be no tents between the press box and the finish line. Athletes and coaches

will not be allowed on the field unless they are competing or working an event. Non-compliance of this rule may result in disqualification. Coaches who are running field events or performing other meet responsibilities are not to actively coach while in the field area.

TIES: Ties will be resolved in accordance with Federation rulebook, or in the case of vertical jumping events, by pre-determined jump off procedures.

AWARDS: Medals will be awarded 1st – 3rd and certificates 4th – 6th. Awards will be given to the coaches at the post-season coaches meeting on May 17th.

ADMISSION: Please tell your athletes and their families that admission will be charged at both the division finals and the BVAL Championships as follows:

<u>DIVISION FINALS</u>		<u>BVAL CHAMPIONSHIPS</u>	
Adults	\$5	Adults	\$7
Senior Citizen (over 65)	\$4	Senior Citizen (over 65)	\$6
BVAL Students w/ASB card	\$1	BVAL Students w/ASB card	\$1
Children 5 – 12 years	\$1	Children 5 – 12 years	\$1
Toddlers 4 years & under	Free	Toddlers 4 years & under	Free

PROGRAMS & T-SHIRTS will be sold

PASSES ALLOWED:

1. Only CCS, State CIF, BVAL Life Time & Hot Pink BVAL Staff passes will be honored.
2. Coaches (a maximum of 5 official school coaches per school) will be admitted at the Participants gate. Coaches please forward a list with coaches names to League office my May 1st.