PCAC Track and Field

End of Season Meeting Notes

May 9, 2015

2016 Meets

PCAC Prelims: April 20, 2016 @ San Diego Mesa College

Field Events: DT, LJ, PV, SP

PCAC Finals: April 23, 2016 @ San Bernardino Valley College

Field Events: HT, TJ, HJ, JT

State Championships: May 20 and 21, 2016 @ San Diego Mesa

Athletes of the Year Nominations and Voting

Women's Field Nominations: Deondra Young (Palomar), Yanitza Padfield (SD Mesa)

2015 PCAC Women's Field Athlete of the Year: Deondra Young (Palomar)

Men's Field Nominations: Aaron Russel (SD Mesa), Alexander Law (Cuyamaca)

2015 PCAC Men's Field Athlete of the Year: Aaron Russel (SD Mesa)

Women's Track Nominations: Aminat Olowora (Southwestern)

2015 PCAC Women's Track Athlete of the Year: Aminat Olowora (Southwestern)

Men's Track Nominations: Oscar Soto (Cuyamaca)

2015 PCAC Men's Track Athlete of the Year: Oscar Soto (Cuyamaca)

Coach of the Year Winners

Women's Coach of the Year: Tony Campbell (Southwestern)

Men's Coach of the Year: Renee Ross (SD Mesa)

Pacific Coast Athletic Conference
Track and Field Supplement for Men and Women

Revised 2016

10.09.01

A. Competition in this sport shall be governed by NCAA rules, CCCAA Track and Field Championship Handbook, and Pacific Coast Athletic Conference Supplement, and the provisions herein.
Pacific Coast Conference Non-Championship Meets.

B. Starting heights and bar raises for vertical jumps shall be agreed upon by the coaches prior to the start of the meet.

C. All entries to conference meets shall be done through Direct Athletics and Hy-Tek Software. All races must use fully automated timing (FAT). Entry deadline 6:00 p.m. Tuesday. In replacing a scratched athlete from a scoring heat, only athletes previously entered in that event may replace a scratched athlete.

D. Lane assignments and field event order for PCAC Non-Championship Meets shall use season marks to seed races. If an event has only one heat or flight, the scorers shall be ordered according to their seeding mark.

E. Only two athletes from each school will score for Non-Championship Meets.

F. Upon mutual consent of the competing colleges, the 5000M run may be contested in place of the 3000M run during conference Non-Championship meets. If the coaches agree, men and women may run together. The steeplechase and hammer throw may be scored if they are contested.

G. Each college is required to designate one 400M relay and one 1600M relay team for scoring purposes when multiple relay teams are entered by same college.

H. Only eligible California Community College track and field athletes may compete in PCAC meets.

I. Pacific Coast Athletic Conference Non-Cihampionship meets shall be scored as double-dual meets.

J. The meet management costs for all PCAC events will be established at the pre-season coaches' meeting and divided among the participating colleges.

10.09.2 Times, And Rain-outs

A. It is recommended that Tri-and Quad meets be scheduled at the Spring end of season coaches' meeting. All competitive contests shall be scheduled for Fridays; or by mutual consent on Thursdays or Saturdays. Wednesday and Saturday will be for Conference Prelims and Finals.

B. In the event of a rained-out meet, no make-up competition is required except Conference Championships, Prelims and Finals.

C. All events will be at 1:00 p.m.

At all PCAC conference meets, a coaches' meeting will be held prior to the meet at 12:30 p.m. Information will be provided to make any event or heat/flight final determinations.

Order of Events – events start at 1:00 p.m.

Order of Field Events to be scored will be up to the host school, depending on the facilities. The events shall include: Long Jump, Triple Jump, High Jump, Pole Vault, Discus Throw, Javelin Throw, and Shot Put.
Men and Women Long Jumps and Triple Jumps will be combined with an open pit. The length of time to be dependent on field size and voted upon at a pre-meet coaches' meeting; hosting coach to decide if vote ends in a tie.
Running Events – Events start at 1:00 p.m.
(All events are contested in Meters)
Steeple will be run before 4 x 100

400 Relay	Women
400 Relay	Men
1500	Women
100 Hurdles	Women
1500	Men
110 Hurdles	Men
400	Women
400	Men
100	Women
100	Men
800	Women
800	Men
400 IH	Women
400 IH	Men
200	Women
200	Men
3000/5000	W & M
1600 Relay	Women
1600 Relay	Men

No competitor is allowed more than six attempts in the throwing events and horizontal jumps.

