



2015-2016 Boys and Girls Track and Field



Spring Sports Preview



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Again this year, special emphasis is to be placed upon our Code of Ethics. It is requested that school administration, coaches and athletes make a special effort to review our Code this year in an effort to re-dedicate ourselves to our founding principles.

* * * * *

CODE OF ETHICS

IT IS THE DUTY OF ALL CONCERNED WITH
HIGH SCHOOL ATHLETICS:

1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgment of sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative and good judgment by the players on a team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players.
10. To remember that an athletic contest is only a game - not a matter of life and death for player, coach, school, officials, fan, community, state or nation.

GOOD SPORTSMANSHIP, ETHICS AND INTEGRITY!!!
"YOU MAKE THE DIFFERENCE !!!"



RUN.
SWEAT.
HUSTLE.
BREATHE.
DREAM.
PLAY.
WIN.

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DATE: JANUARY, 2016
TO: CIF-SS BOYS AND GIRLS TRACK AND FIELD COACHES
FROM: RAINER WULF, ASSISTANT COMMISSIONER
SUBJECT: 2016 TRACK AND FIELD SEASON

*** WELCOME TO THE 2016 TRACK AND FIELD SEASON ***

The Track and Field Preview Packet has been prepared to assist you in the organization of your school program. The information is important in preparation for the upcoming season. Please share this information with your assistant coaches.

The following items are included in the packet:

1. Calendar Dates
2. Championship dates for 2016 Season
3. Playoff Groupings
4. Blue Book Rules --
 - A. Accountability Rule
 - B. Player Conduct Rule
 - C. Other Points of Interest
5. Supervision of Athletes
6. Discus Cage Specifications
7. CIF Rules for Pole Vault
8. Pole Vault Weight Verification Form
9. Rule Revisions for 2016
10. Sanctioned Event List

2016 TRACK AND FIELD ADVISORY & MANAGEMENT COMMITTEES

Christine Barboza, Paramount HS
Rich Benoy (Mgt.)
Al Britt
Rob Dearborn, Moorpark HS
Rich Ede
Brian Fitzgerald, Rio Mesa HS
Hal Harkness (Mgt.)
Steve Hill (Mgt.)
Dennis Kelly, Trabuco Hills HS
Jonas Koolsbergen, Harvard-Westlake HS
Van Latham, Carpinteria HS

Bryan Leighliter, Gahr HS
Bob McGuire (Mgt.)
Joe McNab, Notre Dame/SO HS
Jack Recla, Trabuco Hills HS (Mgt.)
Rob Shock, Poly/Long Beach HS (Mgt.)
Mike Sluder, Apple Valley HS
Keith Thompson, Walnut HS

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CIF SOUTHERN SECTION TRACK AND FIELD CALENDAR DATES

The following is a capsule of the CIF Southern Section calendar for the upcoming season:

STARTING DATE FOR INTERSCHOLASTIC CONTEST

No interscholastic meets (practice, invitational or league) may be scheduled prior to SATURDAY, February 27, 2016.

LAST LEAGUE AND/OR NON-LEAGUE CONTEST

All league competition for both boys and girls teams must end on or before Friday, May 6, 2016. Schools may compete until May 7, 2016, for non-league contests.

IMPORTANT! IMPORTANT! IMPORTANT!

*****PLEASE NOTE: ENTRIES INTO THE CIF-SS PRELIMS FROM LEAGUE MEET MANAGERS WILL BE DUE IN THE CIF SOUTHERN SECTION OFFICE BY 11:59 P.M. ON FRIDAY, MAY 6, 2016. LEAGUES MUST SCHEDULE THEIR LEAGUE FINALS PRIOR TO FRIDAY!!! *****



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interscholastic sporting events, academic activities
or building the communities that support our
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TRACK AND FIELD CHAMPIONSHIP DATES FOR 2016

This may be used for preliminary planning, as more comprehensive information will follow in a later bulletin.

BOYS AND GIRLS VARSITY

All Prelims are on Saturday, May 14, 2016 - Field Events: 11:00 a.m.; Running Events 12 Noon

DIVISION 1 PRELIMS

Trabuco Hills HS -- Jack Recla, Meet Mgr. - (949) 285-4893
jackrecla@sbcglobal.net

DIVISION 2 PRELIMS

Moorpark HS -- Rob Dearborn, Meet Mgr. - (805) 378-6305, Ext. 2363
rdearborn@mrpk.org

DIVISION 3 PRELIMS

Estancia HS -- Bryan Leighliter, Meet Mgr. - (714) 595-0995
brymail1@gmail.com

DIVISION 4 PRELIMS

Carpinteria HS -- Van Latham, Meet Mgr. - (805) 684-4107
vlatham@cusd.net
Div 4 Prelim information : <http://www.warriorcountry.com/track/CIF.htm>

DIVISIONAL FINALS

Cerritos College -- Bob McGuire, Meet Mgr. -- Saturday, May 21, 2016
Stadium Opens for Athletes - 8:30 am
Stadium Opens for Spectators - 9:30 am
Field Event Warm-Up Only - 10:00 am
Start Pole Vault Competition - 10:30 am
Start All Field Event Competition - 11:00 am
Start Running Events - 1:00 pm

MASTERS MEET - STATE QUALIFYING

Cerritos College -- Bob McGuire, Meet Mgr. -- Friday, May 27, 2016
Stadium Opens - 3:00 pm
Start Field Event Competition - 4:30 pm
Start Running Events - 6:00 pm

STATE TRACK MEET

Buchanan H.S. -- Friday and Saturday, June 3 and 4, 2016
Clovis

+

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OR Gatorade Recover® Whey Protein Bars (96 servings)

Choose 3 of the below Premiums

- 7-gallon cooler
- 10-gallon cooler
- 60-quart ice chest on wheels
- 10 Gatorade® towels
- 24 Gatorade® squeeze bottles
- 4 Gatorade® squeeze bottle carriers
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- OPTION #1 – 10 Cases of Gatorade Prime® Energy Chews (160 servings)
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- OPTION #4 – 10 Cases of Gatorade Recover® Whey Protein Bars (120 servings)

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Whittier / Cerritos / Simi Valley

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Oaks / Ventura / Santa Barbara

Steve Shiley

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North Orange County / North & West
Inland Empire

CIF SOUTHERN SECTION 2016 TRACK AND FIELD PLAYOFF DIVISIONS

As a result of the CIF Southern Section Council decision (*March 23, 2000), for the 2015-2016 Track and Field season, league qualifiers for the CIF Southern Section Prelims will advance to their division based on the 2014-2015 CBED enrollment figures for their individual schools.

In order to address some concerns expressed by the Track and Field Advisory Committee and in an effort to avoid introducing, at this time, more drastic changes (i.e., additional minimum standards, capping entries, etc.) you will note that there have been some slight adjustments in the divisional makeup.

Leagues using Hy-Tek for their prelim/final meets must only use the school abbreviations listed on the divisional breakdown sheets. No other abbreviations can be used.

The following pages list the divisional breakdown of schools.

2016 CIF Southern Section Ford Boys and Girls Track and Field
Division 1 (2481 and Above)
As of December 7, 2015

ALPHA

ALHAMBRA	2725	NEWBURY PARK	2537
ALISO NIGUEL	3017	ONTARIO	2541
ALTA LOMA	2530	OXNARD	2895
ANAHEIM	3206	PACIFICA (OXNARD)	3398
ARCADIA	3442	PALMDALE	2836
ARROYO VALLEY	2627	PALOMA VALLEY	2829
BEAUMONT	2597	PARAMOUNT	4701
BECKMAN	2648	PENINSULA	2574
BELL GARDENS	3065	PIONEER VALLEY	2741
BURBANK	2559	POLY (LONG BEACH)	4504
BURROUGHS (BURBANK)	2659	POLY (RIVERSIDE)	2795
CABRILLO (LONG BEACH)	2778	QUARTZ HILL	3133
CAJON	2856	RANCHO CUCAMONGA	3462
CALIFORNIA	2962	RANCHO VERDE	3264
CAMARILLO	2965	REDONDO UNION	2623
CANYON SPRINGS	2499	RIALTO	2727
CENTENNIAL (CORONA)	3343	ROOSEVELT	4116
CHAFFEY	3470	SAN CLEMENTE	3059
CHANNEL ISLANDS	2535	SANTA ANA	2587
CHAPARRAL	3205	SANTA FE	2496
CHINO HILLS	3012	SANTA MARIA	2569
CORONA	2941	SANTA MONICA	2927
CRESCENTA VALLEY	2819	SANTIAGO (CORONA)	3818
CYPRESS	2740	SCHURR	2840
DANA HILLS	2663	SEGERSTROM	2492
DIAMOND BAR	3050	SUMMIT	2606
DOWNEY	4237	TEMECULA VALLEY	2713
EDISON	2560	TRABUCO HILLS	2860
EL RANCHO	2736	TROY	2764
EL TORO	2550	UNIVERSITY	2643
ETIWANDA	3513	UPLAND	3449
FONTANA	2536	VALENCIA (PLACENTIA)	2746
FOOTHILL	2525	VALENCIA (VALENCIA)	3177
FOUNTAIN VALLEY	3705	VALLEY VIEW	2691
GARDEN GROVE	2506	VISTA MURRIETA	3457
GLENDALE	2735	WALNUT	2755
GLENDORA	2566	WARREN	3812
GODINEZ	2538	WESTMINSTER	2593
GREAT OAK	3621	WILSON, WOODROW (LONG BEACH)	3942
HERITAGE	2622	YUCAIPA	2623
HIGHLAND	2919		
HUNTINGTON BEACH	2939		
JORDAN	3457		
KATELLA	2691		
KING, M.L.	3331		
KNIGHT	3064		
LA QUINTA (LA QUINTA)	2814		
LA SERNA	2940		
LAKEWOOD	3570		
LOS ALAMITOS	3292		
LOS OSOS	3172		
LOYOLA (B)	2492		
MILLIKAN	4089		
MIRA COSTA	2512		
MONTCLAIR	3034		
MONTEBELLO	2803		
MURRIETA VALLEY	2485		

