

**ORANGE EMPIRE CONFERENCE
TRACK & FIELD – MEN / WOMEN**

Supplement Section 4.25 Track and Field

4.251 Competition

Competition in this sport shall be governed by NCAA Rules, State Athletic Commission Code Section 4.01, those provisions established by the Southern California Community College Track and Field Rules Committee (to which this conference has two representatives), and the provisions herein:

- A. All meets will be conducted in the metric system for track events. Field events may be conducted in the imperial or metric systems.
- B. The method of staging all races (staggered starts, when to break, passing zones, etc.) must conform to those used in the Southern California Regional Finals meet. The 800 meters will stack runners from the same school in one lane if needed.
- C. Starting heights for vertical jumping events shall be agreed upon by the coaches at the start of the meet. Height raises will be made in 2-inche increments for the high jump and 6-inche increments for the pole vault until only one competitor remains (at which point the event winner may select the additional height raises).
- D. All entries are due two (2) days prior to the meet by 6:00 PM on Direct Athletics. No additional entries are allowed on meet day, only scratches or substitutions from other heats.
- E. Choice of lanes and field event order in dual meets shall be as follows: Lane assignments will be seeded by time with alternating lanes (based on preferred lane rankings) assigned to each participant school. All lanes shall be divided equally between the competing colleges, even if this results in vacant lanes in the scoring heat (s). Only legitimate seed times should be submitted. In the case of “No Time” entries, the coach of the visiting team must contact the hosting coach by the meet entry deadline to specify which “No Time” entries they want assigned into the scoring heat. Field event order will be randomly assigned.
- F. In meet competition there shall be no limit, beyond those that the facilities allow, on the number of entries in each event. *If the number of entries are greater than the facilities will allow, there may be a additional non-scoring heats. For 8-lane facilities ONLY, an exception will be allowed and the second heat will be scored in combination with the first heat. This second heat scoring exception is only allowable during tri-meet/double-dual meet competition.* All lanes in scoring heats shall be divided equally between the competing colleges. In both running events and field events, all athletes entered must be eligible and considered legitimate with regards to scoring purposes.
- G. All meets must have Fully Automated Timing (FAT) in place.
- H. Scoring for conference dual and double-dual meets shall be as follows:

	Individual Events	Relays
Dual Meets	1 st =5, 2 nd =3, 3 rd =1	1 st =5, 2 nd =0

- I. The host college must provide legal and safe competition facilities for all scored events.

The host college will forfeit all points in any event in which they cannot provide a legal on-site competition facility (i.e. hammer throw, pole vault, etc.)

- J. In the relay events, the scoring heat will include only the “A” teams from each of the competing colleges. If one or more of the colleges have entered more than one relay team in a relay event, then the additional non-scoring teams will run in a separate non-scoring heat. The non-scoring “B” team heat must be run prior to the scoring “A” team heat.

4.252 Scheduling and Time

Schedules will be prepared to reflect a rotation as to opponent, site, and order. The schedule will be a single round-robin and include the conference championship. A dual meet rotational formula will be used to determine dual meet opponents, and the previous year’s conference championships standings will be used to determine each team’s ordered placement within that rotational formula. Meets will be scheduled for Fridays with the combined hammer thrown at 12:00pm, the remaining field events starting at 2:00pm, and running events starting at 3:00pm. At the pre-season OEC coaches meeting, all coaches must have a “Home Meet Packet” to distribute to visiting teams. This packet will include a meet time schedule, driving directions to the campus, and parking directions.

Order of events and time schedules for meets shall be as follows:

A. Field Events

12:00	Hammer	Men & Women
2:00	Shot Put	Women
2:00	Pole Vault	Women
2:00	Javelin	Men
2:00	High Jump	Men
2:00	Long Jump	Men & Women
after Shot Put	Javelin	Women
after Men	High Jump	Women
after Javelin	Shot Put	Men
after Women	Pole Vault	Men
after Javelin	Discus	Women
3:45	Triple Jump	Men & Women
after Women	Discus	Men

