

(revised April 12, 2024)

## 2024 NBL TRACK & FIELD CHAMPIONSHIP MEET BULLETIN

TO: NBL Track & Field Coaches, Athletic Directors, Commissioner  
FROM: Carrie Joseph, NBL Track & Field Championships Meet Director

The 2024 NBL Track & Field Championships will be held on the following dates at the **Santa Rosa High School's Courtemarche Track**, an 8 lane all-weather track facility in Santa Rosa:

**TUESDAY April 30** Field: 3:00pm / Track: 4:00pm Varsity Trials, JV Trials  
**THURSDAY May 2** Field: 3:00pm / Track: 4:00 pm Varsity Finals, JV Finals

**Meet Director:** Carrie Joseph, carriejoseph1@gmail.com, 707.695.5366  
**Timer:** Aliya Dibrell, Adkins Trak West, adibrel@adkinstrakwest.com  
**Starter:** Casey Jones (Carl Triola/Scott Demange Recall Starters)  
**Meet Referee:** Sean Fitzpatrick  
**Jury of Appeals:** **TBD**  
**Clerks:** Larry Meredith and Tori Meredith  
**Announcer:** Brad Zanetti (Finals Only)  
**Medal Information:** Medals for Top 3 Varsity Finishers

**Hosting Assignments:** Each participating school has been assigned a specific hosting responsibility for these dates as listed below:

**Santa Rosa:** Announcer (Finals), Block Crew, Entries, Scoring, Heat Sheets, Results, Facilities Manager, Finish Line Director, Finish Line Recorder, FAT System, FAT Back up, Gate Collection, Head Umpire, Hurdle Crew, Implement Weigh-ins, Meet Director, Meet Referee, Clerk of the Course, Starter and Recall Starter

**Montgomery:** Long Jump Girls (1 Official and 3 Crew) recorder, measurer, poker, raker

**Windsor:** Long Jump Boys (1 Official and 3 Crew) recorder, measurer, poker, raker

**Ukiah:** Triple Jump Boys; Triple Jump Girls (1 Measurer, 1 Recorder) (Note: poker/raker will be assigned by SRHS)

**Cardinal Newman:** High Jump Girls (1 Official and 2 Crew) recorder, 2 bar attendants

**Cardinal Newman:** High Jump Boys (1 Official and 2 Crew) recorder, 2 bar attendants

**Piner:** Shot Put Girls (1 Official and 4 Crew) recorder, pull through measurer, reading measurer, poker, implement retrieval

**Piner:** Shot Put Boys (1 Official and 4 Crew) recorder, pull through measurer, reading measurer, poker, implement retrieval

**Healdsburg:** Varsity Discus (1 Official and 4 Crew) recorder, pull through measurer, reading measurer, poker, implement retrieval

**Analy:** JV Discus (1 Official and 4 Crew) recorder, pull through measurer, reading measurer, poker, implement retrieval

**Maria Carrillo:** Pole Vault (1 Official and 2 Crew) recorder, 2 bar attendants

**Rancho Cotate:** Umpires (6) for relay exchange zones, hurdle judging, lane infringement

**Coaches:** please provide a list of names/phone numbers of all meet personnel being provided by your school to the Meet Director by Friday, April 26. This list will be considered confirmation of your school's intent to fulfill its obligation.

**Seeding Instructions:** One team from each school will be accepted in the Varsity 400m relay, 1600m relay, and 3200m relay events. The **fastest/best marked athlete per school will be accepted into each Varsity**

**event.** The following athletes entered into each Varsity event, will require a Varsity Standard to be met. If they meet the standard for one event, they will qualify for their other Varsity events. **If they do meet one standard and do not meet another, a comment on Athletic.net will be needed to confirm the Varsity event they qualified in. If this comment is not in place, they will be scratched from that event.**