2016 CIF Southern Section Ford Boys and Girls Track and Field
Division 2 (2480-2001)
As of December 7, 2015

AGOURA	2132	NORTHWOOD	2173
APPLE VALLEY	2215	OAK HILLS	2356
ARROYO	2301	PALM DESERT	2001
ARROYO GRANDE	2454	PATRIOT	2094
AYALA, RUBEN	2452	PERRIS	2372
BLOOMINGTON	2038	RAMONA	2160
BOLSA GRANDE	2077	REDLANDS	2342
BUENA	2480	REDLANDS EAST VALLEY	2105
CANYON (ANAHEIM)	2324	RIGHETTI	2082
CANYON (CANYON COUNTRY)	2371	RIO MESA	2116
CAPISTRANO VALLEY	2385	ROWLAND	2331
CARTER	2363	ROYAL	2100
CERRITOS	2135	SAN GABRIEL	2325
CHINO	2369	SAN GORGONIO	2057
CITRUS HILL	2370	SAN JACINTO	2389
CITRUS VALLEY	2269	SAN JUAN HILLS	2391
CLAREMONT	2338	SAN MARCOS	2081
COACHELLA VALLEY	2332	SANTA ANA VALLEY	2050
COLONY	2042	SANTA BARBARA	2261
CULVER CITY	2056	SANTIAGO (GARDEN GROVE)	2214
DOMINGUEZ	2064	SAUGUS	2447
DOS PUEBLOS	2191	SAVANNA	2055
EASTSIDE	2319	SERRANO	2285
EISENHOWER	2456	SILVERADO	2144
EL MODENA	2195	SIMI VALLEY	2200
EL SINORE	2132	SOUTH TORRANCE	2083
FULLERTON	2156	SUNNY HILLS	2264
GOLDEN VALLEY	2086	TEMESCAL CANYON	2172
GRAND TERRACE	2269	TEMPLE CITY	2116
HART	2233	TESORO	2380
HAWTHORNE	2127	THOUSAND OAKS	2348
HEMET	2413	TORRANCE	2115
HESPERIA	2051	TUSTIN	2304
JURUPA HILLS	2083	VENTURA	2392
KAISER	2455	VILLA PARK	2474
KENNEDY	2351	VISTA DEL LAGO	2243
LA HABRA	2230	WEST COVINA	2426
LA MIRADA	2126	WEST RANCH	2350
LA QUINTA (WESTMINSTER)	2144	WEST TORRANCE	2088
LA SIERRA	2066	WESTERN	2124
LANCASTER	2363	WESTLAKE	2391
LAWNDALE	2241	WHITTIER	2174
LOARA	2377	WOODBIDGE	2480
LOS ALTOS	2061		
LYNWOOD	2286		
MARINA	2440		
MARK KEPPEL	2306		
MATER DEI	2145		
MAYFAIR	2102		
MILLER, A.B.	2352		
MISSION VIEJO	2438		
MOORPARK	2060		
MORENO VALLEY	2387		
MURRIETA MESA	2145		
NEWPORT HARBOR	2300		
NORCO	2254		
NORTE VISTA	2125		
NORTH, J.W.	2287		

**2016 CIF Southern Section Ford Boys and Girls Track and Field
Division 3 (2000-1051)
As of December 7, 2015**

ADELANTO	1748	LA PUENTE	1403
ALEMANY	1354	LAGUNA HILLS	1642
ANTELOPE VALLEY	1718	LAKESIDE	1973
ARLINGTON	1956	LEUZINGER	1804
ARTESIA	1406	LITTLEROCK	1543
ATASCADERO	1333	LOMPOC	1327
AZUSA	1393	LOS AMIGOS	1782
BALDWIN PARK	1921	LUTHERAN (ORANGE)	1336
BANNING	1129	MAGNOLIA	1824
BARSTOW	1380	MARSHALL FUNDAMENTAL	1074
BASSETT	1071	MONROVIA	1785
BELLFLOWER	1724	MOUNTAIN VIEW	1439
BEVERLY HILLS	1633	NIPOMO	1293
BISHOP AMAT	1415	NOGALES	1952
BONITA	1937	NORTH (TORRANCE)	1913
BREA OLINDA	1896	NORTHVIEW	1340
BUENA PARK	1942	NORWALK	1989
BURROUGHS (RIDGECREST)	1397	NOTRE DAME (SHERMAN OAKS)	1259
CABRILLO (LOMPOC)	1490	OAK PARK	1655
CALABASAS	1754	OCEAN VIEW	1549
CATHEDRAL (B)	1498	ORANGE	1927
CATHEDRAL CITY	1896	PACIFIC	1406
CENTURY	1864	PACIFICA (GARDEN GROVE)	1779
CHAMINADE	1349	PALM SPRINGS	1789
CHARTER OAK	1735	PALOS VERDES	1661
COLTON	1902	PASADENA	1903
COMPTON	1740	PASO ROBLES	1957
CORONA DEL MAR	1729	PIONEER	1414
COSTA MESA	1122	POMONA	1286
COVINA	1337	RANCHO ALAMITOS	1822
Da VINCI DESIGN	1952	RANCHO MIRAGE	1565
DAMIEN (B)	1904	RIM OF THE WORLD	1200
DESERT HOT SPRINGS	1777	ROSEMEAD	1827
DESERT MIRAGE	1868	RUBIDOUX	1675
DIAMOND RANCH	1791	SADDLEBACK	1688
DON LUGO	1760	SAN BERNARDINO	1640
EL DORADO	1924	SAN DIMAS	1363
EL MONTE	1850	SAN LUIS OBISPO	1434
EL SEGUNDO	1251	SAN MARINO	1189
ESPERANZA	1933	SANTA MARGARITA	1730
ESTANCIA	1274	SANTA PAULA	1546
EXCELSIOR CHARTER	1399	SERVITE (B)	1798
FIREBAUGH	1922	SHADOW HILLS	1771
GABRIELINO	1801	SIERRA VISTA	1972
GAHR	1968	SONORA	1924
GANESHA	1131	SOUTH EL MONTE	1433
GAREY	1625	SOUTH HILLS	1835
GLADSTONE	1218	SOUTH PASADENA	1533
GLENN	1495	ST. FRANCIS (B)	1290
GRANITE HILLS	1531	ST. JOHN BOSCO (B)	1626
HARVARD-WESTLAKE	1151	ST. JOSEPH (LAKEWOOD) (G)	1198
HILLCREST	1791	ST. LUCY'S PRIORY (G)	1254
HOOVER	1711	SULTANA	1881
HUENEME	1985	TAHQUITZ	1633
INDIAN SPRINGS	1836	WEST VALLEY	1743
INDIO	1769	WILSON/HACIENDA HEIGHTS	1616
INGLEWOOD	1530	YORBA LINDA	1768
IRVINE	1969	YUCCA VALLEY	1354
JSERRA	1180		
JURUPA VALLEY	1581		
LA CANADA	1389		

