



**2018 NCS/Les Schwab Tires
MEET OF CHAMPIONS
TRACK & FIELD CHAMPIONSHIP BULLETIN**

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TO: Coaches of Boys' and Girls' Track Teams; League Commissioners; Track Meet of Champions Management Committee members and NCS Staff
FROM: Karen Smith, NCS Associate Commissioner
DATE: February, 2018

EDWARDS STADIUM, UNIVERSITY OF CALIFORNIA, BERKELEY

TRIALS
Friday, May 25, 2018

FINALS
Saturday, May 26, 2018

MEET DIRECTOR
Brian Henderson
750 Moraga Way
Orinda, CA 94563
(925) 280-3930 x5323

GAMES COMMITTEE
Brian Henderson, Chuck Woolridge, Tim Hunter, Shannon Sos,
Keith Conning, Linda Sawyer, George Kleeman, Peter Brewer,
Angela Paradise, Jack Coakley, Alison Adams, Scott Brady-Smith,
Mark Karbo, Peter Scarpelli, Karen Smith, NCS

COMPETITION RULES: The Track and Field Rules Book of the National Federation of State High School Associations will be the official rules and regulations for both boys and girls, superseded by CIF rules, NCS rules or policies of the NCS/Les Schwab Tires Meet of Champions Games Committee. The top **three** finishers in each event in Saturday Finals will qualify for the State Meet. Competitors in each event who do not finish in the top three can qualify as an at-large entry to the State CIF Track & Field Championships if his/her mark at the final section competition is equal to or better than the standards listed on page 8 of this bulletin.

EACH HEAD COACH MUST SUBMIT AT THE TIME OF CHECK-IN A PARENT-SIGNED UC BERKELEY WAIVER FORM FOR EACH PARTICIPATING ATHLETE (see waiver form on page 9). The Kiosk will be closed at 2:00 p.m. on Saturday.

EVENT ENTRY INFORMATION

ENTRIES AND ADJUSTMENT IN ENTRIES:

NCS/Les Schwab Tires Area/Classification entries are:

CLASS A Meet - 3 entries	TRI-VALLEY Meet - 7 entries
REDWOOD EMPIRE Meet - 7 entries	BAY SHORE AREA Meet - 7 entries

All entries will be closed and final, except for circumstance of clerical error, as of **11:59 pm Sunday, May 20, 2018**, following the NCS/Les Schwab Tires Area/Class A Championship meets. Any scratches received after that point are be subject to penalty under the Honest Effort Rule. Coaches and athletes must decide at their Area qualifying meets which events they intend to compete in at the NCS MOC. Areas may move non-qualifiers into any vacancies created by scratches prior to the entry deadline.

All entries must be submitted in the proper format using the Hy-Tek Track & Field *Meet Manager Version 2.0, 3.0 or 4.0* computer program. Submit a completed meet database Backup file, a list of all scratches and subsequent advancers by event, and any changes to relay entrants via email to Shannon Sos shannon@diablotiming.com and copy Brian Henderson, bhendu400@hotmail.com, and Chuck Woolridge, cougarcoach@comcast.net.

Each NCS Area/Class A Meet Director must be certain that all entries submitted to the NCS/Les Schwab Tires Meet of Champions are accompanied by the times/marks recorded in the NCS/Les Schwab Tires Area/Class A Championship meet. Fully Automatic Timing (FAT) is required and must be listed to the hundredth for all running events. It is essential that the NCS Area/Class A Meet Directors have the event sheets and an official copy of the results of their respective NCS/Les Schwab Tires Area/Class A Championship meet with them at the Meet of Champions in the event that any issues arise concerning entries.

AT-LARGE QUALIFIERS: Student athletes who do not qualify by place to the NCS/Les Schwab Tires Meet of Champions but meet or exceed an “at-large” standard in the finals of the NCS/Les Schwab Tires Area/Class A Championship meet will automatically qualify for the NCS/Les Schwab Tires Meet of Champions.

MOC At-large Standards for 2018

Boys

4 x 100-meter Relay	43.24
1600-meter run	4:24.16
110-meter H.H.	15.68
400-meter dash	50.29
100-meter dash	11.22
800-meter run	1:58.17
300-meter I.H.	40.65
200-meter dash	22.43
3200-meter run	9:28.4
4 x 400-meter Relay	3:25.7
Long Jump	20-11.00
Triple Jump	43-00.00
High Jump	6-01
Shot Put	48-7
Discus	148-3
Pole Vault	13-4

Girls

4 x 100-meter Relay	49.49
1600-meter run	5:04.53
100-meter H.H.	15.65
400-meter dash	58.60
100-meter dash	12.66
800-meter run	2:19.90
300-meter I.H.	46.50
200-meter dash	25.62
3200-meter run	11:03.32
4 x 400-meter Relay	4:04.25
Long Jump	16-11.00
Triple Jump	35-10.50
High Jump	5-01
Shot Put	36-1
Discus	117-6
Pole Vault	10-6

