

# 2018 NBL TRACK & FIELD CHAMPIONSHIP BULLETIN (UPDATED 5/7/18)

Hosted by Maria Carrillo High School

at **Santa Rosa High School** [1235 Mendocino Ave, Santa Rosa, CA 95401](http://www.santarosa.k12.ca.us)

The 2018 NBL Track & Field Championships will be held on the following dates:

**WEDNESDAY, MAY 9, 2018 TRIALS:** 3:00pm - Field Events / 4:45pm - Running Events

**FRIDAY, MAY 11, 2018 FINALS:** 3:00pm - Field Events / 4:00pm - Running Events

Meet Officials:

- Boys Long/Triple Jump - **Windsor**
- Girls Long/Triple Jump - **Maria Carrillo**
- Pole Vault - **Ukiah**
- High Jump - **Rancho Cotate**
- Shot Put - **Montgomery**
- Discus - **Santa Rosa**
- Relay exchanges and Meet Umpire - **Cardinal Newman**
- Meet Referee - **Casa Grande**
- Meet Director - **Greg Fogg, Maria Carrillo** [greg.fogg@comcast.net](mailto:greg.fogg@comcast.net)

Other rules and regulations may apply based on the latest published NBL Bylaws published here:

[http://www.northbayleague.org/uploads/1/6/2/9/16298708/nbl\\_track\\_field\\_by-laws\\_2014.15.pdf](http://www.northbayleague.org/uploads/1/6/2/9/16298708/nbl_track_field_by-laws_2014.15.pdf)

**Timing:** Provided by Diablo Timing [www.diablotiming.com](http://www.diablotiming.com) / Shannon Sos [shannon@diablotiming.com](mailto:shannon@diablotiming.com)

**Starter:** Steve Lamb [lamboatseb@aol.com](mailto:lamboateb@aol.com)

## Seeding Instructions

Entry maximum for athletes per event is 40, based on 5 athletes per school, per event x 8 schools. If we have less than 40 participants in an event, additional entries will be allowed based on best marks/times.

**ALL ENTRIES FOR THE JUNIOR VARSITY AND VARSITY NBL CHAMPIONSHIPS  
MUST BE SUBMITTED THROUGH THE [www.athletic.net](http://www.athletic.net) WEB SITE!**

**Entries are due Sunday, May 6, 2018 Midnight**

HOW TO ENTER (each school should have received an invite for the "NBL Championship Trials"):

1. Please log on to your athletic.net account.
2. Search for "NBL Championship Trials" on your Team Track and Field Home Page
3. Scroll down, click "Register Athlete for events"
4. You are now able to enter your athletes for each event. If you need to add any athletes to your roster. Scroll to the bottom, click "add athlete".

Please notify the Meet Director if you have any student-athlete who might be impacted by AP testing on the day of NBL trials for Field Events. Those student-athletes will be moved to a later flight. If you have questions about entry procedures, please contact Greg Fogg at [greg.fogg@comcast.net](mailto:greg.fogg@comcast.net) or Cell Phone (707) 291-2967

Please note that athletes may be entered in NO MORE than four events. The only exception to this is if the athlete is listed as a relay alternate. Being listed as a relay alternate does not count against the four event entry maximum.

## 2018 NBL Meet Schedule:

**RECENTLY MODIFIED WEDNESDAY, MAY 9, 2018 - NBL TRIALS** -This is not a rolling schedule, events will follow these start times (if the event is not listed, athletes will not contest for Trials and automatically advance to Finals on Friday).

**Trials Advancing:** For Running Events, each Heat Winner, plus next X fastest times advance from Trials to Finals on Friday

### Running Events\*

400m	JVB 4:45	VB 4:55		
100m	JVG 5:25	JVB 5:35	VG 5:45	VB 5:55
200m	JVG 6:25	JVB 6:35	VG 6:45	VB 6:55

\*Relay Cards for Finals on Friday are due at the conclusion of the NBL Trials (all 4 participants + 2 alternates per relay)

### Field Events

Pole Vault*	3:00 JVG FINALS	(Immediately after JVG) JVB FINALS		
High Jump	VB 3:00			
Long Jump	VG 3:00	JVB 4:00	VB 5:00	
Triple Jump	VB 4:00			
Shot Put	JVG 3:00	VB 3:00	VG 5:00	JVB 5:00
Discus	VG 3:00	JVB 3:00	VB 5:00	JVG 5:00