**2016 CIF Southern Section Ford Boys and Girls Track and Field
Division 4 (1050 and Below)
As of December 7, 2015**

ACADEMY/ACAD EXCELLENCE	402	IMMACULATE HEART (G)	1000	ROSARY (G)	1014
ALVERNO (G)	336	LA REINA (G)	826	SACRED HEART OF JESUS (G)	408
AMBASSADOR	67	LA SALLE	656	SADDLEBACK VALLEY CHRISTIAN	288
ANAHEIM DISCOVERY CHRISTIAN	206	LA SIERRA ACADEMY	227	SAGE HILL	506
AQUINAS	430	LAGUNA BEACH	1038	SALESIAN (B)	962
ARCHER SCHOOL FOR GIRLS (G)	520	LINFIELD CHRISTIAN	337	SAN GABRIEL MISSION (G)	494
ARROWHEAD CHRISTIAN ACAD	378	LONE PINE	130	SAN JACINTO VALLEY ACADEMY	262
AVESON GLOBAL LEADERSHIP	187	LOS ANGELES ADVENTIST	57	SANTA CLARA	289
BELLARMINE- JEFFERSON	123	LOUISVILLE (G)	750	SANTA CLARITA VALLEY	228
BETHEL CHRISTIAN (RIVERSIDE)	80	LUTHERAN (LA VERNE)	75	SANTA YNEZ	1001
BIG BEAR	758	LYCEE INTERNATIONAL	134	SERRA	556
BISHOP DIEGO	249	MALIBU	652	SHERMAN INDIAN	297
BISHOP MONTGOMERY	921	MAMMOTH	297	SIERRA CANYON	408
BLAIR	628	MARANATHA	680	SILVER VALLEY	387
BORON	172	MARLBOROUGH (G)	714	ST. ANTHONY	495
BRENTWOOD	466	MARY STAR OF THE SEA	511	ST. BERNARD	233
BRIDGES ACADEMY	82	MARYMOUNT (G)	776	ST. BONAVENTURE	555
BUCKLEY	343	MAYFIELD (G)	634	ST. GENEVIEVE	598
CALIFORNIA LUTHERAN	80	MILKEN COMMUNITY	536	ST. JOSEPH (SANTA MARIA)	393
CALIFORNIA MILITARY INSTITUTE	462	MISSION PREP	381	ST. MARGARET'S	464
CALVARY CHAPEL (DOWNEY)	288	MOJAVE	195	ST. MARY'S ACADEMY (G)	550
CALVARY CHAPEL (SANTA ANA)	522	MORNINGSIDE	974	ST. MONICA CATHOLIC	538
CALVARY MURRIETA	312	MORRO BAY	868	ST. PAUL	628
CAMPBELL HALL	532	MUIR	900	ST. PIUS X-ST. MATTHIAS	296
CAMS	676	NEW COVENANT ACADEMY	63	TEMECULA PREP	294
CANTWELL-SACRED HEART MARY	556	NEW ROADS	371	TEMPLETON	762
CAPISTRANO VALLEY CHRISTIAN	189	NOLI INDIAN	93	THACHER	259
CARPINTERIA	638	NORDHOFF	183	TRONA	74
CATE	287	NOTRE DAME (RIVERSIDE)	494	TWENTYNINE PALMS	760
CENTENNIAL (COMPTON)	955	NOTRE DAME ACADEMY (G)	752	UPLAND CHRISTIAN ACADEMY	224
CHADWICK	341	NUVIEW BRIDGE	594	VALLEY CHRISTIAN (CERRITOS)	580
CHRISTA McAULIFF	175	OAK GROVE	57	VASQUEZ	403
CREAN LUTHERAN	754	OAKS CHRISTIAN	972	VERBUM DEI (B)	592
CRESPI (B)	992	OAKWOOD	310	VIEWPOINT	512
CROSSROADS	508	OJAI VALLEY	110	VILLAGE CHRISTIAN	419
CSDR	185	ONTARIO CHRISTIAN	450	VILLANOVA PREP	261
DE TOLEDO	384	ORCUTT ACADEMY	593	VISTAMAR	283
DESERT	386	OXFORD ACADEMY	767	WEAVER	175
DESERT CHRISTIAN (LANCASTER)	336	PACIFIC HILLS	90	WEBB	409
DON BOSCO TECH (B)	766	PACIFICA CHRISTIAN / SM	222	WESTERN CHRISTIAN	390
DUARTE	992	PACIFICA CHRISTIAN / OC	50	WESTRIDGE (G)	546
EDGEWOOD	831	PALMDALE AEROSPACE ACAD	590	WHITNEY	675
EINSTEIN, ALBERT	275	PARACLETE	711	WHITTIER CHRISTIAN	610
EXECUTIVE PREP ACADEMY	250	PILGRIM	98	WILDWOOD	212
FILLMORE	985	PILIBOS	252	WINDWARD	406
FLINTRIDGE PREPARATORY	412	POLY (PASADENA)	387	WOODCREST CHRISTIAN	334
FLINTRIDGE SACRED HEART (G)	770	POMONA CATHOLIC (G)	450	XAVIER PREP	587
FOOTHILL TECHNOLOGY	1038	PRICE	64	YESHIVA	354
GARDEN STREET ACADEMY	34	PROVIDENCE (BURBANK)	454		
GRACE BRETHREN	389	PROVIDENCE (SANTA BARBARA)	71		
GROVE	134	RAMONA CONVENT (G)	442		
HAMILTON	326	RANCHO CHRISTIAN	218		
HELP GROUP WEST	139	RIVER SPRINGS CHARTER	229		
HERITAGE CHRISTIAN	607	RIVERSIDE SHRISTIAN	93		
HILLCREST CHR. (THOUS OAKS)	87	RIVERSIDE CTY ED ACADEMY	168		
HOLY FAMILY (G)	368	RIVERSIDE PREP	701		
HOLY MARTYRS	134	ROLLING HILLS PREP	157		

LEGACIES START BEFORE ANYONE ELSE CAN SEE THEM.

What will *your* legacy be?

"I wanted to take control of my life. Gold's Gym helped me accomplish that and so much more."

Dominique Brooks

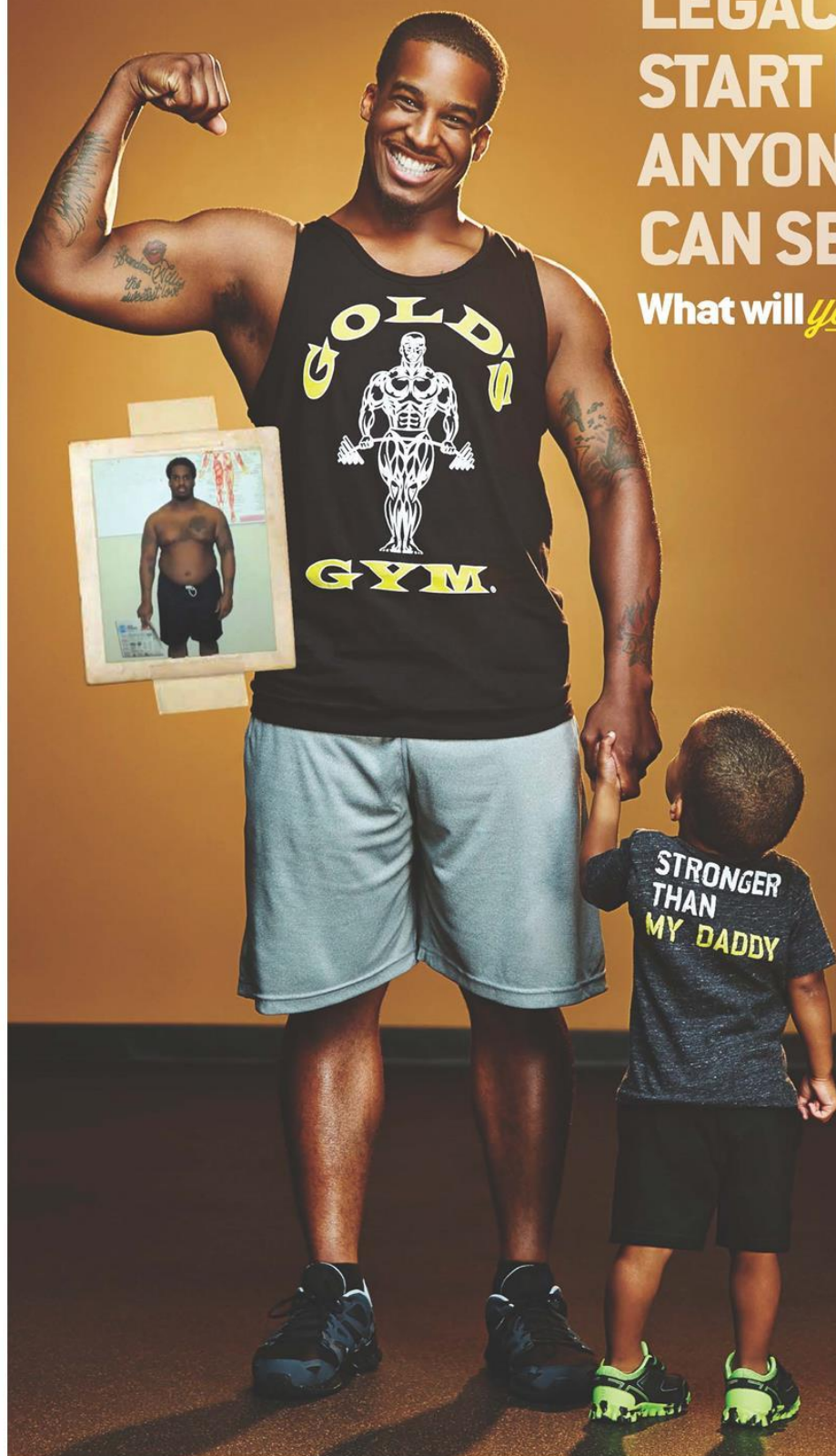
lost 55 pounds and 2.9% body fat in just 12 weeks. His Legacy: Son, Solomon Brooks

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YEARS
A Legacy of Strength
Since 1965



