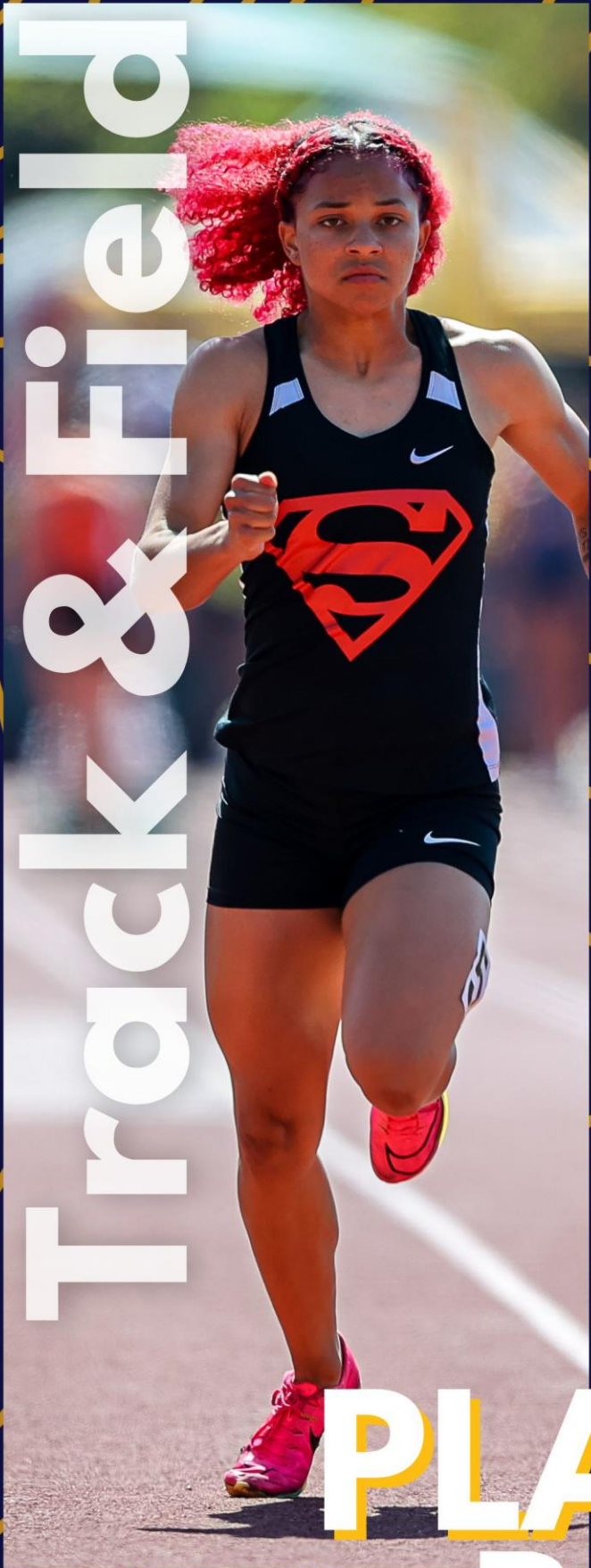


CIF SOUTHERN SECTION



SPRING 2024

# Track & Field



# PLAYOFF BULLETIN



BRONCO



F-150 RAPTOR



MUSTANG SHELBY



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## CALENDAR PLAYOFF DATES

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**PRELIMINARIES** - 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) 805-7470

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) 684-4107

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**

**Note:** Canopies/Umbrellas are only allowed in the top row of the stadium  
No Pets Allowed

Meet Manager: Rob Dearborn

(805) 378-6305, Ext. 2363

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

### MASTERS MEET - STATE QUALIFYING

**Moorpark High School**

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**Saturday, May 18, 2024**

**Note:** Canopies/Umbrellas are only allowed in the top row of the stadium  
No Pets Allowed

Meet Manager: Rob Dearborn

(805) 378-6305, Ext. 2363

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

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### STATE TRACK MEET

**Buchanan HS - Clovis**

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**Friday and Saturday, May 24 and 25, 2024**

