

Rule Changes for 1998:

- a) The Tadpole Group was eliminated in its entirety.
- b) 1:2.12 Clarification of the two heat rule for 100M dash at Varsity Finals: It is the VCYTC Board's intention to always run preliminary and finals for the 100M at Varsity Finals, therefore sixteen (16) athletes will always be seeded, even if only one athlete makes Varsity Standard. In the event seventeen (17) athletes make the Varsity Standard, a third heat would be created.
- c) 3:2.17 Clarification of the rule for creation of additional flights for middle/distance races. An additional heat of 8 athletes will not be seeded unless the number of athletes making Varsity Standard exceeds the MAX/RACE for that event. Example 1: In the event thirteen (13) athletes meet varsity standard and **enter the race**, 3 additional petitioned athletes will be seeded for a total of sixteen (16). Those athletes with the slowest seed times will run in the second heat with the petitioned athletes. Example 2: In the event 10 athletes meet varsity standard, no petitions will be accepted and all ten will compete in one heat.
- d) 3:1.02 Clarification of the rule limiting athletes to four events in any meet. Chapter 3, Article 1.02 has been amended to include the following sentences:
 - e) An athlete may enter no more than four(4) events total, of which no more than three(3) shall be running events, including relays. An athlete may enter no more than three(3) field events, however, one running event would have to be surrendered for each field event wherein the maximum events an athlete could participate in would ~~be~~ remain at four (4).
- f) Coaches are not prohibited from talking with their athletes from outside the area of competition (maybe across the fence) or from yelling split times and/or coaching tips from outside the area of competition; however, competition may not be disrupted nor delayed by these actions. Example: a competitor may move **closer** to the fence to hear his/her coach during a field event if he/she is between attempts, but may not delay an attempt in order to talk to the coach.
- g) All competitor marks must be measured and recorded in metric.

Rule Changes for 1999:

- a) 1:4.03 Club Registration Reporting Requirements – (This is a new rule) Club Roster of “properly enrolled” athletes due to Conference Treasurer by the first Conference Board Meeting following the first meet of the year.
- b) 1:4.04 Requirement for Paying Conference Fees – (This is a new rule) Conference fees are due and payable to the conference treasurer no later than the March conference meeting. Conference fees for athletes that register after the March conference meeting, and before the first league meet, are due and payable to the conference treasurer no later than the April conference meeting. Fees may be paid in person at the conference meeting or mailed to the conference treasurer.
- c) 1:10.01 Conference Payment of Fees – (This is a new rule) Requirement for Paying Track Rental Fees to the Conference: Beginning with the 1999 season, all payments for the use of tracks in the Oxnard Unified School District will be paid by the conference.
- d) 3:2.05 Awards - Participation awards shall be provided for those athletes who qualify for but do not “place” in the League Finals Meet.
- e) 3:4.01 (Revision) League records shall be set in the Varsity Finals Meet. Field event records shall only be set at the Varsity Finals Meet.

Rule Change Updates in **2004-2005** revision:

- a)~~delete all the above and list the changes included on the 2005 revision here~~
~~this page has not been updated as of March 1, 2005, will be updated by May 1st~~

2005 VARSITY STANDARDS

Events -	BOYS				GIRLS			
	Gremlin	Bantam	Midget	Youth Intermediate	Gremlin	Bantam	Midget	Youth Intermediate
100 m	16.8	15.2	13.9	12.7	17.2	15.6	14.3	13.5
200 m	37.3	33.2	30.0	26.8	38.0	34.2	31.0	29.0
400 m	1:25	1:17	1:09	1:01	1:29	1:19	1:11.5	1:07
800 m	3:20	3:00	2:45	2:29	3:30	3:08	2:54	2:44
1600 m	7:15	6:25	6:05	5:33	7:40	6:50	6:25	6:05
3200 m	---	---	13.25	12:10	---	---	14.45	14:00
100m Hurdles	---	---	---	17.5	---	---	---	18.0
80m hurdles	---	---	15.7	---	---	---	16.0	---
High Jump	---	1.15	1.35	1.50	---	1.10	1.25	1.35
Long Jump	2.95	3.55	4.20	4.80	2.75	3.30	3.90	4.30
Shot Put	---	6.10	8.20	9.80	---	5.05	7.00	8.50