**CIF Southern Section
2016 Boys and Girls Track and Field
Hy-Tek Abbreviations**

<u>School</u>	<u>(Hy-Tek Abbreviations)</u>	<u>School</u>	<u>(Hy-Tek Abbreviations)</u>
Academy of Academic Ex.	(AFAE)	California	(CALF)
Adolfo Camarillo	(CAMA)	California City	
Agoura	(AGOU)	California Military Academy	(CAMY)
Aleman	(ALEM)	Calvary Chapel/Downey	(CALC)
Alhambra	(ALHA)	Calvary Chapel/Santa Ana	(CCSS)
Aliso Niguel	(ALNI)	Calvary Chapel/Murrieta	
Alverno	(ALVE)	Campbell Hall	(CAHA)
Alta Loma	(ALLO)	Cantwell-Sacred Heart	(CANT)
Anaheim	(ANAH)	Canyon/Anaheim	(CAAN)
Animo Leadership		Canyon/Canyon Country	(CANY)
Antelope Valley	(ANVA)	Canyon Springs	(CASP)
Antelope Valley Christian	(ANCH)	Capistrano Valley	(CAPO)
Apple Valley	(APVA)	Carpinteria	(CARP)
Aquinas	(AQUI)	Carter	(CART)
Arcadia	(ARCA)	Cate	(CATE)
Archer School for Girls (G)	(ARSG)	Cathedral (B)	(CATH)
Arlington	(ARLI)	Cathedral City	(CACI)
Arrowhead Christian	(ARCH)	Centennial/Compton	(CENC)
Arroyo	(AROY)	Centennial/Corona	(CENN)
Arroyo Grande	(ARGR)	Century	(CENT)
Arroyo Valley	(ARVA)	Cerritos	(CERR)
Artesia	(ARTE)	Chadwick	(CHAD)
Atascadero	(ATAS)	Chaffey	(CHAF)
Ayala	(AYAL)	Chaminade	(CHAM)
Azusa	(AXUS)	Channel Islands	(CHIS)
Baldwin Park	(BAPA)	Chaparral	(CHAP)
Banning	(BANG)	Charter Oak	(CHOA)
Barstow	(BARS)	Chino	(CHIN)
Bassett	(BASS)	Chino Hills	(CHHI)
Beaumont	(BEAU)	Citrus Hill	(CIHI)
Beckman	(BEMA)	Claremont	(CLAR)
Bell Gardens	(BEGA)	Coachella Valley	(COVA)
Bell-Jeff	(BELJ)	Colony	(COLO)
Bellflower	(BELF)	Colton	(COLT)
Bethel Christian/Riverside		Compton	(COMP)
Beverly Hills	(BEHI)	Cornerstone Chr/Camarillo	(CRNS)
Big Bear	(BIBE)	Corona	(CORO)
Bishop Amat	(BIAM)	Corona del Mar	(CODM)
Bishop Diego	(BIDI)	Costa Mesa	(COME)
Bishop Montgomery	(BIMO)	Covina	(COVI)
Bishop Union	(BISH)	Crean Lutheran	(CLSO)
Blair	(BLAI)	Crescenta Valley	(CRVA)
Bloomington	(BLOM)	Crespi (B)	(CRES)
Bolsa Grande	(BOGR)	Crossroads	(CROS)
Bonita	(BONI)	CSDR	(CSDR)
Boron	(BORO)	Culver City	(CUCI)
Brea Olinda	(BROL)	Cypress	(CYPR)
Brentwood	(BREN)	Damien (B)	(DAMI)
Brethren Christian	(BRET)	Dana Hills	(DAHI)
Buena	(BUEN)	Death Valley Academy	(DEAT)
Buena Park	(BUPA)	Desert	(DESE)
Burbank	(BURB)	Desert Christian/Lancaster	(DESL)
Burroughs/Burbank	(BURO)	Desert Christian/BD	(DEBD)
Burroughs/Ridgecrest	(BURO)	Desert Hot Springs	(DEHO)
Cabrillo/Lompoc	(CABR)	Desert Mirage	(DEMI)
Cabrillo/Long Beach	(CABL)	Diamond Bar	(DIBA)
Cajon	(CAJO)	Diamond Ranch	(DIRA)
Calabasas	(CALB)	Dominguez	(DOMI)

<u>School</u>	<u>(Hy-Tek Abbreviations)</u>
Don Bosco (B)	(DOBO)
Don Lugo	(DOLU)
Dos Pueblos	(DPHS)
Downey	(DOWN)
Duarte	(DUAR)
Dunn	(DUNN)
Eastside	(EASI)
Edison	(EDIN)
Eisenhower	(EISE)
El Dorado	(ELDR)
El Modena	(ELMO)
El Monte	(ELMT)
El Rancho	(ELRA)
El Segundo	(ELSE)
El Toro	(ELTO)
Elsinore	(ELSI)
Esperanza	(ESPE)
Estancia	(ESTA)
Etiwanda	(ETIW)
Excelsior Education Center	(EXED)
Fillmore	(FILL)
Flintridge Prep	(FLPR)
Flintridge Sacred Heart (G)	(FLSH)
Fontana	(FONT)
Foothill	(FHIL)
Foothill Technology	(FHTC)
Fountain Valley	(FOVA)
Fullerton	(FULL)
Gabrielino	(GABR)
Gahr	(GAHR)
Ganesha	(GANE)
Garden Grove	(GAGR)
Garey	(GARE)
Gladstone	(GLAD)
Glendale	(GLND)
Glendora	(GLEN)
Glenn	(GLNN)
Godinez	
Golden Valley	(GOVA)
Granite Hills	(GHLS)
Great Oak	(GROA)
Hamilton	(HAML)
Hart	(HART)
Harvard-Westlake	(HAWE)
Hawthorne	(HAWT)
Hemet	(HEME)
Heritage	(HERI)
Hesperia	(HESP)
Hesperia Christian	(HECR)
Highland	(HIGL)
Holy Family (G)	(HOFA)
Holy Martyr's	(HOMA)
Hoover	(HOOV)
Hueneme	(HUEN)
Huntington Beach	(HUBE)
Immaculate Heart (G)	(IMMU)
Immanuel Christian	(IMMN)
Indio	(INDI)
Inglewood	(INGL)
Irvine	(IRVI)
Jordan	(JORD)
JSerra	(JSER)
Jurupa Valley	(JURU)

<u>School</u>	<u>(Hy-Tek Abbreviations)</u>
Kaiser	(KAIS)
Katella	(KATE)
Kennedy	(KNSS)
Kern Valley	(KEVA)
Kilpatrick (B)	(KILP)
King, M.L.	(KGML)
Knight	(KNIG)
La Canada	(LACA)
La Habra	(LAHA)
La Mirada	(LAMI)
La Puente	(LAPU)
La Quinta/La Quinta	(LAQU)
La Quinta/Westminster	(LAQN)
La Reina (G)	(LARE)
La Salle	(LASA)
La Serna	(LASE)
La Sierra	(LASI)
La Sierra Academy	(LSAC)
Laguna Beach	(LABE)
Laguna Hills	(LAHI)
Lakeside	(LAKS)
Lakewood	(LAKE)
Lancaster	(LANC)
Leuzinger	(LEUZ)
Lighthouse Christian	
Linfield Christian	(LINF)
Littlerock	(LITT)
Loara	(LOAR)
Lompoc	(LOMP)
Lone Pine	(LOPI)
Los Alamitos	(LOSA)
Los Altos	(LOST)
Los Amigos	(LOAM)
Los Angeles Adventist	(LNAT)
Los Angeles Baptist	(LABA)
Los Osos	(LOOS)
Louisville (G)	(LOUI)
Loyola (B)	(LOYO)
Lutheran/La Verne	(LULV)
Lutheran/Orange	(LUOR)
Lynwood	(LYNW)
Magnolia	(MAGN)
Malibu	(MALI)
Maranatha	(MARA)
Marina	(MARI)
Mark Keppel	(MAKE)
Marlborough (G)	(MARL)
Marshall	(MARH)
Mary Star of the Sea	(MSEA)
Marymount (G)	(MARY)
Mater Dei	(MADE)
Mayfair	(MAYF)
Mayfield (G)	(MYFL)
Millen Community	(MKLN)
Miller, A.B.	(ABMI)
Millikan	(MILK)
Mira Costa	(MICO)
Mission Viejo	(MIVI)
Mojave	(MOJA)
Monrovia	(MORO)
Montclair	(MOCL)
Montclair Prep	(MOPR)

<u>School</u>	<u>(Hy-Tek Abbreviations)</u>	<u>School</u>	<u>(Hy-Tek Abbreviations)</u>
Montebello	(MOBE)	Quartz Hill	(QUHI)
Moorpark	(MOOR)	Ramona	(RAMO)
Moreno Valley	(MOVA)	Ramona Convent (G)	(RACV)
Morningside	(MORN)	Rancho Alamitos	(RAAL)
Morro Bay	(MOBA)	Rancho Cucamonga	(RACU)
Mountain View	(MOVV)	Rancho Verde	(RAVE)
Muir	(MUIR)	Redlands	(REDL)
Murrieta Valley	(MUVA)	Redlands East Valley	(REEA)
New Roads	(NERO)	Redondo Union	(REDO)
Newbury Park	(NEPA)	Rialto	(RIAL)
Newport Harbor	(NEHA)	Ribet Academy	(RIAC)
Nia Educational Charter	(NEDC)	Righetti	(RIGH)
Nipomo	(NIPO)	Rim of the World	(RIWO)
Nogales	(NGLE)	Rio Mesa	(RIME)
Norco	(NORC)	Riverside Christian	(RVCH)
Nordhoff	(NORD)	Riverside Prep	
Norte Vista	(NOVE)	Roosevelt, Eleanor	(ROEL)
North, J.W.	(NRTH)	Rosamond	(ROSA)
North Torrance	(NOTO)	Rosary (G)	(RORY)
Northview	(NRVW)	Rosemead	(ROSE)
Northwood	(NRWO)	Rowland	(ROWL)
Norwalk	(NORW)	Royal	(ROYL)
Notre Dame/Riverside	(NDAM)	Rubidoux	(RUBI)
Notre Dame/Sherman Oaks	(NODA)	Sacred Heart of Jesus (G)	(SHJE)
Notre Dame Academy (G)		Saddleback	(SADD)
Nuvview Bridge	(NUBR)	Saddleback Valley Christian	(SVCH)
Oak Park	(OAPA)	Sage Hill	(SGHI)
Oaks Christian	(OACH)	Salesian (B)	(SLES)
Oakwood	(OAWO)	San Bernardino	(SABR)
Ocean View	(OCVI)	San Clemente	(SCLE)
Ojai Valley	(OJVA)	San Dimas	(SADI)
Ontario	(ONTA)	San Gabriel Mission (G)	(SGME)
Ontario Christian	(ONCH)	San Gabriel	(SAGA)
Orange	(ORAN)	San Geronimo	(SAGO)
Orcutt Academy		San Jacinto	(SAJA)
Oxford Academy	(OXAC)	San Jacinto Valley Academy	(SIAA)
Oxnard	(OXNA)	San Juan Hill	(SJUH)
Pacific	(PACI)	San Luis Obispo	(SALU)
Pacific Hills	(PAHI)	San Marcos	(SAMA)
Pacifica/Garden Grove	(PAFE)	San Marino	(SNMR)
Pacifica/Oxnard	(PAOX)	Santa Ana	(SAAN)
Pacifica Christian	(PACR)	Santa Ana Valley	(SAVA)
Palm Desert	(PADE)	Santa Barbara	(SABA)
Palm Springs	(PASP)	Santa Clara	(SACL)
Palmdale	(PADA)	Santa Fe	(SAFE)
Paloma Valley	(PLMV)	Santa Margarita	(STMA)
Palos Verdes	(PSVE)	Santa Maria	(STMR)
Paraclete	(PARC)	Santa Monica	(SAMO)
Paramount	(PARA)	Santa Paula	(SNPL)
Pasadena	(PASA)	Santa Ynez	(SAYN)
Paso Robles	(PARO)	Santiago/Corona	(SNT0)
Patriot	(PATR)	Santiago/Garden Grove	(SNT0)
Peninsula	(PENI)	Saugus	(SAGU)
Perris	(PERR)	Savanna	(SAVN)
Pioneer	(PNER)	Schurr	(SCHU)
Pioneer Valley	(PIOV)	Seegerstrom	(SEGR)
Poly/Long Beach	(POLB)	Serra	(SRSS)
Poly/Pasadena	(POPA)	Serrano	(SERN)
Poly/Riverside	(PORI)	Servite (B)	(SERV)
Pomona	(POMO)	Shadow Hills	(SHHI)
Price	(PRIC)	Shandon	(SHAN)
Providence	(PROV)	Sherman Indian	(SHIN)

