

**TRACK AND FIELD – WACC Board approval on 9/30/21**

1400. The National Federation Track and Field Rules shall govern all league competition, with CIF, NCS and WACC modifications.

1401. Student-athletes must comply with CIF/NCS rules regarding non-high school competition.

1402. The order of events for dual meets and the league meet shall be the same as that used by the NCS. The order of events may also be changed by the mutual consent of the involved athletic directors.

1403. Regarding League Dual Meets:

1403.1 Dual meets, tri meets and double dual meets shall be managed according to Track Host Fact Sheet, posted on the website.

1403.2 Both genders will compete in the same meet. All schools at the event shall run together, even if they are not scoring against each other. Heats, when necessary, shall be seeded by time. The order of events shall be girls' F/S, boys' F/S, girls' varsity, and boys' varsity. The above order may be changed by the consent of coaches. Meet management may combine races when needed.

1403.3 Whenever possible, the league shall arrange for league meets to be professionally timed.

1403.4 Shot put and discus contestants will have only four attempts; the events shall finish at the conclusion of the 1600 relay or 2 ½ hours after the start of the meet, whichever is longer. Girls will compete at the same time as the non-varsity boys.

1403.5 The horizontal jumping pit will remain open until the end of the 1600 relay or 2 ½ hours after the start of the meet, whichever is longer.

1403.6 Regarding Vertical Jumps:

1403.6.1 The starting heights of the vertical jumps shall be as follows:

Gender/Level	High Jump	Pole Vault
Girls' F/S	3' 8"	5' 6"
Boys' F/S	4' 8"	7' 0"
Girls' Varsity	4' 0"	6' 0"
Boys' Varsity	5' 0"	8' 6"

The coaches involved in the meet may agree to change the above.

1403.6.2 Competitors must complete their trials within two minutes of being called. A competitor shall not be called when she/he is competing in another event at that time.

1403.6.3 Whenever possible, all boys and girls competitors will compete together during the same time interval in the high jump. The bar will not be lowered once the competition has started.

1403.6.4 When two or three teams are competing and the hosting team does not have the required facilities to conduct the event, the hosting team will lose the points in those events to the visitors, providing that the visitor's athletes meet opening qualifications. Coaches are reminded that this would count as one event for the athletes.

1403.6.5 The pole vault shall not be contested in league dual/tri meets unless both schools agree otherwise. It shall be contested in the league meet.

1403.7 The host school is responsible for calling in the results to the local media.

1403.8 The schools with the best dual meet records in each league shall be declared "League Champions."

1404. Regarding the WACC Conference Meet

1404.1 Competition shall be held at the varsity level only.

1404.2 The suggested first dates for the WACC varsity championships are the Thursday and Saturday before the NCS Area Meet. The 14 individual events shall be split, conducting seven finals on Thursday and seven finals + the two relays on Saturday. Coaches and AD's shall determine which events are to be held on Thursday and which on Saturday.

1404.3 Schools may enter up to six athletes in any one event. Schools that wish to enter more than six entries in any one event must justify those entries to the WACC's track coaches at their postseason meeting. Schools must enter their student-athletes using the format provided in the fact sheet. No substitution of entries may be made after the entry deadline.

1404.4 Meet management shall determine seeding for the league championships.

1404.5 The WACC championship meet shall be structured to maximize WACC entrants in to the NCS Area Meet.

1404.6 The six fastest times/heights/distances shall be scored 10, 8, 6, 4, 2, 1. The school with the most accumulated points at the end of the meet shall be declared "Conference Champion"

1404.7 The first place winner in all Varsity events will earn all-league honors.

1404.8 Coaches shall vote on a male and female “Track Athlete-of-the-Year,” and a male and female “Field Athlete-of-the-Year” at the post league meet scratch meeting. The league commissioner shall conduct the selection process or appoint an athletic director to do so

1404.9 Coaches shall meet at the conclusion of the league meet to verify entries for the NCS Area Meet and to ensure that the NCS entry process is being followed.

1404.10A jury of appeals shall be composed of the hosting coach and the two most senior track coaches in the league. The seniority list shall be developed at the preseason meeting.

1405. Regarding the WACC Non-Varsity Culminating Meet

1405.2 The suggested date for the meet is the Wednesday the week before the varsity championships.

1405.1 Competitors shall be limited to freshman and sophomores who have largely participated throughout the season at the non-varsity level, and to juniors of a non-varsity ability. Individual coaches, using their good judgment, may enter student-athletes who don't meet the above qualifications

1405.3 Schools shall have unlimited entries for all 16 events

1405.4 Meet management shall determine seeding

1405.5 The three fastest times/heights/distances in the 14 individual events shall earn the right to participate in the varsity championships the following week. These entries will not count against the maximum “six entries per event per school” rule for the varsity championships.

1405.6 Relay team participants at the varsity championships may be made up of student-athletes who participated in the non-varsity culminating meet.”

1405.7 The meet shall not be scored.