VENTURA COUNTY YOUTH TRACK CONFERENCE DUAL MEET/JV FINALS ANNOUNCERS CALL SHEET

=====

RUNNING EVENTS

2 MILE RUN

MG, MB	1	2	3
YG, YB	1	2	3
IG, IB	1	2	3

HURDLES

IB, YB	1	2	3
IG, YG	1	2	3
MG, MB	1	2	3

4X100M RELAY

GG,GB	1	2	3
BG, BB	1	2	3
MG,MB	1	2	3
YG, YB	1	2	3
IG, IB	1	2	3

1 MILE RUN

GG,GB	1	2	3
BG,BB	1	2	3
MG,MB	1	2	3
YG, YB	1	2	3
IG, IB	1	2	3

400M DASH

GG	1	2	3
GB	1	2	3
BG	1	2	3
BB	1	2	3
MG	1	2	3
MB	1	2	3
YG	1	2	3
YB	1	2	3
IG	1	2	3
IB	1	2	3

100M DASH

GG	1	2	3
GB	1	2	3
BG	1	2	3
BB	1	2	3
MG	1	2	3
MB	1	2	3
YG	1	2	3
YB	1	2	3
IG	1	2	3
IB	1	2	3

800M RUN

GG,GB	1	2	3
BG,BB	1	2	3
MG,MB	1	2	3
YG, YB	1	2	3
IG, IB	1	2	3

200M DASH

BG	1	2	3
BB	1	2	3
MG	1	2	3
MB	1	2	3
YG	1	2	3
YB	1	2	3
IG	1	2	3
IB	1	2	3
GG	1	2	3
GB	1	2	3

4X400M RELAY

BG,BB	1	2	3
MG,MB	1	2	3
YG, YB	1	2	3
IG, IB	1	2	3

FIELD EVENTS

HIGH JUMP

BG	1	2	3
BB	1	2	3
MG	1	2	3
MB	1	2	3
YG	1	2	3
YB	1	2	3
IG	1	2	3
IB	1	2	3

LONG JUMP

GG	1	2	3
GB	1	2	3
BG	1	2	3
BB	1	2	3
MG	1	2	3
MB	1	2	3
YG	1	2	3
YB	1	2	3
IG	1	2	3
IB	1	2	3

SHOT PUT

IB (4Kg)	1	2	3
IG (6lb)	1	2	3
YB (4Kg)	1	2	3
YG (6lb)	1	2	3
MB (6lb)	1	2	3
MG (6lb)	1	2	3
BB (6lb)	1	2	3
BG (6lb)	1	2	3

G = Gremlin
B = Bantam
M = Midget
Y = Youth
I = Intermediate

VENTURA COUNTY YOUTH TRACK CONFERENCE VARSITY FINALS ANNOUNCERS CALL SHEET

2 MILE RUN

MG,MB	1	2	3
YG, YB	1	2	3
IG, IB	1	2	3

1 MILE RUN

GG	1	2	3
GB	1	2	3
BG	1	2	3
BB	1	2	3
MG	1	2	3
MB	1	2	3
YG	1	2	3
YB	1	2	3
IG	1	2	3
IB	1	2	3

800M RUN

GG	1	2	3
GB	1	2	3
BG	1	2	3
BB	1	2	3
MG	1	2	3
MB	1	2	3
YG	1	2	3
YB	1	2	3
IG	1	2	3
IB	1	2	3

100M TRIALS

IB	1	2	3
IG	1	2	3
YB	1	2	3
YG	1	2	3
MG	1	2	3
MB	1	2	3
GG	1	2	3
GB	1	2	3
BG	1	2	3
BB	1	2	3

400M DASH

GG	1	2	3
GB	1	2	3
BG	1	2	3
BB	1	2	3
MG	1	2	3
MB	1	2	3
YG	1	2	3
YB	1	2	3
IG	1	2	3
IB	1	2	3

200M DASH

BG	1	2	3
BB	1	2	3
MG	1	2	3
MB	1	2	3
YG	1	2	3
YB	1	2	3
IG	1	2	3
IB	1	2	3
GG	1	2	3
GB	1	2	3

HURDLES

IB	1	2	3
YB	1	2	3
IG	1	2	3
YG	1	2	3
MG	1	2	3
MB	1	2	3

COACHES RELAY (Optional)