Entries for the Exhibition 4 X 800 will be closed as of midnight, **Sunday, May 20, 2018**, following the NCS/Les Schwab Tires Area/Class A Championship meets. Athletes who have qualified and are entered into the MOC are not eligible to participate in the relay, including athletes who are eliminated during the MOC trials on Friday. Those relay teams that have an athlete, or athletes, that may qualify for the MOC, must include an alternate, or alternates, with revised seeding time(s). All participants must provide a parent signed *UC Berkeley Waiver Form* (see page 9). Please see the instructions and entry form for the Exhibition 4 X 800 Relay on page 12.

PARTICIPATION LIMITATIONS: A contestant shall not be *entered* in more than four individual events, excluding relays. Competitors shall not compete in more than four events, including relays. (Nat’l Fed Rule 4, Section 2, Article 1)

MEET DETAILS

TENTATIVE SCHEDULE - Friday, May 25, 2018

Event No.	Report	Start	Event Name
32	8:00am	9:00am	Girls Discus
27	9:15	10:15	Girls High Jump
24	9:00	10:00	Boys Triple Jump
25	12:15pm	1:00pm	Boys Shot Put
22	10:30	1:45	Boys Pole Vault
30	1:30	2:30	Girls Triple Jump

***** RUNNING EVENTS TRIALS*****

NOTE: Each event will have three heats (absent at-large qualifiers) except the 1600m run, which will have two heats, and the 3200m run, which will be run as a final on Saturday.

Event No.	Report	Start	Event Name			
1	12:45pm	1:00pm	Girls 4x100m Relay	3 Heats of 8	5 Min per	15 Min total
2	1:00	1:15	Boys 4x100m Relay	3 Heats of 8	5 Min per	15 Min total
3	1:15	1:30	Girls 1600m Run	2 Heats of 12	8 Min per	16 Min total
4	1:31	1:46	Boys 1600m Run	2 Heats of 12	8 Min per	16 Min total
5	1:47	2:02	Girls 100m Low Hurdles	3 Heats of 8	4 Min per	12 Min total
6	1:59	2:14	Boys 110m High Hurdles	3 Heats of 8	4 Min per	12 Min total
7	2:11	2:26	Girls 400m Dash	3 Heats of 8	4 Min per	12 Min total
8	2:23	2:38	Boys 400m Dash	3 Heats of 8	4 Min per	12 Min total
9	3:05	3:20	Girls 100m Dash	3 Heats of 8	4 Min per	12 Min total
10	3:17	3:32	Boys 100m Dash	3 Heats of 8	4 Min per	12 Min total
11	3:29	3:44	Girls 800m Run	3 Heats of 8	5 Min per	15 Min total
12	3:44	3:59	Boys 800m Run	3 Heats of 8	5 Min per	15 Min total
13	3:59	4:14	Girls 300m Low Hurdles	4 Heats of 8	4 Min per	12 Min total
14	4:11	4:26	Boys 300m Int. Hurdles	4 Heats of 8	4 Min per	12 Min total
15	4:23	4:38	Girls 200m Dash	4 Heats of 8	4 Min per	12 Min total
16	4:35	4:50	Boys 200m Dash	4 Heats of 8	4 Min per	12 Min total
33	4:47	5:02	Girls 4X800 Relay	1 Heat of 24	16 Min per	16 Min total
						<i>(exhibition final)</i>
34	5:03	5:18	Boys 4x800 Relay	1 Heat of 24	14 Min per	14 Min total
						<i>(exhibition final)</i>
19	5:17	5:32	Girls 4x400m Relay	3 Heats of 8	8 Min per	24 Min total
20	5:41	5:56	Boys 4x400m Relay	3 Heats of 8	8 Min per	24 Min total
		6:20	Track Trials Completed			

TENTATIVE SCHEDULE - Saturday, May 26, 2018

***** FIELD EVENTS FINALS *****

Event No.	Report	Start	Event
26	8:00	9:00am	Boys Discus
21	9:15	10:15	Boys High Jump
29	9:00	10:00	Girls Long Jump
31	11:45	12:30pm	Girls Shot Put
28	9:30	12:45	Girls Pole Vault
23	1:00pm	2:00	Boys Long Jump
37	2:00	3:00	Girls Unified Long Jump
38	2:00	3:00	Boys Unified Long Jump

