

April 21, 1988

ATTENTION ATHLETIC DIRECTOR: Please route a copy to the following individuals:
HEAD VARSITY COACH AND PRINCIPAL

CCS: Bill Lamson, Events Coordinator

cc: League Commissioners, Media, Facilities Administrators, Site Directors, CCS Executive Committee

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COACHES PLEASE TAKE NOTE OF THE FOLLOWING INFORMATION:

LOCATION: SAN JOSE CITY COLLEGE

DATE: THURSDAY, MAY 25, 1989

DIRECTOR: KEN JOHNSON, SAN JOSE UNIFIED SCHOOL DISTRICT 998-6177(W); 264-3933(H)

RULES FOR COMPETITION: 1989 Track and Field as published by the National Federation of State High School Associations plus any modifications adopted by the California Interscholastic Federation.

QUALIFYING: Qualifying from Region to Section as determined by our current Track Bylaws: 4 boys and 4 girls

HARDSHIP CASE: There is no provision for granting hardships in the Section Meet. An athlete must compete in the CCS if he/she is to advance to the State Meet.

SCRATCHES: If any qualifier is unable to compete in the trials or finals, notify your Regional Director as soon as possible so the alternate can be notified. Alternates will be inserted into the lane or flight vacated by the athlete he/she is replacing.

STATE MEET SCRATCHES: If any qualifier to the State CIF Meet is unable to go to the meet, his/her coach MUST notify CCS Meet Director before the CCS Meet is concluded. No alternates will be allowed after this date. (5/25/89)

KET: Coaches should be picked up packet at the athlete's gate upon arrival.

ELIGIBLE ATHLETES: No athlete will be allowed to compete who is not accompanied by a coach or faculty member of the school which he/she is representing.

ENTERING STADIUM: Coaches and athletes will be admitted at the participants gate (South Tennis Courts/Softball Field). Hands will be stamped for re-entry.

DRESSING: Locker rooms will NOT be available.

UNIFORMS: As per National Federation Rule 4-3 including any Waiver by the State CIF.

EQUIPMENT CHECK: All pole vaulters will be required to have their vaulting poles checked by the event judge to insure tape restrictions are not violated. High jumpers will be checked by the event judge to insure their shoes conform to legal standards.

WEIGH-IN: All shot and discus competitors will weigh in their implements at the table as indicated on map between 2:00 and 2:30. Implements that do not meet all specifications of weight, size, diameter, etc. will be confiscated until the events are completed. Girls will compete with the 4 Kilo Shot.

MEET OFFICIALS: Meet officials will be assigned by the CCS office. The CCS Track and Field Committee unanimously voted to provide Field events judges by assigning the responsibility to Leagues. (See Order of Events)
BRING YOUR OWN CREW AND EQUIPMENT NECESSARY TO CARRY OUT YOUR RESPONSIBILITIES.

WARM-UP: Athletes will warm up in the softball outfield as per attached map. Athletes will not be allowed on the track prior to reporting to the clerk of the course. Only athletes actually involved in competition will be allowed on the stadium field, and they must return to the stands upon completion of their event.

SEATING: Coaches and athletes must sit in the north bleachers as designated on the map. Athletes and coaches will not be allowed on the field unless they are actually competing or working an event. Non-compliance with this rule may result in disqualification. Competitors will not be allowed to take radios or tape decks into the stadium.

TRACK: All weather CHEVRON 400, 8 x 42", Olympic starting alignment.

RUNWAY: Tartan for long, triple, high jump and pole vault.

THROWING: Concrete.

SPIKES: All athletes will be checked for 1/4" spikes before being allowed to compete.

CALLS FOR First and last calls will be given for each event. First call will be given 15 minutes before the start.

EVENTS: All contestants must report to the clerk of the course no later than the last call (see track diagram for the location of the clerk of the course). Any athlete not reporting on time will be scratched. Men and women contestants will be called at the same time.

CONTESTANTS If a contestant is entered in a track and field event at the same time, he/she should first clear with the

DOUBLING: field event judge, then report to the clerk of the course. He/she must report back to the field event immediately after completion of the running event. He/she will be allowed 10 minutes to recover before resuming competition in the field event.

TIES: Ties will be resolved in accordance with the National Federation Rule book, or in the case of vertical jumping events by pre-determined jump-off procedures. Ties in running races will be settled by a run-off on the following Monday at a site and time to be decided by the meet director.