<u>School</u>	<u>(Hy-Tek Abbreviations)</u>
Sierra Canyon	(SICA)
Sierra Vista	(SIVI)
Silver Valley	(SIVL)
Silverado	(SILV)
Simi Valley	(SIVA)
Sonora	(SONR)
South Bay Lutheran	(SBLU)
South El Monte	(SOEM)
South Hills	(SOHI)
South Pasadena	(SOPA)
South Torrance	(SOTO)
St. Anthony	(STAN)
St. Bernard	(STBE)
St. Bonaventure	(STBO)
St. Francis (B)	(STFC)
St. Genevieve	(STGE)
St. John Bosco (B)	(STJB)
St. Joseph/Santa Maria	(STJO)
St. Joseph/Lakewood (G)	(STJP)
St. Lucy's (G)	(STLU)
St. Margaret's	(STMG)
St. Mary's Academy (G)	(STMC)
St. Matthias (G)	(SMTT)
St. Monica	(SMON)
St. Monica Catholic	
St. Paul	(STPA)
Sultana	(SULT)
Summit	(SUMT)
Sunny Hills	(SUHI)
Tahquitz	
Temecula Prep	
Temecula Valley	(TEVA)
Templeton	(TEMP)
Temescal Canyon	(TECA)
Temple City	(TECI)
Tesoro	(TESO)
Testimonial Christian	
Thacher	(THAC)
Thousand Oaks	(THOA)
Torrance	(TORR)
Trabuco Hills	(TRHI)
Trinity Lutheran	(TRLU)
Trona	(TRON)
Troy	(TROY)
Tustin	(TUST)
Twentynine Palms	(TWEN)
University	(UNIV)
Upland	(UPLN)
Upland Christian	(ULCN)
Valencia/Placentia	(VAPL)
Valencia/Valencia	(VALE)
Valley Christian/Cerritos	(VCHR)
Valley View	(VAVI)
Vasquez	(VASQ)
Ventura	(VENT)
Verbum Dei (B)	(VEDE)
Victor Valley	(VIVA)
Victor Valley Christian	(VVCH)
Villa Park	(VIPA)
Village Christian	(VLCH)
Village Glen	
Villanova Prep	(VIPR)

<u>School</u>	<u>(Hy-Tek Abbreviations)</u>
Vista del Lago	(VIDL)
Vista Murrieta	(VIMU)
Vistamar	
Walnut	(WALN)
Warren	(WARR)
Webb	(WEBB)
West Covina	(WECO)
West Ranch	(WERN)
West Torrance	(WETO)
West Valley	(WEVL)
West Valley Christian	(WVCH)
Western	(WSTN)
Western Christian	(WCHR)
Westlake	(WELA)
Westminster	(WEMI)
Westridge (G)	(WESR)
Whitney	(WHIT)
Whittier	(WHTT)
Whittier Christian	(WHCH)
Wilson/Hacienda Heights	(WLHH)
Wilson/Long Beach	(WILB)
Windward	(WINW)
Woodbridge	(WOBR)
Woodcrest Christian	(WDCH)
Xavier Prep	(XAVI)
Yucaipa	(YUCI)
Yucca Valley	(YUCA)



UNITED WE STAND
Together, for California.

California Correctional Peace Officers Association

2016 QUALIFYING STANDARDS

1. League champions in the varsity league finals meet in each event will automatically qualify.
2. Second and third place finishers in the varsity league finals meet will qualify **IF** they meet the minimum standard for their event.
3. At-large entrant standards will be different from the minimum standards. **(*At-large standards can only be achieved in varsity league finals competition.)**

2016 QUALIFYING STANDARDS FOR 2nd & 3rd PLACE IN LEAGUE FINALS

MINIMUM STANDARDS FOR 2ND AND 3RD PLACE IN LEAGUE FINALS - 2016								
	D1-BOYS	D1-BOYS	D1-GIRLS	D1-GIRLS	D2-BOYS	D2-BOYS	D2-GIRLS	D2-GIRLS
EVENT	FAT	HT	FAT	HT	FAT	HT	FAT	HT
100	11.14	10.9	12.74	12.5	11.54	11.3	12.84	12.6
200	22.84	22.6	26.34	26.1	23.34	23.1	27.14	26.9
400	51.94	51.7	1:01.14	1:00.9	52.14	51.9	1:03.14	1:02.9
800	2:01.14	2:00.9	2:25.14	2:24.9	2:04.14	2:03.9	2:27.14	2:26.9
1600	4:35.14	4:34.9	5:25.14	5:24.9	4:35.14	4:34.9	5:25.14	5:24.9
3200	10:00.14	9:59.9	12:10.14	12:09.9	10:00.14	9:59.9	12:05.14	12:04.9
110/100HH	16.14	15.9	16.74	16.5	16.14	15.9	16.74	16.5
300IH/LH	41.44	41.2	50.14	49.9	43.14	42.9	49.54	49.3
400R	44.14	43.9	50.94	50.7	45.44	45.2	51.84	51.6
1600R	3:33.14	3:32.9	4:18.14	4:17.9	3:35.14	3:34.9	4:15.14	4:14.9
HJ		5-10		4-09		5-08		4-08
PV		12-03		8-00		10-00		8-00
LJ		20-06		16-03		20-06		16-00
TJ		41-03		33-00		41-00		32-03
SHOT		45-00		32-06		42-00		30-00
DISCUS		125-00		100-00		130-00		100-00
	D3-BOYS	D3-BOYS	D3-GIRLS	D3-GIRLS	D4-BOYS	D4-BOYS	D4-GIRLS	D4-GIRLS
EVENT	FAT	HT	FAT	HT	FAT	HT	FAT	HT
100	11.54	11.3	13.54	13.3	11.74	11.5	13.24	13.0
200	23.34	23.1	27.74	27.5	24.14	23.9	27.94	27.7
400	52.14	51.9	1:03.14	1:02.9	55.34	55.1	1:04.54	1:04.3
800	2:05.14	2:04.9	2:35.14	2:34.9	2:13.14	2:12.9	2:34.14	2:33.9
1600	4:39.14	4:38.9	5:45.14	5:44.9	4:55.14	4:54.9	5:50.14	5:49.9
3200	10:20.14	10:19.9	12:25.14	12:24.9	11:05.14	11:04.9	13:30.14	13:29.9
110/100HH	17.14	16.9	18.24	18.0	18.24	18.0	18.64	18.4
300IH/LH	43.14	42.9	51.74	51.5	45.44	45.2	52.74	52.5
400R	45.14	44.9	53.14	52.9	47.14	46.9	54.34	54.1
1600R	3:37.14	3:36.9	4:25.14	4:24.9	3:50.14	3:49.9	4:40.14	4:39.9
HJ		5-08		4-08		5-07		4-07
PV		10-00		7-00		9-00		7-00
LJ		20-01		15-06		19-00		14-06
TJ		40-00		31-09		37-06		29-00
SHOT		43-00		30-03		38-06		29-06
DISCUS		125-00		90-00		110-00		80-00

FAT = Fully automatic timing; HT = hand timed

LEAGUE MEET MANAGERS, LEAGUE COORDINATORS

All leagues should have, in their constitution, language dealing with the submission of league entries to the CIF Prelims. The process utilized for entry submission **must** be consistent with that approved language.