OLD	1	2	3
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4X400M RELAY

BG	1	2	3
BB	1	2	3
MG	1	2	3
MB	1	2	3
YG	1	2	3
YB	1	2	3
IG	1	2	3
IB	1	2	3

4X100M RELAY

GG	1	2	3
GB	1	2	3
BG	1	2	3
BB	1	2	3
MG	1	2	3
MB	1	2	3
YG	1	2	3
YB	1	2	3
IG	1	2	3
IB	1	2	3

100M FINALS

GG	1	2	3
GB	1	2	3
BG	1	2	3
BB	1	2	3
MG	1	2	3
MB	1	2	3
YG	1	2	3
YB	1	2	3
IG	1	2	3
IB	1	2	3

G = Gremlin
B = Bantam
M = Midget
Y = Youth
I = Intermediate

VARSITY FINALS

FIELD EVENTS

HIGH JUMP

BG	1	2	3
BB	1	2	3
MG	1	2	3
MB	1	2	3
YG	1	2	3
YB	1	2	3
IG	1	2	3
IB	1	2	3

See Starting Heights Table is in the Rulebook

LONG JUMP

MG	1	2	3
MB	1	2	3
GG	1	2	3
GB	1	2	3
BG	1	2	3
BB	1	2	3
IG	1	2	3
IB	1	2	3
YG	1	2	3
YB	1	2	3

*4 TRIALS EACH

SHOT PUT

IB	1	2	3
IG	1	2	3
YB	1	2	3
YG	1	2	3
MB	1	2	3
MG	1	2	3
BB	1	2	3
BG	1	2	3

*4 TRIALS EACH

G = Gremlin
B = Bantam
M = Midget
Y = Youth
I = Intermediate

Note: At the Varsity Final meet, there is a tie breaking procedure for all field events.

Copy these forms. Cut them so there are four of equal size. Copy forms for petitions on green paper or use a green marker.

VARSITY FINALS SEEDING FORM

EVENT: 100 200 400 800 1600 3200
(circle one)

80 100 4x100 4x400 High Long Shot
Hurdles Hurdles Relay Relay Jump Jump Put

DIVISION: GG BG MG YG IG
(circle one)

GB BB MB YB IB

LAST NAME _____ **FIRST** _____

TEAM: CAM MP NP OJ OX SB SP TO VEN
(circle one)

SEEDING MARK _____
(round upward to 1/10 sec. round down to nearest cm.)

DATE & LOCATION FOR MARK _____
(must be listed on a dual/triangle meet varsity results sheet)

VARSITY FINALS SEEDING FORM

EVENT: 100 200 400 800 1600 3200
(circle one)

80 100 4x100 4x400 High Long Shot
Hurdles Hurdles Relay Relay Jump Jump Put

DIVISION: GG BG MG YG IG
(circle one)

GB BB MB YB IB

LAST NAME _____ **FIRST** _____

TEAM: CAM MP NP OJ OX SB SP TO VEN
(circle one)

SEEDING MARK _____
(round upward to 1/10 sec. round down to nearest cm.)

DATE & LOCATION FOR MARK _____
(must be listed on a dual/triangle meet varsity results sheet)

VARSITY FINALS SEEDING FORM

EVENT: 100 200 400 800 1600 3200
(circle one)

80 100 4x100 4x400 High Long Shot
Hurdles Hurdles Relay Relay Jump Jump Put

DIVISION: GG BG MG YG IG
(circle one)

GB BB MB YB IB

LAST NAME _____ **FIRST** _____

TEAM: CAM MP NP OJ OX SB SP TO VEN
(circle one)

SEEDING MARK _____
(round upward to 1/10 sec. round down to nearest cm.)

