

**ARTICLE 28  
TRACK AND FIELD**

**2800. EXHIBITION EVENTS**

Exhibition events may be staged by the host Section, if approved by the Federated Council, using athletes from that Section only. The javelin event, hammer throw and steeple chase are not to be conducted in CIF track and field competition.

**Sac-Joaquin Section Regulations:**

- 2800.1 **Rules** – All track and field competition in the Sac-Joaquin Section will be conducted under the National Federation rules unless otherwise provided herein.
- 2800.2 Starting date for practice is February 10 (Bylaw 511.1).
- 2800.3 Starting date for scrimmage is February 15 (Bylaw 511.2).
- 2800.4 Starting date for interscholastic contest is February 20 (Bylaw 511.3).
- 2800.5 Number of allowable contests is 27 (Bylaw 519.1).
- 2800.6 All competition must end by May 15 (Bylaw 511.4). Also, see 2009-10 Calendar on Page XVIII).

**2800.7 Playoffs**

- a. There will be varsity competition for boys.
- b. There will be varsity competition for girls.
- c. There will be three divisional meets to determine Section team and individual champions.
- d. Division I entries consist of: CCC (4); DRL (5); DVC (5); MEL (4); MMC (5); SJAA (4); and TCAL (5).
- e. Division II entries consist of: CAL (4); Metro (4); SCAC (4); SFL (4); SVC (4); and TCC (4).
- f. Division III entries consist of: CVC (3); GEL (3); MLL (3); PVL (3); SL (3); TVL (3); VOL (3); WAC (3); CVCL/SMAL/NPAC (1); and HCL/MVL (1).
- g. Qualifying for the Divisional Meets will be through the respective league meets. For automatic entries to the divisionals, see above.  
**NOTE:** An athlete shall earn an at-large entry into the Divisional Meet if his/her mark at the final league competition (which qualifies entrants to the Divisional Meet) is equal to or better than the average of the ninth place qualifying marks to the Masters Meet finals from the three most recent years.
- h. There will be a Masters Meet for state qualifying purposes only.
- i. Qualifying for the Masters Meet will be through the three divisional meets. Division I will qualify 10 per event for the Masters Meet; Division II-8 qualifiers per event; and Division III-6 qualifiers per event.  
**NOTE:** An athlete shall earn an at-large entry into the Masters Meet if his/her mark at the final divisional competition (which qualifies entrants to the Masters Meet) is equal to or better than the average of the ninth place qualifying marks to the Masters Meet finals from the three most recent years.
- j. Divisional and Masters meet formats will be published for track and field. See Calendar of Events for tentative dates.
- k. **Awards for Section Divisional Meets**
  1. The Section will award championship pennants for varsity boys and varsity girls in Divisions I-II-III. 2nd place plaques for each division (I-II-III) will be awarded. Medals will be awarded places 1 through 4 and certificates will be awarded places 5 and 6.
- l. **Awards for the Masters Meet**
  1. Individual medals will be awarded places 1 through 3 and certificates will be awarded places 4 through 6.
- m. **Meet Dates for 2010**
  1. 2010 Section Divisional Track Meet dates: Week of May 17-21  
Division I @ Hughes Stadium (Sac City College)  
Division II @ Bella Vista High School  
Division III @ TBA
  2. 2010 Masters Track Meet dates: May 27 and 28 – Hughes Stadium (Sac City College)
  3. 2010 State Track Meet dates: June 4 and 5 – Buchanan High School, Clovis

**2801. LANDING SECTOR FOR DISCUS AND SHOT PUT**

For safety reasons, the landing sector for both the discus and shot put will be changed to 34.92 degrees and, furthermore, a clearly marked safety area will be maintained at 60 degrees in order to increase safety for participants, officials and spectators. The present width of area for restraining spectators and other athletes not throwing the shot or discus will remain the same as per National Federation rules.

**2802. AT-LARGE ENTRIES**

An athlete shall earn an at-large entry into the State Meet if his/her mark at the final Section competition (which qualifies entrants to the State Meet) is equal to or better than the average of the ninth place qualifying mark to the State Meet finals from the three most recent years.

