



To: WACC Principals, Athletic Directors and Track Coaches
From: Nick Thomas, Athletic Director & Brad Bowers Meet Director
Re: 2026 WACC Track And Field Championships
Site: Burrell Field
Dates: WEDNESDAY, May 6 and FRIDAY, May 8, 2026

MEET ADMINISTRATION: (To be finalized at Post Season Meeting)

Meet Director: Brad Bowers (San Leandro)

Meet Referee: MTE

Jury of Appeals: Rule 1403.9--The host school and two most senior coaches will serve on the Jury of Appeals: Brad Bowers (meet Director) Dooney Jones (Castro Valley), Derrick Lyons (EHS)

Announcer/Statistician:

Accutrack Timing: Aliya Dibrell – Adkins Trak West

Bull Pen: Piedmont & SLZ

Starter:

Recall:

Clerk of the Course: Berkeley HS and Castro Valley

Box Office:

TENTATIVE MEET ASSIGNMENTS: (To be finalized at Post Season Meeting)

Zone Officials: “ * ” indicated the Crew Chief

1st Exchange: ALAMEDA, ARROYO, BERKELEY*, BOD

2nd Exchange: CV, ENCINAL, HAYWARD, MT. EDEN*

3rd Exchange: PIEDMONT*, SAN LEANDRO, SAN LORENZO*, TENNYSON

Lane Judges: schools will be assigned at the postseason meeting

Implement Weigh-ins: San Leandro

High Jump: Piedmont & Castro Valley (WED)

Pole Vault: Castro Valley, Berkeley & Piedmont (FRI)

Triple Jump: BOTH PITS: Piedmont, Alameda, BOD (WED)

Long Jump: BOTH PITS: Piedmont, Encinal, BHS (FRI)

Shot Put: San Leandro & Hayward (Both Days)

Discus: Arroyo & SLZ (BOTH DAYS)

Hurdles: Tennyson & MTE

Results: Adkins Track West & Hayward

Order of Events-Wednesday, May 8, 2026—Finals in ALL Events

WEDNESDAY

Coach Meeting: 3:10 pm. Weigh-Ins: 3:15 pm-3:45 pm.

Field events begin: 4:00 pm. Track events begin: 5:30 pm.

Final decision on placement of events will be determined at post season meeting

Track Events:

100 meters (Unified will be first heats)

1600 meters

400 meters

100/110 meter Hurdles
 4x800 Relay (**SCORED**)
Field Events:
 Girls Shot Put

Boys Discus
 High Jump (Boys than Girls)
 Triple Jump

Order of field events listed below. Opening Heights – Girls Varsity High Jump: 4’0” | Boys Varsity High Jump: 5’0”

<u>Start Time</u>	<u>Event</u>	<u>Gender/Level</u>
4:00 pm	Shot Put	Girls Varsity
4:00 pm	Discus	Boys Varsity
4:00 pm	High Jump	Boys Varsity
5:30 pm	Triple Jump (Pit 2)	Boys Varsity
4:00 pm	Triple Jump (Pit 2)	Girls Varsity
approximately 5:30 pm	High Jump	Girls Varsity

FRIDAY, May 9, 2025—Finals in All Events

FRIDAY

Coaches Meeting: 2:35 Weigh-Ins: 2:15 - 3:00pm

Field events begin: 3:00 pm Track events begin: 4:30 pm

Track Events:

4x100 meter relay (unified will be first heats)
 800 meters
 300 meter Hurdles
 200 meters
 3200 meters
 Throwers 4x1
 4x400 meters

Field Events:

Boys Shot Put
Unified Shot Put will precede BSP
 Girls Discus
 Pole Vault (Girls than Boys)
 Long Jump
Unified LJ will precede LJ

Order of field events listed below.