	NBL Trials/ Finals		Varsity Standards
	4/30 and 5/2		@ SRHS
Running events	Boys		Girls
100m	12.17		14.41
200m	25.77		30.64
400m	56.18		69.51
800m	2:16.81		2:43.63
1600m	4:52.19		5:57.4
3200m	Top 28 times		Top 28 times
100/110 Hurdles	19.02		20.64
300 Hurdles	49.71		57.59
<b>Field Events</b>			
Shot put	35-10		26-3
Discus	98-6		68-7
Long Jumping	18-4		13-4
Triple Jump	34-1		27-1
High Jump	5-3		4-3
Pole Vault	9-0		7-0

Equitable seeding of trial heats depends on the honest intent of those entered to compete. An athlete who is entered in an event, but does not compete, is taking that opportunity to compete away from another athlete. **COACHES MUST ENSURE THAT ATHLETES INTEND TO COMPETE IN ALL EVENTS FOR WHICH THEY HAVE BEEN ENTERED!**

<b>HONEST EFFORT RULE:</b>
The league will use the Honest Effort Rule for preliminary and final rounds of the League Championship.
Competitors who have qualified for and/or been accepted into more than one event, must honestly participate in the qualifying or final round in each event for which the athlete is accepted or has qualified, or the athlete will be barred from further competition in the meet.
Athletes must compete with maximum effort and/or qualify from trials into the finals.
Note 1: 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.
If a scratch or does not show occurs, the coach will be notified that the athlete scratched/DNS and will be removed from the remainder of their events going forward. If the athlete missed an event due to a medical or sufficient reason why, the coach must provide an explanation, get verification from medical or trainer and be cleared by the meet referee. Once cleared, the meet referee will turn in the appeal to the timer to clear the athlete to participate in further events.

## ENTRY LIMIT RULE:

Please note that athletes may be entered in NO MORE THAN 4 events. Note that an athlete who is entered in fewer than 4 individual events may be entered on 1 or more relays, but may only compete in 4 total events. See NFHS Rule 4.2.2.

## ENTRIES MUST BE SUBMITTED THROUGH [Athletic.net](#)!

Please log on to Athletic.net and complete the entry process for the “NBL Championship Trials” **NO LATER THAN 9:00 PM, SUNDAY APRIL 28th!** Please be sure to access the “NBL Championship Trials” [meet page on the Athletic.net website](#). Entries made through any other meet page on Athletic.net or on any other online service will NOT be accepted.

Please contact Carrie Joseph at [carriejoseph1@gmail.com](mailto:carriejoseph1@gmail.com) with any questions or concerns

## EVENT MECHANICS:

### VARSIITY RUNNING EVENTS

#### HEAT & LANE ASSIGNMENTS IN TRIALS:

In all varsity races except the 800m, 1600m, seeding will be serpentine with the fastest entrant in the final preliminary heat. The fastest entries in each preliminary heat will be assigned to the preferred lanes, and the next fastest to the adjacent lanes (4, 5, 3, 6, 2, 7, 1, 8).

#### SECTION & LANE ASSIGNMENTS IN FINALS:

In all varsity races except the 800m, 1600m and 3200m, there will be 2 sections of “timed finals” contested on the finals date. The top 8 qualifiers will compete last, in section 2. The next 8 qualifiers will compete first, in section 1. The fastest qualifiers in each section will be assigned to the preferred lanes, and the next fastest qualifiers to the adjacent lanes (4, 5, 3, 6, 2, 7, 1, 8). Lane assignment will be based on time only. No preference will be given for placing in preliminary heats.

In the varsity 800m and 1600m, runners will start in alleys for the first turn. The fastest entrants will be seeded in the final heat. Starting in lane 1 working out will be 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16 seeds. The outside alley will be 1, 2, 3, 4 seeds. The varsity 3200m will follow the same pattern for position assignment.

#### QUALIFYING FROM TRIALS TO FINALS:

Qualifying from trials to finals in varsity running events except the 800m and 1600m is as follows: Top finisher in each heat, plus the next fastest competitors to reach **a total of 16**. In the case of a tie(s) for first in the trials, all runners involved in the first-place tie will qualify for the finals and the number of non-first-place qualifiers will be reduced to ensure there are not more than 16 runners in the finals.

