

2001

Castro Valley High School

Track & Field

Fran:

Here are the volunteers we need for the invitational Frid April 13:

Finish line --

Head Timer (1)

Head Finish Clerk (1)

Assistant Finish Clerk (1)

Timers (6)

Runners (3) Varsity Distance Boys

Bullpen --

Head Clerk (1)

Assistant Clerk (2)

Runners (3) Varsity Distance Boys

Press Booth --

Announcer (1) Peter Jensen

ScoreKeeper/Typist (2)

Awards (2)

Runners (3) Varsity Distance Boys

Zone Officials --

Varsity Boy Sprinters (6)

Camera --

Head Operator (1)

Relief Operator (1)

Devil --

Head Devil (1)

Assistant Fiend (1)

T-Shirts --

Sales (2)

Long Jump/Triple Jump --

Head Judge (1)

Assistants (2)

High Jump, Girls --

Head Judge (1)

Assistant (1)

High Jump, Boys --

Head Judge, (1)

Assistant (1)

Shot Put, Girls --

Head Judge (1)

Assistant (1)

Shot Put, Boys --

Head Judge (1)

Assistant (1)

Discus, Girls --

Head Judge (1)

Assistant (1)

Discus, Boys --

Head Judge (1)

Assistant (1)

Pole Vault --

Head Judge -- Lisa Clancy

OFFICIALS CHECKLIST

Hurdle Crew

1. This crew consists of junior and senior boy sprinters who are zone officials during the other races.
2. When the hurdle events come, place five flights of 4 lanes of shuttles on the girls' markings (a white circle on the inside curb). Each one of you will then stand by a flight during the races, and as the runners go by, adjust any hurdles that are displaced or knocked down.
3. When the girls' races are done, the hurdles need to be raised and moved to the boys' markings (these are white lines on the inside curb). Then during the boys' races the flights need to be monitored to make sure displaced hurdles are replaced quickly.
4. During the race, we need an official at each end to make sure that the hurdlers do not take off until the incoming hurdler steps on the zone line (which is the line of dashes just inside of the starting line).
4. After the races are over, the hurdles need to be quickly removed and taken to the infield and stacked neatly.

Junior and Senior boys' assignments:

All junior and senior boys on the team are now officials for the Trojan Invitational Relays. Because this meet is set up for girls and FS boys only, you now get to experience the thrill of officiating. Most boys will be matched up with the events they normally compete in. However, since we need lots of experienced and talented help, all of you are asked to help in some manner.

Almost all of you have been to invitationals, and all of you have been to away meets. Therefore you know that not everyone else in the track world does a good job running a meet. We want this to be a quality meet where every competitor gets full respect and fair treatment. So, we are going to be the friendliest and most courteous and most impartial officiating crew ever seen. Not only that, we will be efficient and knowledgeable.

The meet is scheduled to go from 3:30 p.m. until it is finished. With any luck at all, we could finish by 10:00 p.m. With no luck, the meet could go until midnight. Be prepared to **stay the entire time. Officials don't get to go home early.**

Bring fluids and snacks. Bring friends. Bring a chair. Be prepared to have fun, but also be prepared to do a thorough and accurate job. It is important to be relaxed and enjoy yourself, but it is more important to do a quality job. So, don't let your fun get in the way of a good meet.

Hints:

- Bring your letterman jacket, or a team shirt or sweat shirt to easily identify you on the field. The day may start warm, but it will get cool, and the jacket will make for easy spotting to check flags, et cetera.
- Don't sit down while actually officiating. Sure, have a little chair next to your cooler, et cetera, but don't "chill" or "kick back" anytime a race is about to start or until Keith has checked to see that there are no reds up in the air after a race. For you field event officials, it is important to "be in charge" so stand up and don't hunker down in the chair or lounge on the table.
- Bring plenty of fluids and snacks, since you won't be getting much of a break during the meet.