Opening Heights – Girls Varsity Pole Vault: 6’0” | Boys Varsity Pole Vault: 8’6”

<u>Start Time</u>	<u>Event</u>	<u>Gender/Level</u>
3:00 pm	Shot Put	Boys Varsity
4:00 pm	Discus	Girls Varsity
3:00 pm	Long Jump (Pit 1)	Girls Varsity
3:00 pm	Long Jump (Pit 2)	Boys Varsity
3:00 pm	Pole Vault	Boys Varsity
Approximately 4:30 p.m.	Pole Vault	Girls Varsity

RULES: The National Federation Track and Field Rules, The WACC constitution and special ruling for Track and Field will govern the competition. The only electronics that will be allowed anywhere but the grandstands are those electronics specifically allowable by the National Federation Track and Field Rules. Earbuds and similar devices are specifically limited to the grandstands.

ENTRY PROCESS:

Each school may enter up to 6 athletes in each individual event. Schools that wish to enter more than 6 entries in any event, must justify those entries at the postseason meeting. You must enter your athletes through

(www.athletic.net) **BY MONDAY May 4, 9:00 pm.** A performance list will be sent out on TUESDAY May 6TH all scratches will need to be made for both days ASAP. Emails can be taken right away final ones will be taken at coaches meeting on May 7th.

Qualifiers from the Non-Varsity meet will automatically be added into the meet program following the bylaws below.

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.

Coaches are reminder that their relay card can be up to 8 runners and can include athletes that participated at the non-varsity meet

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

HONEST EFFORT RULE IS IN EFFECT: Competitors who have qualified for and been entered into more than one event after the **WEDNESDAY** scratch meeting (scratches for both days will be conducted), must honestly participate in the qualifying and final round in each event for which the athlete is declared or the athlete will be barred from further competition in the meet. Athletes must compete with maximum effort and/or qualify from trials to finals.

CLASSIFICATION:

Competition will be held in the Boys Varsity, Girls Varsity.

AWARDS/SCORING:

The WACC Shoreline league champion and the Foothill league champion will be honored after the boy's varsity 800m on Saturday. The meet will score 10. 8. 6. 4. 2. 1. The team with the greatest number of points will be declared conference champion. All League Certificates and Medals to First Place Finishers in all Varsity Events.

NORTH COAST ADVANCEMENT:

The 6 fastest times in each Varsity Event will automatically advance to the NCS Bayshore meet. Several other competitors might advance based on their times as there are eight spots reserved in the area meet for the next eight fastest times. Coaches should remember to fill out a relay card if their team advances. **ANY SCRATCHES OF NCS QUALIFIERS OR POTENTIAL QUALIFIERS SHOULD BE DONE PRIOR TO LEAVING ON FRIDAY.**

EQUIPMENT:

Each school must provide its own batons and spikes. All spikes must be 1/4 inch needle spikes or shorter.

CLEANUP: We will allow 2 minutes prior to the final two events for each team to clean up their area.

SCRATCH MEETING:

A scratch meeting will be held **Wed for BOTH days.** A short coaches meeting will be held FRIDAY to go over pertinent information for Day 2 and NCS.

Scratches of advancers or potential advancers needs to be done and given to the Meet Director or Aliya prior to the end of the meet on Saturday.

SUPERVISION/FIRST AID:

All schools **MUST** provide their own supervision and first aid. The host school will provide a certified AT.

PARKING: Parking will be available in the student lot and blacktop. Bus and vehicles should refrain from parking on East Ave in front of school. Street parking is available on 2nd street.

ENTRY: Price for entry is \$8 for adults and \$5 for others.

NUTRITION: The **ONLY** site for food is the snack bar area and in the grandstands. Please keep all food, gum, seeds or any liquids other than water off of the infield.

POSTED MEET SHEET:

An updated meet sheet will be posted daily to ensure that coaches and athletes can readily check heat & lane assignments. In addition, as needed, timely updated copies of any changes to the meet sheet should be posted. Coaches please communicate to all athletes the importance of keeping original lane assignments to avoid any disqualifications. Also, please be advised that the result heat sheet may be delayed.

NOTE: FULL SNACKBAR WILL BE PROVIDED BY SAN LEANDRO HIGH