

CIF SOUTHERN SECTION



SPRING 2024

# Track & Field



# SEASON PREVIEW

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## 2023-2024 TRACK AND FIELD ADVISORY COMMITTEE

Over the past years, the CIF-SS office has worked with the concept of establishing advisory committees in most of the sports for boys and girls. The role of the advisory committee, comprised of coaches in the respective sport and an administrator from the CIF-SS office, may include the following:

1. Meetings
2. Recommendations for playoff sites
3. Recommendations for procedural changes
4. Recommendations for rule changes
5. Evaluation of sport season
6. Assistance to coaches and/or official's organizations
7. Liaison between coaches and the CIF-SS office

For your reference, members of the 2023-2024 Track and Field Committee and the Management Committee are:

| ADVISORY / MANAGEMENT COMMITTEE        |                                |
|--|--------------------------------|
| JT Ayers, Trabuco Hills HS             | Van Latham, Carpinteria HS     |
| Keith Chann, Temescal Canyon HS        | Bryan Leighliter, Gahr HS      |
| John Corona, ML King HS                | Joe McNab, Notre Dame/SO HS    |
| Rob Dearborn, Moorpark HS              | Steve Moreno, Costa Mesa HS    |
| Rich Ede                               | Guadalupe Nieves, Ontario HS   |
| Mark Gardner, Corona HS                | Mary Perez, Camarillo, HS      |
| Hal Harkness                           | CB Richards, South Pasadena HS |
| Stirley Jones, Yorba Linda HS          | Richard Rico, Ontario HS       |
| Dennis Kelly, Trabuco Hills HS         | Jaime Sandoval, Rosary         |
| Jonas Koolsbergen, Harvard Westlake HS | Keith Thompson, Walnut HS      |

## TRACK AND FIELD CALENDAR DATES

The following is a capsule of the CIF Southern Section calendar for the Boys and Girls Track and Field season.

### FIRST CONTEST:

The initial date on which a school may schedule and conduct an interscholastic contest is **SATURDAY, February 17, 2024.**

### SCRIMMAGE:

A scrimmage is defined as:

An activity involving teams or individual student-athletes from two or more different schools in a CIF approved sport; AND

Where no official score is kept; AND

Where regulation time is not kept; AND

Where substitute rules are set aside; AND

Where coaches may stop play for instructional purposes; AND

Where no score/results are released to the media.

Number of Scrimmages: A maximum number of two (2) scrimmages are permissible prior to the first interscholastic contest (league or non-league)

### LAST LEAGUE CONTEST:

All league competition for entries must end on or before **FRIDAY, APRIL 26, 2024.** Schools may compete until April 27th for non-league contests.

### MAXIMUM CONTEST:

An individual of a track and field team will be permitted to enter and participate in no more than a total of 14 dual, triangular or invitational (sanctioned) meets during the season, not including all-league or CIF Southern Section Championships.

### COMPETITION IN ONE 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.

PLAYOFF DATES: (see page 18 for detailed information)

**Divisional Prelims:** Saturday, May 4, 2024 – 4 sites

**Divisional Finals:** Saturday, May 11, 2024 – Moorpark High School

**Masters Meet:** Saturday, May 18, 2024 – Moorpark High School

**State Track Meet:** Friday and Saturday, May 24 and 25, 2024 - Clovis



## TRACK AND FIELD APPROVED SANCTIONED EVENTS

Please refer to the CIF Southern Section website ([www.cifss.org](http://www.cifss.org)) for the latest Sanctioned Events, as events are updated daily.

Sanctioned Events download directions:

Click on *GOVERNANCE TAB* > click on *SANCTIONED EVENTS* > select *Track and Field* > click Search

This page will display the most up to date information on  
Track and Field Approved Sanctioned Events

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# CIFSSHOME.org REQUIREMENTS

## VARSITY TEAM INFORMATION (ROSTER)

**Attention Athletic Directors/Coaches: It is very important that you enter your entire Boys/Girls Track and Field roster into CIFSSHOME.org (no later than **WEDNESDAY, APRIL 24, 2024**.**

Log in @ [www.cifsshome.org](http://www.cifsshome.org) (If you do not have a log in & password as a coach, check with your Athletic Director).

- Click on the “**Teams**” tab, click on “**Teams Manager**”, click on “Track , Boys or Track, Girls”, select “Vr”

You can UPLOAD your roster using the instructions below (1) or you can enter each player one by one (2).

