

2019 EBAL TRACK & FIELD CHAMPIONSHIP MEET BULLETIN

TO: EBAL Track & Field Coaches, Athletic Directors, Commissioner
FROM: Thomas Chamberlain, 2019 EBAL T&F Championship Meet Director

The 2019 EBAL T&F Championships will be held on the following dates at Dougherty Valley high School. Located at 10550 Albion Road, San Ramon CA:

Sat. April 27 EBAL Trials - 8:00am Start Time for Field Events & 9:00am Start Time for Track Events

Sat. May 4 EBAL Finals - 8:00am Start Time for Field Events & 9:00am Start Time for Track Events

Hosting Assignments: Each participating school has been assigned a specific hosting responsibility for these dates as listed below. Each year the assignments rotate upward.

Dougherty Valley	- Host, Announcer, Entries, Scoring, Heat Sheets, Results, Facilities Manager, Finish Line Director, Finish Line Recorder, Gate Collection, Head Umpire, Hurdle Crew, Meet Director, Meet Referee, Starter and Recall Starter, FAT System (Diablo Timing has been hired to take on finish line duties)
Dublin	- Clerk of the Course
Livermore	- Block Crew and Track Umpires
San Ramon Valley	- Discus Official and Crew
Monte Vista	- High Jump Official and Crew
Amador Valley	- Shot Put Official and Crew
DLS/Carondelet	- Triple Jump Official and Crew
Foothill	- Pole Vault Official and Crew
Granada	- Long Jump Official and Crew
California	- Implement Weigh-ins and Track Umpires
All Head Coaches	- Exchange zones/break line

*Coaches are required to turn in a list of the names & phone numbers of all meet personnel being provided by their school to the Meet Director at the Seeding Meeting on MONDAY, April 22. These lists will be considered confirmation of your school's intent to fulfill its obligation, and are necessary so that the Meet Director can effectively prep and organize meet personnel!

- Approved Expenses:
1. One ticket taker and one ticket seller at \$50 each per day.
 2. One starter at \$150 per day.
 3. One recall starter at \$125 per day.
 4. One site director at \$100 per day.
 5. Finish Lynx Timing System at \$750 per day.
 6. Athletic Trainer at \$150 per day.
 7. Announcer at \$125 per day.
 8. \$250 for starting gun ammo, \$100 for hip numbers
 9. 6 standard portable toilets, 2 handicapped portable toilets,
2 wash basins (market price)
 - 10: Site custodial expenses

Rules: NFHS, CIF, NCS, and EBAL rules and bylaws will be followed. If rules are in conflict, then NFHS rules will be the default.

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The EBAL T&F Championship **SEEDING MEETING** will be held at Dougherty Valley in room 1107 **at 6:00pm on MONDAY, APRIL 22**. Coaches must attend this meeting in order to secure positions for their athletes in the championship meet. **ALL ENTRIES TO BE CONSIDERED MUST BE SUBMITTED THROUGH ATHLETIC.NET BY SUNDAY, APRIL 21.**

Seeding Instructions: Entries are based on submitted marks regardless of school affiliation. The top 24 submitted marks in each varsity and frosh soph event will be accepted and any mark that meets the EBAL At-Large mark reviewed at the pre-season meeting.

Be sure that your athletes intend to compete in the events for which you enter them. Equitable seeding of trial heats depends on the honest intent of those entered to compete. An athlete that is entered in an event, but does not compete, is taking that opportunity to compete away from another athlete. **COACHES ARE EXPECTED TO ENSURE THAT ATHLETES SHOW UP AND COMPETE IN ALL EVENTS FOR WHICH THEY HAVE BEEN ENTERED!**

HONEST EFFORT RULE:

The league will use the Honest Effort Rule for preliminary and final rounds of the League Championship (EBAL Bylaws Sec. 13).

Competitors who have qualified for and/or been accepted into more than one event, must honestly participate in the qualifying or final round in each event for which the athlete is accepted or has qualified, 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.

ENTRY LIMIT RULE:

Please note that athletes may be entered in NO MORE THAN four events. The only exception to this is if the athlete is listed as a relay alternate. Being listed as a relay alternate does not count against the four-event entry maximum.

ENTRIES FOR THE EBAL CHAMPIONSHIPS MUST BE SUBMITTED THROUGH ATHLETIC.NET

Please log on to athletic.net and complete the entry process for the East Bay Athletic League Championships NO LATER THAN SUNDAY, APRIL 21.

If you have questions about entry procedures, please contact Tom Chamberlain at:

tchamberlain@srvusd.net

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Thank You,

Tom Chamberlain

Meet Director

EVENT MECHANICS:

RUNNING EVENTS

HEAT & LANE ASSIGNMENTS IN TRIALS: Seeding will be serpentine with the fastest entrant in the final preliminary heat.

