

CONSTITUTION OF NORTH COUNTY CONFERENCE

TRACK & FIELD – BOYS/GIRLS

SCHEDULES	Conference authorizes combined single round dual track schedules, using Thursdays.
OFFICIALS	<p>Currently authorized Official's Association shall assign one starter to each dual meet and two starters to both All-League prelims and finals. Home school shall furnish "competent adult" officials as needed for dual meets (JC students who are PE majors may be considered as "competent adult officials".)</p> <ol style="list-style-type: none"> 1. Clerk of Course (1) – in charge of running event check-in. 2. Head Judge (1) – in charge of finish line. 3. Timers (3) – first 3 places. 4. Judges (3) – first 3 places. NOTE: Automatic Timing Operators(2) could replace head judge, timers and Judges. 5. Announcer (1) 6. Field Event Judges (6) – 1 per event <p>Home school provides "competent student" officials for dual meets:</p> <ul style="list-style-type: none"> -Hurdle crew -Block crew -Runners -Official scorer and book -Field Event Assistants; 3 to 4 per event as needed.
CLASSIFICATIONS DUAL MEETS	Conference levels in Track and Field shall be: BOYS: Varsity, Junior Varsity, and Freshmen GIRLS: Varsity and Junior Varsity (Adopted 6/21/93)
EVENTS	As per CIFSD Section Green Book. (See "Standardized Combined Dual Meet Order of Events") Starting time for all dual meets shall be 3:45 PM.
ENTRIES	<p>Submission of entries shall be handled in manner prescribed by Official's Association. Entries limited to four in all Varsity events.</p> <ol style="list-style-type: none"> 1. Relay entries must contain the names of Entries. (Adopted 6/26-27/84) 2. Track coaches must exchange entry lists prior to dual meets. The starter shall also receive a copy of each school's entry list. The List is official.
TRACK	Home school is responsible for having all interested parties informed of any

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	unusual conditions of local track.
7. LANE PLACEMENT IN DUAL MEETS	In laned races, the home team runs in odd lanes; the visiting team runs in even lanes. In relay races, the Home A team runs in the even lane (lane 2), and the visiting A team runs in the odd lane (Lane 3)
8. MAKEUP	Postponed contest subject to Conference policy.
9. INTERRUPTED CONTEST	Shall be handled according to CIF, San Diego Section and National Federation rules.
10. LEAGUE RECORDS	League Track and Field records can be established only in League prelims or finals.
11. CHAMPIONSHIPS/ALL	<ol style="list-style-type: none"> 1. League championships shall be determined on the basis of won-loss record dual meet League contests. 2. The individual winner and relay team winner in each event will be named to the All-League team.
12. LEAGUE MEET	<ol style="list-style-type: none"> I. The site for the league prelims and finals will be determined via an agreement between the head coaches of each individual league; II. The time schedule for the league prelims and finals will be determined via an agreement between the head coaches of each individual league. III. The prelims and finals will be a ONE day meet taking place on Friday or Saturday. IV. Each league's prelims and finals shall have a meet director who is in charge of all communications, logistics and results. V. Admissions for the league prelims and finals shall be charged. Proceeds from gate receipts will be used to pay expenses(officials, custodial, security, etc;) as well as timing system costs(\$250 per day) and up to \$300 to pay other meet officials and the athletic trainer. <ol style="list-style-type: none"> a. The excess from the gate receipts will be submitted to the North County Conference via check. VI. Fully automatic timing systems shall be used for all league prelims and finals. The meet director also oversees the set up and running of the timing system. VII. Each league school will be assigned specific duties during the league prelims and finals. Each school must provide the adult and student workers necessary to fulfill those duties.
13. AWARDS	Conference shall provide four place medals for each single event and four medals for both the first and second place relay teams in each League final.

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14.CIF PLAYOFFS	Individual competitors shall qualify for CIF prelims from the League finals as per CIF format via CIF qualifying standards.

Revised : February 28, 2015
Revised September 7, 2014
Revised November 13, 2014
Revised February 28, 2015
Revised May 18th, 2023

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CIF ORDER OF EVENTS

A. Running Events

<u>Order</u>	<u>Division</u>	<u>Events</u>
1	G	400 Meter Relay
2	B	400 Meter Relay
3	G	1600 Meter Run
4	B	1600 Meter Run
5	G	100 Meter LH
6	B	100 Meter HH
7	G	400 Meter
8	B	400 Meter
9	G	100 Meter
10	B	100 Meter
11	G	800 Meter
12	B	800 Meter
13	G	300 Meter LH
14	B	300 Meter LH
15	G	200 Meter
16	B	200 Meter
17	G	3200 Meter Relay (league finals only)
18	B	3200 Meter Relay (league finals only)
19	G	3200 Meter
20	B	3200 Meter
21	G	1600 Meter Relay
22	B	1600 Meter Relay

(Adopted by CIF 9/23/87)

B. Field Events

1. Field events will start at 3:45 PM
2. Varsity division will have 3 trials with top 4 receiving 3 additional trials; JV and Frosh will receive 4 attempts each.
3. All Junior Varsity field events are limited to a maximum of (6) entrants per school, or a maximum of twelve (12) if either school doesn't fill the maximum.
4. All field events must conclude within 30 minutes of the finish of the 1600m relay.

DISCUS

1. Girls will throw discus first, followed by the girls JV with a maximum one (1) hour 30 minute time limit.
2. Boys Varsity will throw next, followed by the Boys JV and the boys Freshmen.

SHOT PUT

1. Boys Varsity will throw shot first, followed by the boys JV, and the boys Freshmen with a maximum 1

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hour 30 minute time limit.

2. Girls will throw next, followed by the girls JV.