



Masters Track and Field Format 2014-15



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FORMAT – 2015 TRACK & FIELD

TO: Sac-Joquin Section schools that participate in Track & Field
FROM: Michael S. Garrison, Commissioner
John Williams, Associate Commissioner
DATE: March 25, 2015

2015 CIF SAC-JOQUIN SECTION/LES SCHWAB TIRES MASTERS TRACK & FIELD CHAMPIONSHIP PRESENTED BY FARMERS INSURANCE

A. Date & Location:

1. Trials - Thursday, May 28, 2015 @ Elk Grove High School
2. Finals - Friday, May 29, 2015 @ Elk Grove High School

B. Meet Director:

Tom Rossow

Cell: (916) 667-2254

E-mail: rossowtkj@aol.com

C. Track Facilities:

1. Eight lane all-weather track and runways.
2. Spikes must be 1/4 inch or less and will be checked by clerk. No needles or Christmas tree spikes allowed.
3. Spikes will be on sale per National Federation rules.
4. There are no dressing facilities at Elk Grove High School; please come dressed for competition.
5. Tents will not be allowed on the home side (west), south of the press box. All tents must be placed on the top rows of the stadium. This is out of consideration for spectators, participants and coaches. Please adhere to the request from the Section office and meet management.
6. No bus parking allowed in school parking lot. Drop off in front of school. Parking can be found at Elk Grove Park.

D. Coaches/Competitors' Gate:

1. Meet information and wristbands will be distributed to head coaches only at competitors' gate at the northwest gate of the stadium.
2. All coaches and athletes must have a wristband to enter the stadium.
3. Coaches or athletes who do not have wristbands will have to pay admission. **NO EXCEPTIONS!**
4. It is the coach's responsibility to get the wristbands to both your early and late arriving athletes prior to their entry.
5. Athletes and parents will not be allowed to pick up wristbands. They will be told to contact their coach.
6. Each school will be provided with two coaches' wristbands per gender (if school has athletes competing), which will be good for both days of the meet. No replacement bands will be issued.
7. Each athlete will be provided with a wristband, which will be good for both days of the meet. No replacement bands will be issued.

E. Entries:

(From Divisionals to Masters)

1. Division I will qualify 12 in each event to the Masters meet.
2. Division II-III will qualify 7 in each event to the Masters meet.
3. Division IV-V will qualify 5 in each event to the Masters meet.

4. In addition, any athlete, in the finals of any divisional event, who meets or exceeds any at-large qualifying mark automatically qualifies to a berth in the Masters Meet regardless of finishing mark or place. *See the respective divisional format for the at-large automatic qualifying mark standards.*
5. Alternates from divisionals to trials: There will be NO alternates from divisionals to Masters trials.
6. Alternates from trials to finals are not permitted.

F. FIELD EVENT SCHEDULE – Thursday, May 28, 2015

Field Event	Reporting Time	Scratch Time	Starting Time
Girls' High Jump	1:00 p.m.	1:45 p.m.	2:00 p.m.
Boys' Triple Jump	2:00 p.m.	2:45 p.m.	3:00 p.m.
Boys' Discus	2:00 p.m.	2:45 p.m.	3:00 p.m.
Boys' Pole Vault	4:00 p.m.	4:45 p.m.	5:00 p.m.
Girls' Shot Put	4:30 p.m.	5:15 p.m.	5:30 p.m.
Girls' Triple Jump	4:30 p.m.	5:15 p.m.	5:30 p.m.