HEAT & LANE ASSIGNMENTS IN FINALS: In all races except the 800m, 1600m and 3200m runs, the fastest qualifiers will be assigned to the preferred lanes as determined by the Games Committee, and the next fastest qualifiers to the adjacent lanes (4,5,3,6,2,7,1,8). Lane assignment will be based on time only. No preference will be given for placing in trial heats. We will run two heats for all lane events with the first heat having the 9-16 qualifiers and the second heat having the 1-8 qualifiers.

There will be one heat in the 800m and 1600m run featuring 16 qualifiers from trials, with runners starting in alleys for the first turn. The 3200m will be run as a final only, with runners starting in alleys for the first turn.

The 800m and 1600m preliminaries and finals will be run in alleys and seeded based upon time. Starting in lane one working out will be 16,15,14,13,12,11,8,7,4,3 seeds. The outside alley will be 1,2,5,6,9,10 seeds. The 3200m will follow a similar pattern.

Qualifying from Trials to Finals in ALL running events except the 800m and 1600m are as follows: Top finisher in each heat, plus the next fastest competitors to reach a total of 16. In the case of a tie(s) for first in the trials, all runners involved in the first place tie will qualify for the finals and the number of non-first place qualifiers will be reduced to ensure there are not more than 16 runners in the finals.

Qualifying from Trials to Finals in the varsity 800m and 1600m is as follows: If three heats, top 4 finishers in each heat, plus the next fastest 4 to reach a final field of 16.

NOTE: Both the 800m and the 1600m will have a final field of 16. The 3200m will have a final field of 24 or the head coaches will make a necessary change at the Seeding Meeting. ALL other running events will have final fields of 16.

FIELD EVENTS

Varsity Pole Vault & High Jump are Finals Only. These events will be run using a "five-alive" format. Once a total of 16 competitors or fewer remain in the competition at the beginning of a round, then the competition will be conducted in 1 continuous flight of 16 or fewer competitors.

In High Jump, the bar will be raised in 2 inch increments. When only 3 or fewer contestants remain, the bar will be raised in 1 inch increments. (2018 NCS "at large" marks: Girls 5-1, Boys 6-1).

In Pole Vault, the bar will be raised in 6 inch increments. (2018 NCS "at large" marks: Girls 10-6, Boys 13-4).

Varsity Horizontal Jumps & Throws will have a preliminary round. This will immediately be followed by a final round for the Top 16 competitors on the same day: Competitors will receive 3 attempts in the

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preliminary round, and the Top 16 competitors will receive an additional 3 attempts in the final round. Final placing will be determined by best marks from all 6 attempts.

HONEST EFFORT

The league will use the Honest Effort Rule for preliminary and final rounds of the League Championship (EBAL Bylaws Sec. 13).

Competitors who have qualified for and/or been accepted into more than one event, must honestly participate in the qualifying or final round in each event for which the athlete is accepted or has qualified, 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.

MINIMUM MARKS FOR MEASURING FIELD EVENTS

(Last updated 5/2/16 – and will be updated at the Seeding Meeting)

Event	BV	GV	BFS	GFS
LJ	18-5	14-5	16-6	12-0
TJ	37-0	29-0	34-0	NM
HJ	5-5	4-6	4-10	3-10
SP	38-0	25-6	34-0	NM
DT	105-0	75-0	80-0	NM
PV	10-1	7-11	8-0	6-6

For the LJ, TJ, SP, and DT the first attempt will be measured if it is a legal attempt.

CONFLICT IN EVENTS

Competitors who are entered in field events being held simultaneously must report to each event's official by the published event start time, 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 are not to report directly to the starting line without checking in first with the Clerk-of-the-Course.

REMINDER: The time excused rule is 30 minutes. Official must write down the time that the athlete is initially excused in order to enforce this rule. This is the total time an athlete may be excused from a field event before or between attempts. Failure to return to the event and execute an attempt within 30 minutes will result in the athlete being scratched from further competition in the event.

UNFAIR ACTS

It is an unfair act when a competitor receives any assistance from any other person that could improve that competitor's performance. Assistance includes:

- a) Interference with another competitor.
- b) Pacing by a teammate or persons not participating in the event
- c) Competitors joining or grasping hands with each other during a race.
- d) Competitors using an aid during the race.

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- e) Communication with a competitor through the use of a wireless device.
- f) Coaching a competitor from a restricted area
- g) A competitor views a videotape prior to the completion of the competition.

*The penalty for such unfair acts is disqualification from that event.

UNSPORTSMANLIKE CONDUCT

Unsporting conduct is behavior that is unethical or dishonorable. It includes, but not limited to, disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, criticizing or using profanity directed toward someone. This shall apply to all coaches, contestants and other team/school personnel.

PENALTY: The penalty for such behavior is disqualification from that event and further competition in the meet. (Nat'l. Fed. Rule 4, Section 6, Article 1)

UNACCEPTABLE CONDUCT

Unacceptable conduct by a competitor includes, but is not limited to, willful failure to follow the directions of a meet official, using profanity that is not directed at someone or any action that could bring discredit to the individual or his/her school.