2016 QUALIFYING STANDARDS FOR FREE LANCE & AT-LARGE ENTRIES

QUALIFYING STANDARDS FOR AT-LARGE AND FREE LANCE ENTRIES - 2016								
	D1-BOYS	D1-BOYS	D1-GIRLS	D1-GIRLS	D2-BOYS	D2-BOYS	D2-GIRLS	D2-GIRLS
EVENT	FAT	HT	FAT	HT	FAT	HT	FAT	HT
100	10.88	10.6	12.10	11.8	10.98	10.7	12.28	12.0
200	21.97	21.7	24.76	24.5	22.23	21.9	25.17	24.9
400	49.30	49.0	57.09	56.8	49.96	49.7	58.58	58.3
800	1:56.51	1:56.2	2:17.12	2:16.8	1:56.96	1:56.7	2:17.57	2:17.3
1600	4:19.61	4:19.3	5:05.29	5:05.0	4:22.21	4:21.9	5:07.30	5:07.0
3200	9:22.55	9:22.3	11:00.39	11:00.1	9:26.52	9:26.2	11:09.20	11:08.9
110/100HH	14.87	14.6	15.41	15.1	15.17	14.9	15.31	15.0
300IH/LH	39.53	39.2	45.57	45.3	40.01	39.7	45.81	45.5
400R	42.62	42.3	48.06	47.8	43.17	42.9	49.28	49.0
1600R	3:21.76	3:21.5	3:55.30	3:55.0	3:25.63	3:25.3	4:01.37	4:01.1
HJ		6-04		5-04		6-02		5-01
PV		14-06		10-02		13-05		10-06
LJ		21-09		17-06		21-02		16-11
TJ		44-05		35-08		43-01		36-01
SHOT		51-08		37-05		51-03		37-08
DISCUS		157-04		120-11		154-00		119-07
	D3-BOYS	D3-BOYS	D3-GIRLS	D3-GIRLS	D4-BOYS	D4-BOYS	D4-GIRLS	D4-GIRLS
EVENT	FAT	HT	FAT	HT	FAT	HT	FAT	HT
100	10.87	10.6	12.47	12.2	11.31	11.0	12.65	12.4
200	21.96	21.7	25.41	25.1	22.74	22.5	25.76	25.5
400	50.56	50.3	59.40	59.1	51.22	50.9	59.71	59.4
800	1:58.80	1:58.5	2:20.35	2:20.1	2:01.69	2:01.4	2:21.28	2:21.0
1600	4:22.42	4:22.1	5:10.96	5:10.7	4:27.64	4:27.4	5:15.01	5:14.7
3200	9:34.52	9:34.2	11:13.93	11:13.6	9:44.44	9:44.2	11:40.46	11:40.2
110/100HH	15.26	15.0	15.51	15.2	15.99	15.7	16.22	15.9
300IH/LH	40.14	39.9	47.94	47.7	41.62	41.3	47.56	47.3
400R	43.12	42.8	49.74	49.5	44.39	44.1	50.80	50.5
1600R	3:27.10	3:26.8	4:05.28	4:05.0	3:31.67	3:31.4	4:10.55	4:10.3
HJ		6-00		5-00		6-00		5-00
PV		13-05		10-01		11-10		8-08
LJ		20-11		17-01		20-07		16-04
TJ		43-00		35-05		41-10		34-06
SHOT		51-08		35-02		44-11		33-05
DISCUS		151-07		109-02		131-8		104-10

FAT = Fully automatic timing; HT = hand timed

“WILD CARD” INCLUSION INTO CIF-SS PRELIMS ** (NEW FOR 2016 SEASON)

Any athlete or relay competing at their league finals meet who fails to achieve a top three result or a mark that meets the “at-large” standard for their CIF-SS division, but whose mark at their league finals meet is in the top ten (including ties) for their Division as published on the CIF-SS Prelims performance list will advance into the meet.

Coaches with individual athletes or relay teams whose performance at the league finals meet puts them into this situation should confirm their top ten status on the final CIF-SS Prelim performance list on EPI and contact the Prelim Meet Manager for their division with official results from their league finals meet so that their athlete can be included in the CIF-SS Prelim field as a “Wild Card” entry.

The deadline for “Wild Card” entry submission to the Prelim Meet Manager is **10:00am** on the **Monday morning** following the submission of entries by league meet managers. **Anyone who misses the deadline will not be entered after that point.**

LEAGUE MEET MANAGERS, LEAGUE COORDINATORS

All leagues should have, in their constitution, language dealing with the submission of league entries to the CIF Prelims. The process utilized for entry submission must be consistent with that approved language.



BLUE BOOK RULES - SPECIAL POINTS OF INTEREST

A) ACCOUNTABILITY RULE --

125.1 -- COACH EJECTION -- Upon the ejection of a coach from any CIF-SS contest, it is the responsibility of the principal of said school to file a letter of explanation with the CIF Southern Section Office which includes the circumstances surrounding the matter and what action the principal has taken to prevent a recurrence. Said correspondence is to be filed within THREE school days of notification of the ejection. Additionally, upon ejection, the head or assistant coach shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. A second ejection will constitute a two contest suspension and a third ejection will cause suspension for the remainder of the season.

125.2 -- FAILURE TO COMPLETE A CONTEST -- When a school fails to complete a contest, due to a coach pulling his/her team from the floor, court or field, it is MANDATORY that the CIF-SS Office be notified by the Principal within 24 hours (excluding holidays and weekends). The competing schools and officials will be required to file written reports, and after review of the aforementioned material, the principal of the school involved will be required to respond to the CIF Southern Section Office concerning his/her investigation of the incident.

QUESTION: *How serious is such action?*

ANSWER: *It has been the position of the CIF-SS Executive Committee to expect the building principal of the school concerned to relieve the coach from his/her assignment for the balance of that season or the Executive Committee is empowered to consider recommendations for additional penalties.*

B) 2822. PLAYER CONDUCT -- Any player ejected for any reason or any player who leaves the confines of the bench or team area during a fight that may break out or has broken out shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. A second ejection will constitute a two contest suspension and a third ejection will cause suspension for the remainder of the season. A player who was ejected from the previous contest who, knowingly or unknowingly, participates in or is in attendance at the next contest, will result in the forfeiture of that contest.

QUESTION: *What is meant by attendance at a contest?*

ANSWER: *Attendance is defined as being present at the team bench/area, inside a gymnasium, stadium or playing area. Students ejected from a game in progress should remain under supervision of school staff. The intent of this rule is that the ejected person is not in attendance at the contest.*

C) OTHER POINTS OF INTEREST -

1. **MAXIMUM CONTESTS --** An individual of a track and field team will be permitted to enter and participate in no more than a total of 13 dual, triangular or invitational (sanctioned) meets during the season, not including all league or CIF-SS Championships.

2. MAXIMUM NUMBER OF MEETS/DAY -- No student will be permitted to enter two different meets on the same day. A student may compete in different classifications during a calendar week but not in the same meet. League prelims and finals are considered to be one meet, as are the CIF Southern Section Prelims and Finals.

MAXIMUM NUMBER OF EVENTS: A STUDENT MAY ENTER A TOTAL OF NOT MORE THAN FOUR EVENTS IN ANY ONE MEET. These may be four running events or four field events or any combination of track and field events totaling not more than four.

3. OUTSIDE COMPETITION -- "Unattached competition is permissible for a student in other than school contests during the season of sport."
4. LEVEL OF COMPETITION -- No student shall participate in more than one level of competition in the same sport in the same day.
5. DISCUS CAGE -- Mandatory (See diagram)

The use of a protective cage is required for the discus event. There will be a rear to the cage as well as sides that extend forward at least up to the front of the ring and preferably several feet beyond the front of the ring.

RULE 2801 - LANDING SECTOR FOR DISCUS AND SHOT PUT

For safety reasons, the landing sector for both the discus and shot put will be 34.92 degrees. The present width of area for restraining spectators and other athletes, not throwing the shot or discus, will remain the same as per National Federation rules (February 1998, Federated Council)

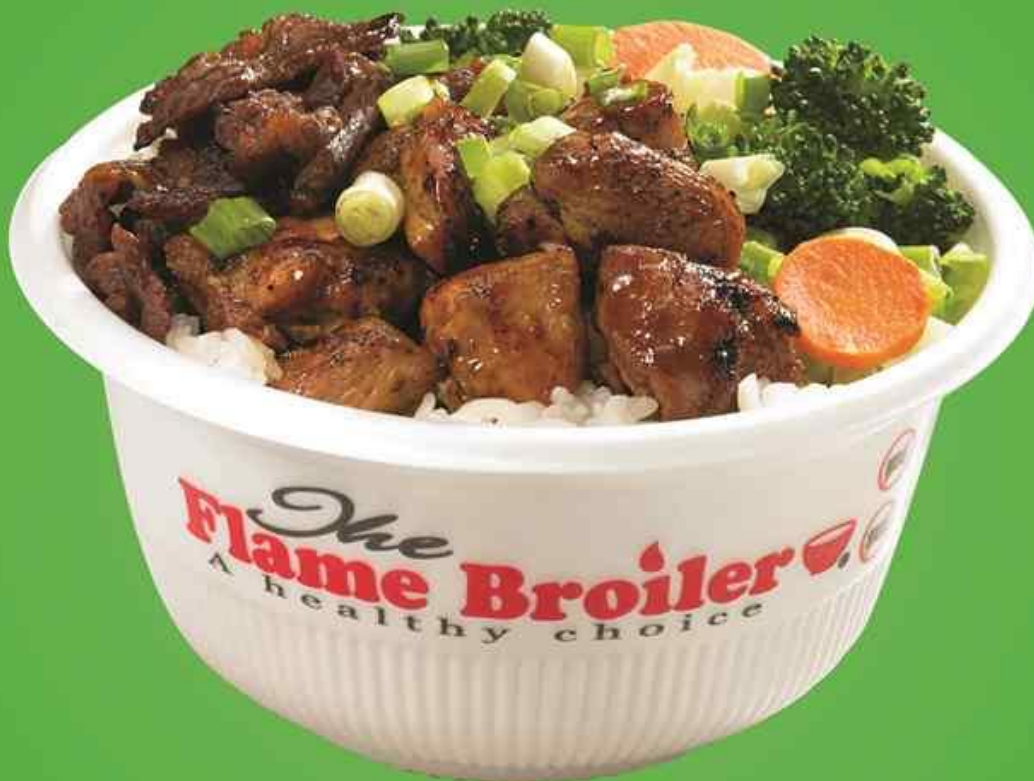
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SUPERVISION OF ATHLETES

The Southern Section Office has experienced a problem which has perpetuated itself over the past few years as it pertains to proper supervision and entry of student-athletes in the post-season playoffs.

The situation relates only to individual sports, i.e. CROSS COUNTRY, INDIVIDUAL TENNIS, TRACK, SWIMMING, etc. and the official recognition and registration of entrants at the respective playoff sites.

State and Southern Section Rule 309 states:

No CIF team (i.e., individual) shall participate in inter-scholastic or approved competition with any other team unless the CIF team is under supervision as required by the California Administrative Code Title V and CIF By-Law #506A and #506B. (Additionally, refer to Rule 123.) The supervisor must remain in attendance at all times.