**Required roster information for Boys/Girls Track and Field is: First Name, Last Name, Birth date, Year, & Eligibility**

**(1) To ADD roster players one by one:**

- Click on “+Add Players One By One” and complete fields required for Boys/Girls Track and Field.

**(2) To Import a Roster using an Excel sample file:**

- Download the [sample file](#) and delete the “contents only”.

- Copy and paste or type your roster information into the file as the contents and save the file to your computer.

- Only an excel file (**xls**) can be uploaded that is the exact same format as the sample file.

- Columns for information not required for your sport may be left blank, but the HEADER INFORMATION MUST REMAIN EXACTLY AS THE SAMPLE.

**- Required Columns for Boys/Girls Track and Field are: First Name, Last Name, Birth date, Year, & Eligibility**

- Click on “Choose File” to find your file, then click on “Import”

- To confirm the roster has been uploaded, your players’ names will be uploaded in the “**Official Roster**” section

- Click on the “Pencil” edit button next to the player’s name to view each player’s information.

**IMPORTANT: Complete process for both Boys and Girls Track Rosters**

# RULES - BLUE BOOK BYLAWS - SPECIAL POINTS OF INTEREST

Following are key points/highlights coaches should review with their assistants and participants in reference to the NFHS Rule Book and CIF-SS rules and regulations as defined in the 2023-2024 Blue Book.

## NFHS RULE CHANGES

### Track and Field & Cross Country Rules Changes – 2024

By NFHS on September 22, 2023

**3-8-1:** Permits the Games Committee to set requirements for each meet on the number of timing officials.

**Rationale:** As technology continues to evolve in the sports of track and field and cross country, not all FAT systems require separate operators and evaluators. The Games Committee may set requirements for each meet on the number of timing officials.

**4-2-1 NOTE (NEW):** Permits state associations to set the participation limitations within their state, with six events being the maximum number.

**Rationale:** Adds flexibility for state associations to determine the number of events best suited for their state.

**5-3-1, 9-4-1 (NEW):** Removed and corrected information concerning track staggers

**Rationale:** Track staggers are dependent on the geometry of each individual track, and a competent surveyor should determine the lane staggers.

**5-7-4c,d NOTE (NEW), 8-4-4 NOTE 2 (NEW):** Extraneous motion before the device is fired does not necessarily require a false start to be charged unless the runner leaves their mark with hand or foot after the set command or leaves their mark with a forward motion without the starting device being fired.

**Rationale:** The change makes it clearer as to the definition of a false start and how it should be consistently officiated.

**5-14-1, 2:** Clarifies that displacement of any hurdle by hand is an infraction.

**Rationale:** Offers guidance to officials and umpires when determining hurdle infractions.

**6-2-2d:** Clarifies when a competitor enters a vertical jump for the first time, at any height, no matter the number of competitors left that this competitor is only permitted one minute for their attempt.

**Rationale:** This clarifies in the vertical jumps how the rule is to be interpreted and adds additional support to the official's decisions when a competitor enters after the event has been started.

**6-3-2b:** Added language in vertical jumps when breaking ties and competitors withdraw from the competition/jump-off.

**Rationale:** The addition offers guidance to officials when two or more tied competitors withdraw from the competition/jump-off at the same time.

**6-3-2b NOTES (NEW):** Any athlete withdrawing from a jump-off concedes the higher place but retains their performance in the event.

**Rationale:** The new note explains that an athlete withdrawing from a jump-off concedes the higher place but does not negate their performance in the event nor is it unsporting to simply withdraw in this scenario. The addition of the new note helps explain how to officiate these scenarios.

**6-4-1, 6-5-1, 6-6-1:** Permits athletes in the throws to apply tape to their fingers as long as the fingers are not taped together and all fingers can move independently.

**Rationale:** The rules change offers flexibility to athletes to apply tape to their fingers or wear a wrist wrap as long as there are no artificial aids within the wrap such as hard plastic pieces to keep the wrist stiff.