DATE & LOCATION FOR MARK _____
(must be listed on a dual/triangle meet varsity results sheet)

VARSITY FINALS SEEDING FORM

EVENT: 100 200 400 800 1600 3200
(circle one)

80 100 4x100 4x400 High Long Shot
Hurdles Hurdles Relay Relay Jump Jump Put

DIVISION: GG BG MG YG IG
(circle one)

GB BB MB YB IB

LAST NAME _____ **FIRST** _____

TEAM: CAM MP NP OJ OX SB SP TO VEN
(circle one)

SEEDING MARK _____
(round upward to 1/10 sec. round down to nearest cm.)

DATE & LOCATION FOR MARK _____
(must be listed on a dual/triangle meet varsity results sheet)

VENTURA COUNTY YOUTH TRACK CONFERENCE

Mark one Box Only for an Age Group

GG	BG	MG	YG	IG
GB	BB	MB	YB	IB

VARSITY RESULTS

DATE: _____
 HOME: _____
 VISITOR(S) _____

3200 Meter Run (2 Mile)				100 Meter Dash				High Jump (In Meters)			
#	TIME	NAME	CLUB	#	TIME	NAME	CLUB	#	Height	NAME	CLUB
1	: .			1	.			1	.		
2	: .			2	.			2	.		
3	: .			3	.			3	.		
4	: .			4	.			4	.		
5	: .			5	.			5	.		
6	: .			6	.			6	.		
Hurdles				800 Meter Run				Long Jump (In Meters)			
#	TIME	NAME	CLUB	#	TIME	NAME	CLUB	#	Distance	NAME	CLUB
1	.			1	: .			1	.		
2	.			2	: .			2	.		
3	.			3	: .			3	.		
4	.			4	: .			4	.		
5	.			5	: .			5	.		
6	.			6	: .			6	.		
4 x 100 Meter Relay				200 Meter Dash				Shot Put (in Meters)			
#	TIME	Club Name		#	TIME	NAME	CLUB	#	Distance	NAME	CLUB
1	: .			1	.			1	.		
2	: .			2	.			2	.		
3	: .			3	.			3	.		
4	: .			4	.			4	.		
1600 Meter Run (1 Mile)				4 x 400 Meter Relay							
#	TIME	NAME	CLUB	#	TIME	Club Name					
1	: .			1	: .						
2	: .			2	: .						
3	: .			3	: .						
4	: .			4	: .						
5	: .										
6	: .										
7	: .										
8	: .										

JV's Attaining Varsity Standard			
Event	Mark	NAME	CLUB

HOME _____
 VISITOR _____
 VISITOR _____

VCYTC RUNNING EVENT RESULTS FORM

(Circle one)

GG BG MG YG IG
GB BB MB YB IB

(Circle one)

Varsity J.V.

3200 M (2 Mile)	100 M HURDLES	4X100M RELAY	1600M (1 Mile)	400M (440 Y)	100M DASH	800M (880 Y)	200M (220 Y)	4X400M RELAY
MG	YB	GG	GG	GG	GG	GG	BG	BG
MB	IB	GB	GB	GB	GB	GB	BB	BB
YG	YG	BG	BG	BG	BG	BG	MG	MG
YB	IG	BB	BB	BB	BB	BB	MB	MB
IG	MB	MG	MG	MG	MG	MG	YG	YG
IB	MG	MB	MB	MB	MB	MB	YB	YB
		YG	YG	YG	YG	YG	IG	IG
		YB	YB	YB	YB	YB	IB	IB
		IG	IG	IG	IG	IG	GG	
		IB	IB	IB	IB	IB	GB	

DO NOT MIX AGE GROUPS OR VARSITY AND J.V. ON ONE SHEET

1ST PLACE

5TH PLACE

2ND PLACE

6TH PLACE

3RD PLACE

7TH PLACE

4TH PLACE

8TH PLACE

(Circle one) HJ LJ SP

VCYTC FIELD EVENT RESULTS FORM

(Circle one) GG BG MG YG IG
Sheet

(Circle one) Varsity J.V.

