



Dear Track and Field coordinator:

Southern California Municipal Athletic Federation-Orange County is excited to host the 2018 SCMAF - Orange County Track and Field Championships.

***THIS YEAR'S MEET IS SCHEDULED FOR SUNDAY, MAY 20, 2018 AT
ESTANCIA HIGH SCHOOL, 2323 PLACENTIA AVE, COSTA MESA, 92627***

The enclosed information outlines procedures for sending participants to the SCMAF - Orange County Track Meet. Please realize that there are strict deadlines associated with the coordination of this meet. Entry forms, and waivers, must be received by **May 8**.

Send or Email Entry Forms to:

Jeff Van Sickle, City of Garden Grove,
11222 Acacia Pkwy, Garden Grove, CA 92840

jeffv@Garden-grove.org

Fax: (714) 714-5579

For planning purposes, we are asking for **eight (8)** or more individuals from each participating agency to work the meet from the hours of 10:00 a.m. - 4:00 p.m.

If you have any questions or concerns, please call Cody at (949) 644-3154 or Jeff at (714) 741-5216

Sincerely,

Jeff Van Sickle and Cody Huson

Track & Field Chairs

2018 SCMAF ORANGE COUNTY TRACK AND FIELD FINALS
GENERAL INFORMATION

DATE: Sunday, May 20, 2018

SITE: Estancia High School, 2323 Placentia Ave., Costa Mesa

MEET DIRECTOR: Jeff Van Sickle, Garden Grove (714) 741-5216

TIMES: *Check-in 10:30am; Parade of Participants 11:00 am; & First Events 11:15 am*

ELIGIBILITY

1. All individuals must have participated through a program sponsored, directed and supervised an Active or Associate SCMAF – OC Member.
2. Participants must qualify at an Agency Meet to advance to the SCMAF – OC finals.
3. Participants must compete in their age division.
4. Participants are limited to any two events.

COMPETITION DIVISIONS

1. Age division - The year born is the sole criteria for determining the age competition. Participants must provide written verification of date of birth.
2. Participants must compete in their age division.
3. Age Groups – The following age groups shall be used for all SCMAF Track and Field competitions:
Year Born: 2003 & 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011
4. Gender Divisions – Boys and Girls will compete in separate Boys and Girls divisions.

EQUIPMENT

1. Shoes - All participants must wear shoes in competition.
2. Spikes - Track and turf spikes are not permitted. Track shoes designed for spikes are not allowed, even if the spikes are removed.
3. Starting Blocks - The use of starting blocks is prohibited.
4. Shot Puts - The shot may be either brass, steel, or a synthetic covered implement; six (6) pounds for girls, eight (8) pounds for boys.
5. Softballs - A rubber or leather softball, 12 inches (30 centimeters) in circumference shall be used.

AWARDS

1. Medals will be awarded to the first three places in each individual event. Ribbons will be awarded to 4th - 9th places in each individual event.

GENERAL RULES AND MODIFICATIONS

The Official SCMAF Youth Sports Rules shall govern all SCMAF Track and Field competitions. SCMAF has created these rules based upon National Federation of State High Schools (NFSHSA) and the California Interscholastic Federation (CIF). NFSHSA or CIF rules shall be employed except when they are in conflict with the SCMAF Youth Sports Rules. In such cases the Official SCMAF Youth Sports Rules shall apply.

1. A runner committing two (2) false starts shall be disqualified.
2. A runner shall be liable for disqualification if he/she interferes, obstructs, or gains an advantage over another runner or runners. Athletes are not automatically disqualified for leaving assigned lanes if no advantage is gained or interference is made.
3. High Jump minimum starting heights shall be as follows:
Division 04/03 - Boys - 4'3"; Girls - 4'0"
Division 05 – Boys – 4'0", Girls 3'9"
4. High jump heights will be raised by a minimum of 3" increments until there are only five (5) remaining competitors.
5. In the high jump, the participant may take off their shoe on lead foot.
6. Long Jump participants will be allowed three (3) official jumps. *Warm up jump will only be allowed if time.*
7. Softball throw participants will be allowed three (3) non-consecutive official throws. (12" leather softball will be used.)
8. The 50 and 100 meter dashes will run a qualifying heat leading into a final, provided there are more than 9 qualifiers. *2 Heats-first 4 places; and fastest 5th place; 3 Heats-first 3 places; 4 Heats-first 2 places and fastest 3rd place.*
9. The 200 meter dash will be run in lanes by flights (*best time wins.*)
10. The 400 meter run will be in lanes by flights (*best time wins.*)
11. The 800 and 1600 meter runs will be held in a bunch start, one race.
12. Bunch starts may be used at the discretion of the Meet Director.
13. Coaches and parents are not permitted to enter the track infield area.

