

1100 Track & Field

1101 GOVERNING BODY

National Federation Rule book is the governing authority in track & field.
The State CIF, NCS or the MCAL may make some modifications.

1102 GENERAL INFORMATION

1. Track and Field is held in the spring season of sport.
2. The league schedule will be single round of dual and tri meets scored as dual meets.
3. Meets will be held on Thursdays and will start at 3:30 before DST and 4:00 after.
4. Warm-ups are to start 30 min. prior to the start of the meet.
5. Field events are to begin at the gun of the first track event and all officials for events should be at their site.
6. Host schools that run into conflicts with other sport schedules are allowed to make up the meets on Mondays.
7. Inclement weather: Home teams will be responsible for canceling meets due to inclement weather. A meet must be canceled by 1pm.
8. Cancelled or suspended dual or triangular league meets must be made up on the following Tuesday of the week after a postponed meet except if the following Tuesday falls during Spring break, in which case the meet is to be made up the second Tuesday after the Spring Break.
9. It is not necessary to make up non-varsity meets after the season has officially ended (i.e., last varsity game date) unless they have a bearing on the league championship.
10. **Only** the athletic director or a site administrator may cancel or reschedule a meet.

1103 OFFICIALS

1. The starter is the meet referee.
2. The head coach of the host school is to be the meet director, unless the visiting head coach is technically the host because the site has been changed.
3. The meet director must assume all the responsibilities of that position as listed in the official rule book and be available to the other head coaches at all times.
4. Visiting teams are to provide adult officials if at all possible to run at least one of the field events.
5. The visiting team is also to provide one competent adult if at all possible for the finishing line with a stop-watch and the knowledge of how to use it; otherwise the visiting coaches must fulfill these obligations. If schools are short on volunteers to run the meet, the Discus & Shot Put may be run like the long jump & triple jump in consecutive order.
6. Starters and clerk of the course will receive \$75.00 each for dual meet, \$100.00 each for tri-way meet. For MCAL trials & finals each starters & clerks receive \$100 per day.
7. The official in charge of each field event shall be the judge in case of disqualification, except in meets where a referee has been appointed; then the referee shall have final jurisdiction.
8. In no situation is the official in charge of a field event to do any coaching of any of the competitors. Such coaching by an official can lead to disqualification of the athlete.
9. For the League meet, the referee shall be agreed upon by the Commissioner of the League and the head coach of the host school.
10. There are to be a group of qualified starters to start the dual, triangular and

League meets. These starters act as meet referee in dual and triangular meets and are to be given a list of their duties and responsibilities by the host school and/or the League office. The starter, as referee, must take immediate action on all disputes brought to his/her attention by other officials and/or coaches.

1104 ADMISSION

Admission may be charges at any MCAL contest although it is not customary to charge for track meets except the league finals. See general rules for admission price guidelines. Admission will be charged at league trials and finals.

1105 LEAGUE RULES & GUIDELINES

1. Each school must declare, announce or identify in which divisions they will enter teams prior to the start of the dual meet season. If a team is fielded, it must be at the varsity level.
2. A team must have the opportunity to win so there must be 8 players to constitute a team. This means that the team then would cover 14 individual events plus an additional person needed to cover both relays.
3. For league meets schools have unlimited entries into events. There will be second heats if needed in the lane races (100m, 200m, 400 m). Coaches MUST communicate two days prior to a scheduled meet regarding the number of entries they expect to have to adjust the time schedule accordingly. Only the first heat counts for scoring purposes.
4. Schools can be entered in varsity girls or boys competition. A school may enter up to six (6) entries per event for all competition if no qualifying event is required.
5. The three way meets are to be “inclusive” which means unlimited entries and surely a few non-scoring heats.
6. All entry cards for the League meet must be turned in at the beginning of the seeding meeting, and no switching, substituting or any other changes are permitted after this time unless there is unanimous agreement among all head coaches in attendance.
7. All running events in the League meet are run over metric distances, and the marks on the entry cards should reflect this fact.
8. No track event shall be held up for a contestant who is competing in a field event.
9. Before leaving the site of a track meet, all coaches should verify the results of the meet. By the second day following a dual or triangular meet, the host school shall send out via email or USPS the results of the meet to the other League coaches so that the other coaches receive a hard copy of the results no later than the following Monday. The results are to indicate the marks of all athletes listed, not just the winners. In case of meets made up on Monday or Tuesday, the host coach should have copies of the results available the following day for coaches who request them.
10. In dual meets the visiting teams in hurdling events will have three lanes of hurdles in all hurdling events.
11. In three way meets, the lane races (100m, 200m, & 400m) in the first heat for schools with 8 lanes, each school is allowed two lanes each. The next two lanes are allotted to the next two runners (one per school) determined by the best incoming marks.
12. In no case will marks made in second heats count in the scoring of the meet.
13. Field event sign-up:

