

2024 Silicon Valley Middle School Track & Field Championships

Participating Leagues: VAL, WVAL, SJMSAL

Participating League Entry Fee - \$1300

WVAL – Send to:

Mike Barbara

c/o Union Middle School

2130 Los Gatos Almaden Rd, San Jose, CA 95124

Online Registration only via Athletic.net (See Instructions Below)

Location:

Westmont High School

4805 Westmont Ave, Campbell, CA 95008

Meet Director:

Paul Becker (Westmont HS) - pahb21@yahoo.com

League Reps:

WVAL – Mark Fanderl (Fisher Middle School)

VAL - Mark Ollila/Grady Wright

SJMSAL – Ronald Huynh (Muwekna Ohlone MS)

2024 COUNTY QUALIFIER INFORMATION

EVENT TYPE	VAL	SJMSAL	WVAL
FIELD EVENTS	5	5	5
RUNNING EVENTS	5	5	5
RELAYS	2	2	2

NFHS RULES WILL BE ABIDED with modifications noted below:

Relays do not need to wear uniforms that match exactly. We will generally follow NFHS uniform rules where as long as you can tell which team is which it is good enough.

The 4 x 400m relay will use a 3 turn stagger.
Relay exchange zones are 30m long.

SCORING

TEAMSCORING–1ST =10PTS,2ND =8PTS,3RD =6PTS,4TH =5PTS,5TH =4PTS,6th =3PTS,7TH =2 PTS, 8TH = 1 PT

ORDER OF EVENTS

Order of Running Events	Order of Field Events	Approx. Starting Time
1600 - 6G,7G, 8G, 6B, 7B, 8B	SP-7G, DT-7B, LJ-7B, TJ-7G, HJ1-6G, HJ2- 6B	4:00 PM
65M Hurdles - 6G,7G, 8G, 6B, 7B, 8B	SP-8G, DT-8B, LJ-8B, TJ-8G, HJ1-7G, HJ2- 7B	4:50 PM
4x100 Relay - 6G,7G, 8G, 6B, 7B, 8B	SP-6G, DT-6B, LJ-6B, TJ-6G, HJ1-8G, HJ2- 8B	5:15 PM
800m - 6G,7G, 8G, 6B, 7B, 8B	SP-7B, DT-7G, LJ-8G, TJ-8B	5:45 PM
100m - 6G,7G, 8G, 6B, 7B, 8B	SP-6B, DT-6G, LJ-6G, TJ-6B	6:10 PM
4x400 Relay - 6G,7G, 8G, 6B, 7B, 8B	SP-8B, DT-8G, LJ-7G, TJ-7B	6:30 PM

RELAY AND INDIVIDUAL LANE ASSIGNMENTS

Lane	1	2	3	4	5	6	7	8
Rank	7th	5th	3rd	1st	2nd	4th	6th	8th

SHOT PUT ORDER - 7G / 8G / 6G / 7B / 6B / 8B

(8 TH GRADE BOYS USE 8LB SHOT; ALL OTHER THROWERS USE 6LB SHOT)

DISCUS ORDER - 7B / 8B / 6B / 7G / 6G / 8G

(ALL THROWERS USE 1KG DISC, METAL AND RUBBER ARE ALLOWED)

LONG JUMP ORDER - 7B / 8B / 6B / 8G / 6G / 7G

(RUN THROUGH/PRACTICE JUMPS WILL BE AT JUDGES DISCRETION)

TRIPLE JUMP ORDER – 7G / 8G / 6G / 8B / 6B / 7B

(RUN THROUGH/PRACTICE JUMPS WILL BE AT JUDGES DISCRETION)

HIGH JUMP # 1 & OPEN HT – 6G - 3-06 / 7G - 3-08 / 8G - 3-10

HIGH JUMP # 2 & OPEN HT - 6B - 4-00 / 7B - 4-02 / 8B - 4-04

- ALL PERSONAL ELECTRONICS ARE NOT ALLOWED IN COMPETITION AREA OR ON INFIELD (PHONES/MUSIC/AMERAS)
- **ONLY ATHLETES OF UPCOMING EVENTS & OFFICIALS AND MEET MANAGEMENT ARE ALLOWED ON INFIELD.**
- ALL OTHER PEOPLE MUST REMAIN IN SPECTATOR AREAS