All of the above field events will conduct trials and finals on May 28

G. RUNNING EVENT SCHEDULE – Thursday, May 28, 2015

Track Events	Scratch Time	Event Time
Girls' 4 x 100 M Relay, Heat 1	3:45	4:00
Girls' 4 x 100 M Relay, Heat 2	3:45	4:04
Girls' 4 x 100 M Relay, Heat 3	3:45	4:08
Boys' 4 x 100 M Relay, Heat 1	3:57	4:12
Boys' 4 x 100 M Relay, Heat 2	3:57	4:16
Boys' 4 x 100 M Relay, Heat 3	3:57	4:20
Girls' 100 M HH, Heat 1	4:10	4:25
Girls' 100 M HH, Heat 2	4:10	4:30
Girls' 100 M HH, Heat 3	4:10	4:35
Boys' 110 M HH, Heat 1	4:25	4:40
Boys' 110 M HH, Heat 2	4:25	4:45
Boys' 110 M HH, Heat 3	4:25	4:50
Girls' 400 M, Heat 1	4:40	4:55
Girls' 400 M, Heat 2	4:40	4:59
Girls' 400 M, Heat 3	4:40	5:04

Track Events	Scratch Time	Event Time
Boys' 400 M, Heat 1	4:53	5:08
Boys' 400 M, Heat 2	4:53	5:12
Boys' 400 M, Heat 3	4:53	5:16
Girls' 100 M, Heat 1	5:05	5:20
Girls' 100 M, Heat 2	5:05	5:24
Girls' 100 M, Heat 3	5:05	5:28
Boys' 100 M, Heat 1	5:17	5:32
Boys' 100 M, Heat 2	5:17	5:36
Boys' 100 M, Heat 3	5:17	5:40
Girls' 800 M, Heat 1	5:30	5:45
Girls' 800 M, Heat 2	5:30	5:50
Girls' 800 M, Heat 3	5:30	5:55
Boys' 800 M, Heat 1	5:45	6:00
Boys' 800 M, Heat 2	5:45	6:05
Boys' 800 M, Heat 3	5:45	6:10
Girls' 300 M LH, Heat 1	6:00	6:15
Girls' 300 M LH, Heat 2	6:00	6:19
Girls' 300 M LH, Heat 3	6:00	6:23
Boys' 300 M IH, Heat 1	6:12	6:27
Boys' 300 M IH, Heat 2	6:12	6:31
Boys' 300 M IH, Heat 3	6:12	6:35
Girls' 200 M, Heat 1	6:25	6:40
Girls' 200 M, Heat 2	6:25	6:44
Girls' 200 M, Heat 3	6:25	6:48
Boys' 200 M, Heat 1	6:37	6:52
Boys' 200 M, Heat 2	6:37	6:56
Boys' 200 M, Heat 3	6:37	7:00
Girls' 4 x 400 M Relay, Heat 1	7:05	7:20
Girls' 4 x 400 M Relay, Heat 2	7:05	7:28
Girls' 4 x 400 M Relay, Heat 3	7:05	7:36
Boys' 4 x 400 M Relay, Heat 1	7:29	7:44
Boys' 4 x 400 M Relay, Heat 2	7:29	7:52
Boys' 4 x 400 M Relay, Heat 3	7:29	8:00

H. FIELD EVENT SCHEDULE – Friday, May 29, 2015

Field Event	Reporting Time	Scratch Time	Starting Time
Boys' High Jump	1:00 p.m.	1:45 p.m.	2:00 p.m.
Boys' Long Jump	2:00 p.m.	2:45 p.m.	3:00 p.m.
Girls' Discus	2:00 p.m.	2:45 p.m.	3:00 p.m.
Girls' Pole Vault	4:00 p.m.	4:45 p.m.	5:00 p.m.
Boys' Shot Put	4:30 p.m.	5:15 p.m.	5:30 p.m.
Girls' Long Jump	4:30 p.m.	5:15 p.m.	5:30 p.m.

