

Bay Valley Athletic League Boys and Girls Track and Field Guidelines

Page 1 Printed 1/11/22

UPDATED DRAFT 7 DEC 2021 AD MEETING by Glenn Briggs FHS

General Guidelines

- A. Track and field is a spring sport as defined by NCS.
- B. Meets will be held on Wednesdays and begin at 3:30 PM.
- C. Maximum number of contests per athlete will be fourteen meets and two non-scoring practice meets.
- D. **UNIFORMS** - School issued uniforms required. NCS, CIF, and NFHS rules should be followed regarding uniforms (i.e. tights and boxer shorts under the uniform etc.).
- E. *For BVAL dual and League Championships meets, an athlete cannot compete in more than one division in the same meet. This applies to league only. Unified classification is exempt from this rule, but all athlete are limited to 4 event for the meet.*
- F. **NON-CIF COMPETITION**
 - a. UNIFORMS- School uniforms may NOT be used as USATF, AAU and any other meet not sponsored by the CIF.
 - b. NCS does not have an indoor season.
 - c. For un-attached outside competition by track and field athletes, see the CIF & NCS Sports Handbook.
- G. **BVAL TEAM CHAMPION** – The BVAL League Championship is determined by the following: Teams will receive 10 points per dual meet team win leading up to the BVAL Championships. Team points scored during the VARSITY DIVISION of the BVAL Championship will be added to the dual meets points to determine the League Team Championship.

Example: School's team dual record is 3 – 2. The team takes 30 points into the League Championship if they score 85 varsity division point at the league championship their point total would be 115 points to determine the teams standing for the league title.
- H. **BVAL ALL LEAGUE HONORS** – All league team is determined by the League Championship meet. For the varsity division, 1st place finisher is considered members of the 1st team and receiveS a 1st team metal and certificate; 2nd place finishers receive a 2nd team metal and certificate. The 3rd place finisher received a 3rd place metal. 4th place finishers receives an 4th place metal. Both 3rd & 4th place finishers receive honorable mentions certificates.
- I. **MVP AWARDS**- MVP awards are given to one running athlete and another to a field event athlete in varsity boys and girls divisions. NO Co-MVP will be awarded. MVP is determined at the end of season league meeting by a vote of the coaches. Each head coach may nominate one boy and one girl athlete for each MVP. After presentation of nomination, each school will get one vote. If no winner is declared on the first vote, the top 2 vote getters will have a run off. If still tied, all following vote w/ be by secret ballot until a single MVP is determine. There will be NO co-MVP.
- J. **NCS TRI-VALLEY** –
 - Athletes advancing from the BVAL will be determined at the BVAL League Championship meet.
 - Coaches need to notify the meet management of ANY athlete that may qualifies for the Tri-Valley Meet but is not able to compete so that the BVAL can fill that spot with an alternate from the next best performance.
 - ONLY FINAL TIMES are passed on to Tri-Valley meet management for consideration to fill remaining 8 at large spot.
 - The BVAL will not advance from the League Championship any disqualified individuals or relays team on to North Coast. Coaches must scratch any athletes in any event that the athletes does not want advance into the NCS meet. Failure to notify the meet director prior to the NCS Scratch deadline will make that athlete subject the NCS Honest Effort Rule.
 - Current advancement protocol- Top 4 finishers in the finals receive the automatic qualify to advance to the NCS Tri-Valley Meet. All other final times are submitted for consideration for the at large spot in events.

Dual Meeting Guidelines

- A. BVAL dual meet competition includes varsity for boy and girl divisions and Unified-classifications when appropriate.
 - If Unified competition included: if is recommended unified running event begin before the scheduled meet start time. [Unified start no later than 3:00 pm.] Unified order of events: 100m followed by the 4x100 unified relay to begin the regular meet. Long jump may be competed either during the open period of the long jump or separate. Schools may adjust depending on the needs of the athletes.
- B. Dual meets do not have a separate frosh/soph division.
- C. The host school should try to cover assignment for meet operations as much as possible, but the visiting school should be prepared to help w/ meet management. i.e. field events, hurdles, etc.
- D. The host coach can elect to go to the visitor's track facility if agreed upon by both coaches and approved by both school's athletic directors or administration. The change should be for unsafe or inadequate facilities.
- E. Rain-outs are to be rescheduled on the next available date. The host school is responsible for rescheduling. Commitment to a Friday or Saturday "Invitational" meet shall be given precedence over rescheduling a rain-out on Friday. Every effort should be made to avoid back to back dual meets.
- F. All efforts should be made to enforce ALL NFHS rules during Dual Meets. This includes Uniform and False Starts. Teams are encouraged to use trained and qualified officials.
- G. If running events requires multiple heats, the first heat will be the scoring heat. At tri-meets or double dual all heat will be scored. Attempts should be made to put fastest athletes in the first heat. All other heats are considered non team scoring heats for dual meets.
- H. Meets shall be conducted under the rules of the National Federation Rule Book.
- I. The host team is required to compete all sixteen events. If they cannot have all sixteen events due to unsafe conditions, they must forfeit the points for those events not held. If agreed by both school AD's, competition of the event(s) with unsafe conditions may take place at the visitor's facility the day prior to the schedule dual meet and result brought to the meet.
- J. Lane assignments. School should alternate between lines " One them assigned odd lanes the other team assigned even lane.
- K. Team rooster must be up to date on Athletic.net by 9 PM the night before the dual meet so host school can upload information into meet management software.

