

2023 EBAL TRACK & FIELD CHAMPIONSHIP MEET BULLETIN

TO: EBAL Track & Field Coaches, Athletic Directors, Commissioner
FROM: Traci McMullen, 2023 EBAL T&F Championship Meet Director

The 2023 EBAL T&F Championships will be held on the following dates at San Ramon Valley High School located at 501 Danville BLVD, Danville, CA:

Friday, May 5- Varsity EBAL Finals - 3:00PM Start Time for Field & Track Events

Saturday, May 6- Frosh/Soph EBAL Finals - 10:00AM Start Time for Field & 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.

Responsibility	School (2023)
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	San Ramon Valley
Clerk of the Course	Livermore
Block Crew and Track Umpires	Monte Vista
Discus Official and Crew	Amador Valley
High Jump Official and Crew	DLS/Carondelet
Shot Put Official and Crew	Foothill
Triple Jump Official and Crew	Granada
Pole Vault Official and Crew	California
Long Jump Official and Crew	Dougherty Valley
Implement Weigh-ins and Track Umpires	Dublin
Exchange zones/break line	All Head Coaches

*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, May 1. 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.

2023 EBAL TRACK & FIELD CHAMPIONSHIP MEET BULLETIN

4. One site director at \$100 per day.
5. Finish Lynx Timing System at \$750 per day.
6. Athletic Trainer at \$200 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 (approx. \$1,000).

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

The EBAL T&F Championship **SEEDING MEETING** will be held at San Ramon Valley High School in Room D201 (back entrance of D hall near the main entrance to the stadium) **at 6:30pm on MONDAY, May 1**. 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 CA.MILESPLIT.COM BY Sunday, April 30.**

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 is reviewed at the pre-season meeting.

Average of 16th (or last if less than 16) place qualifier or finisher from last 5
EBAL Championships, dropping the best and worst marks

Varsity		Frosh/Soph
5:28.28	G1600	5:58.76
4:33.09	B1600	4:50.41
19.08	G100H	21.91
18.36	B110H	22.93
64.94	G400	69.07
53.27	B400	56.66
13.35	G100	14.07
11.70	B100	12.25
2:30.18	G800	2:45.59
2:04.30	B800	2:15.08
53.23	G300H	60.34
45.76	B300H	51.35
28.00	G200	29.70
23.84	B200	25.20
12:19.08	G3200	14:29.05

2023 EBAL TRACK & FIELD CHAMPIONSHIP MEET BULLETIN

9:59.81	B3200	10:46.91
4-6	GHJ	4-0
7-6	GPV	6-4
14-7.25	GLJ	12-2
29-11.25	GTJ	27-2.75
25-11.75	GSP	19-10
76-6	GDT	52-9
5-5	BHJ	4-10
10-7	BPV	8-2
18-2.75	BLJ	17-00.50
37-10.50	BTJ	33-4
35-9	BSP	32-3.50
102-11	BDT	79-4

Be sure that your athletes intend to compete in the events for which you enter them. Equitable seeding of 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 fidelity.

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.

2023 EBAL TRACK & FIELD CHAMPIONSHIP MEET BULLETIN

ENTRIES FOR THE EBAL CHAMPIONSHIPS MUST BE SUBMITTED THROUGH [CA.MILESPLIT.COM](https://ca.milesplit.com)

Please log on to ca.milesplit.com and complete the entry process for the East Bay Athletic League Championships NO LATER THAN SUNDAY, APRIL 30 at 10:00PM.

If you have questions about entry procedures, please contact Traci McMullen at tmcmullen@srvusd.net.

Thank You,
Traci McMullen
Meet Director

EVENT MECHANICS

- A. The goal for the league championships will be to have 24 participants in each event.
- B. An at-large standard will be used taking a 3-year average of the 16th place in each event from the previous five years, taking out the high and low marks in that period. (Says 5 year on doc above)
- C. If there are not 16 competitors in an event for any year, the last place mark will be used for calculating the at-large standard.
- D. Any athlete achieving the at-large standard will automatically qualify for the finals in that event.
- E. If fewer than 24 competitors in an event have achieved the at-large standard during the season, additional entries will be added, based on entry marks, to make up a field of 24 participants.
- F. If more than 24 competitors have achieved the at-large standard during the season, all of those athletes will qualify for the meet and additional heats will be added as necessary.
- G. In the event of inclement weather, any events not contested at the varsity championships will be moved to the following day at the starting time of the frosh-soph competition. The number of participants may be reduced to manage the size and duration of the meet.

RUNNING EVENTS

Each day of the league meet will be run as timed finals in all running events, with all finals heats eligible for placing and advancing to the Tri-Valley Area meet (varsity only).

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. We will run three heats for all lane events with the first heat having the 17-24 qualifiers, the second heat having 9-16 qualifiers and the third heat having the 1-8 qualifiers.

2023 EBAL TRACK & FIELD CHAMPIONSHIP MEET BULLETIN

Relay cards may list up to 8 runners, a change from the past.