Zone Officials:

1. The zone officials are: **Kevin Griego, Geno McGuigan, Eric Zamora, Everett Chan, Joey Crane, Ryan Fannesbeck, Aram Shirani, Ryan Albonico**
2. You guys get to flag the relays, check the exchanges and fix hurdles during the shuttles, and look for bumping and shoving during the mile and the 4 x 400.
3. In the 4 x 100, we should have at least 2 officials at each exchange zone. Remember, keep the red flag up until the runners have checked off their steps and are in the zones. You may remind them to hurry it up. When all the runners are ready, raise the white flag so Keith can see. He'll be blowing a whistle to get your attention.
4. It usually works best if one official takes the inside lanes, and the other one takes the outside lanes. You may decide to have one official do the incoming, and the other the outgoing, but most of the problems are at the end of the zone, not the beginning.
5. As soon as the runners go through the zone, raise either the white or the red flag immediately.
6. If you have a red flag, wait until the race is over, and then trot over to Keith with the red flag still up and report the lane and the team and the reason for the DQ so that it can all get written down.
7. Even if there is no DQ, all the officials should talk to each other in the middle of the field between heats to make sure things are all going well
8. The 4 x 220 is a bit challenging, as the runners break to the pole after the 2nd exchange and there is some bumping. Only direct interference should be called here. The last exchange requires quick thinking, because you have to line up runners according to which teams are in which place at that point in the race.
9. The 4 x 440 also has a trouble spot on the 1st exchange when they break for the inside lane, and at each successive exchange you have to line up runners.
10. The 4 x 880 will have a waterfall start, so more bumping is expected.
11. See the separate sheet on the hurdles.

High Jump

1. The high jump officials are:

girls' high jump: **Coach Paladini, Heather Mellon, Ryan Parker, Bobby Nezami**

boys' high jump: **Anthony Morgan, Matt West, Eric Pane**

2. Starting heights: Boys 4-6, Varsity Girls 4-0, Frosh-Soph Girls 3-6. Raise the bar at 2 inch intervals. For the girls, GV goes first, then the GFS.

3. As much as possible, have the jumpers of each school all take their attempts at each height together. If they have to check out, make sure that they keep in contact. If a jumper doesn't come back and his or her teammates cannot find them, raise the bar. If they come back, they can still jump but at the new height.

4. Enforce the 90 second rule (They get 90 seconds after you call their name and say "You're up.") If they don't jump in that time span, warn them and if they still futz around, count it as a miss.

5. It is still a miss even if they do get off the pads before the bar falls, if their contact with the bar caused it to fall.

6. It is a miss if they jostle the standards with the pads when getting off. (Tough, isn't it?)

7. It is a miss if any part of their body goes under the bar on a runthrough.

8. Record all misses and makes.

9. Write down the full names of all competitors.

10. Be sure to make the calls loudly and clearly. ("Jennie Jumper up, Lisa Leaper on deck, Hilda Hops in the hole. Jennie, you're up.")

11. When done, please total up each school's marks and figure out the overall placings. Also, determine the top 5 individual placers. Then turn the results in at the press booth.

Long and Triple Jump

1. Jump Officials: **Mike DeSilva, Mike Vanderbilt, Carson Barnes.** The CV athletes in the competition are also helpers. Officials should be in place around 3:15 or so to assist jumpers in signing in.
2. Order of events:

Girls' Frosh-Soph Long Jump at	4:00 p.m.
Girls' Varsity Long Jump at	5:30 p.m.
Boys' Frosh-Soph Triple Jump at	7:00 p.m.
3. Each competitor gets three (3) jumps
4. Girls ONLY long jump; Boys ONLY triple jump.
5. There are no runthroughs after the event has started. Too bad.
6. If possible, have **each team run through all three of their jumps together** before moving on to another team.
7. Please write down the **full name** of each competitor.
8. At the conclusion of the each event, please total the team marks and indicate the overall place.
9. Please also indicate the top 5 individual finishers as well. Then turn results in at the press booth.
10. If an event finishes before the indicated time, start the next one. Have the announcer spread the word.
11. If the indicated time arrives, and there are still jumpers who have not jumped, the event is over nonetheless (official's discretion is always a consideration here) and we move on to the next event. I trust that the officials will remind competitors if time is close, and also have the announcer urge tardy jumpers to show up.

