

		<b>TRACK AND FIELD</b>	<b>12.000</b>
		<b>Schedules</b>	<b>12.100</b>
12.101	Track shall be a spring sport in the NBL. There shall be two classifications: Varsity Boys' and Varsity Girls' Track.		
12.102	The schedule shall be four weeks in length. Each week two of the meets will be three-way meets and the other would be a dual meet. NBL point system would be the same. A winner of a tri-meet will earn two points; the second place team will earn one point. A dual meet winner will earn one point.		
12.103	The North Bay League meet shall be held one week before the North Coast Section Redwood Empire Classification Meet.		
12.104	The league championship will be determined by the points earned during the league tri/dual meet season added to the points for the league meet. The points for the league meet will be three points for first place, two points for second, and one point for third place.		
		<b>Practice</b>	<b>12.201</b>
		<b>Meet Administration</b>	<b>12.300</b>
12.301	The National Federation Track and Field Rule Book is the governing authority in track and field, with the exception of CIF/NCS modifications and/or adoptions.		
12.302	<b>Start time for league meets will be 3:45 PM. Meets need to start on time so that they finish at a reasonable hour. Time schedule is approximate, but events <u>will not start before the stated time</u> unless agreed upon.</b>		
12.303	<b>Pole vault athletes start warming up ASAP. It will be an open pit. When a vaulter's opening height has been reached, that vaulter will be given two additional run-throughs.</b>		
12.304	<b>Heights for the 100/110 High Hurdles will be 33" for girls; 36" for JV boys and 39" for varsity boys. In the 300 Intermediate Hurdles, the height for girls will be 30" and the height for boys will be 36".</b>		
12.305	<b>The fastest heat is the first heat! In lane events in which hand held time is used, there should be three watches on first and second place finishers in the second heat.</b>		
12.306	<b>Lane assignments will alternate each race.</b>		
12.307	<b>Athletes are allowed to leave the event in order to compete in another event at the discretion of the official. Athletes must be given a ten-minute recovery after the conclusion of the other event. Officials need to make every attempt to inform the athletes if there is an unforeseen delay in starting other events and/or if the bar is to be raised.</b>		
12.308	<b>Long jump start at 3:45 PM. No run-throughs after the 4 x 100 starts. The long jump will end at the conclusion of the 188 m. Triple jumpers sign in before the end of the 800 m.</b>		
12.309	<b>Field events will have three attempts during tri-meets and four attempts during dual meets.</b>		
12.310	<b>In order to rest sprinters competing in the 4x400, there will be a 20-minute wait after the last 200 meter race if the 320 meter is or is not run.</b>		
12.311	<b>Starting height for high jump: 3'6" for JV girls; 4'0" for varsity girls; 4'6" for JV boys; and 5'0" for varsity boys.</b>		
12.312	<b>Starting height for pole vault: 6'0" for JV girls; 7'0" for varsity girls; 7'6" for JV boys; and 9'0" for varsity boys.</b>		
12.313	<b>All field event participants must sign-in before the event begins.</b>		
12.314	<b>Field implements should have weight indication and no alteration.</b>		

12.314	<b>Order of events for track events:</b>			
	<b>Time</b>	<b>Event</b>	<b>Running Order</b>	
	3:45	4 x 100	JV girls; JV boys; V girls' V boys	
	4:00	1600 m	JV girls; JV boys; V girls' V boys	
	4:15	100/110 HH (39" VB; 36" JVB; 33"G)	Girls; JV boys; varsity boys	
	4:30	400 m	JV girls; JV boys; V girls' V boys	
	4:45	100 m	JV girls; JV boys; V girls' V boys	
	5:00	800 m	JV girls; JV boys; V girls' V boys	
	5:15	300 IMH (30" G; 36" B)		
	5:30	200 m	JV girls; JV boys; V girls' V boys	
	5:45	3200 m	Girls; boys	
	6:05	4 x 400	JV girls; JV boys; V girls' V boys	
	<b>Order of events for field events:</b>			
	<b>Time</b>	<b>Event</b>	<b>Order</b>	
	3:45	Shot put	Varsity girls; JV girls; varsity boys; JV boys	4= dual; 3=tri meet
	3:45	Discus	Varsity boys; JV boys; varsity girls' JV girls	4= dual; 3=tri meet
	3:45	High Jump	Varsity boys; JV boys; JV girls; varsity girls	5'; 4'6"; 3'6"; 4'
	3:45	Pole Vault	JV girls; varsity girls; JV boys; varsity boys	6'; 7'; 7'6"; 9'
	3:45	Long Jump	4 = dual 3 = tri meet	Open pit
	End of 800 m	Triple Jump	4 = dual 3 = tri meet	Open pit
			<b>Officials</b>	
			<b>12.400</b>	
12.401	The officials in charge of field events shall be the judges in cases of disqualifications, except in meets where a referee has been appointed, in which case the referee will have jurisdiction.			
12.402	The track coaches shall have no part in the officiating of the meet.			
12.403	Track coaches and contestants shall be required to remain in the space on the field allotted to their respective team.			
12.404	For the league meet, the referee shall be agreed upon by the tournament director.			
12.405	An officials and coaches meeting shall precede the league and qualifying meet at which time the referee shall discuss rules, events, and other matters pertaining to the handling of the meet.			
12.406	Officials and coaches shall be given written instructions as to rules, etc., in regards to their events.			
12.407	Track coaches and the meet director(s) will have an organizational meeting following the NBL Track meet to formulate entries to the NCS Redwood Empire Meet.			
12.408	Member schools shall assign three adults to officiate at the NBL track meet. Names of these adults shall be sent to the meet director.			
12.409	In each league track meet, the home school must provide seven adult officials, three for field events and four at the finish line.			
<b>12.410</b>	<b>Adults should measure and read the tape at all field events.</b>			
<b>12.411</b>	<b>Rules (National Federation Rules and NBL Bylaws) should be attached to clipboards to help the officials</b>			
			<b>League &amp; Tournament</b>	
			<b>12.800</b>	
12.801	Seven places shall count in scoring track and field events for the league and qualifying meets with points 10, 8, 6, 5, 3, 2, and 1 for first, second, third, fourth, fifth, sixth, and seventh places.			
12.802	All entries for the League meet must be made at least one week prior to the meet. Entries should be sent to the host school with a copy sent to the league commissioner.			

12.803	The director of the league meet shall send to the director of the NCS Redwood Empire Track Meet a complete list of winners with times and distances. A copy of the results should be sent to the league commissioner.
12.804	In order to compete in the Redwood Empire Meet, a varsity athlete must earn his/her place.
12.806	A list of winners shall be sent to the director of the Redwood Empire Track Meet so that it reaches the director by the date determined by the North Coast Section.
12.807	Medals shall be awarded for the first five places in boys' varsity individual competition and in girls' varsity individual competition.
12.808	Entry fees for the league meet shall be \$4 per student and \$8 per relay team. Checks should be made out to the North Bay League. Entry fees should accompany the entries to the league meet.
12.809	If the fees do not cover the meet costs, all schools will pay their pro-rated share of the deficit.