## TRACK AND FIELD HANDBOOK

### I. Sac-Joaquin Section Track Committee

- A. The Sac-Joaquin Section Track Committee shall be comprised of two voting representatives from each league, one for boys and one for girls (may represent both), and it is the responsibility of each league to see that a league representative is in attendance at all committee meetings. Each league president or secretary shall make known the name of the league representative for the next year at the winter Section meeting to the track committee chairman and to the Sac-Joaquin Section Commissioner.
  - B. Each league shall determine its representatives and his/her term of office.
  - C. When grievances or situations arise where immediate answers or interpretations are required during the course of the season, individuals seeking such action should proceed through the following channel of authority.
    - (1) Coaches involved.
    - (2) Referee of meet (during the meet).
    - (3) President or secretary of the league (the league representative on the Sac-Joaquin Section Board of Managers).
    - (4) Referees at-large (one for the northern leagues and one for the southern leagues).
    - (5) Sac-Joaquin Section Track Committee.
    - (6) Sac-Joaquin Section Board of Managers.
    - (7) CIF Federated Council.
- NOTE:** The Sac-Joaquin Section will not recognize an exception to the qualifying process for the state qualifying tournament. In other words, there is NO hardship.
- D. There shall be at least one Sac-Joaquin Section Track Committee meeting each school year.
    - (1) The first regular meeting shall be an agenda meeting in the fall or winter.
    - (2) Extraordinary meetings may be called by the chairman or a majority of the Sac-Joaquin Section Track Committee in addition to the two regularly scheduled meetings to enforce bylaws or to take up matters such as a meeting's actions would be by polling on the part of a favorable vote on the part of the majority of leagues is necessary for passage or the action may become a resolution for the next regular meeting without the polling. The Sac-Joaquin Section Track Committee chairman shall inform the committee members of the nature, the site and the date of the extraordinary meeting.
    - (3) All actions by the Sac-Joaquin Section Track Committee, outlined above, are subject to approval of the Sac-Joaquin Section Board of Managers.

### II. Meet Operation

#### A. Lane Placement

##### (1) Dual meets

- a. In all dual meets, the visiting team, according to the original schedule, has the odd numbered lanes.
- b. Lane #1 shall be the first lane used on the track from the curb counting out. (It is recommended that the pole lane not be used, where possible, in races run all the way in lanes).
- c. In all dual meets, the home team shall have the even numbered lanes.
- d. According to National Federation rules, if openings appear in lanes after assignments have been made, runners shall stay in originally assigned lanes unless a decided disadvantage would result to those who could be moved.
- e. Top runners from both teams in races run all the way in lanes shall be encouraged to run in the middle lanes to facilitate judging.

##### (2) Meets with more than two teams

- a. Lane placement shall be: Farthest visiting team in lanes 1, 4 and 7; next farthest visiting team in lanes 2, 5 and 8; home teams in lane 3, 6 and 9. Other team runners may line up behind, to the side or on the line next to his teammate. Lane #1 is the first used lane next to the curb.
- b. Seeding of runners in lanes: Top runners from each team in the races run all the way in lanes shall be requested to run in the center three lanes of the track, the second best runners on either side of them and the worst runners from each team in the outer lanes to either side.
- c. Seeding of field event competitors: The farthest visiting team shall be in positions 1, 4 and 7; the next farthest visitor in positions 2, 5 and 8; home team in positions 3, 6 and 9. The best competitors from each school will be in the last three positions, second best in the next three positions and third best in the first three positions.

##### (3) Meets with four teams

- a. Lane placement shall be: Farthest visiting team in lanes 1 and 5; next farthest team in lanes 2 and 6; third farthest team in lanes 3 and 7; home team in lanes 4 and 8. Other runners may run as stated in (2)a above. Lane #1 is the first lane used.
- b. Seeding of runners in lanes: Top runners from each school shall be requested to run in the center four lanes of the track for races run all the way in lanes and the second best runners from each school shall run in the two lanes on either side.
- c. Seeding of field event competitors: The farthest visiting team shall have positions 1 and 5; the next farthest team positions 2 and 6; the third farthest team positions 3 and 7; home team shall have positions 4 and 8. The best competitor from each school shall be in the last four positions and second best in the first four positions.