Throwers:

- A) Shot Put Ring "A"** Officials: **Kenny O'Keith, Neil Owen**. You guys will be handling the BFS first, and then the GV
- B) Shot Put Ring "B"** Officials: **Xavier Carrion, Nick Galli** (By the track shed) You will be handling the GFS.
- Check everyone in -- get started on time (4:00 p.m. for the BFS, and the GFS will throw as soon as they are done with the Discus)
 - Do one team at a time in a flight -- They get a warm up or two, and then throw.
 - For the shot put, all teams use only the CV implements. This will allow us to avoid weigh-ins.
 - Each person gets 3 throws. Measure and record each throw. Call scratches fairly.
 - Write down each person's **full name** legibly.
 - They use only the implement supplied by CV, to avoid any weight hassles.
 - Total the best throws of each person for a team total.
 - Get the next team to warmup and then throw.
 - When you are done with each division, add up the team totals, mark the top 5 individuals, and deliver the sheets to the press booth.
 - When you are totally done, put it all away. Tape measure, markers, implements, notebooks, tables and chairs, et cetera.
- C) Discus Ring "A"** officials: **Josh Sawyer-Long, Alex Becker, Vince Reiss** and the BFS and GV throwers: You will be handling GV first, and then the BFS.
- D) Discus Ring "B"** (the practice ring) officials: **Chris Traylor, Brad Rinker** and the GFS throwers: you will be handling the GFS.
- Check everyone in. Get started on time (4:00 p.m. for the GFS and the GV). It is very important to get through with the throws before the sun sets, seeing as how we have to beat nightfall.
 - Measure every attempt, call scratches fairly, get competitors in and out of the ring in an orderly fashion.
 - Do **one school at a time in a flight**: only a few warmups after their school is called.
 - They only get three attempts. Measure and Record every throw. Write down the **full name** of each competitor.
 - After each school is done, add up the best throws of each of the competitors and record the total distance.
 - When each division is ended, mark the top 6 team totals and the top 5 individuals and get that result sheet to the announcer's booth promptly.
 - It is important to try and get the discus going and over before sunset. The shot can take more time because it is within range of the field lights.
 - You get out of class early with the other athletes. Hustle up to the throwing areas and lay out the sectors, set out the markers, get the clipboards and tapes, get ready to check people in.
 - When done, and the results are turned in, reel in the sector lines, gather the cones, pick up a little garbage, and put the stuff back into the shed.

Pole Vault

1. Vault Officials: **Coach Clancy, Nick Simons, Chris Ashford**
2. Please get the pits out and together before the meet starts
3. Arrive early (2:45 or so) to start checking athletes in.
4. Start with the Girls' Frosh-Soph and Girls' Varsity combined, and then Boys' Frosh-Soph. If an athlete is in another event, have them check in with the other official and make a note on the clipboard so that they don't wander away. If they don't come back, and their teammates cannot find them, raise the bar anyway. If they come back, they get to resume at the new height. **THE BAR NEVER GOES DOWN.**
5. As soon as each division is finished, total up the team heights and mark the team places. Also, mark the top 5 individual finishers.
6. At the conclusion of the vaulting, turn in the results and put the pits away.
7. Bring snacks, fluids, et cetera. **No barbeques.** Pick up your trash, and everyone else's as well in the PV area.

Computer/Results official --

Jens Fønnesbeck, Jamie Hermosa

Several hundred people will be bothering you throughout the evening, so you will need to be efficient, calm, effective, and have the patience of Gandhi.