**8-1 and 8-5:** Re-organization of the cross country course layout.

**Rationale:** Offers guidance on the relay exchange zone for indoor track and field.

**9-6-1 (NEW)** Clarifies the indoor track and field exchange zone.

**Rationale:** Offers guidance on the relay exchange zone for indoor track and field.

## **2024 Editorial Changes**

4-2-1, 4-6-5, 5-9-2

## **2024 Points of Emphasis**

1. Fair Starts
2. Sportsmanship
3. Cross Country Safety

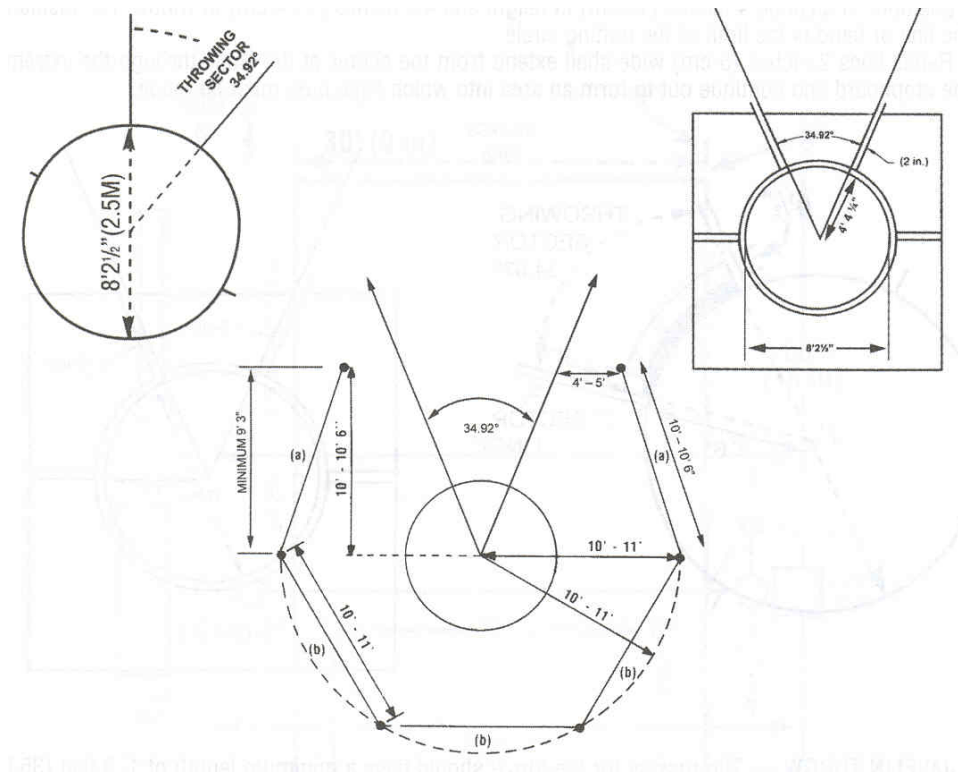


## DISCUS CAGE SPECIFICATIONS

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.

### 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 has been required since 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.**

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)