Do not mix Age Groups or Varsity and J.V. on one

GB BB MB YB IB

* At varsity finals only

ATHLETES NAME	CLUB	LJ OR SP→	LJ OR SP			LJ OR SP			LJ OR SP			BEST EFFORT	FINISH PLACE			
		HJ→	ROUND #1			ROUND #2			ROUND #3					*LJ OR SP ROUND #4		
			1	2	3	1	2	3	1	2	3			1	2	3
1																
2																
3																
4																
5																
6																
7																
8																

Athlete #1	Athlete #2	Athlete #3	Athlete #4	Athlete #5	Athlete #6	Athlete #7	Athlete #8
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APPENDIX I

Track Facility Description

In order to conduct a track meet for the VCYTC conference, the Track Facility must have the following features.

1. A 400-meter, or 440-yard track is required. Required markings shall include: Start and finish lines for all races listed in this rule book (including a one-turn stagger for the 200-meter dash, a two-turn stagger for the 400-meter dash, and a waterfall), 20-meter exchange zones with center line for both the 4x100 and 4x400 relay, 10-meter fly/acceleration zones for the 4x100, and hurdle placements for all races defined herein. Optional markings include a one-turn stagger for the 800-meter run. A track with the finish line at the "down wind" corner of the track is preferred.
2. The track must be wide enough for at least eight(8) forty two inch (42") lanes. Nine (9) lanes are preferred.
3. At least one long jump pit with sand deep enough for safe landing for athletes of all ages is required. Two pits are very desirable. A safe jump board is a necessity, and additional jump lines must be painted or taped to the runway to accommodate athletes of all ability levels.
4. At least one shot put pit with the circle and stop board is required. Two pits are desirable
5. Rest Room facilities to comfortably handle all meet participants and spectators is required.
6. Bleachers or stands for the parents and athletes is required.
7. Public Address System.
8. 80 hurdles are required.
9. A high jump "pit" with landing pads, stantions, and a cross bar is required. An appropriate apron area with a surface that provides athletes with good traction is desired. Two "pits" is desirable.
10. Starting blocks for all lanes are required.
11. An area suitable for staging and an area for the ribbon table are also required.

Form for Proposed Rule Changes

TITLE OF NEW RULE:

**EXISTING RULE (if applicable). CITE RULE NUMBER AND LIST THE RULE AS
CURRENTLY WRITTEN:**

WORDING OF PROPOSED RULE OR RULE CHANGE:

REASONS FOR CHANGE, BENEFITS TO BE GAINED:

IMPACT (time, cost, etc.)

SUBMITTING CLUB:

INITIAL VOTE:

FINAL VOTE:

DISPOSITION:

VENTURA COUNTY



YOUTH TRACK CONFERENCE CLUB MEMBERSHIP APPLICATION

↑ Age Group ↑

(page #1)

PLEASE PRINT

CLUB → _____

↓ ↓ ↓ ATHLETES INFORMATION ↓ ↓ ↓						
LAST NAME	FIRST NAME OR NICK NAME	M. I.	BOY / GIRL	BIRTH DATE AND YEAR / /	School Name	Grade
ATHLETE'S ADDRESS		ATHLETES PHONE NUMBER	# YEARS EXPERIENCE?	# YEARS WITH USA T&F?	USA T&F NUMBER FOR CURRENT YEAR?	
↓ ↓ ↓ PARENT(S) / GUARDIAN(S) INFORMATION ↓ ↓ ↓						
LAST NAME	FIRST NAME(S)	HOME PHONE NUMBER	WORK PHONE NUMBER	PAGER, FAX, OR OTHER PHONE NUMBER		
HOME STREET ADDRESS		CITY	ZIP CODE	E-MAIL ADDRESS		
PARENT VOLUNTEER JOB PREFERENCES --- COACH, TIMER, RIBBON TABLE, ZONE JUDGE, STAGER, STARTER, ANNOUNCER, ETC.						
↓ ↓ ↓ (OPTIONAL) PARENT NOT IN THE HOME IF APPLICABLE ↓ ↓ ↓						
LAST NAME	FIRST NAME(S)	HOME PHONE NUMBER	WORK PHONE NUMBER	ADDRESS		
↓ ↓ ↓ EMERGENCY CONTACT (If parent or guardian is unavailable) ↓ ↓ ↓						
LAST NAME	FIRST NAME(S)	EMERGENCY PHONE NUMBER	RELATIONSHIP (Friend - Relative)			
↓ ↓ ↓ MEDICAL INFORMATION ↓ ↓ ↓						
DR. NAME	DR. PHONE NUMBER	PHYSICIAN ADDRESS / LOCATION				
INSURANCE COMPANY		INSURANCE CO. PHONE NUMBER		POLICY NUMBER	GROUP ID	
LIST ANY/ALL CONDITIONS OR LIMITATIONS WHICH MAY AFFECT THE APPLICANT'S ABILITY TO PARTICIPATE IN THIS SPORT:						DATE OF OCCURRENCE OR ONSET
LIST ANY ALLERGIES TO MEDICATIONS:						DATE OF LAST TETANUS SHOT
IF YOUR CHILD MUST BE TAKEN TO A MEDICAL FACILITY, PLEASE CIRCLE ONE: THE NEAREST EMERGENCY FACILITY - OR - ONLY TO: _____ (LOCATION)						
DO YOU HAVE ANY SPECIFIC INSTRUCTIONS OR REQUESTS FOR THE HANDLING OF YOUR CHILD'S MEDICAL NEEDS?						
UNIFORM SIZES		PROOF OF AGE		FEES PAID		
TOP	SHORTS	BIRTH CERT.	OTHER	CHECK #	CASH	OTHER