Those persons APPROVED FOR SUPERVISION PURPOSES are limited to:

- A. Certificated personnel
- B. Certified Coaches (certified credentialed coaches)
- C. Non-certificated temporary coaches (certified walk-on coaches.)

(It should be noted that schools representing the same DISTRICT may send one credentialed or certified supervisor for three or four athletes. These individuals have been recognized and are to continue to be recognized for registration and participation purposes in that the district has assigned the supervisory role for all students from its' member schools to this one individual.)

However, the concern is for those students who ARE NOT accompanied by a faculty representative and report to the playoff site by themselves or with a parent. ***GIVING PARENTS THE SUPERVISION AUTHORITY, WHETHER IN WRITING OR NOT, DOES NOT MEET THE STANDARDS SET FORTH IN THE ABOVE REGULATIONS. This also applies to parents who are the student's private coach but are not under contract to the member school.***

PLEASE NOTE, THIS RULE WAS REVIEWED BY BOTH THE STATE CIF OFFICE, IT'S GENERAL COUNSEL AND THE SOUTHERN SECTION EXECUTIVE COMMITTEE. IT HAS BEEN REAFFIRMED THAT THE INTERPRETATION STAND AS ABOVE AND THAT ANY STUDENT REPORTING FOR COMPETITION WHO IS NOT UNDER DIRECT SUPERVISION IN ACCORDANCE WITH STATE AND SOUTHERN SECTION RULE 309, IS TO BE DENIED ENTRY FOR PARTICIPATION IN THE COMPETITION.

As pointed out by the Southern Section and State CIF attorney, there are inherent liability problems when an individual competes in violation of said rule. Please review this rule with your staff in that it will be strictly enforced as per the above application.

BUTTERY JACK

WITH GARLIC
HERB BUTTER



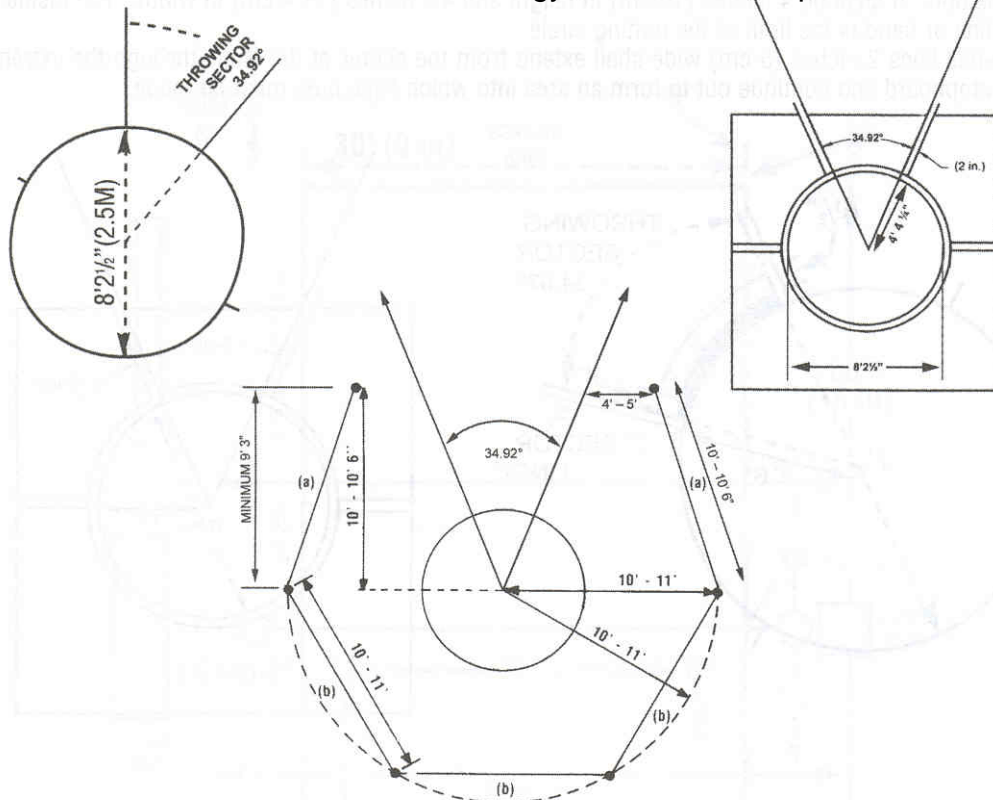
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DISCUS CAGE SPECIFICATIONS

SUGGESTED DISCUS CAGE SPECIFICATIONS

Portable or permanent installation. It is recommended that the cage be constructed of heavy nylon netting or other material that will absorb the energy of the discus to prevent bounce back.



Suggested Specifications:

Height: 10' to 12'

Front Opening: 20'-24'

Distance from Corner Post to Sector Line: 4' to 5'

Distance from Center of Circle to Fencing: 10' to 11'

Fencing: Energy Absorbing Material

(a) 10' to 10' 6"

(b) 10' to 11'

- Note:**
- 1) The above diagram of a discus throwing cage is designed to provide limited protection for competitors, officials and spectators in the immediate throwing area due to the nature of the event. It does not assure the safety of the aforementioned personnel.
 - 2) It is recommended that all throwing areas be roped and flagged to ensure the safety of spectators and athletes.

CIF RULES FOR THE POLE VAULT

The State CIF issues the following rules directive for immediate implementation in the pole vault event. National Federation Track & Field Rules 7-5-3 and 7-5-4 in the pole vault require important and necessary modifications in the conduct of the event. State High School Associations may exercise their authority to require a stricter enforcement of these rule changes. CIF coaches and officials must comply with and enforce all National Federation and State CIF rules. Failure to do so may jeopardize the safety of the event.

1. **Verification of Weight**

All coaches of high school track and field teams are required to present written verification to the starter-referee listing the current weight of each student pole vaulter prior to each high school meet. Such verification is to be recorded on an official **pole vault event card** appropriately designed with a space for the listing of the vaulter's weight plus the signature/initials of the coach. The pole vault event card is an **official record**.

a) **Dual Meets** - Each school shall enter competitors on their own event cards i.e. entrants from two or more schools should not be on the same entry card. Each school will be responsible for retaining a permanent file of the event cards in the office of its athletic director.

b) **Invitationals, League Championships, Section Championships, State Championships**
- All entrants may be listed on a single event form and coaches are required, at check-in time, to enter the current weight for each vaulter, and place their initials on that official event form. The meet director is responsible for retaining the event form as an official record on permanent file.

2. **Inspection of the Poles - Penalty for Violation**

A. When the athlete checks in at the event, the pole vault event judge and/or the starter-referee will inspect the poles of each student vaulter to compare the signed, official pole vault event card (which lists each vaulter's current weight) against the numerical pole rating of all poles to be used by that student-vaulter. The above inspection shall be completed in order to approve each vaulter for subsequent practice vaults and official vaulting attempts. **Athletes who violate National Federation rule 7-5-3 which requires a vaulter to use a pole rated at the vaulters body weight, or above, will be disqualified from the pole vault event.**

NOTE: The CIF is not suggesting the event judge check the pole weight rating for every jump taken, but that the judge spot check the pole during warm-ups and competition for adequate compliance.

It is further clarified that should an athlete be disqualified, it would be a disqualification from the pole vault event only and not from the meet itself.

B. The pole vault event judge and/or starter referee may periodically check the poles of each student vaulter during practice or official vaulting attempts to insure: 1) the proper placement of a top hand-hold band 2) the numerical pole rating in one-inch numerals 3) proper pole bindings

REMARKING OF OLDER POLES

When the etching of printing listing the manufacturer's pole rating is no longer clearly visible, the pole may be remarked for possible use provided the pole has been reflexed according to the original manufacturer's specifications. The poles' numerical rating must be clearly marked according to National Federation rule specifications.

3. **Safe Hand-Hold Zone - CIF Penalty for Violation**

The top of the safe hand-hold zone shall be clearly marked with a one-inch circular band around the pole in contrasting color (National Federation Rule 7-5-3). **By State CIF rule, a violation of the safe hand-hold zone by a student-vaulter shall be deemed a failed try. A further violation shall be cause for disqualification.**

When checking for compliance, the one-inch circular band marking the top of the safe hand-hold zone must be "clearly visible" after the vaulter places his/her top hand next to that band.

4. **Variable Weight Poles i.e. Training or Technique Poles**

By State CIF rule, the variable weight pole shall not be used in any CIF high school competition. We note that expert vaulting coaches indicate there is some value in a variable weight pole, but its use must be restricted for short run, drill work and only during practice or training sessions and always under skilled supervision.

5. **Box Collar Padding Requirement**

7-5-24: Padding meeting the ASTM Specification Standards shall be required for the start of the 2014-15 track season. Rationale: For the purpose of minimizing risk of injury to a pole vaulter, require that planting box padding shall meet the applicable ASTM Specification Standard.

ALL NATIONAL FEDERATION AND CIF RULES APPLY WHENEVER THE POLE VAULT EVENT IS CONTESTED REGARDLESS OF WHETHER THE EVENT IS SCORED OR NOT.



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DATE: August 27, 2002
TO: Athletic Directors, Track and Field Coaches
FROM: Rainer Wulf, Assistant Commissioner
SUBJECT: Pole Vault Rules Changes

The California Interscholastic Federation (CIF), through its' affiliation with the National Federation of State High School Associations (NFHS), has adopted rules which set the legal minimum size and standards of the pole vault pits **effective immediately for the 2003 track and field season**. The new rules are as follows:

Effective immediately, the landing surface measured beyond the back of the standard base protection pad, shall be a minimum of **19'8"** wide, and the dimension of the landing surface in back of the vaulting box to the back of the landing pad shall be **16'5"** deep. The material in the pad shall be high enough and of a composition that will **decelerate the landing**. When the landing pad is made up of two or more sections, the landing surface shall include a common cover or pad extending over all sections. (7-5-7) (7-5-8).