FIELD EVENTS

Field events will be contested with the following groups going first and the opposite gender beginning competition 20 minutes after the completion of the first group. Girls LJ, Boys TJ, Girls SP, Boys DT, Girls HJ & Boys PV in even numbered years and Boys LJ, Girls TJ, Boys SP, Girls DT, Boys HJ & Girls PV in odd numbered years.

Varsity Pole Vault & High Jump 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. (2023 NCS "at large" marks: Girls 5-0, Boys 6-2).

In Pole Vault, the bar will be raised in 6 inch increments. (2023 NCS "at large" marks: Girls 10-5, Boys 13-0).

All Horizontal Jumps & Throws will have a preliminary round. This will immediately be followed by a final round for the Top 8 competitors on the same day: Competitors will receive 3 attempts in the preliminary round, and the Top 8 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 fidelity.

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

2023 EBAL TRACK & FIELD CHAMPIONSHIP MEET BULLETIN

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. Officials 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.
- 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 is 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)

2023 EBAL TRACK & FIELD CHAMPIONSHIP MEET BULLETIN

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

RULE 4-3:

NOTE: The wearing of a medical alert with the alert visible is encouraged for risk minimization. The ultimate responsibility to have each competitor compliant with uniform rules and other reasonable and legal items is with the coach.

ART. 1 . . . The competitor's uniform shall be school-issued or school approved, worn as intended by the manufacturer, and meet the following requirements and restrictions:

a. Each competitor shall wear shoes on both feet.

1. The shoes shall have an upper and recognizable sole and heel.
2. The (shoe) upper must be designed so that it can be fastened securely to the foot.
3. In cross country, the sole and heel may contain grooves, ridges or track spikes which are no longer than 1 inch.

NOTE: The games committee may also determine the length of spikes allowed on all-weather surfaces. (3-2-4a)

4. The use of slippers or socks does not meet the requirements of the rule.

b. Each competitor shall wear a school-issued or school-approved full-length track top and track bottom or one-piece uniform. Any outer garment (e.g., t-shirts, sweatpants, tights) that is school-issued or school-approved becomes the official uniform, when worn.

1. When numbers are used, each competitor shall wear his/her assigned, unaltered contestant number.
2. The top and/or bottom or one-piece uniform may have school name, school logo, school nickname and/or competitor's name.
3. The top shall not be knotted or have a knot-like protrusion. Bare midriff tops are not permitted. The top must hang below or be tucked into the waistband of the uniform bottom when the competitor is standing upright.

2023 EBAL TRACK & FIELD CHAMPIONSHIP MEET BULLETIN

4. Loose-fitting boxer-type bottoms or compression-style bottoms are permitted for boys and girls. Closed-leg briefs are acceptable for girls. French or high-cut apparel shall not be worn in lieu of the uniform bottom. The waistband of a competitor's bottom shall be worn above the hips.
5. A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the top and bottom or one-piece uniform.
6. One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.
7. Any visible garment(s) worn underneath the uniform top and/or bottom is considered a foundation garment. Foundation garments are not subject to logo/trademark/reference or color restrictions.

ART. 2 . . . Additional restrictions for relay teams and cross country teams.

a. All relay and cross country team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team.

NOTE: The official should be able to observe that all members are from the same team.

PENALTY: (Articles 1, 2) 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. The referee shall be notified of the violation by the observing meet official, and the referee shall then notify or cause to be notified the head coach of the offending school of the competitor's violation and warning.

ART. 3 . . . Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, is illegal.

PENALTY: This shall lead to a warning and if repeated, to disqualification from the event. If the incident recurs, the competitor will be disqualified from further competition in the meet.

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 100, long jump, shot put and coed 4x100 relay in order to qualify for the Tri-Valley Area Meet. These events will not count as scoring events towards the team championships. The Unified events will take place in the morning on Saturday, the day of the Frosh/Soph finals. The rules for the mechanics of these events will be taken from the NCS MOC Bulletin when it becomes available.

2023 EBAL TRACK & FIELD CHAMPIONSHIP MEET BULLETIN

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 Foothill High School, Saturday, May 13, 2023. 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 2023

Boys	
Event	At-large mark
4x100	43.39
1600	4:25.7
110HH	15.52
400	50.38
100	11.02
800	1:59.2
300H	41.08
200	22.47
3200	9:29.0
4x400	3:27.3
Long Jump	21-02.25
Triple Jump	43-03.25
High Jump	6-02
Shot Put	46-11.25
Discus Throw	137-02
Pole Vault	13-0

Girls	
Event	At-large mark
4x100	49.94
1600	5:13.0
100HH	16.24
400	59.55
100	12.49
800	2:21.0
300H	47.9
200	25.85
3200	11:08.3
4x400	4:05.58
Long Jump	16-07.75
Triple Jump	35-07.25
High Jump	5-0
Shot Put	35-03.75
Discus Throw	110-01
Pole Vault	10-5

2023 EBAL TRACK & FIELD CHAMPIONSHIP MEET BULLETIN

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 5. 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.