Bay Valley Athletic League Boys and Girls Track and Field Guidelines

Page 2 Printed 1/11/22

- L. Dual Meets Order of Divisions & Events:
- Girls Varsity scoring followed by Girls non-scoring, Boys Varsity followed by Boys non-scoring.
 - Running Events: 4x100 relay, 1600m, 100H girls, 110H boys, 400m, 100mm 800m, 300H, 200m, 3200m, 4x400 relay.
 - Field Events:
 - Start of Meet at 3:30 pm until 800m : Long Jump [boys & girls], Boys Shot Put, Girls Discus.
 - After 800m until end of the meet. Triple Jump [boys & girls], Girls Shot Put, Boys Discus.
 - High Jump & Pole Vault – Depending on the number and skill of competitors, the official will determine starting height, whether to complete boys & girls simultaneous or separate keeping in mind the rule stating that once the bar height increases, it can NOT be lowered for a returning athlete. The athlete must compete at the current height.
 - All Field events are open pits. If coaches agree they may run flights, however, any athlete that arrived during the time period indicated for that event will be allowed to compete.
 - F/S boys shot may be competed as Non Scoring event due to 10# implement.
- M. Host school is responsible to upload dual meet result to designated web hosting site within 24 hours from the completion of the meet and email results to visit team coach.
- N. Tri-Meets / Double Dual Meets:
- In the event tri-meets or double dual meets are used for competition, the following apply:
 - All heat will be scored.
 - Lane assignment. As much as possible the lane assignments will alternate schools. Meet management may choose to rotate or have static lane assignments.

BVAL League Championship Meet

- A. The BVAL Championship meet will be a Varsity and Frosh/Soph meet.
- B. Championship will be a 2 day meet. 1st day of trials and 2nd day of finals. All frosh soph field event will compete on day 1. Varsity field event are split over the 2 days w/ ½ boys & ½ the girls events on day 1 and the other ½ of each gender on day 2.
- C. The format and responsibilities for the meet will be determined at the pre-season track and field coaches' meeting. SEE Attached BVAL League Championship Bulletin
- D. Per NCS there are NO hardship for consideration to NCS Area Meet advancement.
- E. BVAL Meet Championship Bulletin includes: dates for trials and finals, event times and schedule, entry deadlines, school assignments, and all meet mechanics.
- F. BVAL Meet Championship Bulletin should be updated annually and available to coaches by March 1st.
- G. The following officials will be compensated: Head Starter, recall starter & timer for both trials and finals.
- H. Advancement to the NCS Tri-Valley Area Meet is determined by the results at the BVAL Meet Championship Meet.
- I. Division and Order of Events at League Championship meet –
- Frosh/Soph Girls, Frosh/Soph Boys, Varsity Girls, Varsity Boys. The exception is the hurdle events which will run F/S Girls Varsity Girls, F/S Boys, Varsity Boys.
 - Running Events: 4x100 relay, 1600m, 100H girls, 110H boys, 400m, 100mm 800m, 300H, 200m, 3200m, 4x400 relay.
 - Field Events: All Frosh/Soph Field Events are day one.
 - Frosh/Soph 3200m final will complete on Day 1 during the trials.
- J. Varsity Field events:
- Group 1 [Day 1]: Girls Pole Vault, Boys High Jump, Girls Shot Put, Boys Discus, Girls Triple Jump, Boys Long Jump.
 - Group 2 [Day 2]: Boys Pole Vault, Girls High Jump, Boys Shot Put, Girls Discus, Boys Triple Jump, Girls Long Jump.
 - Group 1 and Groups 2 will alternate each year on which group compete on day 1 and day 2.
- K. Any athlete that qualifies for the finals is expected to run in all finals or which he/she has qualified.
- L. SEE League Meet Guideline Sheet for more details - Appendix A

Host Rotation for League Championship :

2021	Freedom HS
2022	Liberty HS
2023	Deer Valley HS
2024	Pittsburg HS
2025	Antioch HS
2026	Heritage

UNIFIED COMPETITION

- A. Unified 100m and 4x100 relays will run at 3:00 pm and the beginning of the dual meet to allow proper supervision and minimize the required resources for unified sports.
- B. Unified athletes may also run as part of the regular track meet, but are limited to the NHSF rule of 4 total events for the meet which included unified events.
- C. UNIFIED EVENTS
- 4x100 Relay
- Team will consist of 1 gen ed boy & 1 gen ed girl and 2 special education students.
 - A 3rd & 4th gen ed student may assist the special ed student at the exchange area but may not run.
 - Special ed student must be the 4th runner for the team.
- 100 Meter Dash
- Two teammates will combine their times for a total time.
 - One of the participants, the Unified Sports Athlete is a student receiving Special Education services. Students receiving Special Education services verified by the site administrator are eligible to participate as Unified Sports Athletes. The other

Bay Valley Athletic League Boys and Girls Track and Field Guidelines

Page 3 Printed 1/11/22

er participant is a General Education Unified Partner and must be eligible for competition according to all CIF eligibility rules.

- Starting blocks and running spikes are optional.