***** RUNNING EVENTS FINALS *****

Event No.	Report	Start	Event Name	
1	1:15	1:30	Girls 4x100m Relay	8 Min total
2	1:23	1:38	Boys 4x100m Relay	8 Min total
3	1:31	1:46	Girls 1600m Run	10 Min total
4	1:41	1:56	Boys 1600m Run	10 Min total
5	1:51	2:06	Girls 100m Int. Hurdles	7 Min total
6	1:58	2:13	Boys 110m High Hurdles	7 Min total
7	2:05	2:20	Girls 400m Dash	7 Min total
8	2:12	2:27	Boys 400m Dash	7 Min total
35	2:19	2:34	Girls Unified 100m Dash (2 Heats)	14 Min total
36	2:33	2:48	Boys Unified 100m Dash (2 Heats)	14 Min total
9	2:47	3:02	Girls 100m Dash	7 Min total
10	2:54	3:09	Boys 100m Dash	7 Min total
11	3:01	3:16	Girls 800m Run	7 Min total
12	3:08	3:23	Boys 800m Run	7 Min total
13	3:15	3:30	Girls 300m Int Hurdles	7 Min total
14	3:22	3:37	Boys 300m High Hurdles	7 Min total
15	3:29	3:44	Girls 200m Dash	7 Min total
16	3:36	3:51	Boys 200m Dash	7 Min total
17	3:43	3:58	Girls 3200m Run	16 Min total

18	3:59	4:14	Boys 3200m Run	14 Min total
19	4:13	4:28	Girls 4x400m Relay	10 Min total
20	4:23	4:38	Boys 4x400m Relay	10 Min total
		4:48	Track Events Completed	

CONFLICT IN EVENTS: Competitors who are entered in field events being held simultaneously must report to both event officials prior to the start of competition, 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 may not report directly to the starting line. Athletes must first check-in with the Clerk-of-the-Course.

RUNNING EVENT MECHANICS

RACES OVER 400 METERS: The 800m, 1600m, 3200m runs will use a one-turn staggered start. The 4x400m relay will be staggered in lanes for 3 turns.

HEAT ASSIGNMENTS IN PRELIMINARIES: Assignments to heat preliminaries will be made by the Meet Director and Games Committee. Seeding will be serpentine with the fastest entrant in the final preliminary heat.

LANE ASSIGNMENT IN TRIALS AND FINALS: In all races except the 800m, 1600m and 3200m 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). Lane assignment will be based on time only. No preference will be given for placing in preliminary heats.

There will be 3 preliminary heats in the 800-meters. If the number of entrants is 24 or less, preliminary heats will be seeded in-lane according to the procedure outlined in the previous paragraph. If there are greater than 24 total entrants in preliminary heats, each heat will be seeded in 2 alleys according to the procedure outlined below for the 1600m and 3200m races. Finals will be seeded in 2 alleys according to the procedure outlined below for the 1600m.

There will be 2 heats in the 1600-meter run, with runners starting in alleys for the first turn.

The 1600m preliminaries and finals will be run in alleys and seeded based upon time. Starting in lane 1 working out will be 12, 11, 10, 9, 8, 7, 4, 3 seeds. The outside alley will be 1,2,5,6 seeds. The 3200m will follow a similar pattern with the top seeds receiving favored positions nearest the center of the track.

QUALIFYING FOR RUNNING FINALS: In all trial races except the 800m and 1600m run, the first place finishers in each heat will qualify for the finals. The remaining qualifiers will be determined by the times they run in those trial heats. In the case of a tie(s) for first place in trial heats, all runners involved in the first place tie will qualify for the finals and the number of non-first place finishers will be reduced to ensure there are not more than 8 runners in the finals of all lane races.

In the 800m run there will be 3 heats. The first 3 placers in each heat, plus the next fastest 3 times will qualify for the final. The final field will be comprised of 12 athletes.

In the 1600m run there will be 2 heats. The first 4 placers in each heat, plus the next fastest 4 times will qualify for the final. The final field will be comprised of 12 athletes.

The 3200-meter run will be conducted as a finals-only for all entrants on Saturday.

STARTING BLOCKS AND BATONS: Only starting blocks and relay batons provided by meet management will be used.

FIELD EVENT MECHANICS

Participants will not be allowed on the infield prior to report time for event.

When finals and/or trials are officially completed, the participation area will be closed. Extra practice will not be allowed.

Each of the contestants in the long jump, triple jump, shot put and discus will be allowed 3 qualifying trials. The top 8 competitors will receive 3 additional trials to determine the final placing.

LONG JUMP, TRIPLE JUMP, SHOT PUT AND DISCUS: On the listed day of competition, contestants will compete in accordance with their marks made in the Area/Class A Championship meets, with the participant with the best recorded mark competing last. The competitors will be placed in flights. Each competitor, unless excused, will be given 3 attempts before the next flight takes its trials. The top 8 competitors will receive 3 additional trials to determine the final placing. Marks made in the preliminary competition will carryover to be counted in the final competition.

