

**FOOTHILL CONFERENCE TRACK AND FIELD SUPPLEMENT MEN AND WOMEN
(SECTION 10.09) 10.09.01 RULES AND REGULATIONS**

A. Competition in this sport shall be governed by NCAA rules, State Commission on Athletics Code 4.01 and those provisions established by the Southern California Community College Track and Field Rules Committee (to which this conference has two representatives), and the provisions herein. Special attention must be paid to the uniform regulations.

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

Minimum starting height in the High Jump shall be 5'0" for men, and 3'6" for women.

Starting minimum height in the Pole Vault shall be 8'0" for men and 7'6" for women.

C. All entries to conference meets shall be done through Direct Athletics and Hy- Tek Software.

All races must be timed electronically. **Entry deadline 6 PM Tues**

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 Tri and Quad Meets shall be random **for the scoring heat.**

E. Only two athletes from each school will score.

F. Upon mutual consent of the coaches of the competing colleges, the **5000M** run may be contested in place of the **3000M** run during conference Tri or Quad meets. If the coaches agree, men and women may run together. **If agreed the 3000SC may be run before the regular running events start.**

G. Each college is required to designate one 400M relay and one 1600M relay team for scoring purposes.

H. In both running and field events all athletes entered must be eligible..

10.09.2 SCHEDULING. TIMES. AND RAIN-OUTS

A. Scheduling will be conducted in conjunction with the Pacific Coast Conference.

B. In the event of a rained-out meet, there shall be no make-up.

C. Tri and Quad Meets shall be scheduled at the spring coaches meetings for Fridays or by mutual consent on Saturdays, Thursdays or nights of Thursday, Friday, or Saturday.

D. All events running and field will begin at 1:00 PM.

Order of Events

Field events - Start 1:00pm

Order of Field events will be up to the host school, depending on there facilities.

Men and Women Long Jumps and Triple Jumps will be combined with an open pit of 1 hr 15min. for each.

Running Events – Events start at 1:00 PM
(All events are contested in Meters)

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 H.		Women
400 H		Men
200		Women
200		Men
3000		W & M
1600	Relay	Women
1600	Relay	Men

D. The Long and Triple Jump will each be conducted in a ONE-hour and Thirty Minute time period. The event official is in charge of the official event time clock.

1. Each contestant will have a six-attempt limit.

Athletes may jump in any order and will be excused when competing in other events.

E. Each contestant is allowed 6 attempts in all throwing events. This can change if needed by meet management.

10.09.3 PRELIMINARY NOTIFICATION

Each Head Coach hosting a conference meet must send all opponents before the season begins;

Directions, a map of his/her Track facility indicating; starts, finishes, field event areas, order of events, time schedules and team areas.

10.09.4 CONFERENCE CHAMPIONSHIP

A. The Foothill Conference Champion will be determined a 2 day prelim 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 Tues. the week of the meet. A performance list will be posted by 6PM on Tues, 2 changes will be allowed from each school but no changes will be allowed after 6 Pm on Wed. evening.

D. Honest effort 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. An electronic timing device is mandatory. Cost is to be split among competing colleges.

G. Conference records may be established during this meet.

H. Conference Championship - Events

MEN & Women

100
200,
400
800
1500
3000SC
5000
10,000
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

10.09.6 CONFERENCE CHAMPIONAND INDIVIDUAL AWARDS

A. The Conference Champion will be determined by the Conference Championship Meet. In case of a tie, each team will receive a Conference Championship Plaque.

B. Individual awards for the Conference Championships shall be given to the first (5) places.

First (3) finishes shall receive medals and the next (2) shall receive certificates.

First (3) finishes shall be recognized as All-Conference Selections and shall receive All-Foothill Conference Certificates.

C. A plaque will be awarded to the outstanding male and female athlete of the year in Track and Field (four (4) awards)..

D. A plaque shall be awarded to the "Coach Of The Year" of the Male and Female Teams.

E. Coach of the year awards and Athlete of the year award will be voted on after the state championships.

10.09.7 MEET DECORUM AND REGULATIONS

The rules and regulation 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 COA 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 of language, shall be disqualified by the referee from future competition at the meet.

Cross Country rules and by laws

- A. Conference Championship meet information including maps will be mailed to all conference schools 4 weeks prior to the championship meet.
- B. The conference championship meet will be held two Wed. before the Southern California Championships.
- C. The men will run 4 miles and will women will run either 3 miles or 5,000 meters.
- D. Women will start at 12 PM men will start no sooner than 12:50 no later than 1:00 PM
- E. Awards will be given to the top seven in each race.
- F. Athlete of the Year awards Men and Women, and Coach of the Year awards will be voted on after the State Championships.

06/07

Foothill Track & Field Supplement