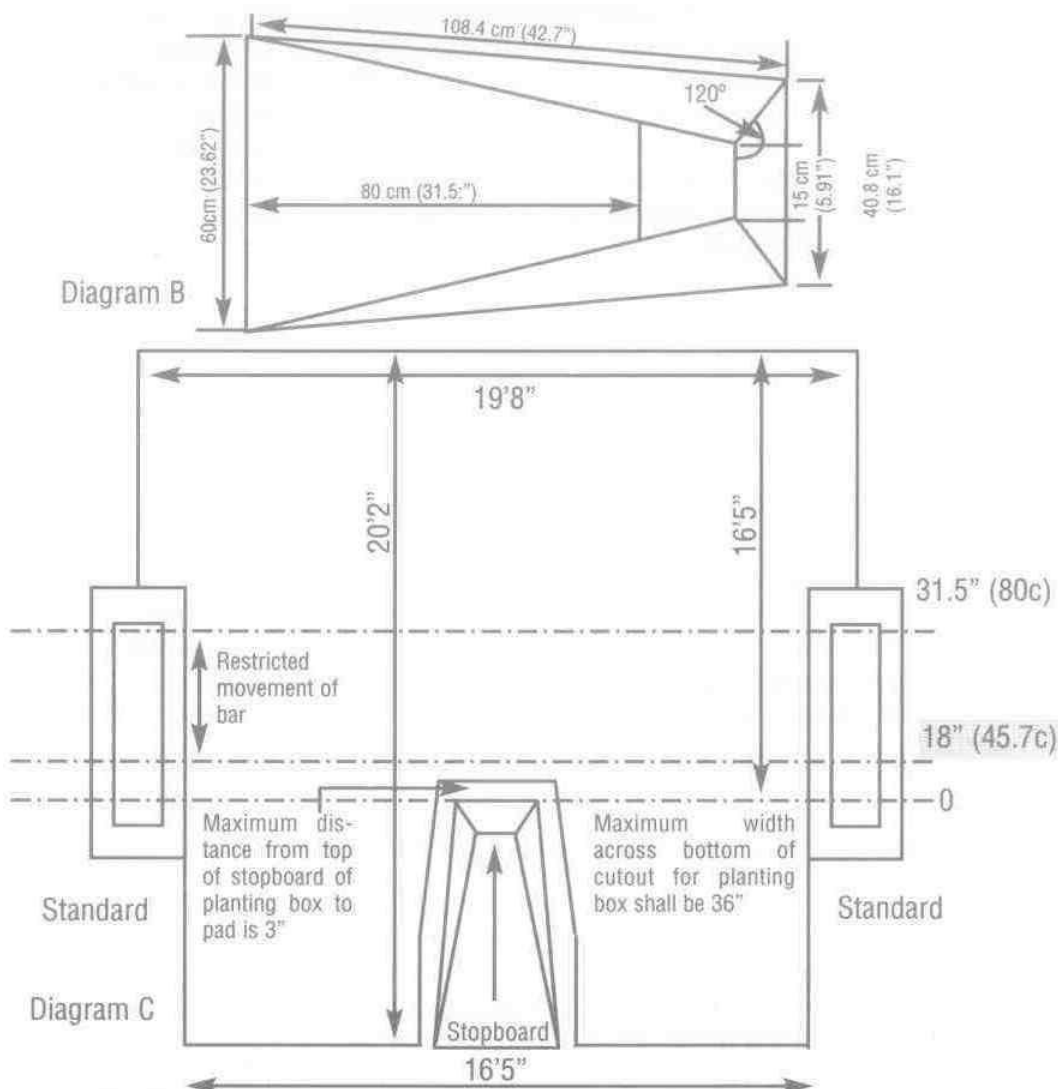
The upright standards that support the crossbar shall be not less than **13'8" (4.16m) or more than 14'8" (4.48m)** apart, and the standards must include pins or holes for them to support the crossbar. (7-5-10)

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.

## CIF POLE VAULT SIGN-IN/VERIFICATION FORM

### 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 1-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       |                |        |                   |                   |                             |



## BLUE BOOK BYLAWS -

- STANDARDS OF ELIGIBILITY – BYLAW 201  
<https://cifss.org/resources/blue-book/?gotopage=55>
- BASIC ELIBILITY REQUIREMENTS FOR PARTICIPATION – BYLAW 220  
<https://cifss.org/resources/blue-book/?gotopage=92>
- ACCOUNTABILITY – BYLAW 125/503  
  
125.1 - COACH EJECTION  
<https://cifss.org/resources/blue-book/?gotopage=48>  
  
503 – COACH EJECTION  
<https://cifss.org/resources/blue-book/?gotopage=106>  
  
125.2 - FAILURE TO COMPLETE A CONTEST  
<https://cifss.org/resources/blue-book/?gotopage=48>
- PLAYER CONDUCT – BYLAW 503  
<https://cifss.org/resources/blue-book/?gotopage=105>
- SUMMERTIME RULES/SUMMER DEAD PERIOD – BYLAW 1223  
<https://cifss.org/resources/blue-book/?gotopage=147>
- TOBACCO PRODUCTS PROHIBITED – BYLAW 514  
<https://cifss.org/resources/blue-book/?gotopage=120>
- SUPERVISION OF ATHLETES – BYLAW 503  
<https://cifss.org/resources/blue-book/?gotopage=102>
- OUTSIDE COMPETITION – BYLAW 600  
<https://cifss.org/resources/blue-book/?gotopage=120>
- BYLAW 600 PENALTY – BYLAW 601  
<https://cifss.org/resources/blue-book/?gotopage=122>

## OTHER POINTS OF INTEREST -

1. **MAXIMUM CONTEST** - An individual of a track team will be permitted to enter and participate in no more than a total of 14 dual, triangular or invitational (sanctioned) meets during the season, not including all-league or CIF Southern Section 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. Please refer to Blue Book Rule 600 regarding unattached competition which will highlight specific regulations in reference to athletes who compete unattached.
4. **PROPER UNIFORM** - All Athletes competing in track and field must be in proper team uniform and wear running shoes.
5. **LEVEL OF COMPETITION** -- No student shall participate in more than one level of competition in the same sport in the same day.
6. **RULES** – Track and Field competition in the CIF Southern Section is conducted under National Federation Rules, which are contained in the most current edition of the National Federation Track and Field Rule Books.
7. No interscholastic contests or practices of any kind are to be held on Sunday.