The 800m and 1600m will be run only as finals, with runners seeded into heats based on entry times. Runners may advance to Redwood Empire Area Championships based on finish times from both heats.

NOTE: The varsity 3200m will be contested as a final only event on the finals date.

# **JUNIOR VARSITY RUNNING EVENTS**

## **HEAT & LANE ASSIGNMENTS IN TRIALS:**

In all JV races except the 800m, 1600m, Seeding will be serpentine with the fastest entrant in the final preliminary heat. The fastest entries in each preliminary heat will be assigned to the preferred lanes, and the next fastest to the adjacent lanes (4, 5, 3, 6, 2, 7, 1, 8).

In the JV 800m and 1600m, runners will start in alleys for the first turn. The fastest entrants will be seeded in the final heat. Starting in lane 1 working out will be 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16 seeds. The outside alley will be 1, 2, 3, 4 seeds.

The JV 400m relay, 1600m relay, 800m, 1600m, and 3200m will be contested as finals ONLY on the finals date.

## **SECTION & LANE ASSIGNMENTS IN FINALS:**

In all JV races there will be 1 final section contested on the finals date. In the lane races the fastest qualifiers will be assigned to the preferred lanes, and the next fastest qualifiers to the adjacent lanes (4, 5, 3, 6, 2, 7, 1, 8). Lane assignment will be based on time only. No preference will be given for placing in preliminary heats.

The JV 800m and 1600m finals will be run in alleys and starting positions will be assigned based upon time. Starting in lane 1 working out will be 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16 seeds. The outside alley will be 1, 2, 3, 4 seeds. The JV 3200m will follow the same pattern for starting position assignment.

## **QUALIFYING FROM TRIALS TO FINALS:**

Qualifying from trials to finals in JV running events except the 800m and 1600m is as follows: Top 8 finishers by time.

Qualifying from trials to finals in the JV 800m and 1600m is as follows: Top 16 finishers by time.

NOTE: The JV 800m, 1600m, 3200m will have a final only event on the finals date. All other JV running events will have final fields of 8.

In addition, a 4 X 800m relay will be contested in JVG, JVB, VG, and VB. The relay will be held on Tuesday April 30 following the VB 200 trials. **If you enter a JV relay, your team will be running in the varsity race but scored as a JV event.**

# **VARSITY FIELD EVENTS**

## **POLE VAULT & HIGH JUMP:**

Varsity Pole Vault & High Jump will be conducted as a final only, with one gender competing on the trial date and the other gender competing on the finals date. The event will be run using a "five-alive" format. Once 9 competitors or fewer remain in the competition at the beginning of a round, the competition will be conducted in 1 continuous flight.

In Varsity High Jump, the bar will be raised in 2-inch increments. When only 3 or fewer contestants remain, the bar will be raised in 1-inch increments. **(2024 NCS "at large" marks: Girls 5-0, Boys 6-0).** Opening height will be- Girls 4-0, Boys 5-0

In Varsity Pole Vault, the bar will be raised in 6-inch increments. (2024 NCS "at large" marks: Girls 10-1, Boys 12-8). Opening height will be- Girls 7-2, Boys 9-2

### **HORIZONTAL JUMPS & THROWS:**

On the trials date, all Varsity Horizontal Jumps and Throws will be conducted in flights of 8. Competitors will receive 3 attempts in this preliminary round. After all flights have been conducted, the top 16 competitors will advance to competition on the finals date. In the case of a tie for the final qualifying place, all competitors involved in the tie will be advanced to the final.

On the finals date, the Varsity Horizontal Jumps and Throws will have a preliminary round. The preliminary round will be conducted in flights of 8, with the top 8 qualifiers competing in flight 2. The next 8 qualifiers will compete in flight 1. This will immediately be followed by a final round for the top 8 competitors: Competitors will receive 3 attempts in the preliminary round, and the top 8 competitors will receive an additional 3 attempts in the final round. Final placing will be determined by best marks from all 6 attempts on the finals date.