Long Jump

- Two teammates will combine their distance for final score.
 - One of the participants, the Unified Sports Athlete is a student receiving Special Education services. Students receiving Special Education services verified by the site administrator are eligible to participate as Unified Sports Athletes. The other participant is a General Education Unified Partner and must be eligible for competition according to all CIF eligibility rules.
 - Teammates will jump sequentially.
- D. SCORING/AWARDS - Times/Distances will be combined to establish the placing. Unified teams will receive individual awards only. Unified team scores do not count toward overall team points for the school.
- E. POSTSEASON ADVANCEMENT Teams declared at the League Championship must remain intact for the entire postseason competition. Substitutions may not occur.
- F. Unified Track Competition will NOT be factored in team scoring for dual meets or league championships.
- G. Unified Athletes and partners will receive metals for 1st, 2nd, 3rd, & 4th places.
- H. Post season competition is dictated by NCS Unified Sport Guideline for Track and may change. See NCS website for current guidelines for Unified Track.

Bay Valley Athletic League Boys and Girls Track and Field Guidelines

Page 4 Printed 1/11/22

APPENDIX A BVAL LEAGUE CHAMPIONSHIP BULLETIN

Begins on next page.

***PLEASE NOTE THE ATTACHED BULLETIN
MAY NOT REFLECT THE LATEST MEET INFO***

Bay Valley Athletic League Boys and Girls Track and Field Guidelines

Page 5 Printed 1/11/22

Bay Valley Athletic League Track & Field Championship Bulletin

Location: Freedom High School Stadium

Dates: **Unified Sport Competition Wed April 27th**

Wednesday April 27th • Varsity & Frosh/Soph Running Trials
 • ALL Frosh Soph Field Event & F/S 3200m Finals

Saturday May 7th • Varsity & Frosh/Sop Running Finals & Varsity Field Events

Running 12:00 noon
 Field Events 10:30 am
 Field Events 8:30 am
 Running 9:00 am

**** Time subject to change

Schedule of Events:

	<u>Frosh Soph Trials</u> Wednesday April 27 th	<u>UNIFIED SCHEDULE</u>	<u>Finals Varsity & Frosh/Soph</u> Saturday May 7 th
Coaches Meeting	10:00 am Coaches Meeting		8:00 am Coaches Meeting
<p>F/S Field Events</p> <ul style="list-style-type: none"> F/S Field Event will 4 ATTEMPS ONLY NO FINALS <p>Varsity Field Events Trials & Finals on the same day.</p> <p>In Field Event, the next session will begin immediately following the prior session. Note: When needed, such as in shot & discus, the event will be held up until the gender is done at the other event.</p> <p>UNIFIED TRACK/FIELD 3 Attempts each athlete NO Finals.</p>	<p>Session I – 10:30 am Varsity – TRIALS AND FINALS VAR SITY VAR Girls Pole Vault VAR Boy High Jump VAR Girls Shot Put VAR Boys Discus VAR Girls Triple Jump VAR Boys Long Jump</p> <p>Session II – Approx. 1:00 pm F/S Girls Shot Put F/S Boys Discus F/S Boys Long Jump F/S Girls Triple Jump F/S Boys High Jump F/S Boys Pole Vault</p> <p>Session III – Approx. 3:30 pm F/S Girls Discus, F/S Boys Shot Put, F/S Boys Triple Jump, F/S Girls Long Jump, F/S Girls High Jump ** Following Unified Long Jump</p>	<p>UNIFIED SPORTS</p> <p>ON WED April 29 9:30 am GIRLS Long Jump BOYS Long Jump Boys & Girls compete same time on same pit. Use Boys TJ Pit</p> <p>11:00 am- 11:30 am est 100m Unified Sports 11:45 am est. 4x100m Unified Sports [CO-ED]</p>	<p>Varsity – Start at 8:30 pm TRIALS AND FINALS VAR Boys Pole Vault Girls High Jump Girls Discus Boys Shot Put Boys Triple Jump ** Girls Long Jump</p>
<p>Running Events</p> <ul style="list-style-type: none"> Girls will run first followed by the boys. Races competed in lanes will be 2 heat finals in Varsity level only. Finals the order of races are: 1)F/S Girls, 2) F/S Boys, 3) Varsity Girls, 4) Varsity Boys. Except Hurdles Races will be run continuous so listen for your call to the bull pin. 	<p>Unified Running – 11:00-11:30 am est 100m Unified 4x100m Relay Unified</p> <p>Running Starts - 12:00 noon 1600m 100m Low Hurdles Women 110m High Hurdle Men 400m 100m 800m 300m Low Hurdles Women 300m IM Hurdles Men 200m 3200M F/S Finals</p> <p><small>Some events may not have trials & move straight to Finals.</small></p>	<p>UNIFIED TRACK/FIELD 4X100 2 Gen Ed Students & 2 Life Skill Athletes, Gen Ed student will be 1 male & 1 female, Sped – Non-gender specific. 100m & LJ 1 Gen Ed athlete & 1 life skills athletes. ADD times/distance together for total times. Total combined time/distance determines placing.</p> <p>**UNIFIED SCHEDULE SUBJECT TO CHANGE.</p>	<p>Running Starts - 9:00 am 4x100m Relay 1600m 100m Low Hurdles Women 110m High Hurdle Men 400m 100m 800m 300m Low Hurdles Women 300m IM Hurdles Men 200m 3200m 4x400m Relay</p> <p><i>Coaches Meeting – to follow immediately after meet.</i></p>

Coaches Meeting – to follow immediately after meet.
ALL SCRATCH AND RELAY NAMES DUE BY SAT 6PM
SEE NCS TRI-VALLEY BULLITIN

Meet Entries

ALL LEAGUE MEET ENTRIES AND DUAL MEETS ENTRIES WILL BE DONE THROUGH ATHLETIC.NET.