All of the above field events will conduct trials and finals on May 29

I. RUNNING EVENT SCHEDULE – Friday, May 29, 2015

Track Events	Scratch Time	Event Time
Girls' 4 x 100 M Relay	5:45	6:00
Boys' 4 x 100 M Relay	5:53	6:08
Girls' 1600 M	6:04	6:19
Boys' 1600 M	6:13	6:28
Girls' 100 M HH	6:29	6:44
Boys' 110 M HH	6:39	6:54
Girls' 400 M	6:49	7:04
Boys' 400 M	6:56	7:11
Girls' 100 M	7:04	7:19
Boys' 100 M	7:10	7:25
Girls' 800 M	7:19	7:34
Boys' 800 M	7:27	7:42
Girls' 300 M LH	7:38	7:53
Boys' 300 M IH	7:45	8:00
Girls' 200 M	7:55	8:10
Boys' 200 M	8:02	8:17
Girls' 3200 M	8:10	8:25
Boys' 3200 M	8:27	8:42
Girls' 4 x 400 M Relay	8:45	9:00
Boys' 4 x 400 M Relay	8:55	9:10

J. Sportsmanship:

1. The basis of all competitive interaction in the Masters meet is a commitment to the CIF Sac-Joaquin Section Code of Ethics and to true sportsmanship which describes a meet athlete as "...a person who can take a loss or defeat without complaint or victory without gloating, and who treats his/her opponents with fairness, courtesy, and respect."
2. Coaches and athletes are reminded that Sections 503.3 and 503.4 of the CIF Sac-Joaquin Section Constitution will be enforced.

K. Registration:

1. Coaches and competitors must first check in at the competitors' gate before the meet.
2. Track athletes must register with the clerk of the course when their event is called.
3. Field athletes must register with the event official at the venue when called.
4. Coaches must certify at competitors' gate that his/her athletes are properly attired in compliance with rules for 2015. Questions can be addressed to the games committee.

L. Uniforms and Jewelry:

Uniform shall conform to National Federation Rule 4-3 (Competitor's Uniform) and Sac-Joaquin Section Constitution. All athletes competing must wear their school issued uniform and sweats at all times. No other uniform or clothing may be worn during warm-ups or competition. National Federation Rule 4-3-3 regarding wearing jewelry has been removed from the rules for track and field competition. As in previous years, the wearing of a medical alert with the alert visible continues and is encouraged for purposes of risk minimization. Violations of the above rules will result in disqualification from an event.

M. Athletes' Area/Warm-ups:

1. Athletes may sit in any bleacher area.
2. The outfield of the softball diamond next to the competitor's gate and east of the stadium in the large athletic fields are designated as the track athlete's warm-up areas. No warm-ups on the track or on the infield.
3. Field athletes will be allowed to warm up at their venues when officials arrive, approximately one hour before the event begins.
4. No warm-ups are allowed at any field event venue without a designated official present.

N. Awards/Scoring:

1. Medals will be awarded to the top four finishers in each final and each individual who qualifies for the State Meet by reaching the state at-large automatic qualifying mark.
2. Medals in disputed events will be held until the dispute is resolved.
3. An awards ceremony will follow each event on the infield next to finish area. The top three in each event will be honored.
4. Scoring will not be kept.

O. Appeals:

1. All appeals must be submitted in writing to the meet referee under procedures as outlined in National Federation Rule 2-3-3.
2. There will be a designated appeals area. Under no circumstances are coaches allowed on the infield. Any violation of this rule will result in immediate disqualification of the athlete.

P. Electronic Timing (FAT):

1. Finish Lynx will be used for all running events.
2. Races will not be held up for the review of a previous race.
3. Reviews of Finish Lynx will be by the review committee.
4. Coaches of athletes in contested races are welcome to view the photo but will not be allowed to vote on the review.

Q. State Meet Qualifiers:

1. The top three (3) placers in each final shall qualify for the State Meet to be held June 5 and 6 at Buchanan High School in Clovis. In the event a qualifier chooses not to compete in the State Meet, the fourth-place finisher shall be the Section alternate.
2. At the awards ceremony, athletes will verify whether or not they will participate in the State Meet.