## **JUNIOR VARSITY FIELD EVENTS**

### **POLE VAULT & HIGH JUMP:**

JV Pole Vault & High Jump will be conducted as a final only, with one gender competing on the trial date and the other gender competing on the finals date. The event will be run using a "five-alive" format. Once 9 competitors or fewer remain in the competition at the beginning of a round, the competition will be conducted in 1 continuous flight.

In JV High Jump, the bar will be raised in 2-inch increments. When 3 or fewer contestants remain, the bar will be raised in 1-inch increments. Opening height will be- Girls 3-6 Boys 4-6

In JV Pole Vault, the bar will be raised in 6-inch increments. Opening height will be- Girls 6-0 Boys 7-6

### **HORIZONTAL JUMPS:**

On the trials date, all JV jumps will be conducted in flights of 8. Competitors will receive 3 attempts in this preliminary round. After all flights have been conducted, the top 8 competitors will advance to competition on the finals date. In the case of a tie for the final qualifying place, all competitors involved in the tie will be advanced to the final.

On the finals date, the JV jumps will be conducted in a single flight. Competitors will receive 4 attempts only. Final placing will be determined by best marks from all 4 attempts on the finals date.

### **THROWS:**

On the trials date, all JV Throws will be conducted in flights of 8. Competitors will receive 3 attempts in this preliminary round. After all flights have been conducted, the top 8 competitors will advance to competition on the finals date. In the case of a tie for the final qualifying place, all competitors involved in the tie will be advanced to the final.

On the finals date, the JV Throws will be conducted in a single flight. Competitors will receive 4 attempts only. Final placing will be determined by best marks from all 4 attempts on the finals date.

## **NEW! 4 x 800m Relay Entry Instructions:**

- Although the NBL will contest the 4 x 800m at the Championship meet, entries to the Redwood Empire Area Championships do NOT qualify through the NBL Championship meet.
- The NCS Area/Class A meets will accept the top 16 4x800 relay squads entered (see breakdown below). Entry marks must be achieved in the official spring NCS outdoor season and verifiable on [Athletic.net](https://athletic.net).
- To be accepted into the 4x800m relay at the NCS Area/Class A meets, schools must add the following meet to their [Athletic.net](https://athletic.net) calendar and register their relay(s) at the correct registration site:
  - Redwood Empire: <https://athletic.net/TrackAndField/meet/535877/register>
  - When making entries, schools must include the following:
    - Name, date, and location of the meet
    - Link to results in Athletic.net
    - Event must be FAT timed

Results MUST be official and posted on [Athletic.net](https://athletic.net) for verification purposes. Please check results and look to the NCS/Area/Class A rankings on [Athletic.net](https://athletic.net) to ensure that times are correct and in the system. Registration closes on Sunday, 5/5/2024 at 11:59 PM

Entries in the 4x800m relay are based solely on times (entries in this event do NOT qualify through a league championship). Times must be verifiable FAT times run during the current season (times can be taken from league championship if the league holds this event). There will be up to 16 entries at each Class A/Area meet determined as follows:

#### **CLASS A**

**Best 16 times from all Class A schools**

#### **REDWOOD EMPIRE**

**HDNL (Big 5) 2 MCAL 2 NBL 4 VVAL 2 Next best 6 times**

#### **BAY SHORE**

**MVAL 2 TCAL 3 WACC 3 Next best 8 times**

#### **TRI-VALLEY**

**BVAL 2 DAL 3 EBAL 3 Next best 8 times**

#### **MEET SCORING**

All NBL Championship Finals will be scored for ALL divisions as follows: 10 – 8 – 6 – 4 – 2 – 1

### QUALIFYING TO NCS REDWOOD EMPIRE CHAMPIONSHIPS:

The number of qualifiers per each event by league for the NCS Redwood Empire Track & Field Championships will be as follows:

**HDNL 3 entries**

**MCAL 3 entries**

**NBL 5 entries**

**VVAL 3 entries**

**The next 6-10 best marks from all 4 league championships (total of 24 entries per event), plus any at large marks. Note: An athlete must participate in a League Final to advance to NCS Redwood Empire Area Track & Field Championships.**

**Lower Lake-** Lower Lake shall compete in the Coastal Mountain Conference's league qualifying track and field meet. When a Lower Lake athlete(s) place(s) in the top four (4) of the CMC meet, he/she qualifies (up to three entrants per event as stated in the NFHS Track and Field Rules) to NCS Redwood Empire Track & Field Championships.