Bay Valley Athletic League Boys and Girls Track and Field Guidelines

Page 6 Printed 1/11/22

There is NO LIMITATION on the number of entries.

LEAGUE ENTRY DEADLINE IS SAT – April 23rd 11:59pm through www.Athletic.net.

Scratch Meeting

Scratches are via email through Tuesday April 26th at noon and at the 10:30 am coaches meeting. Scratches are by notification of MEET DIRECTOR/Timing system prior to the start of racing at 12:00 noon.

ANY ATHLETE THAT QUALIFIES FOR SATURDAY FINALS IS EXPECTED TO RUN IN THE FINAL. HONEST EFFORT RULE IS IN EFFECT HERE.

SEEDING

Standard Seeding rules will apply for trials. Varsity Two heat finals are seeded by time only with slower heat followed by the faster heat times. Two heat final is for Varsity level ONLY. Frosh/Soph will complete as a 1 heat final seeded by time from the trials.

ADVANCING FROM TRIALS TO FINALS-

VARSITY SINGLE HEAT FINAL & FROSH/SOPH ADVANCEMENTS –

Running events 400m or shorter [Finals that compete in lanes.] the following matrix is followed;

- If there are 4 heat or less, the 1st place finisher and the next fastest times to fill remaining lanes advance to the finals.
- If more than 4 heat are run, top times advance to fill all lanes in the finals.

Running Events 800m or longer the following matrix is used:

- If 3 heats or less, top 3 finishers in each heat advance and the next fastest times to complete a 16 competitor field for the 1600m and 12 competitor field for the 800m.
- IF 4-6 heats, top 2 finishers in each heat advance and the next fastest time to complete a 16 competitor field for the 1600m and 12 competitor field for the 800m.
- IF 7 heats or more, Only the top finisher advance automatically and the next fastest time to complete a 16 competitor field for the 1600m and 12 competitor field for the 800m.

VARSITY DOUBLE HEAT FINAL ADVANCEMENTS for lane events ONLY –

Running events 400m or shorter the following matrix is followed;

- If there are 6 heat or less the top 2 place finisher in each heat and then next fastest times to fill remaining lanes advance to the finals.
- If there are 7-10 heat only the 1st place finisher auto advances followed by the next fastest times fill remaining lanes advancing to the finals.
- If more than 10 heat are run, top times advance to fill all lanes for the finals.

- 800m Starts: Competitor Fields will not exceed 16 – The meet director and/or games committee may choose to use a double waterfall start or shared lines single turn stagger for Trials and/or finals.
- 800m – 1600m Advanced to finals--- Meet Director and Games committee may choice to limit the finals to 12 competitors.
- *In event with entries less than or equal to the number advancing athletes to the final, meet management may choose to advance all runners to the day 2 without running and use entry seed times for lane assignments.*

League Championship Meet changes proposed within 7 days of the first day of competition

regarding changing an event or events location and/or day of competition must be approved by the by the league commissioner. Meet management can make decisions regarding changes in scheduled and location if weather and safety are a concern.

Rules & By-Laws - National High School Federation Track & Field 2020 Rules are in effect along w/ NCS, CIF, BVAL ByLaws.

Uniforms – Rules of the North Coast Section and National Federation must be followed regarding Uniforms. The NCS & BVAL Rules may be stricter than the HS Federation. Uniforms must be school

Bay Valley Athletic League Boys and Girls Track and Field Guidelines

Page 7 Printed 1/11/22

issued per NHSF.

League Championship Meet Scoring

Championship Meet Scoring per NHSF Rule 2-2 w/ six teams competing 10-8-6-4-2-1.

League Championship – The BVAL League Championship is determined by the following:

Team will receive 10 points per dual meet team win leading up to the BVAL Championships. Team points scored during the VARSITY DIVISION of the BVAL Championship will be added to the dual meets points to determine the League Team Championship.

Example: Schools team dual record is 3 – 2 the take 30 points into the League Championship if they score 85 varsity division point at the league championship their point total would be 115 points to determine the teams standing for the league title.

Awards

“First Team All League” Medals and Certificates will be awarded to 1st place finishers of varsity division only. Second Team Medals and Certificates awarded to Second Place finishers. Medal will also be awarded to 3rd place finishers which receive Honorable mention Certificates.

Honest Effort Rule – Any athlete that competes in trials of an event and qualified for the finals of that event MUST compete in the finals of that event and all other finals they are scheduled to compete or the athlete becomes subject to the honest effort rule.

NCS Tri-Valley Qualification

Top 4 finishers in the finals receive the automatic qualify to advance to the NCS Tri-Valley Meet.