The takeoff board in the girls' and boys' long jump will be 10 feet from the pit. The takeoff boards in the girls' triple jump will be 28 and 32 feet from the pit, and takeoff boards in the boys' triple jump will be 36 and 40 feet from the pit.

All disc and shots must be weighed and marked by the Certification Official on the day of competition. The Certification Official will be located at the Northeast end of the track near the Clerk-of-the-Course. Once certified, implements will be impounded until required for competition or the event ends. All types of discuses, including rubber, may be used. Only properly certified implements will be allowed on the infield.

HIGH JUMP AND POLE VAULT: Competition in the high jump and pole vault will be conducted in 5 alive format. Competition will start at the heights listed below and competition will continue until final places are determined. Once a total of 9 competitors or less remain in the competition at the beginning of a round, the competition will be conducted in 1 continuous flight of the remaining competitors.

All pole vault participants, after registration and within 1 hour of their reporting period, must check-in with the Clerk of the Field at the Northwest corner of the stadium. Pole Vault participants checking in after the reporting period time has expired will not be allowed to compete. Illegal poles will be impounded and not allowed on the field of competition. Impounded poles will be safely secured by meet management and may be picked up following completion of the event.

HIGH JUMP SCHEDULE

	<u>GIRLS HIGH JUMP</u>	<u>BOYS HIGH JUMP</u>
	Friday, May 25, 2018	Saturday, May 26, 2018
	TRIALS & FINALS	TRIALS & FINALS
	9:15 No bar	9:15 No Bar
warm-up	9:45 4-6	9:45 5-8
heights	9:55 4-8	9:55 5-10
	10:05 5-0*	10:05 6-0*
competition	* Heights may vary as requested by the competitors	
starts at	10:15 4-8	10:15 5-10
	Bar will rise in 2" increments	Bar will rise in 2" increments
	Until 5-0, then 1" increments	until 6-4, then 1" increments

POLE VAULT SCHEDULE

Friday May 25, 2018: Boys Pole Vault

No bar will be placed at any height in warm-ups.
 10:30 – 11:30 Coach's Certification submission/Pole Check
 11:45–1:30 Event warm-up.
 1:30 Officials Talk.
 Runway closed-athletes announced.
 1:45 Competition begins
 Opening Height no higher than 11'7" **
 Bar will be raised in 6" increments until 14'1", then in 4" increments until winner is determined**

The CIF auto-qualifier mark is 14'9".

**Games Management reserves the right to adjust these competition heights based on the marks of qualifying competitors.

Saturday May 26, 2018: Girls Pole Vault

No bar will be placed at any height in warm-ups.
 9:30 – 10:30 Coach's Certification submission/Pole Check
 10:45 –12:30 Event warm-up.
 12:30 Officials Talk.
 Runway closed-athletes announced.
 12:45 Competition begins
 Opening Height no higher than 8'5"***
 Bar will be raised in 6" increments until 9'11", then in 4" increments thereafter until winner is determined**

The CIF auto-qualifier mark of 11-11.

**Games Management reserves the right to adjust these competition heights based on the marks of qualifying competitors.

GENERAL RULES INFORMATION

SCORING: The NCS/Les Schwab Tires Meet of Champions will be scored according to the National Federation Rule Book: 10, 8, 6, 4, 2, and 1. New! Unified track events will be scoring events

ENTRY TO STADIUM: Coaches and athletes shall check-in and receive their credentials at the Registration Booth (at the Kiosk), which is located on the Northwest side (Oxford Avenue) of Edwards Stadium. Coaches and participants will not be permitted entry at any other gate. The Registration Booth and entry gate will be open at 7:30 a.m. Please note that registration packets will only be issued to the coach! Each head coach, upon check-in, must submit a parent-signed UC Berkeley Waiver Form for each participating athlete. A blank form is included in this bulletin, (page 9). A participant will not be allowed to compete unless this waiver is signed by his/her parent/guardian and submitted at check-in. Coaches must also submit the coach's certification when checking in athletes. This form is also included in the bulletin (page 10). Coaches are responsible for issuing wristbands to their athletes.

PARTICIPANTS' ADMISSION: Meet credentials will be provided for each school's representatives. Those representatives include:

- one ticket for each boys'/girls' head track coach and one or two assistants for each team entered (limited to not more than three coaches per school),
- one ticket for the manager of each team, limit one per school.
- one wristband for each competitor,
- one wristband for a coach of each school that qualifies a pole vaulter.

Each competitor in the NCS/Les Schwab Tires Meet of Champions Trials and Finals must have a wristband. Each contestant is responsible for his/her wristband. **Duplicates will not be issued under any circumstance.**

ATHLETES' WARM-UP AREA: Evans (Baseball) Diamond, which is adjacent to the Northeast corner of Edwards Stadium, will be the designated warm-up area for the athletes. No shot, discus or other implements are allowed in the warm-up area. Shot and discus warm-up throws will be allowed at the event site by the event judge just prior to the starting time. Warm-ups for other events will not be permitted in Edwards Stadium.