PLEASE FILL OUT BOTH SIDES OF THIS APPLICATION → → → → (OVER) → → → →

ATHLETES NAME _____ PHONE NUMBER _____

Club Membership Application ---(page #2)

EMERGENCY TREATMENT RELEASE

It is understood by the undersigned Parent(s) / Guardian(s) of _____ that in case of serious illness or accident, a reasonable effort will be made to contact me, my spouse, or the emergency contact listed on page #1 of this application form, before any medical or dental care is commenced, providing time and conditions permit. If, however, I or my spouse can not be reached with reasonable diligence, or in the case of an immediate emergency, I hereby authorize the representatives of the Club to arrange for and to consent to such medical or dental care as may be recommended by a licensed physician or dentist.

Such medical and/or dental care shall include, but is not limited to, routine diagnostic tests or examinations, including blood tests, radiographic or laboratory examinations, anesthesia, or any other treatment or care to be rendered under the general or specific supervision and upon the advice of a physician or surgeon licensed under the provisions of the Medical Practice Act or a dentist licensed under the Dental Practice Act.

I further understand that this authorization is given in advance of any specific diagnosis, treatment, or care.

I agree to hold harmless the Club, it's representatives, or any adult acting as an agent for the club , from any liability arising out of the use of, or reliance on, this document.

This authorization is given pursuant to the provisions of Section 25 of the Civil Code of the State of California.

This authorization shall remain in effect until December 31, 2_____, or no longer than one (1) year from the date of signing.

(Parent Guardian) _____ Date _____ (Witness) _____ Date

CONDITIONS OF PARTICIPATION

As a condition of acceptance as a member of this organization, the Applicant and his/her parent(s)/Guardian(s) agree to the following conditions:

THE APPLICANT AGREES TO:

1. Conduct myself in a thoughtful, respectable manner at all times and to refrain from all offensive language.
2. To treat all club and school property with care and respect.
3. To return any equipment or property which is not mine to the club within one week of the last meet.
This includes my uniform if the club requires its return.
4. To abide by all of the rules and the directions and decisions of coaches and officials.
5. To participate fully and support all team activities to the best of my ability in all practices and meets.
6. To maintain a "C" grade average or better in school with no "F" grades.

APPLICANT SIGNATURE _____ DATE

THE PARENT(S)/GUARDIAN(S) AGREE TO:

1. To provide timely transportation for my child to and from all practices and meets without fail.
2. To support the team and my child's efforts by working at all Home meets, as a coach, or as a Board member.
3. To set an example of sportsmanship and fair play at all times.
4. Conduct myself in a thoughtful, respectable manner at all times and to refrain from all offensive language.

PARENT/GUARDIAN SIGNATURE _____ DATE

PLEASE FILL OUT BOTH SIDES OF THIS APPLICATION → → → → (OVER) → → → →