- II. B. **Timing for Running Events**
    - (1) There shall be three watches and one alternate (used only on the failure of one of the other three) on first place in all running events. There also shall be one watch, at least, on second place in case of disqualification. When possible, all placers should be timed. One timer in distance races could let his watch run and read off times to nearest second as all runners finish.
    - (2) Times during the course of the races can only be given at the 400 mark by an official designated by the head timer.
  - C. **Relays**
    - (1) The 400 meter relay shall be run around two turns from a two-turn stagger, all the way in lanes and starting near the turn so that hand-offs could be possible mostly on the straight.
    - (2) The 1600 meter relay shall be run around eight turns, from a two- or three-turn stagger, all the first leg in lanes.
- III. **Field Event Operations**
- A. National Federation and CIF State rules shall be followed in the operation of field events.
  - B. **Starting heights and raising of the bar**
    - (1) Starting height maximums: In no dual meet shall the starting heights be higher than that determined by each league.
    - (2) Raising of the bar for high jump and pole vault in dual meets shall be at the discretion of the teams or leagues involved.
- IV. **Qualification of Athletes and Teams**
- A. For the number of qualifiers from a league to the Divisional meet, see Bylaw 2800.7.
  - B. **Qualifying for Masters Meet**
    - (1) Division I will qualify 10 entries into the Masters Meet.
    - (2) Division II will qualify eight entries into the Masters Meet.
    - (3) Division III will qualify six entries into the Masters Meet.
    - (4) Those who achieve the automatic qualifying standard.
  - C. Athletes qualify in two classifications: Varsity boys and varsity girls. Only the top three varsity athletes and those achieving the automatic qualifying standard advance to the CIF State Track Meet.
  - D. **Authenticity of Entrants to Championship Meets**
    - (1) The processing and determining of legality or authenticity of entrants to a league meet is within the power of the Section track committee.
    - (2) After the league meet has been concluded, any action leading to a legal disqualification or possible reinstatement of an athlete is solely within the power of the Sac-Joaquin Section Track Committee with the approval of the Section Board of Managers.
    - (3) The determining of legality or authenticity of entrants to one of the Sac-Joaquin Section Divisional meets or the Masters meet is within the power of the Sac-Joaquin Section Track Committee but the actual processing and clerical duties may be delegated to a games committee for each meet.
    - (4) After any of the Divisional meets have been concluded any action leading to the disqualification or possible reinstatement of an athlete is solely within the power of the Sac-Joaquin Section Track Committee with the approval of the Section Board of Managers.
- V. **Conduct of Sac-Joaquin Section Section Meets and Masters Meets**
- A. National Federation, CIF State and Sac-Joaquin Section rules apply except where expanded or changed by the Sac-Joaquin Section Board of Managers.
  - B. Meet locations, formats, entry fees, etc. will be published and sent to all participating schools two weeks in advance of the Divisional trials.
  - C. **Sites and Dates of Section Meets**
    - (1) The Section meet sites and dates shall be chosen by the representatives on the Section track committee in the respective Section meets.
  - D. **Meet Operation**
    - (1) For Section, the order of events shall be for the first day trials the same order of events as a normal dual meet except the 1600 and 3200 meter runs are omitted. The second day finals are run in dual meet order.
      - a. See seeding formula at end of track handbook.
      - b. The field event field will be cut down to nine in the high jump and pole vault and to eight or nine (whichever number qualifies in running events) in the other field events.
        - 1. Pole vault and high jump misses shall be used to determine advancement from trials to finals. A jump-off will be used (Refer to National Federation Track Rules Book Rule 7, Section 5, Article 9) if needed to cut down to nine.
    - (2) Competitors qualify for the divisional meet from their respective league meets. Finalists in each track event (except 1600 meter run and 3200 meter run for which trials and finals are held at the same time on the second day of the meet) shall be the winner of each preliminary heat and the next six fastest times of all other finishers in each event. One alternate per Divisional meet will be allowed for the Masters Meet.

V. E. **Starting Heights and Bar Raises in Field Events**

- (1) Starting height minimums of divisional meets (including trials). Finals will start 2" lower than the qualifying height unless it is lower than the trial starting height.

**Divisionals - Maximum starting heights**

	<b>Varsity</b>	<b>Girls</b>
High Jump	5'10"	4'8"
Pole Vault	11'3"	7'0"

**Masters - Maximum starting heights**

	<b>Varsity</b>	<b>Girls</b>
High Jump	6'0"	5'0"
Pole Vault	11'9"	9'0"

- (2) Bar raises shall be determined by Section meet management.  
(3) Rotating flights of three will be used in the trials and finals.

F. **Timing, Judging and Filming (or videotaping) of Events:**

- (1) There shall be at least two judges and two times on each person in the divisional trials and finals. Alternates shall also be judged. Times for all places shall be recorded in results. The Sac-Joaquin Section Track Committee recommends the use of Accu-track for divisional and Masters meets. All running event officials shall be adults and the head judge at each field event shall be an adult. The referee or head judge of finish may delay his authenticating results until official films or videotapes are reviewed. (If authorized by meet management.)