\***Pole Vault:** JV finals on Wednesday/Varsity Pole Vault finals on Friday. **Notes for other events: High Jump:** As soon as the competitor field reaches 12 jumpers, the trials cease; those 12 go to the finals on Friday. **LJ, TJ, Shot and Discus:** 3 attempts to qualify for finals; top 12 advance to NBL Finals; marks from Trials do NOT carry over to Finals on Friday. -Some running events may not require trial heats (TBD) and will therefore be run as Final only events on Friday.

**RECENTLY MODIFIED FRIDAY, MAY 11, 2018 - NBL FINALS** -This is not a rolling schedule, events will follow these start times:

### Running Events

4x100mR	JVG 4:00	JVB 4:04	VG 4:08	VB 4:12
1600m	JVG 4:16	JVB 4:25	VG 4:41	VB 4:49
110/100h	VB 4:59	JVB 5:07	JVG 5:13	VG 5:17
400	JVG 5:27	JVB 5:31	VG 5:35	VB 5:43
100m	JVG 5:51	JVB 5:55	VG 5:59	VB 6:07
800m	JVG 6:14	JVB 6:19	VG 6:27	VB 6:35
300h	JVG 6:45	VG 6:49	JVB 6:57	VB 7:01
200m	JVG 7:10	JVB 7:14	VG 7:18	VB 7:26
3200	<del>JVG 7:42</del>	JVB 7:36	JVG/VG 7:51	VB 8:06
4x400m R	JVG 8:21	JVB 8:28	VG 8:35	VB 8:42

### Field Events

Shot Put*	JVG 3:00	VB 3:00	VG 4:45	JVB 4:45
Discus*	VG 3:00	JVB 3:00	VB 4:45	JVG 4:45
Pole Vault	VG 3:00	VB 5:00		
Long Jump*	JVG 3:00	VG 4:15	JVB 6:00	VB 7:15
Triple Jump*	JVB 3:00	VB 4:15	JVG 6:00	VG 7:15
High Jump	VB 3:00	JVB 4:45	VG 6:00	JVG 7:45

\***Long Jump, Triple Jump, Shot Put, and Discus:** Each finalist will have 3 attempts; then the top 7 will then be given an additional 3 attempts; NBL Finals placing is based on best overall marks for the day.

## **EVENT MECHANICS:**

### **RUNNING EVENTS**

There will be no trials for the 800m, 1600m and the 3200m. For the 800m, depending on how many entries we have, we will run 12 athletes in the fast heat of the Friday finals. If there are 16 runners we will run one heat. If we have more, we will separate into 2 heats with the fastest 12 athletes in the final fastest heat. We will use an alley start in lanes 1-4 and 5-8. Runners will be seeded from the middle out in each alley according to qualifying times. Runners 1,4,5,8,9,12 will be in the first alley and runners 2,3,6,7,10,11 will be in the second alley.

Qualifying from Trials to Finals in ALL running events except the 800m, 1600m and the 3200m are as follows: **The Top finisher in each heat, plus the next fastest competitors to reach a total of 16.**

**All running events in lanes will have Final fields of 16 (2 complete heats).**

### **FIELD EVENTS**

Stated in the Meet Schedule. Implement weigh-ins will next to the Throws venue and open from 2pm to 4:45 pm on both days for Trials and Finals.

### **CONFLICT IN EVENTS**

Competitors who are entered in field events being held simultaneously must report to each event's official by the published event start time, otherwise the athlete will be scratched.

If the field event is in conflict with a running event, the athlete must secure a release from the field event official and report to the Clerk-of-the-Course.

Athletes are not to report directly to the starting line without checking in first with the Clerk-of-the-Course.

### **WARM-UP/CHECK-IN AREA**

The warm-up area will be identified prior to the meet. Be sure your athletes check in at the bullpen to receive their lane assignments for running events and at the venue for field events.