THE CLERK OF THE COURSE will meet all running event contestants at the Northeast corner of Edwards Stadium at the staging area. Athletes in running event must be escorted by the Clerk of the Course to the starting line.

TRACK CONSTRUCTION AND SPIKE SIZE: Edwards Stadium has eight 48" Polyurethane surfaced lanes. The long jump, triple jump, pole vault runways and the high jump apron are also a Polyurethane surface. The shot and discus circles are concrete. Track spikes may not exceed 1/4" in length for events conducted in Edwards Stadium. The length is measured from the shoe's sole to the spike's tip.

HONEST EFFORT RULE - (Note, this rule applies to qualifying and final events): Competitors who have qualified for and been entered into more than one event, must honestly participate in the qualifying round in each event for which the athlete is declared and the final round in each event for which the athlete qualifies 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: 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.

UNIFORM RULE: All NFHS uniform rules will be enforced. Coaches are expected to review these rules with their athletes! (Nat'l Fed. Rule 4, Section 3)

ELECTRONIC DEVICE RESTRICTIONS: Electronic devices are not allowed in the field of competition. The field of competition includes the bullpen area, the track, each field event site and the infield. The use of electronic devices by athletes or coaches in these areas is grounds for disqualification.

COACHING RESTRICTIONS: COACHES ARE NOT ALLOWED in the field of competition. Restricted areas include the bullpen area, the track, each field event site and the infield. Violation of these restrictions will result in the ejection of the coach. Coaches are not allowed on the stadium floor, with the exception of pole vault and high jump coaches with appropriate wrist bands, who are allowed only in the designated coaching area for their respective event during the competition period for that event. An athlete may not cross the track to confer with his/her coach. The only other exception to this policy will be in case of injury or if permission is granted by the Meet Director or Referee. Violation of this restriction will result in disqualification of the athlete.

PROTEST/APPEAL PROCESS: All protests are first made to the Meet Referee. The Referee's decision then may be appealed in writing to the Jury of Appeals. The Jury of Appeals will have the final authority in all appeals. (Nat'l. Fed Rule 3, Section 5)

ATHLETE/RELAY ENTRY FEES: Total entry fees to the NCS/Les Schwab Tires Meet of Champions for each league at the rate of \$12.00 per each place qualified and \$24.00 per relay team will be paid by the league commissioner to the NCS Office upon billing.

ADMISSION PRICES:

General Admission \$12.00

Special Admission \$7.00*

*Includes high school students, children under high school age (4-13), and senior citizens (60 years or older.)

Individual league or school passes or student association cards do not entitle the bearer to free admission. The North Coast Section Pass, Press, Photo, NCS Lifetime Pass, CIF Lifetime Pass and Courtesy Card will be honored.

DRESSING QUARTERS: There will be no dressing rooms or lockers available for either boys or girls at Edwards Stadium. The management requests that all athletes arrive in their proper uniform.

SPECTATOR/COACHES SEATING: Spectator and coaches seating will only be allowed in the West stands (press box side). The East stands are closed to all.

CANOPY, TENT, UMBRELLA AND RADIO RESTRICTIONS: Canopies, tents and umbrellas are only allowed at the top three rows of the seating area for spectators, coaches and athletes. Canopies, tents and umbrellas may not be setup in front of the press box. Radios are not allowed in the stadium. Electronics are not allowed in the field of competition.

PARKING: There is a University of California fee lot on the Southwest corner of Edwards Stadium at Fulton and Bancroft Avenue. The City of Berkeley has a fee lot on the west side of Edwards Stadium at Allston Way and Oxford Street. However, parking is always a challenge in Berkeley. The management recommends that public transportation be used and/or sufficient time be allowed for all contingencies. BART is available within one block of the stadium at Downtown Berkeley Station. (Pole vault poles are not allowed on BART.)

MERCHANDISE: Schools may purchase NCS/Les Schwab Tires Meet of Champions Championship Track & Field T-Shirts (\$17.00, XX Lg. shirts are \$19), long sleeve T-shirts (\$25.00, XXLg. \$27.00), sweatshirts (\$33.00, XXLg. Sweatshirts are \$35.00), hats (\$17.00), patches (\$17.00), NCS Visors (\$13.00) at the NCS/Les Schwab Tires Meet of Champions Track & Field Championships. Programs will also be sold at the NCS/Les Schwab Tires Meet of Champions Track & Field Championship for \$3.00. Updated heat sheets will be available on the second day of the NCS/Les Schwab Tires Meet of Champions Track & Field Championships for \$2.00. Schools may also order NCS/Les Schwab Tires Meet of Champions and Area/Classification Track & Field Championship T-Shirts, patches and other NCS merchandise using the enclosed merchandise order form. Coaches may use check, cash, credit card, school purchase order, requisition form and school billing to purchase merchandise. See the merchandise order form on page 15 to order souvenirs. Call the NCS office if you have any questions. Information regarding souvenirs is also available at the NCS Website - <http://www.cifnco.org>.