The open pit format may only be used in a four attempt event and allows for athletes to jump in a non-traditional order and may be excused from competitive area when competing in other events. Upon their return within the time limit set for the event, they may complete any remaining attempts.

10.09.3 Preliminary Notification

2 – 3 weeks prior to a scheduled Tri-or Quad meet and PCAC Conference meets, the Head Coach hosting a conference meet must send all opponents:
Direction, a map of his/her Track facility indicating: starts, finishes, field event areas, order of events, time schedules, team areas and locker rooms and restrooms.

10.09.4 Conference Championship

A. The Pacific Coast Athletic Conference Champion will be determined using a 2-day competition that shall include a preliminary and finals meet.
B. In the event of ties, Co-Champions will be recognized.
C. All entries will be submitted through Direct Athletics and are due by noon on Sunday before the preliminary meet. Each college will receive only their entry list by 12 noon on Monday. Two (2) changes will be allowed per gender from each school by midnight on Monday. Each add or scratch will count as one (1) change. (example: if you scratch a male athlete from one event and add him to another, that would count as the college's two (2) changes for that gender).
D. The Failure to Participate rule will be in effect for this meet.
E. All implements shall be weighed, measured, and marked as acceptable for use in the competitions.
F. Photo-timing system (FAT) is mandatory.
G. Conference records may be established during this meet.
H. Conference Championship – Events
   Men & Women
   100
   200
   400
   800
   1500
   3000SC
   5000

10000
100 H Women
110 H Men
400 H
400 M. Relay
1600 M. Relay
High Jump
Pole Vault
Long Jump
Triple Jump
Shot Put
Discus
Javelin
Hammer
Heptathlon
Decathlon

HEP/DEC allowed to go to any HEP/DEC sanctioned meet that is on Direct Athletics for points to be allowed for scoring at Conference Championship meet.

For Conference Prelims, all athletes competing in track events must have a numerical mark on Direct Athletics from the current season (exempted events include the steeple chase, 5,000m, and 10,000m). No non-numerical mark will be accepted as evidence of competition (i.e. DNF, DNS, DQ). For field events, the athlete must have a numerical mark or NH, ND, NM on Direct Athletics. No events are exempted. No other posted results (i.e. DNF, DNS, DQ) will be accepted as evidence of competition..

10.09.6 Conference Championships and Individual Awards

A. One male and one female team will be determined by the Conference Championship Meet. In case of a tie, each team will receive a Co-Conference Championship Plaque award.
B. Individual event awards for the Conference Championships shall be given to the first (3) places and ties.
First (3) finishes and ties shall receive medals.
First (3) finishes and ties shall be recognized as All-Conference Selections and shall receive Certificates.
C. A plaque will be awarded to the outstanding male and female athlete of the year in Track and Field (four (4) awards -Women's Track, Men's Track, Women's Field, Men's Field) for current season athletic performance.
D. A plaque shall be awarded to the "Coach of the Year" of the Male and Female Teams (two (2) awards).
E. Coach of the year awards and Athlete of the Year Award will be voted on at the post-season coaches' meeting to be held on the Tuesday following the CCCAA state championships.
F. Institutions must have representation at the pre-season and end-of- season meeting in order to vote on items discussed at the meeting. Nominations for athletes and coaches of the year may be sent for consideration prior to the meeting.

10.09.7 Meet Decorum and Regulations

The rules and regulations for meet decorum for track and field athletes will be those set forth in THE TRACK AND FIELD/CROSS COUNTRY MEN'S AND WOMEN'S RULES and CCCAA bylaws.

Competitors are to abide by the letter and spirit of the rules and shall be responsible for conducting themselves in an honest and sportsmanlike fashion at all times towards opponents, officials and spectators.

Competitors who conduct themselves in an unsportsmanlike manner, or who are offensive by action or language, shall be disqualified by the meet referee, starter, or the event USATF certified official.

Games Committee Competition:
The Games Committee for the Pacific Coast Athletic Conference Preliminary and Championship track and field meets shall be comprised of three individuals with proven knowledge in Track and Field. The host college is responsible for providing one individual and each of the next two colleges in the hosting rotation will be required to supply an additional person. The names and qualifications of the individuals shall be sent out to the conference coaches at the beginning of the season for approval.

Pacific Coast Athletic Conference-Hosted Meets Competitive track and field meets designated as being hosted by the Pacific Coast Conference (Conference Intercollegiate Meets, Conference Prelim and Championship Meets, and Southern California Regional Meets) will have their organization and implementation determined through the conference coaches. All issues will be resolved through a majority vote of the Pacific Coast Athletic Conference coaches with any ties broken by the designated meet director.