LEAGUE RESPONSIBILITIES / MEET DUTIES

MEET DIRECTOR/REFEREE – WORKS WITH OFFICIALS AND COACHES – Paul Becker---
TIMING/SCORING/RESULTS – HANK LAWSON STARTER - WVAL (Jason from Westmont)

LOGISTICS - SITE/EQUIPMENT/CUSTODIAL – Paul Becker- WVAL

PROTEST COMMITTEE –INTERPRETATION/CLARIFICATION/ENFORCEMENT - 1 REP FROM EACH LEAGUE

STARTING BLOCK CREW - (MAKE SURE BLOCKS ARE SET UP AND REMOVED) ----SJMSAL

HURDLE CREW - (PLACEMENT/ADJUSTS BETWEEN RACES/REMOVES AND STORAGE) --- SJMSAL

INFIELD OFFICIAL - (NOTIFIES ATHLETES/COACHES TO STAY OFF INFIELD) -----VAL

CLERK – ORGANIZE ATHLETES/HEATS & COMMUNICATE WITH STARTER-----WVAL (CT/ML)

MC – ANNOUNCES UPCOMING EVENTS, RESULTS AND OTHER INFO DURING MEET -----VAL

FINISH LINE/AWARDS – ORGANIZES ATHLETES AT FINISH LINE & HANDS OUT AWARDS ----WVAL
(FS/UN/LT/SO)

EVENT ASSIGNMENTS – DUTY DESCRIPTIONS – LEAGUE RESPONSIBILITIES

PLEASE TURN IN RESULTS TO HEAD TIMER, HANK LAWSON

HIGH JUMP PIT 1 (GIRLS) – OFFICIATES, RECORDS RESULTS AND HANDS OUT AWARDS --WVAL
(DT/RH)

HIGH JUMP PIT 2 (BOYS) - OFFICIATES, RECORDS RESULTS AND HAND OUT AWARDS --SJMSAL

SHOT PUT – OFFICIATES, RECORDS/SENDS RESULTS AND HAND OUT AWARDS -----WVAL
(RD/ST/CSI/MN)

DISCUS – OFFICIATES, RECORDS/SENDS RESULTS AND HAND OUT AWARDS -----VAL

LONG JUMP – OFFICIATES, RECORDS/SENDS RESULTS AND HAND OUT AWARDS -----SJMSAL

TRIPLE JUMP – OFFICIATES, RECORDS/SENDS RESULTS AND HAND OUT AWARDS -----VAL

ZONE JUDGES (2 ADULTS PER ZONE) –RELAY VIOLATIONS -----EACH LEAGUE TAKES A ZONE

ZONE 1 – VAL

ZONE 2 – SJMSAL

ZONE 3 - WVAL

COMPETITION ORDER FOR ALL FIELD EVENTS ARE FROM 8TH PLACE RANK TO 1ST PLACE

***COACHES SHOULD SEE THE EVENT OFFICIAL AND THEN THE MEET REFEREE

PROFESSIONALLY IF THERE ARE ANY QUESTIONS OR ISSUES DURING THE COMPETITION***

FINE PRINT

ALTERNATES WILL NOT BE ASSIGNED ON THE DAY OF THE MEET. SCRATCHED ATHLETES MUST NOTIFY THEIR LEAGUE REP AND PROCESS THE CHANGE BY NO LATER THAN 6:00PM ON **FRIDAY, MAY 17, 2024**

OFFICIAL PROTESTS MUST BE MADE TO THE MEET MANAGEMENT OFFICIATING COMMITTEE BY THE HEAD COACH OR ATHLETIC DIRECTOR AS SOON AS POSSIBLE, BEFORE THE CONCLUSION OF AN EVENT.

ATHLETES WILL NEED TO BE RESPONSIBLE OF CHECKING IN/BEING NEAR THEIR EVENT 15 MINUTES BEFORE IT STARTS.

ATHLETES COMPETING IN MULTIPLE EVENTS AT THE SAME TIME MUST CHECK OUT WITH FIELD EVENT OFFICIAL BEFORE LEAVING. (10 MINUTES MINIMUM WILL BE ALLOWED TO RETURN)

ADDITIONAL RULES/POLICY/GUIDANCE/MISC. INFO WILL BE AVAILABLE TO COACHES AND ATHLETIC DIRECTORS PRIOR TO THE MEET AND WILL BE EXPECTED TO BE ABIDED.