B. Running Events

2:30	3000 Meter Steeplechase	(exhibition by mutual agreement of coaches)
3:00	400 Meter Relay	Women
3:05	400 Meter Relay	Men
3:10	1500 Meters	Women
3:20	1500 Meters	Men
3:30	100 Interm.Hurdles	Women
3:35	110 High Hurdles	Men
3:40	400 Meters	Women
3:45	400 Meters	Men
3:50	100 Meters	Women
3:55	100 Meters	Men
4:00	800 Meters	Women
4:05	800 Meters	Men
4:10	400 Low Hurdles	Women

4:15	400 Interm.Hurdles	Men
4:20	200 Meters	Women
4:25	200 Meters	Men
4:30	3000 Meters	Women*
4:45	3000 Meters	Men* (* may be combined and/or run as 5000m by mutual agreement)
5:00	1600 Meter Relay	Women
5:05	1600 Meter Relay	Men

- C. The starter will **not** allow the meet to run ahead of schedule, unless mutually agreed upon by all of the colleges competing.
- D. This time schedule may be altered by meet management due to facility limitations. Any deviations from the above schedule must be provided to the visiting teams at least two (2) weeks prior to the date of competition.
- E. A clerk of the course must be present for all athletes to check in for all running events.
- F. In the event of a rained-out meet, either (1) hold the meet at the opposite site or (2) hold the make-up meet on the following Tuesday at either site. If this is not possible, repeat the procedure the following week or until such time as the meet is made-up. The conference track & field representative should be notified promptly so that officials may be assigned for the make-up meet.
- G. The conference track & field representative will invoice each men's team and each women's team for the officiating and automated timing fees before the start of the season. This fee must be paid in full by the date of the conference relay meet.
- H. In all throwing and horizontal jumping events, each competitor will be allowed four attempts. All field event attempts will be measured.
- I. The time frame for the long jump and the triple jump will be as follows:
- | | |
|-----------------------|-------------|
| 2:00pm – 3:30pm | Long Jump |
| -- 15 Minute Break -- | |
| 3:45pm – 5:15pm | Triple Jump |
- J. Upon mutual agreement between conference schools, additional non-conference schools may participate in a conference meet. However, clubs or ineligible individuals will not be allowed to enter any regularly scheduled Orange Empire Conference meet.
- K. Men's and women's track meets should be held concurrently on the same date and at the same site.
- L. Each visiting school will provide a minimum of three volunteer officials to work at each regular season conference competition.

Conference Championship Preliminaries and Finals Meets

An all-weather track will be used for conference preliminaries and finals meets. The host school will make equitable assignments to the other teams in the conference. Conference championship preliminaries and finals shall be held at the same location and that location shall be rotated. *Conference Prelims and Finals will be scheduled one week apart (on a Friday-Friday or a Saturday-Saturday). The Conference Prelims and Finals can be either on Friday or on Saturday; this will be left to the discretion of the meet director.* A starter and a recall starter shall be assigned to each of the two meets and the recall starter shall be the Referee and Jury of Appeals for both meets.

- A. Rotation. The following is the rotation schedule for hosting the conference meet:
- 2008 Golden West
 - 2009 Orange Coast
 - 2010 Santa Ana
 - 2011 Riverside
 - 2012 Saddleback
 - 2013 Santiago Canyon
 - 2014 Fullerton
- B. Preliminaries may be held in all events except the relays. Each college will be allowed to enter up to eight (8) competitors in each event. The men's and women's steeplechase and 10,000 meters will be contested as final events on the day of the preliminaries. **The women's 10,000 meters event shall not start before 5:00 pm and the men's 10,000 meters event shall not start before 6:00 pm.** The hammer shall be contested during the week of the finals at a site to be determined by the meet management.
- C. There will be an entry deadline three (3) days prior to the conference preliminary meet. Entries must be in the hands of the meet director before 6:00pm. Entries will include seasonal best marks only (hand times converted).
- D. Advancement from the preliminary trials to the finals in the running events and from the qualifying trials to the finals in the field events will always exactly follow the procedure used that year for the Southern California Track and Field Championship and as outlined under Rule 6 and Rule 8 of the Rules and Policies booklet, Southern California Track and Field Rules Committee, **wind gauge differential will not be used to determine advancement. In the case of the 1500 meter run, this policy may be suspended and the event may be run as a Finals Only event if there are fewer than sixteen (16) entrants in the event.**
- E. All implements shall be weighed, measured, and marked as acceptable for use in the competitions. In all throwing events each throw shall be measured.
- F. An electronic automated timing system is mandatory. At least one back-up hand-timer or a second independent automated timing system must also be in operation at the finish line. A wind gauge shall be present and operate continually at both the preliminaries and finals **for record purposes only.**