Coaches need to notify the meet director of **ANY athlete** that may qualifies for the Tri-Valley Meet **but is not able to compete** so that the BVAL can fill that spot with an alternate of the next best performance.

ONLY FINAL TIMES will be passed on to Tri-Valley meet management for consideration to fill remaining 8 at large spot at Tri-Valley. The BVAL will not advance any disqualified individuals or Relays on to North Coast.

Coaches must scratch any athletes in any event that the athletes does not want advance into the NCS meet. Failure to notify the meet director prior to the NCS Scratch deadline will make that athlete subject the NCS Honest Effort Rule.

Hardships – No Hardship cases will be considered for advancement to Tri-Valley.

AP TESTING CONFLICT- Applies to BVAL Trials ONLY --- If a student’s scheduled AP EXAM conflicts w/ their ability to complete at the trials, meet management will explore option to allow the athlete to compete and possibly advance to the finals. There is NO guarantee. If trials are over 2 days, athletes may compete in the opposite trial date if that event has a trials on both days. Advancement to Saturday Finals will be determined by TIME ONLY and NOT by place finish. AP TESTING athletes must be declared to meet management via email prior to the entry deadline for meet management consider options. It is recommended athletes with AP conflicts take advantage of AP make up day and school assist if needed.

Facilities

Warm-up Area –

Discus competition –

Shade Structures are limited to the top Rows of the stadium and warm-up area only. Please make sure to secure shade structures. Shade structure will NOT be allowed on the grass areas inside the stadium.

Snack Bar –

Merchandise -

Bay Valley Athletic League Boys and Girls Track and Field Guidelines

Page 8 Printed 1/11/22

Program Information

Each School needs to provide the following: Each Schools School Banner inside Stadium

BIB # ASSIGNMENTS GUIDELINES.

Recommend Bids assignments based on 1st digit for a school and minium of 3 digits.

Antioch #	#1	100 or 1000
Deer Valley	#2	200 , 2000
Freedom	#3	300, 3000,
Heritage	#4	500, 5000
Liberty	#5	700, 7000
Pittsburg	#8	800, 8000

Bay Valley Athletic League Boys and Girls Track and Field Guidelines

Page 9 Printed 1/11/22

UNIFIED TRACK TEAMS (UPDATED: 1/21/16) EXTRACT FROM NCS TRI-VALLEY

PARTICIPANTS/QUALIFICATIONS

- A. Each member School will decide if it wishes to offer a Unified track & field opportunity at its school.
- B. If the school so chooses, one or more competition units would be established and the school would decide which competitions and events unified teams would participate in during the league championships. Leagues may decide which events they choose to offer for unified teams however, Area meets and MOC will only offer the 100 meter dash and the long jump. Schools must inform their league how many unified teams and what events they will be forwarding to the league championship Monday prior to the league championship.

UNITS OF TWO COMPETITORS ARE TEAMED UP TO FORM A UNIFIED TRACK & FIELD PAIR. THE UNIT CONSISTS OF:

- One Special Education student ("Unified Sports Athlete") and one General Education student ("Unified Sports Partner").
- Both students are from the same school.
- The General Education Unified Partner must be eligible for competition according to all CIF eligibility rules.
- The Unified Sports Athlete is a student receiving Special Education services. Students receiving Special Education services verified by the site administrator are eligible to participate as Unified Sports Athletes.
- Each student within the unit competes in the assigned event establishing a time or distance. Events for area and MOC competition are the long jump and 100 meter dash. Leagues and member schools are welcome to offer additional events.
- If 4 X 100 meter relay unified teams are offered at the school or league level, NCS staff are suggesting that the relay consist of two unified units of two male and female students.
- Each established time or distance is combined together for each unit or unified pair. Relay events are based on overall time/finish.
- Each unit or unified pair would qualify according to the same procedures used for CIF and NCS track & field competition based on their average distance or time. For the Area and MOC meets only.
- All NFHS Track & Field rules must be followed.
- Participants must practice with each other a minimum of two calendar weeks before competition to better increase the likelihood of gaining social benefits for all.
- Practices do not have to be daily as most Unified programs practice twice a week for an hour maximum. □
Unified partners must participate with each other for a minimum of 6 practices to be eligible for League Championship (i.e. Unified Sports Partner must participate with the Unified Sports Athlete)
- If a Unified Sports Partner participates on a Unified team, the athlete may not compete in the same event (i.e. A mainstreamed 100 athlete may not compete in the Unified 100 event, but may compete in Long Jump or other Unified Event.)
- Unified teams would be entered by a school in their league's championship.
- Each unified team would qualify according to the same procedures used for CIF and NCS track & field competition based on their average time or distance.
- From the NCS Area/Class Track and Field Championships, the unified teams would qualify no differently than the CIF Track & Field Competition.
- The NCS Meet of Champions would be the final competition for the unified teams.

Bay Valley Athletic League Boys and Girls Track and Field Guidelines

Page 10 Printed 1/11/22

- NCS Track & Field Management Committee may allow additional entries by a league if the field of the unified teams is not filled by another league. The NCS Commissioner and Special Olympics will work together to provide field event workers, supervision, event distance and time calculations, etc. limiting the burden on the current officials at the NCS Meet of Champions.