UNIFIED TRACK TEAMS**UNIFIED PARTICIPANTS/QUALIFICATIONS:**

- A. Each member School will decide, if it wishes to offer a Unified track & field opportunity at its school.
- B. If the school so chooses, one or more competition units would be established and the school would decide which competitions and events unified teams would participate in during the league championships. Leagues may decide which events they choose to offer for unified teams however, Area meets and MOC will only offer the 100-meter dash and the long jump. Schools must inform their league how many unified teams and what events they will be forwarding to the league championship Monday prior to the league championship.

Unified Track and Field Team Definition

Unified Track and Field Athletes and Partners are members of their school track and field programs/ teams. A **Unified Unit/Team** is a pair of students that consists of one student in Special Education and one student in General Education that compete in Unified T&F events.

- Both students are from the same school.
- The Unified Sport Partner must be eligible for competition per all CIF eligibility rules.
- The Unified Sport Athlete is a student receiving Special Education services. Students receiving Special Education services verified by the site administrator are eligible to participate as Unified Sports Athletes.

UNITS OF TWO COMPETITORS ARE TEAMED UP TO FORM A UNIFIED TRACK & FIELD TEAM. THE UNIT CONSISTS OF:

- One Special Education student ("Unified Sports Athlete") and one General Education student ("Unified Sports Partner").
- Both students are from the same school
- The General Education Unified Partner must be eligible for competition according to all CIF eligibility rules.
- The Unified Sports Athlete is a student receiving Special Education services. Students receiving Special Education services verified by the site administrator are eligible to participate as Unified Sports Athletes.

- Each student within the unit competes in the assigned event establishing a time or distance. Events for Area and MOC competition are the long jump and 100-meter dash. Leagues and member schools are welcome to offer additional events.
- If 4 X 100 meter relay unified teams are offered at the school or league level, NCS staff are suggesting that the relay consist of two unified units of two male and female students.
- Each established time or distance is combined together for each unit or unified pair. Relay events are based on overall time/finish.
- Each unit or unified pair would qualify according to the same procedures used for CIF and NCS track & field competition based on their average distance or time. For the Area and MOC meets only.
- All NFHS Track & Field rules must be followed.
- Participants must practice with each other a minimum of two calendar weeks before competition to better increase the likelihood of gaining social benefits for all.
- Practices do not have to be daily as most Unified programs practice twice a week for an hour maximum.
- Unified partners must participate with each other for a minimum of 6 practices to be eligible for League Championship (i.e. Unified Sports Partner must participate with the Unified Sports Athlete)
- If a Unified Sports Partner participates on a Unified team, the athlete may not compete in the same non-Unified event (i.e. A mainstreamed 100 athlete may not compete in the Unified 100 event, but may compete in Unified Long Jump or other Unified Event.)
- Unified teams must be entered by a school in their league’s championship.
- Each unified team must qualify according to the same procedures used for CIF and NCS track & field competition based on their average time or distance.
- From the NCS Area/Class Track and Field Championships, the unified teams must qualify no differently than the CIF Track & Field Competition.
- The NCS Meet of Champions is the final competition for the unified teams.
- NCS Track & Field Management Committee may allow additional entries by a league if the field of the Unified teams is not filled by another league.
- The NCS Commissioner and Special Olympics will work together to provide field event workers, supervision, event distance and time calculations, etc. limiting the burden on the current officials at the NCS Meet of Champions.

EVENTS FOR UNIFIED TEAMS:

100 Meter Dash

1. Two teammates will combine their times for a total time.
 - a. Unified teams will be placed next to each other in lanes. (i.e. Team A runs Lane 1 and Lane 2, Team B runs Lane 3 and 4, etc.) *Fastest qualifying Unit in lanes 3 and 4, second fastest in lanes 5 and 6, third fastest in lanes 1 and 2, fourth fast in lanes 7 and 8.*
 - b. Starting blocks and running spikes are optional.

Long Jump

1. Two teammates will combine their distance for final score.
 - a. Unified teams complete three jumps. Any order of competition is determined by meet management.

SCORING/AWARDS FOR UNIFIED TEAMS:

Times/Distances will be combined for a total unit time/ distance to establish placing. Unified teams will receive individual awards and Unified competition would be scored no differently than currently established NCS Championship competition, with individual points contributing to the overall team competition.