G. Finals meet procedures are as follows:

1. Events which are run and scored in the So. California and State Championships will be run and scored in the conference Championship meet. Those events shall be:

<u>Men</u>	<u>Women</u>
100	100
200	200
400	400
800	800
1500	1500
3000 steeplechase	3000 steeplechase
5000	5,000
10,000	10,000
110 high hurdles	100 intermediate hurdles
400 intermediate hurdles	400 low hurdles
400m relay	400m relay
1600m relay	1600m relay
high jump	high jump
long jump	long jump
pole vault	pole vault
triple jump	triple jump
shot put	shot put
discus	discus
javelin	javelin
hammer	hammer
decathlon	heptathlon

2. Entrants who are qualified by height in the preliminaries (high jump and pole vault) shall not be eliminated from a chance to compete in the finals by the establishment of a starting height for the finals which is too high.
3. Entrants in the finals who are unable to compete because of illness, injury, or ineligibility shall be replaced only by the next in order from the preliminaries competition.
4. Scoring for the finals shall be: 10 - 8 - 6 - 5 - 4 - 3 - 2 - 1
5. The NCAA tie-breaking rule shall apply for places, points, and awards, and should a tie still exist duplicate awards should be provided.
6. HONEST EFFORT RULE: The honest effort rule is in effect for all entered athletes. Any scratch, failure to compete in an entered event, failure to complete a running event, or failure to produce a legitimate competitive effort will result in the disqualification of that athlete from all competition (including relays!) for the

remainder of that day. With regards to this rule, Prelims Day and Finals Day are considered to be separate days of competition.

7. UNIFORM RULE: NCAA and COA uniform rules are in effect. All competing athletes must be clothed in official school-issued uniforms. This includes lower body garments (i.e., shorts or warm-up pants), head wear (hats, beanies, etc.), and t-shirts. Males should also be made aware of the fact that removing one's shirt or rolling down one's body suit to expose their bare chest while in the field of competition is a violation of the uniform rule. These rules apply to all competitors including weight throwers. The first infraction will result in a warning, after one warning the second infraction will result in the disqualification of the athlete from the current and all remaining events.
8. FIELD OF COMPETITION: Once the meet begins, absolutely no one is allowed on the track, infield, or any other field of competition unless they are actively competing in an event or working at an event. This rule applies to coaches, teammates who are not actively competing in an event, family, friends, spectators, etc. Athletes who have completed their competitive event should immediately exit the field of competition and not linger to cheer on or socialize with their competing teammates. Failure to comply with these conditions will result in the disqualification of the competing athlete(s) from that college.
9. ELECTRONIC DEVICES: Absolutely **no** electronic devices are allowed on the field of competition. This includes cell phones, walkie talkies, palm pilots, video cameras, iPods, headphones, boom boxes, etc.
10. The COA Decorum Policy will be in effect and strictly enforced at the meet site from the time that the first team arrives to the time that the last team leaves the facility.

4.254 Championship Determination

The team with the best win/loss record in conference dual / double-dual meets shall be the conference dual meet champion. The team with the highest point total in the conference championship meet shall be the conference meet champion. In case of ties, co-champions shall be declared.

4.255 Selection of All-Conference Team

Winners of each event in the conference championships shall be on the all-conference team. The four members of the winning relay team shall be the all-conference relay team. One certificate denoting event achievement shall be awarded each athlete making the all-conference team. The outstanding Track Athlete-of-the-Year and outstanding Field Athlete-

of-the-Year for men and women shall be selected by a vote of the coaches at the end-of-season meeting. The Track and Field Athletes-of-the-Year should be selected based on their current year's regular season achievements and their quality of marks.

The Coach-of-the-Year vote will take place at the end of the season meeting. Each college may nominate from the floor, and one vote per college will be allowed for Men's and Women's Coach-of-the-Year.

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