A specific field event reporting time will be given for all of the events at the league finals. The event can not start until that set time, but it might be delayed due to the prior event not finishing by that time. Athletes must be there whether it begins on time or not.

14. The uniform rules for the MCAL track meets are the same as the rules found in the National Federation Rule-book.
15. There shall be no coaching of athletes in the field event areas. If a coach wishes to instruct an athlete, it must be done away from the pit area.
16. In MCAL dual and triangular meets the long jump and the triple jump are to be run in an "open pit" manner for all three divisions. Each athlete is given four jumps. The long jump begins with the start of the meet and concludes with the start of the varsity boys' 100m. No jumps are permitted after this time whether or not a competitor has completed his/her jumps. The triple jump begins at this time and concludes with the start of the varsity boys' mile relay. The same rules apply to the triple jump.
17. The meet director must see to it that all running and field events begin on time.
18. In MCAL dual and triangular meets each competitor in the shot and discus is allowed four throws; there are no finals.
19. Host schools/meet directors are to see that officials of the field events have an up-to-date set of rules for the events they are officiating, a clipboard and a proper set of field event forms.
20. Host schools must furnish an adult starter.
21. All implements to be used in a league trial & finals are to be weighed and approved..
22. Markers may be used in the discus for dual and triangular meets. In the MCAL trials and finals every throw should be measured individually.
23. The host school is to provide .32 caliber pistols and black powder blanks. Visiting schools, which do not host triangular meets, should provide the host schools with blanks on a rotating basis.
24. Although the home school must furnish enough starting blocks for all participants, it is recommended that visiting schools bring their own.
25. Each track athlete must wear a sticker with their name and school on it for all events. These stickers will be used to record the winners of an event. Each head coach is responsible for the participants from their school to have the sticker.
26. Order of events are on page.43 b.

1106 PLAY-OFFS

1. As of 2009, admission will be charged for trials & finals. IF a decision is made NOT to charge admission, each school participating in the events of the MCAL will be assessed to defray the cost of the meets and to allow a no admission fee policy.
2. In track & field there will be a league trial on Thursday/ Friday and a league final on Saturday. The site of these contests will rotate.
3. An athlete who, in the League meet trials, runs and qualifies for an event in the finals and in the process eliminates another athlete from that event, then subsequently fails to participate in that same event in the finals, will not be allowed further competition during the meet, including relays.
4. Any competition held prior to the above rule violation is still valid.
5. A competitor may drop out of a finals event if no trials were held and thus no athlete was eliminated in the process of setting up the finals.

6. The MCAL Championships will be run in accordance with the MCAL Track & Field Championship Bulletin which is reviewed yearly by coaches at their pre-season meeting.

