

Coast Conference Track and Cross Country Bylaws
April 2008

Track and Field

The Coast Conference shall follow the NCAA, COA, 5TCA and Nor- Cal rules with the following exceptions

Championship Meet:

1. At the **MANDATORY**, pre- season meeting, the championship meet director shall provide a time schedule and meet information including entry fees and officiating assignments.
2. The entry deadline shall be 6 pm, 3 days prior to the start of competition.
3. The seeding meeting shall take place 2 days prior to the start of competition.
4. The entry number is unlimited.
5. All entries must have a legal numerical mark- with the exception of the 10K, where a legal numerical mark must be made in the 5K (or 10K) during the current competitive season.
6. All coaches must follow the Nor- Cal rules for submitting marks.
7. The standard order of events will be followed with the following guidelines:
 - a) Trials and Finals in 2 throws, 1 horizontal and 1 vertical jump per day. This particular order may be adjusted to accommodate a particular facility, but this must be presented at the pre- season meeting.
 - b) On day 2, a 15 minute lunch break shall be inserted before the 400 hurdles.
8. From the 1500 meters and under, heats will be run, as needed as per NCAA guidelines.
9. The steeplechase will be run as a final only, on day 2, and in heats (if needed) in a fast- slow order.
10. The 5K will be run as a final only on day 2.
11. The 10K will be run as a final only on day 1. The women's 10K will be run prior to the 200's and the men's 10K will be run after the 200's.
12. Seeding for the running events shall be randomized for the trials and by the NCAA guidelines for the finals.
13. Meet management shall have the ability to re- seed a running event if the number of scratches dictates. This shall only be done to make the field competitive.
14. Seeding in the field events shall be worst to best.
15. There shall be a 20 minute warm- up period between flights. After both flights have been completed, the top 9 will advance to the finals for 3 additional attempts. Any athlete that qualifies from flight 1 will receive 2 warm- up attempts in which the final will then start immediately.
16. In the vertical jumps, athletes must declare their opening height at the start of competition.
17. Each college will be responsible to officiate and run a field event, provide a hurdle crew (that will also serve as a hurdle judge), and relay zone judge(s), unless otherwise directed by the host college.

18. The host college is in charge of the facility, finish line, starter and weights and measures.
19. The Meet Referee shall be assigned by the host college. It is required that the meet referee is not currently affiliated with a Coast Conference college's track and field program.
20. The Jury of Appeals will consist of a single coach from each of the next three year's Coast Conference Championships host colleges. If an appeal involves an athlete from one of those colleges, then the fourth year's host will replace that coach (for that single appeal) and so forth.
21. The Games Committee will consist of one coach per college
22. Honest effort rule: If an athlete scratches or misses an event, after the official flight/ heat sheet have been create, then he/ she is disqualified and not allowed to compete for the remainder of the Coast Conference championships
23. There will be a coaches meeting 30 minutes prior to the start of first running event on both days of competition.
24. Awards: top 5 in each individual event, top 3 in each relay and a plaque to the first place team in each division.
25. The meet director is responsible for making arrangements with the Coast Conference so that the awards will be present at the Conference championships.
26. Future sites: 2009- CSM, 2010- WVC, 2011- DAC, 2012- Hartnell, 2013- Laney, 2014- Chabot, 2015- SJCC, 2016- CCSF, 2017- MPC

Preview Meet:

1. At the **MANDATORY**, pre- season meeting, the meeting director will provide a time schedule and meet information including entry fees and input on officiating assignments.
2. The meet director has the ability to add relay type events, if so desired.
3. The entry number is unlimited.
4. Each college will be responsible to officiate and run a field event, provide a hurdle crew and relay zone judge(s), unless directed otherwise by the host college.
5. The host college is in charge of the facility, finish line, starter and clerk.
6. All events shall be seeded randomly.
7. All athletes will receive 4 attempts in each of throws and horizontal jumps.
8. Future sites: 2009- WVC, 2010- DAC, 2011- Hartnell, 2012- Laney, 2013- Chabot, 2014- SJCC, 2015- CCSF, 2016- MPC

B) Cross Country

The Coast Conference shall follow the NCAA, COA, 5TCA and Nor- Cal rules with the following exceptions:

- 1- The course lengths shall be 4 miles for the men and 3 miles/ 5K for the women.
- 2- By Sept 1st of each season, the championship meet director shall provide a course map and meet information, including entry fees to each college. This information will be provided via e- mail. And the posted on the norcalstat.com regional website.

- 3- All course must be clearly mark with chalk lines, flags or cones visibly placed at every turn- or as per NCAA guidelines.
- 4- Only eligible runners shall be allow to run the Coast Conference championship meet.
- 5- No spikes will be allowed in the Conference meet.
- 6- The women's race will start at 2:30. The men will follow at 3:15.
- 7- The Conference team championship shall be determined by scored rank order of finish- as per NCAA guidelines.
- 8- Awards: top 15 individuals, and a plaque to each first place.
- 9- The meet director is responsible for making arrangements with the Conference chair so that the awards will be present at the Conference championships
- 10- Regional qualifying procedures are out- lined in the Nor- Cal bylaws and COA sport guide.
- 11- The Coast Conference Cross Country Championships will take on the Wednesday the week prior to the regional championships.
- 12- Future sites: 2008- GGP, 2009- Crystal Springs, 2010- Toro Park. (The start the 3 site rotation again)