## RELEASE SCHEDULE

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For qualifying and release information, please refer to specific sections in this bulletin:

- LEAGUE FINALS INTO DIVISIONAL PRELIMINARIES- Sat. April 27, 2024
- DIVISIONAL PRELIMINARIES INTO THE CHAMPIONSHIP FINALS – Sat. May 4, 2024
- CHAMPIONSHIP FINALS INTO THE MASTERS MEET – Sat. May 11, 2024
- MASTERS MEET INTO THE STATE MEET – Sat. May 18, 2024

## CIFSSHOMe.org REQUIREMENTS

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### 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**

### VARSITY COACHES

**Attention Athletic Directors/Coaches:** It is very important that you enter your Boys/Girls Track and Field coaches (Head & Assistants) into CIFSSHOMe ([www.cifsshome.org](http://www.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).

To add additional users (Principal, Assistant Principal, coaches, etc) to your account:

-Click on “Users”

-Select “User Manager”

-Click the ( + ) in the upper right hand corner, complete the users basic information and click the **Submit** button at the bottom of the page.

-To give specific access to each user, click on the “pencil” edit symbol in the user manager for that person, scroll down to the “Jobs” portion and select their Job (Principal, Assistant Principal, Bookkeeper, Head Coach, Assistant Coach, etc.)

-To assign a user/coach to a specific sport, click “pencil” edit symbol, use the drop downs to select “Sport”, “Level” and “Coach Type” as well as click the boxes for permissions that they should have.

## PLAYOFF INFORMATION

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### CIF SOUTHERN SECTION MASTERS MEET 4 X 800 METER RELAY – added event last year

#### 4 x 800 meter relay! – added event last 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 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 IN THE 4 x 800 RELAY 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 2024 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:** Please **DO NOT** email your time to the above email address if your school does not plan on actually entering a team in the 4 x 800 relay at the CIF-SS Masters Meet.

### CIF SOUTHERN SECTION PLAYOFF ENTRY PROCESS

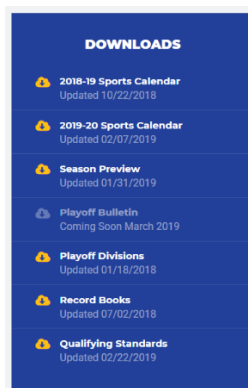
#### **LEAGUE MEET MANAGERS**

Entries from league meets will be submitted by the league's meet manager. The submissions will be done online thru MileSplit. Information on the entry process will be emailed to League Meet Managers a few weeks prior to the league meet final. Information should be received the day following the league meet, but in all cases, no later than **FRIDAY, April 26, 2024 at 11:59 P.M.**

**ALL LEAGUE FINAL COMPETITION MUST BE FINISHED BY FRIDAY, APRIL 26, 2024.** Entry information will be provided to League Managers and all entries will be done online.

### TRACK & FIELD DIVISION PLACEMENTS / HYTEK CODES

Track & Field division placements and Hytek Codes can be found at [www.cifss.org](http://www.cifss.org) > Track & Field > Download button labeled "Playoff Divisions"



## LEAGUE FINALS INTO DIVISIONAL PRELIMINARIES

**LEAGUE FINALS INTO DIVISIONAL PRELIMINARIES GENERAL INFORMATION** - Refer to pages 7-9 of this playoff bulletin.

### ENTRIES

Entries from league meets will be submitted by the league's meet manager. The submissions will be done online thru MileSplit. Information on the entry process will be emailed to League Meet Managers a few weeks prior to the league meet final. Information should be received the day following the league meet, but in all cases, no later than **FRIDAY, April 26, 2024 at 11:59 P.M.**

**SCRATCHES AND ALTERNATES (League Finals)** - Should an entrant be unable, or chooses not to enter an event for which he/she has qualified, the following procedures are to be followed:

**LEAGUE FINALS INTO DIVISIONAL PRELIMINARIES** - The coach is to inform the CIFSS Divisional Prelim Meet Manager. After the submission of entries from the League Meet Manager there will be no additions when there are scratches from that league.