PENALTY: The penalty for such behavior is disqualification from that event. (Nat'l Fed. Rule 4, Section 5, Article 2)

UNIFORM RULE

NFHS SECTION 3, ARTICLE 1.....The competitor's uniform shall be issued by the school, worn as intended by the manufacturer, and have the following restrictions:

1. Each competitor shall wear shoes.
2. Each competitor shall wear a track top or one-piece uniform issued by the school.
 - a. When numbers are used, each competitor shall wear his/her assigned, unaltered contestant number.
 - b. The top or one-piece uniform may have the school identification and the top may have the competitor's name.
 - c. The top shall not be knotted or have a knot-like protrusion.

A single manufacturer's logo/trademark/reference, no more than 2 1/4 square inches with no dimension more than 2 1/4 inches, is permitted on the top or one-piece uniform.

The American flag, not exceeding 2 x 3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top.

Bare midriff tops are not allowed.

The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect.

3. Each competitor shall wear a track bottom or one-piece uniform issued by the school.
 - a. The bottom or one-piece uniform may have the school identification.

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- b. Loose-fitting, boxer-type shorts are permitted for boys and girls. Closed-leg briefs are acceptable for girls.
- c. French or high-cut apparel shall not be worn in lieu of uniform bottom.
- d. The waistband of a competitor's bottom shall be worn above the hips.
- e. A single manufacturer's logo/trademark/reference, no more than 2 1/4 square inches with no dimensions more than 2 1/4 inches, is permitted on the bottom or one-piece uniform.
- f. The American flag, not exceeding 2x3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform bottom.

4. Visible Undergarments

- a. Any visible garment(s) worn underneath the uniform top or bottom shall be a single color and unadorned except for:
 - A single school name or insignia no more than 2 1/4 square inches with no dimension more than 2 1/4 inches.
 - A single, visible manufacturer's logo as per NFHS rules.

Note: If more than one visible garment is worn under the uniform bottom, all must be the same color.

Note: If more than one visible garment is worn under the uniform top, all must be the same color.

Note: A visible garment worn under the uniform displaying contrasting stitching to the single, solid color of the undergarment and functioning as the actual seam for the undergarment's construction is legal.

NFHS SECTION 3, ARTICLE 2...Additional restrictions for relay races.

In relay races, each team member shall wear the same color and design of school uniform although the length of the bottom or one-piece uniform may vary.

Any visible garment(s) worn under the uniform top and/or under the uniform bottom, extending below the knee, shall be a single color and the same color as those worn by other members of the relay team.

Visible garments under the uniform top or bottom may vary in length.

PENALTY: For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition, and shall be issued a warning that a subsequent violation shall result in a disqualification from the event. (Nat'l Fed. Rule 4, Section 3, Articles 1-3)

PROTEST/APPEAL PROCESS (RULE 3.2.4)

All protests are made to the Meet Referee. The Referee's decision is final. There is NO jury of appeals.

UNIFIED COMPETITION

Unified competitors will participate in the 100m and long jump in order to qualify for the Tri-Valley Area Meet. These events will not count as scoring events towards the team championships. The rules for the mechanics of these events will be taken from the NCS MOC Bulletin when it becomes available.

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MEET SCORING

All EBAL Championship Finals will be scored for ALL divisions as follows: 10 – 8 – 6 – 4 – 2 – 1

QUALIFYING TO NCS TRI-VALLEY CHAMPIONSHIPS:

The top 6 finishers in each EBAL Varsity event qualify for the NCS Tri-Valley Championships at Dublin High School, Saturday, May 11, 2019. In addition to the top 6 finishers from the DAL and EBAL league championships and the top 4 finishers in the BVAL league championships, the NCS Tri-Valley Championships will also accept the next 8 best performers in the region.

Athletes who do not qualify through the procedure explained above, but who achieve an NCS “At Large” Standard, will also advance to the NCS Tri-Valley Championships.

Area and MOC At-Large Standards for 2019:

BOYS

400 Relay	43.23
1600m	4:23.52
110 Hurdles	15.60
400m	50.31
100m	11.10
800m	1:57.78
300 Hurdles	40.79
200m	22.49
3200m	9:27.28
1600 Relay	3:26.65
Long Jump	20-11
Triple Jump	43-02.25
High Jump	6-02
Pole Vault	13-08
Shot Put	48-7
Discus	147-01

GIRLS

400 Relay	49.72
1600m	5:05.78
110 Hurdles	15.71
400m	59.93
100m	12.55
800m	2:20.56
300 Hurdles	46.49
200m	25.60
3200m	11:03.09
1600 Relay	4:03.49
Long Jump	16-17.75
Triple Jump	35-05.25
High Jump	5-0
Pole Vault	10-8
Shot Put	36-0.5
Discus	119-10

REPORTING OF SCRATCHES TO THE NCS TRI-VALLEY CHAMPIONSHIPS:

A mandatory coaches meeting will be held at the starting-line tent immediately following the conclusion of competition on Saturday, May 12. Coaches must **scratch** ANY athlete who competed in the EBAL championships but is *not* available to compete at the NCS Tri-Valley Championships as well as report **relay changes** at this meeting.