R. Running Events:

1. Qualified athletes must check in with the running event clerk prior to the scratch time. If the qualified athlete is not signed in 15 minutes prior to the event start time, that athlete will be scratched and replaced by a listed alternate athlete. Checked-in athletes must be at the staging area by the clerk at scratch time.
2. In trials there will be three heats to determine eight finalists.
3. Finalists will be the winner of each heat and the next five fastest times.
NOTE: If more than 24 athletes qualify for a running event (because of at-large qualifying), there will be four heats with winners of each heat and the next four fastest times advancing to the finals.
 - A. In the 800M only, there will be 12 finalists.
 - (1) Finalists will be the top 2 finishers in each heat and the next six fastest times. If there are four heats, the top 2 finishers in each heat and the next four fastest times.
4. In the event of a tie for the final qualifying spot, a runoff will be held to determine the qualifier for that spot at a time determined by the games committee.
5. The 800M, 1600M and 3200M will use a one-turn stagger.
6. The 800M final, 1600M and 3200M races will start in alleys.
7. The 200M dash will be run on a turn.
8. The 400M dash will be run in staggered lanes around two turns.
9. The 1600M relay will use a three-turn stagger.

S. Field Events:

1. Qualified athletes may report directly to the field event site one hour prior to the event if an event official is present. Qualified athletes must sign in at the field event site from that point up until 15 minutes prior to the event start time. If the qualified athlete is not signed in 15 minutes prior to the event start time, that athlete will be scratched and replaced by a listed alternate athlete. Therefore, listed alternate athletes may also warm up in the event area. If an alternate is not inserted into the competition because the qualified athletes are all present, the alternate would have to leave the field event site.
2. Nine (9) competitors will move from trials to finals.
3. Continuing flights of five will be used in the high jump and pole vault, so competitors can make their attempts while still warm.
4. During pole vault events, once competition has begun, the bar will be raised six inches (6") per round until one more than the number of places (7 competitors) remains. At that time, the bar will be raised three inches (3") per round.
5. In the high jump, the bar will be placed four inches (4") below opening height. Ten minutes before competition begins, the bar will move to opening height.
6. During high jump events, once competition has begun, the bar will be raised two inches (2") per round until one more than the number of places (7 competitors) remains. At that time, the bar will be raised one inch (1") per round.
7. Opening heights for pole vault in trials will be as follows: Boys-13'9"; Girls-10'1".
8. Opening heights for high jump in trials will be as follows: Boys-6'1"; Girls-4'11".
9. The games committee reserves the right to change the opening heights relative to the qualifying marks submitted.
10. Time limits between competitors will be enforced: Pole vault, 1 minute; horizontal jumps, 1 minute; high jump, 1 minute; shot put and discus, 1 minute.
 - A. When three or fewer remain in the high jump or pole vault at the beginning of a bar height, the above time shall be increased to three minutes.
 - B. When a single competitor, who has won the competition, remains in the high jump or pole vault, the allowed time shall be five minutes.

11. In the finals for the throws, each competitor receives three attempts with all competitors being re-ordered by mark and having three more attempts to determine places.
12. In the finals for the horizontal jumps, each finalist shall receive three additional jumps. Marks from all six jumps shall be noted for place.
13. Field event athletes cannot cross the track at any time to confer with a coach or spectator once the athlete has entered the infield.

T. Weigh-in of Shot Put and Discus:

1. All implements must be certified by weights and measures.
2. Weights and measures will be open from 1:15 p.m.-2:35 p.m. for the discus both days.
3. Weights and measures will be open from 1:15 p.m.-5:00 p.m. for the shot put both days.

U. Equipment:

1. Competitors are responsible for their own equipment.
2. Only legally certified implements and certified meet equipment will be allowed in any competition area.
3. Poles will be certified by the coach at the event venue by coaches and athletes signing the entrants' sheet.

V. Meet Information/Seedings:

Information can be viewed on-line at the Sac-Joaquin Section website (www.cifsjs.org) on Monday, May 25.

W. Competing Rules and Regulations:

1. The Track and Field Rule Book of the National Federation will be the official rules and regulations for all competitors and events.
2. Where applicable, CIF State and Section rulings or policies will supercede NF rules.

X. Admission Fees for Trials and Finals:

Adults.....\$10.00
 Students (K-12).....\$5.00
 Children (age 5 and under)..... Free

Y. Parking

Elk Grove High School will charge \$5 per vehicle to park in the school parking lot.