G. **Scoring and Sending of Results**

- (1) Scoring shall be on the basis of six places for divisional finals.  
(2) The official results shall be sent on the morning following the Masters Meet to the State Meet managers with marks for each placer.  
(3) All relay teams must be listed.

H. **Awards**

- (1) **Divisional Meets** -- Pennants will be awarded to the championship team for varsity boys and varsity girls for each division. Plaques will be awarded for 2nd place in each division. Medals will be awarded places 1-4 and certificates will be awarded places 5-6 at the divisional meets.  
(2) **Masters Meet** -- Medals shall be awarded to places 1-3 and certificates will be awarded places 4-6 in the varsity boys and varsity girls classes for the Masters Meet.

I. **Juries of Appeals**

- (1) The jury of appeals shall:
- Be the highest authority on the track during the meet to receive and decide any protests, but not to overrule decisions of the referees or judges unless it shall be that a definite mistake has been made;
  - Decide all questions relating to the actual conduct of the meet, the final settlement of which is not found in the rules (May be settled by referee);
  - Consider the layout of the track and field and see if it meets specifications established by Section track committee before a meet is held;
  - Make sure that Section policies in manner of running the meet are followed;
  - The Sac-Joaquin Section will not recognize an exception to the qualifying process for the state qualifying tournament. In other words, there is NO HARSHIP.

J. **CIF Bylaws**

- 301.2 "Varsity and frosh-soph classifications shall be adopted in all sports except cross country, which will have the classifications of varsity, juniors, sophomores and freshmen; wrestling; and gymnastics."  
301.3 "Each league, at its discretion, may adopt additional classifications for league competition, such as: freshmen, junior varsity, etc."  
301.4 "An athlete being eligible in all respects – academic, age and grade level competition – may, during practice games, practice matches or meets, move from one athletic classification to another. Once league competition starts, in league, Subsection and Section games, matches or meets, the athlete shall only move to a higher classification where he will remain for the duration of the season."  
a. " – Gymnastics, wrestling, cross country, swimming and track are to be excluded. When Subsection competition starts, the athlete shall enter at the classification he had been competing at in league competition."  
b. " – Definition: League competition is when two or more schools in the same league compete against each other.

- V. K. A student may not compete at the varsity level in one event and at the frosh/soph level in another event in the same meet. The student moves to the higher level, remains at that level and forfeits places won at the lower level.

**SEEDING FORMULA FOR TRIALS**

Races finishing in lanes—3 heats (up to 27 entrants)

Heat #1		Heat #2		Heat #3	
Lane .....	Seed	Lane.....	Seed	Lane .....	Seed
1 .....	25	1.....	26	1 .....	27
2 .....	19	2.....	20	2 .....	21
3 .....	13	3.....	14	3 .....	15
4 .....	7	4.....	8	4 .....	9
5 .....	1	5.....	2	5 .....	3
6 .....	6	6.....	5	6 .....	4
7 .....	12	7.....	11	7 .....	10
8 .....	18	8.....	17	8 .....	16
9 .....	24	9.....	23	9 .....	22

Races NOT finishing in lanes—3 heats (up to 27 entrants)

Heat #1		Heat #2		Heat #3	
Lane .....	Seed	Lane.....	Seed	Lane .....	Seed
1 .....	25	1.....	26	1 .....	27
2 .....	1	2.....	2	2 .....	3
3 .....	6	3.....	5	3 .....	4
4 .....	7	4.....	8	4 .....	9
5 .....	12	5.....	11	5 .....	10
6 .....	13	6.....	14	6 .....	15
7 .....	18	7.....	17	7 .....	16
8 .....	19	8.....	20	8 .....	21
9 .....	24	9.....	23	9 .....	22

**SEEDING FORMULA FOR FINALS**

Races finishing in lanes		Races not finishing in lanes	
Lane	Seed	Lane	Seed
1	9	1	9
2	7	2	1
3	5	3	2
4	3	4	3
5	1	5	4
6	2	6	5
7	4	7	6
8	6	8	7
9	8	9	8

Mile and two mile races will be run from a curved line. Placement on the starting line will be done on the basis of time recorded in the preceding qualifying meet, with the fastest having the inside position. 800 meter run will be run with a one-turn stagger.