## 2023-2024 CIF-SS BOYS AND GIRLS TRACK AND FIELD PLAYOFF DIVISIONS

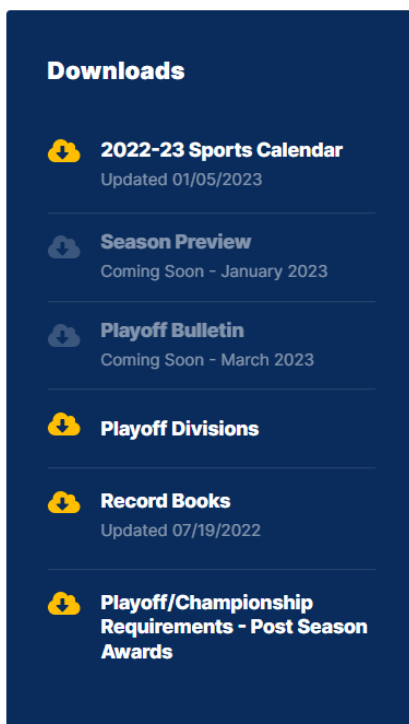
As a result of the CIF Southern Section Council decision (\*March 23, 2000), for the 2023-2024 Track and Field season, league qualifiers for the CIF Southern Section Prelims will advance to their division based on the previous year's (2022-2023) CBED enrollment figures for their individual schools.

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 Boys and Girls division placements can be found on the Track and Field sports page at [www.cifss.org](http://www.cifss.org) > Track and Field >Download button labeled "Playoff Divisions".

The Hytek Code for each school will also be listed on the Playoff Division page.



## PLAYOFF INFORMATION

### PLAYOFF DATES:

#### **CIF-SS TRACK AND FIELD CHAMPIONSHIP DATES FOR 2024 – Boys and Girls Varsity**

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

All Prelims are on Saturday, May 4, 2024

#### **DIVISION 1 PRELIMS**

Trabuco Hills HS

Meet Management:

JT Ayers

[ayersj@svusd.org](mailto:ayersj@svusd.org)

(949)981-0286

Dennis Kelly

[dennis.kelly@svusd.org](mailto:dennis.kelly@svusd.org)

(562)355-9474

3/16" pyramid spikes only @ Trabuco Hills

#### **DIVISION 2 PRELIMS**

Ontario HS

Meet Manager:

Guadalupe Nieves

[guadalupe.nieves@cjuhsd.net](mailto:guadalupe.nieves@cjuhsd.net)

(909) 988-7411

Richard Rico

[richard.rico@cjuhsd.net](mailto:richard.rico@cjuhsd.net)

#### **DIVISION 3 PRELIMS**

Yorba Linda HS

Meet Management:

Keith Chann

[keith.chann@leusd.k12.ca.us](mailto:keith.chann@leusd.k12.ca.us)

(951) 663-3886

Stirley Jones

[stirleyjones@yahoo.com](mailto:stirleyjones@yahoo.com)

(949) 245-5205

#### **DIVISION 4 PRELIMS**

Carpinteria HS

Meet Manager:

Van Latham

[vlatham@cusd.net](mailto:vlatham@cusd.net)

(805) 636-6185

Div 4 Prelim information: <http://www.warriorcountry.com/track/CIF.htm>

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#### **DIVISIONAL FINALS**

Moorpark High School

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Saturday, May 11, 2024

Meet Manager: Rob Dearborn

(805) 378-6305, Ext. 2363

[rdearborn@mrpk.org](mailto:rdearborn@mrpk.org)

Canopies and Umbrellas are only allowed in the top row of the stadium

#### **MASTERS MEET - STATE QUALIFYING**

Moorpark High School

--

Saturday, May 18, 2024

Meet Manager: Rob Dearborn

(805) 378-6305, Ext. 2363

[rdearborn@mrpk.org](mailto:rdearborn@mrpk.org)

Canopies and Umbrellas are only allowed in the top row of the stadium

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#### **STATE TRACK MEET**

Buchanan HS - Clovis

--

Friday and Saturday, May 24 and 25, 2024

## CIF SOUTHERN SECTION MASTERS MEET 4 X 8 METER RELAY – added in 2023

### 4 x 800 meter relay

For the second year, the CIF-SS will contest a one-heat final per gender for the 4 x 800 relay at the Masters Meet (Saturday, May 18, 2024 at Moorpark HS) for qualification into the State CIF Meet in Clovis.