Z. At-Large State CIF Meet Qualifying Marks:

1. At-large qualifying marks are based upon the average of the 9th place qualifying marks to the State Meet finals from the three most recent years. The at-large qualifying marks for 2015 are listed below.
2. Any athlete, in the finals of any event, who meets or exceeds any at-large qualifying mark automatically qualifies to a berth in the State Meet regardless of finishing mark or place.

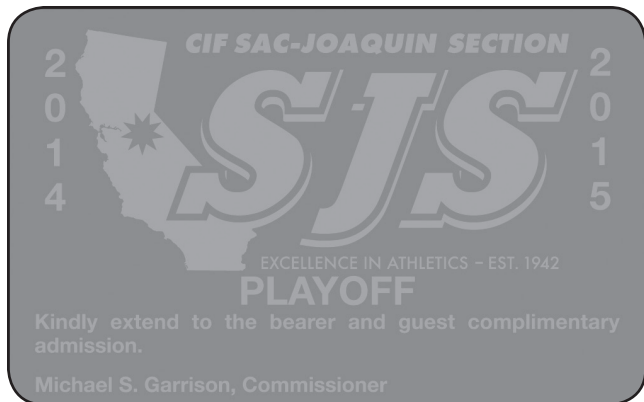
2015 At-Large Event	Qualifying Marks	2015 At-Large Event	Qualifying Marks
Boys 100M	10.67	Girls 100M	11.89
Boys 200M	21.62	Girls 200M	24.26
Boys 400M	48.30	Girls 400M	55.80
Boys 800M	1:52.84	Girls 800M	2:12.15
Boys 1600M	4:14.78	Girls 1600M	4:55.89
Boys 3200M	9:07.38	Girls 3200M	10:36.17
Boys 110M Hurdles	14.34	Girls 100M Hurdles	14.15
Boys 300M Hurdles	38.16	Girls 300M Hurdles	43.08
Boys 4x100M Relay	41.93	Girls 4x100M Relay	47.46
Boys 4x400M Relay	3:18.01	Girls 4x400M Relay	3:51.21
Boys High Jump	6-7	Girls High Jump	5-5
Boys Pole Vault	15-3	Girls Pole Vault	11-7
Boys Long Jump	22-10	Girls Long Jump	18-3
Boys Triple Jump	46-11	Girls Triple Jump	38-1
Boys Shot Put	57-3	Girls Shot Put	41-8
Boys Discus	169-10	Girls Discus	132-8

AA. State Meet Site Prohibition:

Competitors will not be permitted to work out at the State Championship venue (Buchanan High School) any time within five days prior to the state track meet. Any violation of the workout rule may result in disqualification.

**CIF SAC-JOQUIN SECTION PLAYOFFS
ACCEPTABLE PASS SHEET
2014-15**

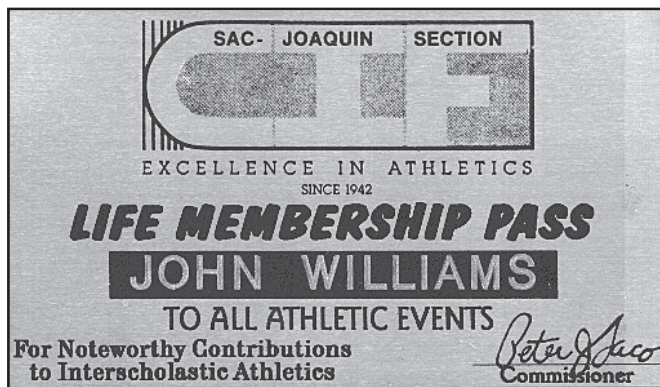
**PLAYOFF PASS
(TEAL WITH SILVER LETTERS)**



**PRESS PASS
(WHITE WITH BLUE LETTERS)**



**SAC-JOQUIN SECTION
GOLD LIFETIME PASS**



STATE COURTESY



CIF STATE LIFETIME PASS