If there is an error in league entries (someone left off, wrong person entered, name misspelled, grade level, etc), notification must be made to the ***prelim meet manager*** no later than **TUESDAY, April 30th at 4:00 p.m.** This notification must come from the league meet manager. League managers are reminded to send league entries to member schools in order to make any corrections prior to the entry deadline.

## DIVISIONAL PRELIMINARIES – (4 sites)

TIME SCHEDULE – Saturday, May 4, 2024 (see division placement for location of prelim)

\* All time schedules are approximate except for the Master's Meet and the State Meet

### **RUNNING EVENTS:**

Girls 400 m Relay 12:00  
Boys 400m Relay  
Girls 1600m  
Boys 1600m  
Girls 100 m HH  
Boys 110m HH  
Girls 400m  
Boys 400m  
Girls 100m  
Boys 100m  
Girls 800m  
Boys 800m  
Girls 300m LH  
Boys 300m IH  
Girls 200m  
Boys 200m  
Girls 3200m  
Boys 3200m  
Girls 1600m Relay  
Boys 1600m Relay

### **FIELD EVENTS**

Flights will be formed based on qualifying marks. Example: Flight 1 - shortest qualifying marks; Flight 2 - next best group of qualifying marks; etc. to Last Flight - group of nine with best qualifying marks.

Boys Discus; Girls Shot Put 11:00  
Boys and Girls Long Jump 11:00  
Boys High Jump; Girls Pole Vault 11:00  
Following the above (approx.) 1:30  
Boys Shot Put; Girls Discus  
Boys and Girls Triple Jump  
Girls High Jump and Boys Pole Vault

**Note:** The number of heats will be determined by the number of entries.

There will be a maximum of six (6) heats in any event run completely in lanes. If there are more than 54 entrants, those 55 and lower will be listed as alternates. However, every attempt should be made to determine if anyone 55 or lower is a "League Champion" and if so, that person(s) must be placed in a heat automatically and someone else displaced.

There will be a maximum of four (4) heats in the boys/girls 800's regardless of the number of entries. (Divide entries by 4). The 800 races will be run in two (2) alleys for the first turn. The fastest runner shall be placed in outside alley.

There will be (2) heats in the 3200 and (2-3) heats in the 1600 depending on the number of entries.

### **DISCUS, SHOT PUT:** (3 trials)

- Report Time: All competitors check in when event is called.
- Warm up Time: 15 minutes warm up period immediately prior to each flight's competition.
- Athletes must provide their own shots. Shots must be engraved with the appropriate weight.
- Disqualified if not checked in at least 5 minutes prior to first throw of the overall competition.

### **LONG JUMP, TRIPLE JUMP** (3 trials)

- Report Time: All competitors check in when event is called.
- Warm up Time: 15 minute warm up period immediately prior to each flight's competition.
- Disqualified if not checked in at least 5 minutes prior to first jump of the overall competition.

### **HIGH JUMP, POLE VAULT**

- Report Time: ALL athletes report ninety (90) minutes before the scheduled start time. Warm up will begin at that time.



## SEEDING OF EVENTS

In determining the heats for athletes in the **Preliminary Meets** the seeding process will attempt to spread the talent as evenly as possible. The formula for lane assignments is: 5, 6, 4, 7, 3, 8, 2, 9, 1. All Tracks used in the Prelims have an Olympic turn and a common finish line.

## DIVISIONAL PRELIMINARIES - QUALIFYING STANDARDS

**LEAGUE FINALS INTO DIVISIONAL PRELIMINARIES** - Each league has been allotted **one (1)** automatic entry per event for the Southern Section Divisional Track and Field Preliminaries. Second and third place finishers must meet or better the minimum standard of entry in their division (see chart below). In leagues with only four schools, there are only two total entries. **ENTRIES INTO PRELIMS WILL BE AVAILABLE AT [WWW.CIFSS.ORG](http://WWW.CIFSS.ORG) ON SATURDAY, APRIL 27, 2024, AFTER 3:00 P.M.**