2018 SCMAF-OC TRACK AND FIELD DIVISIONS AND EVENTS

DIVISION	RUNNING EVENTS	FIELD EVENTS
Div. 11 (Born 2011 or after)	50 Meter Dash 100 Meter Dash 200 Meter Dash	Softball Throw Long Jump
Div. 10 (Born in 2010)	50 Meter Dash 100 Meter Dash 200 Meter Dash 400 Meter Run	Long Jump Softball Throw
Div. 09 (Born in 2009)	50 Meter Dash 100 Meter Dash 200 Meter Dash 400 Meter Run	Long Jump Softball Throw
Div. 08 (Born in 2008)	100 Meter Dash 200 Meter Dash 400 Meter Run 800 Meter Run	Long Jump Softball Throw
Div. 07 (Born in 2007)	100 Meter Dash 200 Meter Dash 400 Meter Run 800 Meter Run	Long Jump Softball Throw
Div. 06 (Born in 2006)	100 Meter Dash 200 Meter Dash 400 Meter Run 800 Meter Run	Long Jump Softball Throw
Div. 05 (Born in 2005)	100 Meter Dash 200 Meter Dash 400 Meter Run 1600 Meter Run	Long Jump High Jump Shot Put Softball Throw
Div. 04 & 03 combined (Born in 2004 and 2003 with proof of grade no higher than 8th)	100 Meter Dash 200 Meter Dash 400 Meter Run 1600 Meter Run	Long Jump High Jump Shot Put Softball Throw

Southern California Municipal Athletic Federation – Orange County

ORDER OF RUNNING EVENTS FOR 2018

Girls Events will alternate with Boys Events

NOTE: Times are approximate. Meet may move faster / slower than posted times

APPROXIMATE TIME 11:15 am

1600 Meter Run	Division 04/03
	Division 05
800 Meter Run	Division 06
	Division 07
	Division 08

APPROXIMATE TIME 12 pm

50 Meter Dash Heat	Division 09
	Division 10
	Division 11
50 Meter Dash Finals	Division 09
	Division 10
	Division 11

APPROXIMATE TIME 1 pm

200 Meter Dash Finals	Division 04/03
	Division 05
	Division 06
	Division 07
	Division 08
	Division 09
	Division 10
	Division 11

APPROXIMATE TIME 1:45 pm

100 Meter Dash Heat	Division 04/03
	Division 05
	Division 06
	Division 07
	Division 08
100 Meter Dash Finals	Division 04/03
	Division 05
	Division 06
	Division 07

APPROXIMATE TIME 2:30 pm

100 Meter Dash Heat	Division 09
	Division 10
	Division 11
100 Meter Dash Final	Division 09
	Division 10
	Division 11

APPROXIMATE TIME 3:00 pm

400 Meter Run	Division 04/03
	Division 05
	Division 06
	Division 07
	Division 08
	Division 09
	Division 10

ORDER OF FIELD EVENTS FOR 2018

NOTE: Times are approximate. Meet may move faster / slower than posted times

LONG JUMP

11:15-11:45am	Division 08
11:45-12:15pm	Division 07
12:15-12:45pm	Division 06
12:45pm-1:15pm	Division 05
1:15pm- 1:45pm	Division 04/03
1:45pm-2:15pm	Division 09
2:15pm- 2:45pm	Division 10
2:45pm- 3:15pm	Division 11

SOFTBALL THROW

11:15-11:45am	Division 08
11:45-12:15pm	Division 07
12:15-12:45pm	Division 06
12:45pm-1:15pm	Division 05
1:15pm- 1:45pm	Division 04/03
1:45pm-2:15pm	Division 09
2:15pm- 2:45pm	Division 10
2:45pm- 3:15pm	Division 11

SHOT PUT

11:15-12pm	Division 04/03
11:30- 12:15pm	Division 05

HIGH JUMP

11:15-12pm	Division 04/03
11:30- 12:15pm	Division 05