



ATTENTION ALL COACHES – PLEASE READ!!!

1. Enclosed in this envelope are a meet schedule and a copy of your meet entries.
2. **Check-in procedures**
 - o The head coach or designated coach of each team is to check in at the coaches/athletes gate to the stadium and sign for the team envelope. A maximum of five (5) coach's wristbands will be issued to each school as each coach signs in.
 - o Coaches serving as meet officials today have been listed on the "Official's Gate List" and will not need to have a wristband but are instead asked to check in at the CCS officials area adjacent to the Clerk of the Course to receive their credential.
 - o Coaches must be wearing a wristband to enter the stadium.
 - o Team camp areas can be in the stadium but pop-up tents must not obscure the view of any spectators.
 - o The warm-up area will be on the field to the west of the stadium. No stretching or warm-up will be allowed in the stadium.
 - o No coaches will be allowed on the infield with the exception of the designated long/triple jump coach of an entered athlete who may observe the long and/or triple jump from the designated coaching box in the north end-zone adjacent to the long and triple jump runways. **Long jump and triple jump athletes will be given a special wristband by the event official to give to their coach for entry to the LJ/TJ coaches' box.**
 - o Athletes in running events will check in with the Clerk of the Course when paged. The Clerk of the Course will be located on the north end of the straightaway (very close to the warm-up area).
 - o No additional wristbands are available. No other gates lists are accepted.
3. **Coaches serving as meet officials are not allowed to interact/coach their athletes while serving as an official.**
4. Coaches are asked to verify the listed names of athletes who are advancing to the CCS finals. Please ensure that every athlete's *last AND first* name and their year in school are correct. Errors should be reported to Mark McConnell (who is located at the finish line).
5. **SCHOOLS WITH RELAY TEAMS:** Relay batons must meet NFHS specifications. Batons may be replaced by Meet Management.
6. There are **NO** alternates in today's meet. Scratched athletes will not be replaced. *There will be a list of alternates for the FINALS should anyone drop an event between the semis and finals.*
7. **Note:** CCS T&F bylaws require that **athletes check in to their event no later than 30 minutes before the scheduled start of their event.**
8. For athletes in multiple events: Please review the process for your athletes in checking out for a track event while competing in the field. If an athlete is summoned to the clerk of the course for a running event, have your athlete check in and return to the field event and continue competing until a reasonable time before the race. Please have athletes return directly to the field event after the running event. He/she will be allowed 10 minutes to recover before resuming competition in the field event. Athletes entered in multiple field events must work with event officials to manage their competitions so as not to delay or inconvenience their fellow competitors. A change in flights may be allowed in order to accommodate the athlete and meet management.
9. Athletes will advance to the CCS finals in accordance with the CCS bylaws. ***Should any athlete find it necessary to scratch an event in the CCS Finals, please notify the meet director so that an alternate can be identified and notified as soon as possible.***
10. **PLEASE REMIND YOUR ATHLETES THAT ALL UNIFORM, VIDEO AND CELL PHONE RULES WILL BE ENFORCED AT TODAY'S MEET.**
 - o NFHS uniform rules will be enforced.
 - o **USE OF ELECTRONIC DEVICES:** As per NFHS rules, the use of electronic communication devices is permitted during the meet in unrestricted areas. ***Please note: the infield of the stadium and the throwing areas have been designated restricted areas. No electronic devices may be in use in restricted areas.*** This includes the use of cell phones or earbuds. After checking in competitors will be required to remain in the restricted area except to use the restroom until they complete their event. *Note: A competitor may not view any videotape or any other visual reproduction of their performance prior to completion of the event.*

11. **MEET PROGRAM & RESULTS:**

<ul style="list-style-type: none">• A meet program is available on the CCS website (cifccs.org). See QR code at right for access to heats/flights for today's meet.• Live results will be available at: https://live.athletic.net/meets/72864 (see QR code at right for easy access)• A complete set of results will be also available at: https://www.cifccs.org/sports/track/index	<p style="text-align: center;">Heats/Flights</p> 	<p style="text-align: center;">Live Results</p> 
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12. Any protest must be submitted on a protest form to the Meet Referee which is available at the Clerk of the Course. The Clerk of the Course will page and forward it to the Meet Referee.
13. **CERTIFICATES OF PARTICIPATION** are available for all athletes entered in the meet on the CCS Track & Field webpage which can be accessed at: <https://www.cifccs.org/sports/track/index>. **COMMEMORATIVE CHENILE PATCHES** can be purchased or ordered at the "T-shirt" sales table or by ordering online on the CCS website: <https://ccsstore.square.site/>

