

...How will the “new” NBL and Redwood Empire Area (Varsity only) advancement work for Track & Field in 2019...?

Championship Pennant goes to best regular season NBL Win/Loss Record (4 meets)

NBL OAK
Team Championship Pennant (6 Schools)

- Boys Champion
- Girls Champion

NBL REDWOOD
Team Championship Pennant (6 Schools)

- Boys Champion
- Girls Champion

NBL OAK (6 schools):
El Molino
Maria Carrillo
Montgomery
Piner
Santa Rosa
Windsor

NBL REDWOOD (6 schools):
Analy
Cardinal Newman
Elsie Allen
Healdsburg
Rancho Cotate
Ukiah

Combined NBL Oak + Redwood Championships (Hosted by Montgomery)

-Trials Wednesday, 5/1
-Finals Friday, 5/3

NBL Team Championship Pennant (based on event place points 10-8-6-4-2-1) from Finals:

- Boys Champion
- Girls Champion

Combined NBL Oak + Redwood Combined Championships (12 schools):
Analy
Cardinal Newman
El Molino
Elsie Allen
Healdsburg
Maria Carrillo
Montgomery
Piner
Rancho Cotate
Santa Rosa
Ukiah
Windsor

NBL (12 schools)
top 6 in Finals auto qualify
Analy, Cardinal Newman, El Molino, Elsie Allen, Healdsburg, Maria Carrillo, Montgomery, Piner, Rancho Cotate, Santa Rosa, Ukiah, Windsor

Top 6

HDNL (5 schools)
top 4 in Finals auto qualify
Arcata, Del Norte, Eureka, Fortuna, McKinleyville

Top 4

MCAL (8 schools)
top 4 in Finals auto qualify
Marin Catholic, Novato, Redwood, San Marin, San Rafael, Drake, Tamalpais, Terra Linda

Top 4

VVAL (7 schools)
top 4 in Finals auto qualify
American Canyon, Casa Grande, Justin Siena, Napa, Petaluma, Sonoma, Vintage

Top 4

NEXT BEST 6 MARKS FROM ALL 4 LEAGUE RESULTS
?

+6

Top 24

NCS Redwood Area Championships (Hosted by MCHS)

-Saturday, 5/11

NCS Redwood Area Team Championship Pennant (based on points 10-8-6-4-2-1):

- Boys Champion
- Girls Champion

NCS Redwood Area Championships (32 schools)

*Top 7

NCS Meet Of Champions (MOC) Diablo Valley College **5/17-5/18**

*Top 3

CA State Championships Buchanan HS **5/24-5/25**

Note: Any Lower Lake Athletes placing in the top 4 in the CMC League meet will auto-advance to NCS Redwood Area Championships

*** Note:** Athletes can also advance by making “At Large” standards

May 11, 2019 NCS Redwood "At Large" Standards

(To advance on to NCS MOC)

May 24/25, 2019 NCS MOC "At Large" Standards

(To advance on to CA State Championships)

AT-LARGE QUALIFIERS

Any student-athlete who participates in NCS/Les Schwab Tires Area Championship meet and does not qualify by place to the NCS/Les Schwab Tires MOC Championships but meets or exceeds the standards below will automatically qualify for the NCS/Les Schwab Tires MOC Championships. These entries should be included in the entries forwarded to the MOC.

MOC At-large Standards for 2019

Boys		Girls	
4 x 100-meter Relay	43.23	4 x 100-meter Relay	49.72
1600-meter run	4:23.52	1600-meter run	5:05.78
110-meter H.H.	15.60	100-meter H.H.	15.71
400-meter dash	50.31	400-meter dash	59.93
100-meter dash	11.10	100-meter dash	12.55
800-meter run	1:57.78	800-meter run	2:20.56
300-meter I.H.	40.79	300-meter I.H.	46.49
200-meter dash	22.49	200-meter dash	25.6
3200-meter run	9:27.28	3200-meter run	11:03.09
4 x 400-meter Relay	3:26.65	4 x 400-meter Relay	4:03.49
Long Jump	20-11.00	Long Jump	16-07.75
Triple Jump	43-02.25	Triple Jump	35-05.25
High Jump	6-02	High Jump	5-00
Shot Put	48-7	Shot Put	36-0.5
Discus	147-01	Discus	119-10
Pole Vault	13-08	Pole Vault	10-08

CIF AT-LARGE STANDARDS

An athlete shall earn an at-large entry into the CIF State Meet Championships if his/her mark at the final section competition (which qualifies entrants to the State Meet) is equal to or better than the average of the 9th place qualifying marks to the State Meet Finals from the three most recent years. The At-Large standards* for the 2019 CIF State Meet are:

Event	Girls Standard	Boys Standard
100	11.94	10.72
200	24.26	21.81
400	55.62	48.53
800	2:11.85	1:54.54
1600	4:52.84	4:14.90
3200	10:28.90	9:07.48
100/110 Hurdles	14.24	14.30
300 Hurdles	43.63	38.30
4 x 100 Relay	47.59	41.85
4 x 400 Relay	3:50.90	3:18.73
High Jump	5'04"	6'04"
Pole Vault	12'00"	14'9"
Long Jump	18'6"	22'9"
Triple Jump	38'10"	46'05"
Shot Put	41'04"	55'3"
Discus	140'11"	173'01"

*These times and distances are subject to change due to error or action by the CIF Federated Council.