### **DISQUALIFICATION AND CONDUCT**

**UNSPORTSMANLIKE CONDUCT** - Unsporting conduct is behavior that is unethical or dishonorable. It includes, but is not limited to: disrespectfully addressing and official, any flagrant behavior, intentional contact, taunting, criticizing or using profanity directed toward someone. This shall apply to all coaches, contestants and other team/school personnel.

**-PENALTY:** Disqualification from the event and further competition in the meet. (Nat'l. Fed. Rule 4, Section 6, Article 1)

**UNFAIR ACT** - It is an unfair act when a competitor receives any assistance. Assistance includes:

1. Interference with another competitor
2. Pacing by a teammate not in the race or persons not participating in the event
3. Competitors joining or grasping hands with each other during a race
4. Communicating with a competitor through the use of any device, including electronically, during a race or trial
5. Coaching a competitor from a restricted area
6. Competitor using an aid during the race or trial

**-PENALTY:** disqualification from that event (Nat'l. Fed. Rule 4, Section 6, Article 5)

**UNACCEPTABLE CONDUCT** - Unacceptable conduct by a competitor includes, but is not limited to: willful failure to follow the direction of a meet official, using profanity that is not directed at someone or any action which could bring discredit to the individual or his/her school.

**-PENALTY:** disqualification from that event (Nat'l. Fed. Rule 4, Section 6, Article 2)

**UNIFORM RULE:** -Please refer to Nat'l. Fed. Rule 4, Section 3

**PROTEST/APPEAL PROCESS** - Jury of Appeals - This will be composed of three coaches **NOT** affected by the decision.

**MEET SCORING** - All NBL Championship Final events will be scored for all divisions as follows: **10-8-6-4-2-1**

**AWARDS** - Medals – 1st through 4th place (Varsity only)

### **QUALIFYING TO NCS REDWOOD EMPIRE CHAMPIONSHIPS:**

- The Top-4 finishers in each Varsity event auto qualify for the NCS Redwood Empire Championships at Santa Rosa high School, Saturday, May 19, 2018
- Athletes NOT in the Top-4 finishers in an event, but who achieve an NCS "At-Large" Standard, will also advance to the NCS Redwood Empire Championships. See the 2018 NCS "At-Large" Standards at [http://www.cifncs.org/sports/track/2018\\_NCSMOCATargetimes.pdf](http://www.cifncs.org/sports/track/2018_NCSMOCATargetimes.pdf)
- Additional qualifiers to the NCS Redwood Empire Championship will be comprised of the next 8 best marks from all 4 Redwood Empire Area Leagues (HDNL, MCAL, NBL and SCL); TBD by the NCS Redwood Empire Meet Director.

**SCRATCH MEETING:** There will be a NBL Coaches Scratch Meeting immediately following the conclusion of the NBL Championship meet to formalize entries to the NCS Redwood Empire Meet. All NBL coaches are expected to participate and submit scratches during this meeting; if a NBL Coach is NOT present, it will be assumed there are no scratches to submit and no interest in participating in the Scratch Meeting process. The NBL Meet Director will facilitate this Scratch Meeting and all NBL Coaches will collectively, agree to and confirm top place finishers [Varsity Only] for each event, 12 deep to facilitate advancing on to the NCS Redwood Empire Meet. If there is a scratch in any event, there will be an opportunity during the Scratch Meeting for the Coach of the next place athlete (i.e. 5<sup>th</sup> place) to accept or deny that scratch spot; if a Coach is not present during this meeting, their athlete will get passed over. The NBL Meet Director will submit a final top Varsity NBL finisher list (Including scratches) to the NCS Redwood Empire Meet Director after the conclusion of the NBL Scratch Meeting.

### **FINAL CHANGES/SCRATCHES TO ANY NBL TOP FINISHERS MUST BE CONFIRMED BY NO**

**LATER THAN NOON SUNDAY, MAY 13** to the NCS Redwood Empire Meet Director, Doug Courtemarche via e-mail at [zeemie@aol.com](mailto:zeemie@aol.com) to determine final NCS Redwood Empire Meet entries.

**HONEST EFFORT RULE:** Competitors who have qualified for and have been entered into more than one event must honestly participate with maximum effort in each event for which the athlete is declared or the athlete will be barred from further competition in the meet. *Note: It is understood that passing on attempts in field events is a strategy in those events and is not considered a question of honest effort.*