2026 CENTRAL COAST SECTION TRACK & FIELD CHAMPIONSHIPS
League Responsibilities

<u>EVENT</u>	<u>MINIMUM # OF PEOPLE NEEDED</u>	<u>EQUIPMENT NEEDED</u>	<u>LEAGUE RESPONSIBILITY</u>
LONG JUMP - Girls	6 total (head official, 2 for measuring, 2 on rakes, 1 to operate "performance sign"/and provide live results	Measuring tape, pencils <i>CCS provides: rakes, shovel, cones, flag, clipboard, wind gauge and instructions</i>	PCAL – Team 1
LONG JUMP - Boys	6 total (head official, 2 for measuring, 2 on rakes, 1 to operate "performance sign"/and provide live results	Measuring tape, pencils <i>CCS provides: rakes, shovel, cones, flag, clipboard, wind gauge and instructions</i>	PCAL – Team 2
HIGH JUMP – Boys & Girls	4 (head official, 2 to place bar, 1 to operate "performance sign" and provide live results)	Measuring tape, pencils <i>CCS provides: crossbar, clipboard and instructions</i>	SCVAL
DISCUS - Boys & Girls	6 total (head official, 2 for measuring, 2 spotters, 1 to operate "performance sign"/and provide live results	Back up measuring tape, pencils <i>CCS provides: measuring device, broom, clipboard and instructions</i>	BVAL
POLE VAULT – Boys	4 (head official, 2 to place bar & move standards, 1 to operate "performance sign" and provide live results)	Measuring tape, pencils <i>CCS provides: crossbar, clipboard and instructions</i>	PCAL
POLE VAULT – Girls	4 (head official, 2 to place bar & move standards, 1 to operate "performance sign" and provide live results)	Measuring tape, pencils <i>CCS provides: crossbar, clipboard and instructions</i>	WCAL
SHOT PUT – Boys & Girls	6 total (head official, 2 for measuring, 2 spotters, 1 to operate "performance sign" and provide live results)	Measuring tape, pencils <i>CCS provides: broom, clipboard and instructions</i>	SCCAL
TRIPLE JUMP - Boys	6 total (Head official, 2 for measuring, 2 on rakes, 1 to operate "performance sign" and provide live results)	Measuring tape, pencils <i>CCS provides: rakes, shovel, cones, flag, clipboard, wind gauge and instructions</i>	PAL
TRIPLE JUMP - Girls	6 total (Head official, 2 for measuring, 2 on rakes, 1 to operate "performance sign" and provide live results)	Measuring tape, pencils <i>CCS provides: rakes, shovel, cones, flag, clipboard, wind gauge and instructions</i>	PSAL
TURN JUDGES / INSPECTORS	<i>Needed for all races except 100m</i> Insure that: - in the 4x100 relay: relay exchanges are made in the 30m zone (<i>all inspectors</i>) - in the 800, 1600, 3200, 4x400 relay and 4x800 relay : runners do not impede or foul (<i>all inspectors</i>) - In the 800, 4x800 relay & 4x400 relay(2 nd runner): insure compliance with break-line (<i>WCAL & MHAL inspectors</i>) - in 200, 300H, 400, 800 (1 st turn) inspect for lane line violations (<i>all inspectors</i>) - In 300H inspect for trail leg violations over hurdle - in the 100/110m hurdles inspect for fouls (<i>SCVAL & PCAL inspectors & hurdle crew</i>)	<i>CCS provides: flag, clipboard and instructions</i>	BVAL(2): beginning & end of relay zone 1 WCAL(1): end of relay zone 1/ 120m mark PSAL(1): 150m mark WBAL(1): 200m mark PAL(2): end of relay zone 2; 250 m mark SCVAL(2): relay zone 3 PCAL (1): 350m mark
HURDLE CREW	8-10 people - Insure that hurdles are placed on the correct mark, set at the correct height and that any counter-weights are set correctly - Inspect for hurdle violations/fouls	<i>CCS provides: hurdles</i>	WCAL

**Central Coast Section
Track & Field Semifinals
Turn Judge/Inspector Responsibilities**

*The Central Coast Section Track & Field Committee thanks you for your participation.
Your participation insures fair competition and proper judging of races.
Please remember that while serving as an official, there is no coaching of any athletes.*

<u>Time (approx)</u>	<u>Event</u>	<u>Inspector Responsibility</u>
10:00	400m Relays	Judge passing zones (<i>all inspectors</i>)
10:40	1600m	Inspect fouls by runners (<i>all inspectors</i>)
11:20	100m Low Hurdles	Inspect fouls (<i>SCVAL & PCAL inspectors only</i>)
11:40	110m High Hurdles	
12:00	400m	Inspect lane violations (<i>all inspectors</i>)
12:40	100m	Inspect lane violations (<i>SCVAL & PCAL inspectors only</i>)
1:15	800m	Inspect lane violations (1st turn) Inspect fouls by runners (after 1st turn)
1:45	300m Hurdles	Inspect lane violations Inspect trail-leg violations (<i>PSAL, WBAL, PAL, SCVAL & PCAL inspectors</i>)
2:20	200m	Inspect lane violations (<i>PAL, SCVAL & PCAL inspectors</i>)
2:50	3200m Relay	Inspect lane violations (1st turn) Inspect fouls by runners (laps 2-4) (<i>all inspectors</i>)
3:50	3200m	Inspect fouls by runners (<i>all inspectors</i>)
4:50	1600m Relay	Inspect lane violations (1st 3 turns) Inspect fouls by runners (laps 2-4) (<i>all inspectors</i>)