7. League Track Hosts

Track Trials & Finals Rotation

	2037	2038	2039	2040	2023	2024	2025	2026	2027
School	2028	2029	2030	2031	2032	2033	2034	2035	2036
Terra Linda	Host	+1	TJ	SP	PV	D	+2	LJ	HJ
Archie	HJ	Host	+1	TJ	SP	PV	D	+2	LJ
San Marin	LJ	HJ	Host	+2	TJ	SP	PV	D	+1
Branson	+2	LJ	HJ	Host	+1	TJ	SP	PV	D
Redwood	+1	SP	LJ	HJ	Host	+2	TJ	SP	PV
San Rafael	D	+2	SP	LJ	HJ	Host	+1	TJ	SP
Tam	PV	D	+2	PV	LJ	HJ	Host	+1	TJ
Marin Cath.	TJ	PV	D	+1	D	LJ	HJ	Host	+2
Novato	SP	TJ	PV	D	+2	+1	LJ	HJ	Host

+1/2 = School to provide one additional person to help with meet administration.

8. Sites for MCAL league meet shall rotate between north and south as possible.

1107TIE-BREAKING INFORMATION

Tie-Breaking is unnecessary in track & field.

1108AWARDS & PENNANTS

1. After completion of the regular season play, the team with the best record in the dual meets will receive a pennant.
2. A pennant shall be awarded also to the finals meet champion.
3. In dual meets, one-half point per team shall be awarded in case of a tie.
4. Medals shall be awarded to the winners of the first three places in each varsity event, boys' and girls', in the MCAL finals. The league shall provide for the medals.
5. Player of the Year award will be given to one male & female runner and one male & female field event athlete.

1109 ALL-LEAGUE

Medals will be awarded to the top three finishers of the league in each event.

MCAL TRACK AND FIELD SCHEDULE OF EVENTS

4:00 pm	F/S Boys' 400m Relay
4:05 pm	Girls' 400m Relay
4:10 pm	Varsity Boys' 400m Relay
4:15 pm	F/S Boys' 1600m Run
4:22 pm	Girls' 1600m Run
4:30 pm	Varsity Boys' 1600m Run
4:40 pm	Girls' 100m High Hurdles (33")
4:45 pm	F/S Boys' 110m High Hurdles (36")
4:50 pm	Varsity Boys' 110m High Hurdles (39")
4:55 pm	F/S Boys' 400m Dash
5:00 pm	Girls' 400m Dash
5:05 pm	Varsity Boys' 400m Dash
5:10 pm	F/S Boys' 100m Dash
5:15 pm	Girls' 100m Dash
5:20 pm	Varsity Boys' 100m Dash
5:25 pm	F/S Boys' 800m Run
5:30 pm	Girls' 800m Run
5:35 pm	Varsity Boys' 800m Run
5:40 pm	F/S Boys' 300m Low Hurdles
5:45 pm	Girls' 300m Low Hurdles
5:50 pm	Varsity Boys' 300m Intermediate Hurdles
5:55 pm	F/S Boys' 200m Dash
6:00 pm	Girls' 200m Dash
6:05 pm	Varsity Boys' 200m Dash
6:10 pm	F/S Boys' & Girls' & Varsity Boys' 3200m Run
6:25 pm	F/S Boys' 1600m Relay
6:30 pm	Girls' 1600m Relay
6:35 pm	Varsity Boys' 1600 Relay
TBD	Girls & Boys 4x800 & Unified events
MCAL FIELD EVENTS (approximate)	
4:00PM	Varsity Boys' Shot, F/S Boys' Discus, Girls High Jump, Varsity Boys' Vault, All Long Jumps
4:40pm	F/S Boys' Shot, Girls' Discus, F/S Boys' High Jump, Girls' Vault
5:20pm	Girls' Shot, Varsity Boys' Discus, Varsity Boys' High Jump, F/S Boys' Vault
5:25pm	All Triple Jumps

Long Jumpers: Jump at random until the start of Varsity Boys' 100m, then the event over.

Triple Jumpers: Jump at random until the start of the Varsity boys' 1600m Relay, Then the event over.

All other field events begin at the conclusion of the previous division. Competitors must assume responsibility for when to report. The announcer should inform athletes, but it is impossible to keep to a strict time schedule for these events.

MCAL Track And Field starting heights for HJ and PV for our league meets

High Jump: Girls – 3'10", JVB – 4'06", VB – 5'00"

Pole Vault: Girls—6'00", JVB—7'08", VB—9'00"