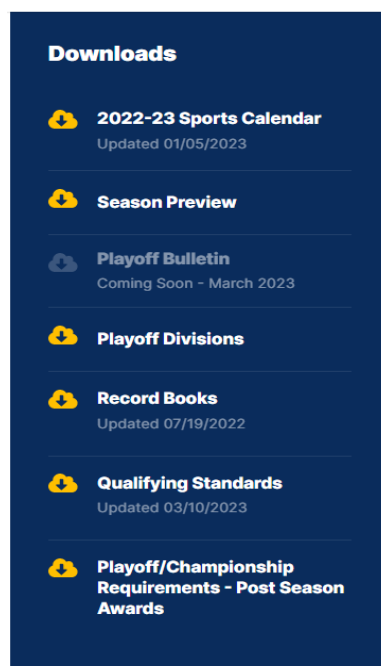
1. The league champion in each event will automatically qualify. The athlete **MUST** have competed in the league finals and attained a time/mark in league finals. A disqualification, DNF, dropped baton, no height, etc. does **NOT** count as a qualifying mark and these athletes/relay teams will **NOT** be allowed to be advanced to Prelims
2. Second and third place finishers will qualify **IF** they meet the minimum standard for their event. That standard can only be achieved in the varsity league finals competition.

**2024 Qualifying Standards for 2<sup>nd</sup> and 3<sup>rd</sup> place in League Finals**

**2024 Qualifying Standards for Freelance and At-Large Entries**

can be found at

**[www.cifss.org](http://www.cifss.org) > Track & Field > Qualifying Standards**



**AT-LARGE ENTRIES** - At-Large entries into Divisional Prelims are also available to qualifying athletes. At-Large Entries will be based only on competition in the League Finals and only at the Varsity level. . At-large entries are the responsibility of the league meet manager.

**FREELANCE ENTRIES** - You will want to consider the average of the last three years 9<sup>th</sup> place qualifier from the Divisional Prelims when making your freelance entry. A letter, signed by an administrator, requesting entry for one or more individuals into the appropriate enrollment division. The letter MUST include the following data:

- |                                    |                       |                              |
|------------------------------------|-----------------------|------------------------------|
| <b>1. Event (specify boy/girl)</b> | <b>3. Grade level</b> | <b>5. Mark for the event</b> |
| <b>2. Full name of the athlete</b> | <b>4. School</b>      | <b>6. Date/Type of meet</b>  |

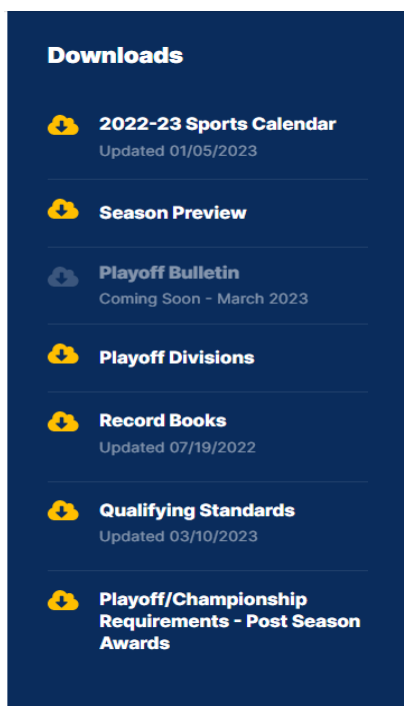
No freelance petitions will be accepted after noon on Wednesday, April 24, 2024.

**2024 Qualifying Standards for 2<sup>nd</sup> and 3<sup>rd</sup> place in League Finals**

**2024 Qualifying Standards for Freelance and At-Large Entries**

**can be found at**

**[www.cifss.org](http://www.cifss.org) > Track & Field > Qualifying Standards**



## “WILD CARD” INCLUSION INTO CIF-SS PRELIMS

To be considered for wild card inclusion into CIFSS Prelims, any athlete or relay competing at their league finals meet will advance into the meet if:

- Athlete 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 on April 27, 2024 but failed to:
  - achieve a top three result at league finals
  - and/ or failed to receive a mark that meets the “at-large” standard for their CIF-SS division at league finals

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 on MileSplit on April 26, 2024 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 Monday, April 29, 2024** following the submission of entries by league meet managers. **Anyone who misses the deadline will not be entered after that point.**

## DIVISIONAL PRELIMINARIES - SPECIFIC INFORMATION - RUNNING EVENTS

In all divisions, the number of heats in running events through 400 meters will be determined by the number of entries divided by the number of lanes on the track. There will be a maximum of four (4) heats in the boys and girls 800 meter run regardless of the number of entries (divide entries by 4). Races shall be run in two (2) alleys for the first turn. There will be three (3) heats in the 1600 meter run and two (2) heats in the 3200 meter run. The fastest time in each race shall be placed in the outside lane in alley #2.