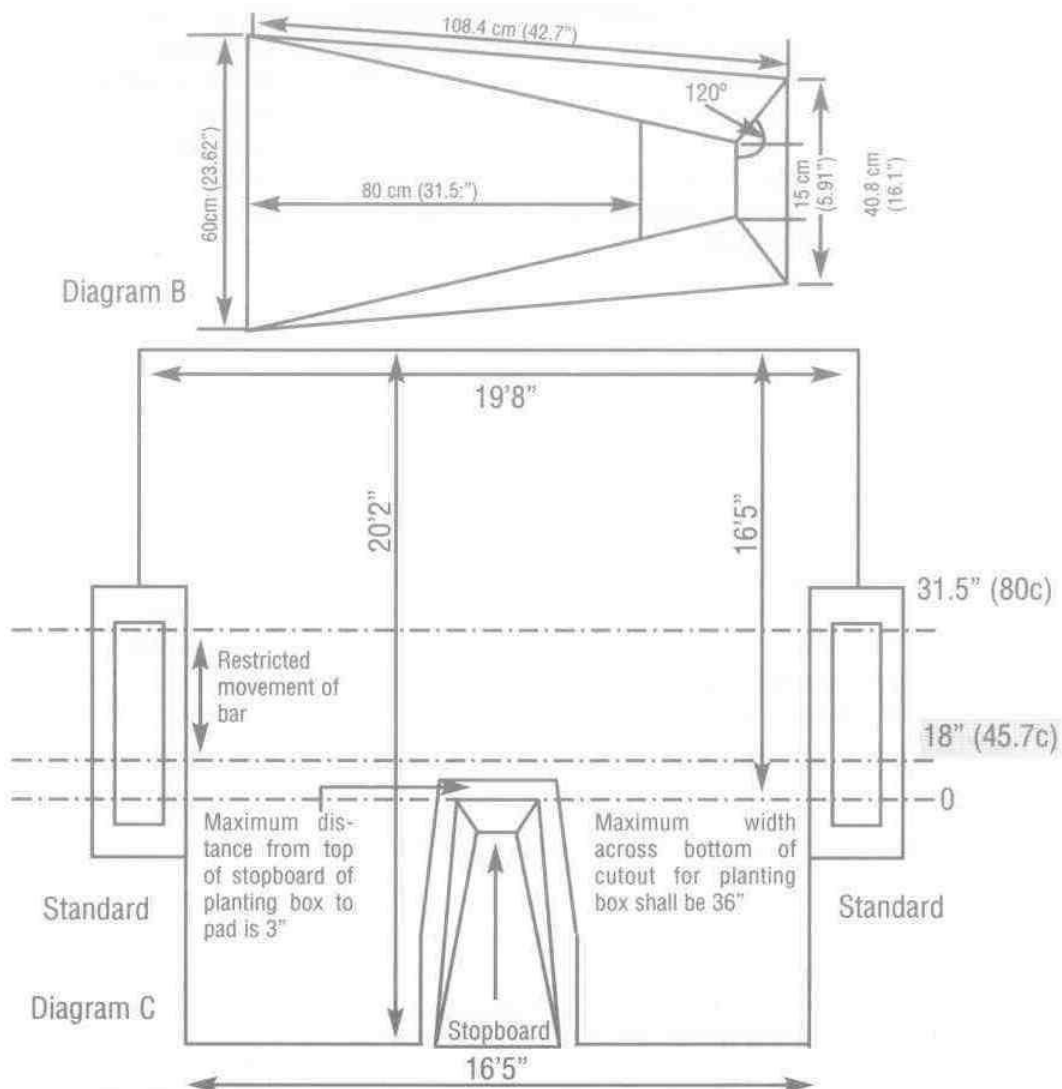
If the edges of the front, or landing pad, immediately adjacent to the planting box are not tapered, the back of the cutout may be placed no farther than **3 inches** from the top of the back of the planting box. (7-5-8)

The upright standards that support the crossbar shall be not less than **13'8" (4.16m) or more than 14'8" (4.48m)** apart, and the standards must include pins or holes for them to support the crossbar. (7-5-10)

The non-metal crossbar shall be 14'10" (4.52m) in length, of uniform thickness, and shall have a weight of not more than 5 pounds. (7-5-11)

A planting box shall be located midway between the standards. This box shall be constructed of concrete, fiberglass, metal, or other hard surface material into which the vaulting pole is placed. The box shall be of dimensions indicated in the accompanying Diagrams A and B, and it shall be placed so the top edges are at ground level. The box in Diagram B shall be constructed so that the sides slope outward at the end nearest the landing pit. The end of the planting box shall be placed at an angle of 105 degrees with the base of the box. **The front edge of the box shall not extend above the grade of the runway surface.** NOTE: It is recommended the planting box be of a color contrasting to the color of the runway. (7-5-12)

A minimum of 2" dense foam padding (box collar) shall be used to pad any hard and unyielding surface including **between the planting box and all pads**.



LANDING SYSTEM: The standards or uprights shall be set to position the crossbar from a point 18 inches (45.7c) beyond the vertical plane of the top of the stopboard, up to a maximum distance of 31.5 inches (80c) in the direction of the landing surface.

The intent of this early notification is to alert all schools to the changes so that any necessary adjustments can be made.



2016 CIF
Pole Vault Sign-In/Verification



NFHS Track and Field Rules Rule 7 Section 5

Pole Vault

- Art 2 The vaulting pole may be of any material and of any length and diameter. It may have a binding of not more than two layers of adhesive tape of uniform thickness. However, the bottom of the pole may be protected by several layers of tape, PVC, metal, sponge rubber or other suitable material to protect it when placed in the planting box.
- Art 3 The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturers must include on each pole: the pole rating that shall be a minimum of $\frac{3}{4}$ inch in a contrasting color located within or above the top handhold position; a 1-inch circular band indicating the maximum top handhold position with the position being determined by the manufacturer. Prior to competition, the coach must verify that all of the schools' pole vaulters meet these requirements.
- Art 4 A competitor shall not use a variable pole, a pole which is improperly marked or a pole rated below his/her weight during warm-up or competition.

Meet: _____ Location: _____ Date: _____

Position	Athlete's Name	School	Weight of Athlete	Coach's Signature	Poles Inspected by Official
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					



Track and Field Rules Changes - 2016

By NFHS on August 17, 2015 [track & field/cross country](#)

3-6-4 New, 3-19-3: Changes the responsibility of checking the starting blocks from the implement inspector to the head starter.

Rationale: Placing the responsibility of inspecting all starting blocks is more appropriate with the starter, who has this expertise, rather than with the implement inspector who has expertise with throwing implements.

3-10-7 New: Head event judges may use white and red flags to signal fair or foul for a field event trial.

Rationale: The use of flags will assist with efficient administration of the field events. Communication between officials, coaches and fans is enhanced by the visual signal, similar to the use of flags by umpires.

6-1-1 thru 5, 6-2-9: Expands and clarifies definitions of trial/attempt, flight, round, pass, foul and what determines the initiation of purposeful action of completing the specific throwing event.

Rationale: Expands the definitions for throwing events for greater clarity in application of the throwing rules and updates to accepted current sport terminology.

6-5-2 New: Establishes a maximum diameter for the boys and girls indoor shot puts to account for the synthetic cover.

Rationale: To account for the thickness of the synthetic covering of an indoor shot, which is not present on the outdoor implement, a maximum diameter is needed in the specifications for the implement.

6-6-1: The javelin shall be constructed of metal or other suitable material, which could be wood or newer materials, with a metal point or rubber tip.

Rationale: Updates the current javelin specifications by eliminating reference to wood, which is no longer a commonly used material. The change will permit use of newer materials, such as carbon fiber, in the construction of the javelin.

7-1-1 thru 7, 7-2-1: Expands and clarifies definitions of trial/attempt, flight, round, pass, foul and what determines the initiation of purposeful action of completing the specific jumping event.

Rationale: Expands the definitions for jumping events for greater clarity in application of the jumping rules and updates to accepted current sport terminology.

7-6-3: Updates size of takeoff board to accepted sport specifications by recommending it be 8 inches wide, but permits up to 24 inches.

Rationale: Updates to accepted current sport equipment specifications for the takeoff board while not resulting in existing boards becoming non-compliant.

7-2-2, 6-2-5: Clarifies language regarding when the order of competition may be changed for consistency in all field events and removes duplicate language.

Rationale: Removes duplicate language contained elsewhere in existing rules and adds language regarding when the order of competition may be changed for consistency in all field event rules.

9-1-3b New: Permits the use of double boundary lines marking both the inside and outside boundaries of the cross country course.

Rationale: The use of the double painted line provides additional guidance to the runners, better defines the race course for spectators, and allows for natural barriers (grasses, hedges, etc.) which appear on many of the newer courses.

9-3-3a, b New: Recommends the use of a video/photograph back-up system for cross country when transponders are used for place finish with a review activated when the timing system indicates a one-tenth second or less differential.

Rationale: Recommends the use of a video/photograph back-up system when order of finish in cross country is determined using a transponder system. Transponders can read early or late, come off the runner etc. The video back-up can confirm close finishes and also assist if other problems arise using the transponder system at the finish line.

9-3-4, 5 New, 9-4-6, 8, 9, 10: A finish corral is recommended at cross country meets in which the transponder system is used for the order of finish.

Rationale: The finish line is opened to its full width when using transponders for order of finish allowing competitors to race through the line. The use of a chute may restrict running space therefore, the corral should be used with transponder place finish. The corral enhances competitors' ability to perform administrative tasks as directed by meet management and then progress in an orderly fashion out of the corral culminating all race activity.



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