IF THERE IS A VIOLATION:

- **PLEASE INDICATE THE VIOLATION BY LIFTING THE YELLOW SIDE OF YOUR FLAG**
- **COMPLETE A VIOLATION REPORT AND FORWARD IT TO THE MEET REFEREE and/or HEAD FINISH JUDGE. (form is available in the envelope)**

ANY VIOLATION REPORTS SHOULD INCLUDE:

- Lane/Hip #
- School (if possible)/Color of jersey
- The nature of the infraction (i.e. stepped over lane line, trail leg went around the hurdle, baton passed out of the zone)
- The name of the official who saw the violation (*this is for the use of the Meet Referee only. Official's names will NOT be reported to coaches or athletes*).

PLEASE REMEMBER TO RETURN YOUR FLAG TO CCS MEET MANAGEMENT

Central Coast Section Track & Field Championships

Semifinals

Information for Field Event Judges

High Jump & Pole Vault

OPENING HEIGHTS: In accordance with CCS Bylaws:

PV - girls:	8'6	PV - boys:	11'0
HJ - girls:	4'8	HJ - boys:	5'8

1. As per CCS Track & Field bylaws: Athletes must check in for themselves no later than 30 minutes before the scheduled start of the competition.
2. There are no alternates to the semifinal meet.
3. Please conduct a meeting with all the athletes and check that all participants are in compliance with the uniform rule before the competition begins. This enables an athlete to conform without being disqualified. If there is a question on uniform rules, consult Jim Manha, Meet Referee. **Please note that if there is a uniform violation THAT CANNOT BE CORRECTED, the Meet Referee MUST be informed IMMEDIATELY so that, in accordance with NFHS rules, a warning may be issued.**
4. **Before the competition begins please inform your competitors:**
 - **USE OF ELECTRONIC DEVICES:** As per NFHS rules, the use of electronic communication devices is permitted during meet in unrestricted areas. However, the stadium has been designated a restricted area. **No electronic devices may be in use in this restricted area. This includes the use of cell phones and ear-buds.** After checking in competitors will be required to remain in the restricted area except to use the restroom until they complete their event.
 - Coaches must stay in the bleachers or in the spectator areas for this event.
 - if an athlete is doubling in another event, he/she must check out with you. You will write down the time they leave and when they return. If he/she needs to check in with the clerk of the course for a running event, he/she is asked to report to the clerk, return and go to his/her running event when appropriate. 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 **from the race's end** before resuming competition in the field event. Athletes will not be allowed run-throughs or practice attempts when they return. Athletes entered in multiple field events must work with event officials to manage their competitions so as not to delay or inconvenience their fellow competitors.
Note: At the discretion of the official and athlete, athletes may compete out of order with the approval of Derek Bell, Head Field Judge, for the benefit of smooth event management.
 - Athletes are to display the highest level of sportsmanship. Unsportsmanlike language and/or actions may result in disqualification.
5. **Please be in charge during warm-ups.** All athletes should have a fair time to warm up with the official supervising.
6. In accordance with the wishes of the CCS Track & Field Committee, the HJ and PV competitions will utilize continuing flights of five ("five alive") in qualifying. Please use the performance board to indicate the height of the bar
7. NOTE: **The pole vault and high jump semifinals will not be contested to completion.** The top 12 athletes advance to next Saturday's finals. **As per CCS Bylaws: In the event of a perfect tie between two competitors as the final qualifier, both athletes will advance to the CCS finals. If three or more competitors have a perfect tie normal NFHS tie breaking rules will be used to advance to finals.**
8. Please ensure that heights are updated on the performance board **and results of each jump is updated on the AthleticField app** to keep coaches and spectators informed. Please submit the results of your event to Mark McConnell, timer/results supervisor at the start/finish line for processing and posting.

AthleticField App:

- Apple - <https://apps.apple.com/us/app/athleticfield/id1485026126>
- Android - https://play.google.com/store/apps/details?id=live.athletic.field&hl=en_US&pli=1

Event recording official will need to go to the timing tent to get their events loaded and receive instructions

Meet Records:

If a new meet record is set please inform meet management immediately (*without removing the bar*)

<u>Event</u>	<u>Boys</u>	<u>Girls</u>
HJ	7'3	6'0
PV	17'6 1/4	13'9