## DIVISIONAL PRELIMINARIES INTO CHAMPIONSHIP FINALS

The nine (9) competitors with the best marks in each field event will qualify for the finals. In the running events, qualifying will be each heat winner plus the next fastest time to total nine (9) competitors advancing to the finals.

Note: All ties must be broken either by thousandths in running events or jump offs in field events for 2nd place through 11<sup>th</sup> place.

**SCRATCHES AND ALTERNATES (Divisional Prelims)**- Should an entrant be unable, or chooses not to enter an event for which he/she has qualified, the following procedures are to be followed:

**DIVISIONAL PRELIMS INTO DIVISIONAL (CHAMPIONSHIP) FINALS** - Coaches of athletes **scratching from an event are to notify Rob Dearborn at (805) 378-6305 Ext 2363 or e-mail [rdearborn@mrpk.org](mailto:rdearborn@mrpk.org) as soon as possible but no later than 4:00 p.m. on Tuesday, May 7, 2024.** The next best athlete from that preliminary meet will advance and the coach **WILL** be notified. The two alternates designated at each prelim should be brought to the finals and report to the clerk when that event is called. If there is a scratch, the clerk of course will insert the athlete in the open spot. When reporting to the clerk, the athlete should be prepared to compete.

## DIVISIONAL CHAMPIONSHIP FINALS – Moorpark High School

### TIME SCHEDULE – Saturday, May 11, 2024

\* Stadium will open at 9:30 am for spectators.

The time schedule is an approximate schedule. Races will run in sequence without delay. Alternates must check-in with the Clerk of Course prior to their event being called. The alternates need to report ready to run when the event is Clerked.

### **RUNNING EVENTS**

#### **ORDER OF RUNNING EVENTS AT DIVISIONAL CHAMPIONSHIP FINALS: DIV. 4, 3, 2, 1**

Girls 400m Relay	1:00	Boys 800m	4:00
Boys 400m Relay	1:15	Girls 300m LH	4:15
Girls 1600m	1:35	Boys 300m IH	4:25
Boys 1600m	2:00	Girls 200m	4:40
Girls 100m HH	2:20	Boys 200m	4:50
Boys 110m HH	2:40	Girls 3200m (D1&D3)	5:05
Girls 400m	2:55	Girls 3200m (D2&D4)	5:20
Boys 400m	3:10	Boys 3200m (D1&D3)	5:35
Girls 100m	3:25	Boys 3200m (D2&D4)	5:50
Boys 100m	3:35	Girls 1600m Relay	6:05
Girls 800m	3:50	Boys 1600m Relay	6:30

### **FIELD EVENTS - ORDER OF FIELD EVENTS DIV. 4, 3, 2, 1 (Except for Shot/Discus 2, 1, 4, 3)**

The stadium will open at 9:30 am. All field event competitors shall check in by division at both (1) Field Event Clerk and (2) Event Judge. Division calls will be approximately one (1) hour apart to include a (15) minute warm-up. The exception is in the pole vault where the calls will be approximately 1 hour 45 minutes apart with a thirty (30) minute warm-up.