FINISH: Accutrack will be used on close finishes to aid the judges in determining the order of finish.

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

BATONS: Bring your own relay batons (they must conform to specifications).

SCORING: Scoring will be: 10, 8, 6, 4, 2, 1 in all events.

AWARDS: See Tournament Guide: Section 10
Awards will be presented immediately following the completion of the event. Track contestants must report directly from the finish line to the awards area for their medals. Field event contestants will report to the awards area immediately following the completion of their event.

ADMISSION:	General Admission	\$5.00	Seniors Admission	4.00
	Students	2.00	Accompanied Children-12 & under	1.00

PASSES: See Tournament Guide: Section 13

PROGRAMS: Programs will be sold at the stadium for \$1.00.

WEATHER: The meet will go on rain or shine.

CONCESSION: A concession stand will be in operation during the meet. Only officials will receive meal tickets. Coaches and athletes must make provisions for their own meals.

QUESTIONS/ If any coach has any questions or problems regarding the conduct of the meet he should report them to the

PROBLEMS: Referee.

STATE The top 3 places in the Boys and Girls Divisions qualify for the State Meet.

MEET: Coaches who have athletes qualifying for the State Meet may pick up ONE copy of the State Advance Information Bulletin at the conclusion of the CCS Meet.

ORDER OF EVENTS
CCS/REEBOK TRACK FINALS - 1989

San Jose City College
Thursday, May 25, 1989

TIME SCHEDULE--RUNNING EVENTS

4:00 to 5:00 Trials
 4:00 100 Meter DASH - 4 Heats
 4:20 110 Meter H H - 2 Heats (Boys)
 4:30 100 Meter L H - 2 Heats (Girls)
 4:40 200 Meter DASH - 4 Heats
 (Boys heats will be run first.)

5:30 to 6:30 Running Break (light meal for officials)

		<u>OFFICIALS</u>
6:30	400 Meter Relays (4 Sections)	MTAL
6:45	1600 Meter	
7:05	100 Meter L H	
7:15	110 Meter H H	
7:30	400 Meter (4 Sections)	
7:45	100 Meter	
7:55	800 Meter	
8:05	300 Meter L H (4 Sections)	
8:30	200 Meter	
8:40	3200 Meter	
9:00	1600 Meter Relay (4 Sections)	MTAL
	(Slow sections will be run first)	

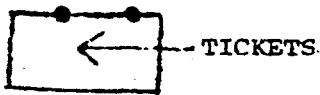
TIME SCHEDULE--FIELD EVENTS

<u>TIME</u>	<u>EVENT</u>	<u>CLASS</u>	<u>OFFICIALS</u>
*1:00	LONG JUMP	BOYS	MHAL
3:00	DISCUS	BOYS	STAL
3:00	POLE VAULT	BOYS	WVAL
3:00	HIGH JUMP	GIRLS	DAL
3:00	SHOT PUT	GIRLS	SCVAL
3:00	LONG JUMP	GIRLS	MHAL
5:00	SHOT PUT	BOYS	SCVAL
5:00	DISCUS	GIRLS	STAL
5:00	TRIPLE JUMP	BOYS	MBL
5:00	HIGH JUMP	BOYS	DAL
7:00	TRIPLE JUMP	GIRLS	MBL

* PLEASE NOTE EARLY START

LEIGH AVENUE

SAN JOSE CITY COLLEGE
TRACK & FIELD FACILITIES



START FINISH

400 M
400 M R 1600 M-R
1600 M
3200 M
800 M
Fin 300 M LH

LONG
TRIPLE
JUMP
PIT
B

PIT B
DISCUS

START
300 M LH

SHOT
PIT
A

DISCUS

PIT A

CLERK OF
COURSE

NORTH
STANDS
FOR
COACHES
AND
ATHLETES

PRESS
BOX

LONG
TRIPLE
JUMP

SOUTH
STANDS
FOR
SPECTATORS
ONLY

ATHLETES

REST
ROOMS

SNACK
BAR

WEIGHTS
AND
MEASURES

OFFICIALS TABLE

POLE
VAULT

HIGH
JUMP

TICKETS

WARM UP AREA

TEAM
CHECK
IN

SPECTATORS
GATE

DRESSING
ROOM
GYM

SOFTBALL FIELD

WARM UP AREA

TENNIS COURTS

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