1. Results will be handed to you from the announcer. You need to take the heat sheet and translate it into readable results. List all runners or relay teams and their marks in order, from first place to last. In the interests of time, do not list individual members of relays.
2. When finished with the results sheet, pass it on to the awards official who will be stuffing medals into envelopes.
3. Please print at least one copy of each heat sheet and field event results as you are finished entering them.
4. If there is any question as to the results (names, times, places, etc) please inform the announcer and he will take steps to fill in missing, dubious, or distorted information.
5. Take one of the printed copies and give it to your courier to tape on the outside of the restrooms for people to see.
6. As much as possible, try to keep up with the meet. It would be great to have the whole meet entered at the end. It would be very nice to at least get most of it entered.

Officials Checklist:

Camera Operator -- Jason Janson, Oleg Zhoglo

1. This is a long and lonely assignment, but crucial to the meet. There will be two of you to do the honors. You need to film all the races to a) record the meet for posterity and b) have on film the close races in case the finish officials need backup help.
2. The timers will be set up on the opposite side of track, so you should have an unimpeded view of the finish line. In case anyone gets in the way, you are empowered to convince them that he or she is not acting in the best interests of meet harmony.
3. Get the starts, the handoffs, and generally follow the leaders on the longer races. Get all finishers (this is important in case anyone questions the order of finish).
4. Use the zoom for the far side of the track, and back off for the near side. Experiment to get the best results.
5. Remember, this is an official record, so watch your language, and do not spend time filming your friends in between races.
6. You will need to run out the extension cords, set up the camera, check out the systems, and be ready to go go go BEFORE 3:30 p.m. All the equipment is in the ramp side of the Press Booth.
7. After all the races, pack the camera and put it in Brewer's van along with the tapes. Wind up the extension cords and put them in the ramp side of the press booth.

Runners/Couriers:

These are crucial positions, because the quick and efficient movement of information and results keeps the meet moving along. These people need to be in place by 3:00 at the latest to insure that we start right at 3:30 p.m. The Couriers also need to know that **they stay until the end of the meet**, no matter how late it goes on. Last year (2000) we were done by 9:30. That is considered early. We may, if enough teams enter and we are truly inefficient, go as late as midnight. Be prepared. For each position, make sure that you introduce yourself to the officials at each end of your route. Also be prepared to help out with more than just carrying heat sheets. At each end of your route the officials may ask you to assist in some way.

1. Bullpen to Press Booth -- Nathan Fernsten

-- After each heat has been finalized and the runners are being sent to the starting line, the bottom copy of the heat sheet is to be carried to the announcer so that he can make accurate team and runner identifications. The Courier then returns to the bullpen to await the next heat sheet. Additional duties: carrying messages back to the bullpen, carrying message to other officials, rounding up athletes who have wandered away from the bullpen.

2. Finish line to Press Booth -- Alex Cardiasmenos, Chris Wong

-- After the race is run, and the times and places are written down and verified by the finish judge, the heat sheet is to be carried from the finish line to the announcer in the Press Booth. The Courier then returns to the finish line to await the results of the next race. Additional duties: filling in as a spot timer, filling in as a spot place-picker, helping keep athletes in their lanes at the end of races, handing out place cards at the end of the distance races.

3. Press Booth/ Awards Official to the Results board -- Yuri Nosenko, Beau Bettinger

-- After the Awards Official is through with the second copy of the heat sheet (to determine which medals go where) the copy is carried to the results board and posted for general viewing. After the results are posted, the Courier returns to the Press Booth to assist the Awards Official for the next set of results. Additional duties: helping Awards Official put medals in team envelopes, handing out coaches' packets at the start of the meet, relieving the other Couriers for potty breaks.

4. Floating troubleshooter and alternate -- All of you

-- Your job is to assist and be useful and give breaks to the others. Hang out around the finish line and be willing to add to the efficiency of the meet.