UNIFIED COMPETITION AT DUAL MEETS

Unified 100m and 4x100 relays will run at 3:00 pm and the beginning of the dual meet to allow proper supervision and minimize the required resources for unified sports.

Unified athletes may also run as part of the regular track meet, but are will limited to the NHSF rule of 4 total events for the meet which included unified events.

EVENTS

4x100 Relay

1. *Team will consist of 1 gen ed boy & 1 gen ed girl and 2 special education students.*
2. *A 3rd & 4th gen ed student may assist the special ed student at the exchange area but may not run.*
3. *Special ed student must be the 4th runner for the team.*

100 Meter Dash

1. Two teammates will combine their times for a total time.
 - a. One of the participants, the Unified Sports Athlete is a student receiving Special Education services. Students receiving Special Education services verified by the site administrator are eligible to participate as Unified Sports Athletes. The other participant is a General Education Unified Partner and must be eligible for competition according to all CIF eligibility rules.
 - b. Starting blocks and running spikes are optional.

Long Jump

1. Two teammates will combine their distance for final score.
 - a. One of the participants, the Unified Sports Athlete is a student receiving Special Education services. Students receiving Special Education services verified by the site administrator are eligible to participate as Unified Sports Athletes. The other participant is a General Education Unified Partner and must be eligible for competition according to all CIF eligibility rules.
 - b. Teammates will jump sequentially.

SCORING/AWARDS -

Times/Distances will be combined to establish the placing. Unified teams will receive individual awards only. Unified team scores do not count toward overall team points for the school.

POSTSEASON ADVANCEMENT Teams declared at the League Championship must remain intact for the entire postseason competition. Substitutions may not occur.

Unified Track Competition will NOT be factored in team scoring for dual meets or league championships. Unified Athletes and partners will receive metals for 1st, 2nd, 3rd, & 4th places.

**Bay Valley Athletic League Boys and Girls Track and Field
Guidelines**

Page 11 Printed 1/11/22

School	Coach	Cell Phone	Email
Antioch			
Deer Valley	Mike Green	(925) 915-0784	mikegreen@antioch.k12.ca.us
Freedom	Glenn Briggs	925.323.8460	gfbiggs@sbcglobal.net briggsg@luhsd.net
Heritage			
Liberty	Michelle (Shelly) Jone	925.305.0450	musegenius@outlook.com musegenius@gmail.com .
Pittsburg	Aaron Alatorre	925.457.9368	aalatorre@pittsburg.k12.ca.us pittsburgtrack@gmail.com

Bay Valley Athletic League Boys and Girls Track and Field Guidelines

Page 12 Printed 1/11/22

MEET MANAGEMENT & EVENT PLANNING

	Assigned School	Head Official	Needed Assistants	Equipment Needs	Notes	# of FHS Students
Meet Director		Nate Smith	Asst. Glenn Briggs	<input type="checkbox"/> Network Computer <input type="checkbox"/> League Metal <input type="checkbox"/> Track Rule Books <input type="checkbox"/> Newspaper Press Area		
Rule & Games Committee	BVAL	League Commissioner or Representative	Glenn Briggs - FHS John Ambrose - LHS Charlotte Sneed - HHS Mike Green - DVHS Aaron Alatorre - PHS - AHS	<input type="checkbox"/> Rules & Case Books <input type="checkbox"/> NHSF 2011 T&F Rule Book		
Meet Technology - Hardware	Freedom & Antioch	Chief Hardware	Antioch HS Power PA System Working Wireless & Corded Mics	Computers stations [Computer on local network & printer] <input type="checkbox"/> Press Box <input type="checkbox"/> Clerk Course/Bull Pin <input type="checkbox"/> Finish Line 2 Computers <input type="checkbox"/> Team Room <input type="checkbox"/> Local Network stadium <input type="checkbox"/> Internet Access desires. <input type="checkbox"/> Concession Photo finishes <input type="checkbox"/> Moderate Volume Copier		
Meet Technology Software Meet Entry & Data Management	Freedom & Antioch	Glenn Briggs		<input type="checkbox"/> Computer <input type="checkbox"/> Hytec Meet Manager <input type="checkbox"/> FinishLynx software <input type="checkbox"/> Lynx Pad? <input type="checkbox"/> Athletics.net Account		
NCS						
Gate & Spectators & Security	Heritage		Ticket Window 1) 2) Main Gate Control 1) Warm-up Area Gate Control 1) Discus Ring Gate Control 1) General Security???	<input type="checkbox"/> Cash Box <input type="checkbox"/> Tickets <input type="checkbox"/> Hand Stamp <input type="checkbox"/> Radios walkies [10-12] Shade Structures <input type="checkbox"/> Main Gate Personal [2] <input type="checkbox"/> Warm-up Gate Personal <input type="checkbox"/> Discus Gate Personal		
Medical & Training Staff	Heritage	Medial Director	ATC/Medical 1) Student Assistance 1) 2) 3)	<input type="checkbox"/> Shade Structure <input type="checkbox"/> Training Tables [2] <input type="checkbox"/> Reg Tables <input type="checkbox"/> Injury Ice <input type="checkbox"/> Water cooler [2] <input type="checkbox"/> Gatoraid ?? <input type="checkbox"/> Cups <input type="checkbox"/> AED <input type="checkbox"/> Splinting Bag <input type="checkbox"/> Radio Walkie Talkie [3-4] <input type="checkbox"/> Med Kits & supplies <input type="checkbox"/> Tape <input type="checkbox"/> Pre-Wrap <input type="checkbox"/> Ice Bags <input type="checkbox"/> Chairs		
Maintenance Facility		Heritage HIGH SCHOOL		<input type="checkbox"/> Restroom <input type="checkbox"/> Garbage Cans <input type="checkbox"/> Clean-up <input type="checkbox"/> Set-up Tables Chairs		