Athletes who do not qualify through the procedure explained above, but who achieve an Area and MOC "At Large" Standard, will also advance to the NCS Redwood Empire Championships.

### Area and MOC At-Large Standards for 2024:

#### Boys

4 x 100-meter Relay	<b>43.34</b>
1600-meter run	<b>4:25.58</b>
110-meter H.H.	<b>15.55</b>
400-meter dash	<b>50.69</b>
100-meter dash	<b>11.03</b>
800-meter run	<b>2:00.16</b>
300-meter I.H.	<b>41.43</b>
200-meter dash	<b>22.50</b>
3200-meter run	<b>9:24.14</b>
4 x 400-meter Relay	<b>3:27.67</b>
Long Jump	<b>21- 06.75</b>
Triple Jump	<b>42-0 9.5</b>
High Jump	<b>6-00</b>
Shot Put	<b>48-00</b>
Discus	<b>134-08</b>
Pole Vault	<b>12-08</b>

#### Girls

4 x 100-meter Relay	<b>49.79</b>
1600-meter run	<b>5:15.62</b>
100-meter H.H.	<b>16.35</b>
400-meter dash	<b>59.85</b>
100-meter dash	<b>12.50</b>
800-meter run	<b>2:20.95</b>
300-meter I.H.	<b>48.56</b>
200-meter dash	<b>26.06</b>
3200-meter run	<b>11:11.25</b>
4 x 400-meter Relay	<b>4:07.88</b>
Long Jump	<b>16-08.75</b>
Triple Jump	<b>35-01</b>
High Jump	<b>5-00</b>
Shot Put	<b>34-08.25</b>
Discus	<b>104-01</b>
Pole Vault	<b>10-01</b>

### POST-MEET SCRATCH MEETING:

A mandatory coaches meeting will be held at the starting-line tent immediately following the conclusion of competition on Thursday, May 2. Coaches must **scratch** ANY athlete who participated in the NBL finals but does *not* intend to compete at the NCS Redwood Empire Championships, as well as report **relay changes** at this meeting!

### CONCESSIONS:

A full concession will be open, offering a wide range of food and beverage items, including bottled water, sports drinks, fruit, sandwiches, hamburgers, and other snack items.

## **IMPORTANT RULE REMINDERS:**

### **QUALIFICATION & ADVANCEMENT**

It is imperative that athletes who are entered into a trial event intend to compete in the final of that event should they qualify.

To qualify is to win the right to participate in the next level of competition by meeting certain standards in an earlier race or flight. (NFHS 4.5.1)

If a competitor or relay team qualifies for an event through earlier competition in that meet and then withdraws, no substitute from his/her school or any other school may replace them. (NFHS 4.5.5)

### **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.

REMINDER: The time excused rule is 30 minutes. Officials must write down the time that the athlete is initially excused in order to enforce this rule. This is the total time an athlete may be excused from a field event before or between attempts. Failure to return to the event and execute an attempt within 30 minutes will result in the athlete being scratched from further competition in the event.

### **ELECTRONIC DEVICE RESTRICTIONS:**

Electronic devices are not allowed in the field of competition. The field of competition includes the bullpen area, the track, each field event site and the infield. The use of electronic devices by athletes or coaches in these areas is grounds for disqualification.

### **PROTEST/APPEAL PROCESS (NFHS 3.2.4)**

All protests are made to the Meet Referee. The Referee's decision is final.

## **NBL TRACK CHAMPIONSHIPS**



**\$12 General Admission**

**\$5 Senior citizens, elementary and secondary school students**

**FREE Children 5 and under.**

**Only 2023 - 2024 passes issued by the North Coast Section or CIF will be accepted.**

**No league or school passes are accepted to this event.**

**THANK YOU FOR SUPPORTING HIGH SCHOOL ATHLETICS**