Officials Checklist

Announcer:

here are a few items:

1. It would be nice to have approximate, unofficial times from the press booth after races. This keeps the crowd into it. We have the scoreboard clock to use.
2. You will have an assistant. Use him well.
2. I trust you can announce and keep score at the same time. The program has the records and the scoring listed in it.
3. There will be two couriers accountable to you during the meet:
 - One will be ferrying corrected copies of heat sheets from the bullpen with the actual entries and the actual lane assignments. Hopefully this will give you a better handle on keeping track of the reality on the track. This will be the 2nd sheet of the heat sheet form.
 - The other courier will be transporting the results from the finish line to you. This will be the top copy of the heat sheet form. Please scan the sheet for obvious errata. This is for you to announce results from, and to use to tally scoring. When finished with the sheet please hand it to the computer person who will then enter said results into the magic Mac. Then the sheet is to go to the medal person who will be filling team envelopes with medals.These couriers can also relay messages from you to these places, as well as act as runners for other purposes.
- 3a. Yes, there will be walkie talkies too, but we also have these runners as human redundancy. (That's not what I meant.)
4. As field event results come in, please be the authority on checking the veracity of the totals -- our field judges do not always have a true passion for numerical accuracy that afflicts some of us. When you have satisfied yourself, then pass the top and middle sheets on as detailed above.

Awards Official

Ben Draper

1. There should be two separate stations for you to have at your disposal:
boxes full of envelopes full of medals,
and a box full of large envelopes.
The medals are sorted as to running events, and field events. The large envelopes are labeled,
one for each school in attendance.
2. Before the meet starts, you will be handing out the team envelopes to incoming coaches. You will also
be gently reminding coaches to cough up with their entry fees. Take their checks, thank them,
and stash the moola.
3. The computer person will be handing you a copy of the results of the races. You then take the
appropriate small envelopes from the medal boxes and place them in the large envelopes.
Please use the sheet of labels to stick on the outside of the envelope which event that school
medaled in (e.g. "4th FS 4 x 400").
4. There will be spare medals in case of unforeseen ties. If two teams tie for 2nd in the HJ, for instance,
they would both be entitled to the silver medals. Then you have to construct a medals envelope to
accommodate that situation. Also, if there is a foulup, and the proper envelopes have not been
prepared, you get to make amends.
5. The program has the order of events, so you can get a sense of which medals you have to deal with
first. Hopefully the envelopes have been pre-arranged. The medal situation is :
top 4 in all relays (3 person teams in field events,
4 person teams in running events)
top 5 in all individual races
top 5 individuals in all field events

1st place -- gold medals
2nd place -- silver medals
3rd place -- bronze medals
4th place -- bronze medals
5th place -- bronze medals
6. You will have an assistant. This courier will help you stuff envelopes, but also this person will be
responsible for taking the results sheets after you are through using them, and posting them
(with tape) on the outside of the press booth for the general public to view. As well, this person
will be the appointed "go-fer" for the press booth personnel, and is subject to whatever fits of
whimsy you can devise in this regard.
7. If there is any question, refer to the announcer, who will be manning the mike, or our computer human,
who will be in and out holding down the computer corner for us.
8. There will also be trophies (small, granted, but trophies nonetheless) stashed with the medals. They
need to be put on display somewhere close.

Varsity Boy Officials

ZONE JUDGES

KEVIN JOEY
GENO FOUNSBECK
ERIC ARAM
EVERETT ALBONICO

LONG/TRIPLE
JUMP OFFICIALS

VANDERBILT
DESILVA
BARNES

HIGH JUMP OFFICIALS

BOYS: MORGAN WEST PANE
GIRLS: PARKER NEZAMI

COURIERS

BULLPEN: NATE
FINISH LINE: ALEX, WONG
PRESS BOOTH: ~~YURI~~ YURI, CEDU

CAMERA:

JANSEN

AWARDS:

DRAPER
OLEG

SHOT PUT

A B
BOYS GIRLS
KENNY XAVIER
NEIL GALLI

DISCUS

A
BOYS GIRLS "A"
JOSH CHRIS T.
~~BRAD~~ RINKER
VICE ~~BRAD~~
GIRLS "B"
?

POLE VOLT

CHRIS
NICK
~~DAVE~~