Bay Valley Athletic League Boys and Girls Track and Field Guidelines

Page 13 Printed 1/11/22

				<input type="checkbox"/> Computer stations <input type="checkbox"/> Golf Cart		
Media Relations		Meet Director	Nate Smith	<input type="checkbox"/> Press Packet <input type="checkbox"/> Heat Sheets for Press <input type="checkbox"/> Results Sheets <input type="checkbox"/> Press Releases		
BVAL Meet Program		Chief Editor -	Editor- Nate Smith	<input type="checkbox"/> League Commissioner Note Each School on page layout <input type="checkbox"/> School Logo <input type="checkbox"/> Team Photo <input type="checkbox"/> Team Roster <input type="checkbox"/> Article about Team <input type="checkbox"/> High Light a few athletes <input type="checkbox"/> Action photos	Each School Provide 1 page info about team	
Sponsor Banners				<input type="checkbox"/> BVAL Track & Field Championship Banner <input type="checkbox"/> Freedom HS Banner <input type="checkbox"/> Liberty HS Banner <input type="checkbox"/> Heritage HS Banner <input type="checkbox"/> Deer Valley HS Banner <input type="checkbox"/> Antioch HS Banner <input type="checkbox"/> Pittsburg HS Banner <input type="checkbox"/> Sponsor Banners	Each school needs to provide Art work for 40x40" sign.	
Booths & Sovenier Concession	Heritage High School		Sponsor Booth Assistance	Booth Participants for the most part will be asked to provide their own booth supplies. <input type="checkbox"/> Shade Structure <input type="checkbox"/> Tables [4 tables] <input type="checkbox"/> Chairs [4 chairs] <input type="checkbox"/>		
Booths & Sovenier Concession	Heritage High School		Event T-shirts & Program Sales 1) 2) 3)	<input type="checkbox"/> Shade Structure <input type="checkbox"/> Tables [4 tables] <input type="checkbox"/> Chairs [4 chairs] <input type="checkbox"/> BVAL T-shirts <input type="checkbox"/> Event Program <input type="checkbox"/> Heat Sheets & Result Sheets for sale		
Food Concessions	Heritage High School		Concession Stands 1) 2) 3) 4) 5) 6)	<input type="checkbox"/> Grill <input type="checkbox"/> Tables <input type="checkbox"/> Food Supples <input type="checkbox"/> Water <input type="checkbox"/> Booster to provide their own.		
Coaches & Officials Hospitality			1) 2) 3)	<input type="checkbox"/> Tables <input type="checkbox"/> Chairs <input type="checkbox"/> Water <input type="checkbox"/> Drinks <input type="checkbox"/> Fruit/Snack <input type="checkbox"/> Sandwitch		
Awards & Recognition	BVAL Governing Board	League Commissioner	All School Administrators	<input type="checkbox"/> League Metals <input type="checkbox"/> Table <input type="checkbox"/> Table Cloth <input type="checkbox"/> Award Stand	Sent out letters to all principle to attend on Sat.	
Misc. Items				<input type="checkbox"/>		

Bay Valley Athletic League Boys and Girls Track and Field Guidelines

Page 14 Printed 1/11/22

RACE & TRACK MANAGEMENT

	Assigned School	Head Official	Needed Assistants	Needed Equipment		# of FHS Students
Unified Sport Track Competition		Glenn Briggs * Meet Management Team	Unified Coaches	<input type="checkbox"/>		
Press Box Meet Management	Heritage High School		PA Announcer 1) Wed 2) Sat - Computer Data person Results entry 1) Runners 1) 2)	<input type="checkbox"/> Network Computer <input type="checkbox"/> Network Server <input type="checkbox"/> Wireless Router <input type="checkbox"/> Laser Printer <input type="checkbox"/> Paper <input type="checkbox"/> Microphone <input type="checkbox"/> Clipboard <input type="checkbox"/> Pen/Pencil <input type="checkbox"/> League Metal <input type="checkbox"/> Track Rule Books <input type="checkbox"/> Newspaper Press Area		
Clerk of the Course Bull Pin Area	Freedom & HS	Clerk	Computer Data Person 1) Uniform Inspector 1) Hip Numbers 1) Runners 1) 2)	<input type="checkbox"/> Computer-Network <input type="checkbox"/> Printer <input type="checkbox"/> Paper <input type="checkbox"/> Hip Numbers <input type="checkbox"/> Clipboard <input type="checkbox"/> Pen/Pencil <input type="checkbox"/> Table <input type="checkbox"/> Shade Structure		
Starting Line	HS	Head Starter	Recall Assistants 1) 2)	<input type="checkbox"/> Starting Gun <input type="checkbox"/> Recall Guns [2] <input type="checkbox"/> Starting Blank [2bx] <input type="checkbox"/> Ear Plugs <input type="checkbox"/> Whistle <input type="checkbox"/> Auto-start Trigger		
Finishline	HS	Head Finish Judge	FinishLynx Operator 1) Finish Results Recorder 1) Runners 1) 2)	<input type="checkbox"/> Computer <input type="checkbox"/> FinishLynx Camera <input type="checkbox"/> FinishLynz Computer <input type="checkbox"/> Meet Computer <input type="checkbox"/> Computer sunscreens <input type="checkbox"/> Clip Board <input type="checkbox"/> Pen/Pencil <input type="checkbox"/> Official Flags <input type="checkbox"/> Shade Structure <input type="checkbox"/> Electricity Source <input type="checkbox"/> Tables		
Hurdle Crew	ALL Schools	Hurdle Crew Chief	Hurdle Crew (10-20 people) 1) 2) 3) 4) 5) 6) 7) 8) 9) 10)	<input type="checkbox"/> 100 Hurdles <input type="checkbox"/> 2-3 carts		
Field Judge	Antioch Deer Valley Heritage Pittsburg Freedom Liberty	Head Lane Judge	Lane & Exchange Judges 1) 2) 3) 4) 5)	<input type="checkbox"/> Official Flags <input type="checkbox"/> Filming stand center of field		