POSTSEASON ADVANCEMENT FOR UNIFIED TEAMS:

Teams declared at the League Championship must remain intact for the remainder of postseason competition. Substitutions may not occur.

Entries to the NCS Class A/Area meet will be as follows:

NCS Class A and Area Meets			
Class A ⁵	Redwood Empire ⁵	Bay Shore ⁵	Tri-Valley ⁵
Bay Counties –8 (4 Relays) Coastal Mountain –8 (4 Relays) H-DN Little 5 –4 (2 Relays) ⁴ Branson, Berean Christian	H-DN Big 5 –4 MCAL –4 ¹ NBL –4 SCL –4	Mission Valley –4 TCAL –6 WACC –6 Plus next 8 best marks	Bay Valley –4 Diablo –6 East Bay –6 Plus next 8 best marks

	² Lower Lake Plus next 8 best marks from all 4 league championships	from all 3 league championships	from all 3 league championships
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The top seven finishers in the Area meets will advance to the NCS Meet of Champions. The top three finishers in the Class A meet will advance to the NCS Meet of Champions.

STATE MEET INFORMATION

CIF State Championship Meet

Site: Veterans Memorial Stadium (Buchanan High School), Clovis **Dates:** Friday & Saturday, June 2 -3, 2018

NUMBER OF COMPETITORS

Sections are allowed the following entries as per State Federated Council rule:

Southern	5	San Joaquin	3	San Diego	3	Oakland	1	Central Coast	3
North Coast	3	Central	3	Northern	1	Los Angeles	3	San Francisco	1

(NCS entries have been adjusted to match comparable sections.)

ENTRIES/SCRATCHES

Entries close and are final, except for circumstance of clerical error, at 8:00 pm on the Saturday of the week preceding the first day of competition. Any scratches received after that point will be subject to penalty under the **Honest Effort Rule**. Coaches and athletes must decide at their section qualifying meets which events they intend to compete in at the State Championships. Sections may move non-qualifiers into any vacancies created by scratches prior to the entry deadline.

All original entry information and subsequent scratches/additions must be submitted by the Section Commissioner or his/her designee. No other entry changes or additions will be accepted.

HONEST EFFORT - (Note, this rule applies to qualifying events only)

Competitors who have qualified for and been entered into more than one event, must honestly participate in the qualifying 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 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.

CIF AT-LARGE STANDARDS

An athlete shall earn an at-large entry into the CIF State Meet Championships 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 9th place qualifying marks to the State Meet Finals from the three most recent years. The At-Large standards* for the 2018 CIF State Meet are:

Event	Girls Standard	Boys Standard
100	11.94	10.75
200	24.17	21.80
400	55.530	48.37
800	2:10.86	1:54.68
1600	4:56.02	4:14.73
3200	10:34.21	9:08.89
100/110 Hurdles	14.21	14.35
300 Hurdles	43.48	38.17
4 x 100 Relay	47.46	41.81
4 x 400 Relay	3:50.42	3:19.12
High Jump	5'04"	6'06"
Pole Vault	11'11"	14'9"
Long Jump	18'2"	22'4"
Triple Jump	38'4"	45'11".00
Shot Put	40'10"	54'4"
Discus	134'5"	168'11"

*These times and distances are subject to change due to error or action by the CIF Federated Council.

Participant's Name (please print): _____

UNIVERSITY OF CALIFORNIA, BERKELEY
Department of Intercollegiate Athletics

Waiver of Liability, Assumption of Risk, and Indemnity Agreement

Waiver: In consideration of being permitted to participate in any way in the
NCS Meet of Champions – May 25/26, 2018

hereinafter called "The Activity", I, for myself, my heirs, personal representatives or assigns, **do hereby release, waive, discharge, and covenant not to sue** The Regents of the University of California, its officers, employees, and agents from liability **from any and all claims including the negligence of The Regents of the University of California, its officers, employees and agents**, resulting in personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, participation in The Activity.

Signature of Parent/Guardian of Minor Date

Signature of Participant Date

Assumption of Risks: Participation in The Activity carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks vary from one activity to another, but the risks range from 1) minor injuries such as scratches, bruises, and sprains 2) major injuries such as eye injury or loss of sight, joint or back injuries, heart attacks, and concussions to 3) catastrophic injuries including paralysis and death.

I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent in The Activity. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.

Indemnification and Hold Harmless: I also agree to INDEMNIFY AND HOLD The Regents of the University of California HARMLESS from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney's fees brought as a result of my involvement in The Activity and to reimburse them for any such expenses incurred.

Severability: The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgment of Understanding: I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and **understand that I am giving up substantial rights, including my right to sue.** I acknowledge that I am signing the agreement freely and voluntarily, and **intend by my signature to be a complete and unconditional release of all liability** to the greatest extent allowed by law.