Fifteen (15) teams per gender will comprise each race at the Masters Meet. Four (4) teams per gender from the CIF-SS Masters Meet will qualify into the State CIF Meet in this relay.

### **ENTRY PROCESS TO COMPETE AT THE MASTERS MEET:**

Participate > Submit Time > Qualify > Compete

1) Participate in any CIF-SS sanctioned invitational/meet in the 4 x 800 event during the 2023-24 CIF Southern Section track and field season of sport.

2) Submit your team's recorded fully automatic time (**FAT is required**) from that meet for inclusion on the CIF-SS 4x800 Leader List at the PrepCalTrack website (<https://prepcaltrack.com/>) by sending an email to [CIFSS4x800@gmail.com](mailto:CIFSS4x800@gmail.com) . Times must be submitted via email no later than **April 29, 2024**.

3) The fifteen (15) fastest times in each gender will be notified of qualification prior to the 2023 Masters Meet by the CIF-SS office.

4) The 4 x 800 relay will be contested in between the 200m and the 3200m at the Masters Meet.

**IMPORTANT:** If your school does not plan on actually entering a team in the 4 x 800 relay at the CIF-SS Masters Meet, **DO NOT** email your time to the above email address.

## CIF SOUTHERN SECTION CHAMPIONSHIP QUALIFYING INFO

### **2024 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.)***

**2024 QUALIFYING STANDARDS FOR 2<sup>nd</sup> & 3<sup>rd</sup> PLACE IN LEAGUE FINALS  
and  
2024 QUALIFYING STANDARDS FOR FREE LANCE & AT-LARGE ENTRIES**

**will be posted on Track and Field page at [www.cifss.org](http://www.cifss.org)**



## **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.

### **ATTN: HEAD COACHES - “WILD CARD” INCLUSION INTO CIF-SS PRELIMS**

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 twelve (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 twelve status on the final CIF-SS Prelim performance list and contact the Prelim Meet Manager **via email** 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 **email** 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. League meet managers must submit “Wild Card” entry via email to the Divisional Prelim Meet Manager. Email information is listed below. **Anyone who misses the deadline will not be entered after that point.**

#### **DIVISION 1 PRELIMS**

Trabuco Hills HS

Meet Management:

JT Ayers

Dennis Kelly

[ayersj@svusd.org](mailto:ayersj@svusd.org)

[dennis.kelly@svusd.org](mailto:dennis.kelly@svusd.org)

#### **DIVISION 2 PRELIMS**

ONTARIO HS

Meet Management:

Guadalupe Nieves

Richard Rico

[guadalupe.nieves@cjuhsd.net](mailto:guadalupe.nieves@cjuhsd.net)

[richard.rico@cjuhsd.net](mailto:richard.rico@cjuhsd.net)

#### **DIVISION 3 PRELIMS**

Yorba Linda HS

Meet Management:

Keith Chann

Stirley Jones

[keith.chann@leusd.k12.ca.us](mailto:keith.chann@leusd.k12.ca.us)

[stirleyjones@yahoo.com](mailto:stirleyjones@yahoo.com)

#### **DIVISION 4 PRELIMS**

Carpinteria HS

Meet Management:

Van Latham

[vlatham@cusd.net](mailto:vlatham@cusd.net)

## **HEALTH & SAFETY**

It is the expectation of the CIF Southern Section that your Athletic Coaches and Administration will take every measure to ensure the health and safety of your student athletes.

Resource information and additional information regarding heat safety, hydration and other health and safety related articles can be found on the CIF-SS website @ [www.cifss.org](http://www.cifss.org). Click link to “Sports Medicine” tab on the blue toolbar.

Additional resources can be found at [www.cifstate.org](http://www.cifstate.org) under the “Sports Medicine” tab on the white toolbar.



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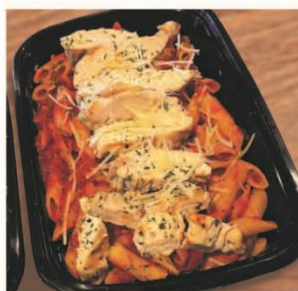


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