Bay Valley Athletic League Boys and Girls Track and Field Guidelines

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FIELD EVENT ASSIGNMENT

	Assigned School	Head Official	Needed Assistants	Needed Equipment		# of FHS Students
Pole Vault	LHS		Bar Lifter & Standard Adjusters Pole catcher 1) 2) 3)	<input type="checkbox"/> Pit <input type="checkbox"/> Standards <input type="checkbox"/> Lifters <input type="checkbox"/> Cross Bar <input type="checkbox"/> Measuring Tape <input type="checkbox"/> Scale <input type="checkbox"/> Clipboard <input type="checkbox"/> Pen/Pencil <input type="checkbox"/> Official Flags		
High Jump	Heritage		Crossbar tenders 1) 2)	<input type="checkbox"/> Pit <input type="checkbox"/> Standards <input type="checkbox"/> Cross Bar <input type="checkbox"/> Measuring Tape <input type="checkbox"/> Clipboard <input type="checkbox"/> Pen/Pencil <input type="checkbox"/> Official Flags		
Discus	Pittsburg		Measures 1) 2) Marker 1) Discus Retrievers 1) 2)	<input type="checkbox"/> Marker Pegs <input type="checkbox"/> Tape Measure <input type="checkbox"/> Clip Board <input type="checkbox"/> Pen/Pencil <input type="checkbox"/> Marking Rod <input type="checkbox"/> Sector Paint <input type="checkbox"/> Paint Liner <input type="checkbox"/> Distant Markers <input type="checkbox"/> Official Flags	Push Broom 18" Cone Measuring Tape 100 ft	
Shot Put	Antioch		Measures 1) 2) Marker 1) Shot Retrievers 1) 2)	<input type="checkbox"/> Marker Pegs <input type="checkbox"/> Tape Measure <input type="checkbox"/> Clip Board <input type="checkbox"/> Pen/Pencil <input type="checkbox"/> Marking Rod <input type="checkbox"/> Sector chalk <input type="checkbox"/> Chalker <input type="checkbox"/> Distant Markers <input type="checkbox"/> Official Flags	3 ft Rake Push Broom 18" Cone Measuring Tape 100 ft	
Boys Long Jump & Triple Jump NORTH PIT	Deer Valley		Measures 1) 2) Marker 1) Raker 1) Sweeper 1)	<input type="checkbox"/> Marker Pegs <input type="checkbox"/> Tape Measure <input type="checkbox"/> Clip Board <input type="checkbox"/> Pen/Pencil <input type="checkbox"/> Marking Rod <input type="checkbox"/> Distance Markers <input type="checkbox"/> Official Flags	Shovel 3 ft Rake Push Broom 18" Cone Measuring Tape. 2x 100Ft. One for runway one for measuring the jumps.	
Girls Long Jump & Triple Jump SOUTH PITT	Heritage		Measures 1) 2) Marker 1) Raker 1) Sweeper 1)	<input type="checkbox"/> Marker Pegs <input type="checkbox"/> Tape Measure <input type="checkbox"/> Clip Board <input type="checkbox"/> Pen/Pencil <input type="checkbox"/> Marking Rod <input type="checkbox"/> Distant Markers <input type="checkbox"/> Official Flags	Shovel 3 ft Rake Push Broom 18" Cone Measuring Tape. 2x 100Ft. One for runway one for measuring the jumps.	

Bay Valley Athletic League Boys and Girls Track and Field Guidelines

Page 16 Printed 1/11/22

Host Rotation

2021	Freedom HS
2022	Liberty HS
2023	Deer Valley HS
2024	Pittsburg HS
2025	Antioch HS
2026	Heritage

Consumable Items that might need to be purchases ahead of Time.

Safety Pins 2500 ct

Hip Numbers A must for the Finishlinx system 1-8 250 each digit min.

Bib#

Pens

Pencils

Printer Paper

Printer Cartridge

Staples & Stapler

Scot Tape

Paper Clips /Binder Clips

Envelopes Large