Signature of Parent/Guardian of Minor Date

Signature of Participant Date

*Waiver must be kept on file for three years or until the minor turns 20 – whichever is longer.
Participant's Age (if minor) _____ Waiver must be hold until year: _____

NORTH COAST SECTION
5 Crow Canyon Court, Suite 209
SAN RAMON, CA 94583
P: 925-263-2110, F: 925-263-2120

TRACK CERTIFICATION OF AUTHORIZED PERSONNEL

CIF Bylaw 503

All coaches of CIF/NCS member school teams must meet the requirements of the California Education Code 49032, 35179.1 and Bylaw 22.B.9

School _____

Coach's Name _____ HM # () _____ WK # () _____

Coach's Address _____

City _____

I hereby assert and verify that the person named above is employed

by _____ High School and meets the

requirements of the above bylaw as of this date.

Signature of Principal

Date

Print Name _____

PLEASE MAKE SEPARATE COPIES FOR EACH CERTIFIED COACH

-W-

EDWARDS STADIUM U.C. BERKELEY Corner of Bancroft and Fulton

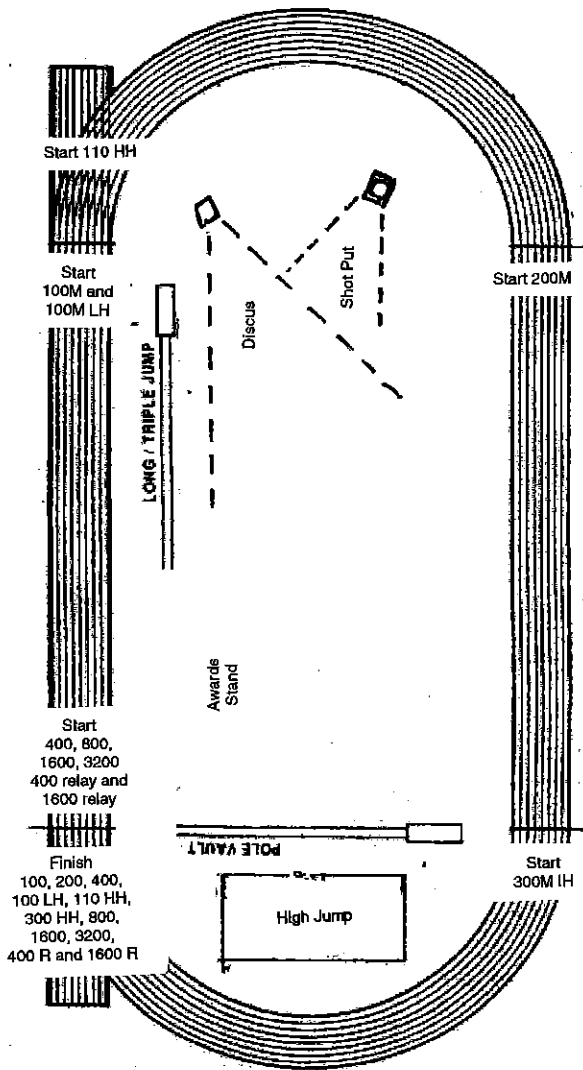
Kiosk - Coaches/
Officials' Check-In
(outside stadium)

Spectator Entrance
To stadium

Ticket Booth
(outside stadium)

Athletes' Entrance
To the stadium

Trainers Area



Clerk of the
Course Field

Baseball field
Warm-up area
(outside stadium)

-E-

-N-

-S-

EXHIBITION 4 X 800 METER RELAY INFORMATION

FRIDAY, MAY 25, 2018

(Entries are due no later than midnight **Sunday, May 20, 2018**)

On May 25th, in an attempt to provide the opportunity for some of those athletes that have not qualified for the Meet of Champions, we will include a 4 x 800 meter relay for both boys and girls between the running of the open 200m and 4x400m Relay. This will be a non-scoring exhibition event and will follow all NCS and CIF rules. This includes matching school issued uniforms and having a certified coach in attendance for each team. There will be 12 teams selected for each race based on the times submitted.

Entries are due no later than **11:59pm Sunday, May 20, 2018**. Athletes that have qualified and are entered into the MOC are not qualified to participate in this exhibition relay. Those exhibition relay teams that list an athlete, or athletes, which may qualify for the MOC, must include an alternate, or alternates, with revised seeding time, or revised seeding times. If a team has an athlete advance to the MOC and no alternate has been submitted, or if there is an alternate included but no revised seeding time was submitted, the team will be scratched. Only those athletes who are submitted on the entry form will be allowed to compete. **Submit entries via the NCS website (www.cifnccs.org/track) no later than 11:59pm Sunday, May 20. Only entries submitted online will be accepted.**