### **POLE VAULT:**

ALL athletes must be dressed in a proper, school issued, track uniform. Pole Vault competitors will use (2) runways at Moorpark High School. Boys will use the runway marked with a "GREEN Flag" and Girls will use the runway marked with a "GOLD Flag" utilizing the following schedule: (Pole Vault athletes will be given a 30 minute warm-up prior to their divisional competition)

#### **Athletes check in by division**

#### **Boys Pole Vault on "GREEN Flag" runway:**

Pole Vault order will be Div. 4, 3, 2, 1

<u>Division</u>	<u>Check-in</u>	<u>Jumping</u>
D4	9:45	10:30
D3	11:30	12:15
D2	1:15	2:00
D1	3:00	3:45

#### **Girls Pole Vault on "GOLD Flag" runway:**

Pole Vault order will be Div. 4, 3, 2, 1

<u>Division</u>	<u>Check-in</u>	<u>Jumping</u>
D4	10:45	11:30
D3	12:30	1:15
D2	2:30	3:15
D1	4:00	4:45

### **BOYS/GIRLS HIGH JUMP:** Two (2) pits will be utilized at Moorpark High School.

ALL athletes must be dressed in a proper, school issued, track uniform.

#### **Athletes check in by division**

#### **Girls High Jump:** (GOLD Flag pit)

High Jump order will be Div. 4, 3, 2, 1

<u>Division</u>	<u>Check-in</u>	<u>Jumping</u>
D4	10:00	10:30
D3	11:30	12:00
D2	1:00	1:30
D1	2:30	3:00

#### **Boys High Jump:** (GREEN Flag pit)

High Jump order will be Div. 4, 3, 2, 1

<u>Division</u>	<u>Check-in</u>	<u>Jumping</u>
D4	11:00	11:30
D3	12:30	1:00
D2	2:00	2:30
D1	3:30	4:00

### **BOYS/GIRLS LONG JUMP AND TRIPLE JUMP** – Long Jump/Triple Jump order will be Div. 4, 3, 2, 1

ALL athletes must be dressed in a proper, school issued, track uniform.

**Athletes check in by division**

**BOYS AND GIRLS LONG JUMP** – Check-In: 10:00 a.m.; Competition begins: 11:00 a.m.

**BOYS AND GIRLS TRIPLE JUMP** - To follow Long Jump

(NOTE: Runways are located on the East end of the stadium)

**BOYS/GIRLS SHOT PUT** – Shot Put order will be Div. 2, 1, 4, 3 - Shot Put and Discus are located at East end of stadium behind main gym

ALL athletes must be dressed in a proper, school issued, track uniform.

**Athletes check in by division**

**BOYS SHOT PUT** - Check-In: 10:00 a.m.; Competition begins: 11:00 a.m.

**GIRLS SHOT PUT** - To follow boys

Note: Athletes must provide their own shots. Shots must be engraved with the appropriate weight.

**BOYS/GIRLS DISCUS** - Discus order will be Div. 2, 1, 4, 3 - Shot Put and Discus are located at East end of stadium behind main gym

ALL athletes must be dressed in a proper, school issued, track uniform.

**Athletes check in by division**

**GIRLS DISCUS** - Check-In: 10:00 a.m.; Competition begins: 11:00 a.m.

**BOYS DISCUS** - To follow girls

**REMINDER: ALL athletes must be dressed in a proper, school issued, track uniform.**

## SEEDING OF EVENTS

Seeding for the **Divisional Championship Finals** will be based on the athlete's performance in the Divisional Prelims Meet. The fastest to slowest times in each running event will dictate the lane assignment. The formula for lane assignments is: 5, 6, 4, 7, 3, 8, 2, 9, 1. The 800/1600/3200 will be seeded from the outside in with the best times on the outside. The 800/1600/3200 races will be run in two alleys for the first turn if entries exceed the number of lanes on the track. The 1600 relay will be run with a three (3) turn stagger.

## DIVISIONAL CHAMPIONSHIP FINALS INTO THE MASTERS MEET

The top nine (9) performances, regardless of division, will advance to the Masters Meet. The top twelve (12) performances in the 800, 1600, 3200 and all field events will advance to the Masters Meet.

Note: All ties must be broken either by thousandths in running events or jump offs in field events for 3<sup>rd</sup> place through 11<sup>th</sup> place. In the High Jump and Pole Vault, those tied for the last advancing mark will automatically qualify to the Masters Meet.

**SCRATCHES AND ALTERNATES (Finals)** - Should an entrant be unable, or chooses not to enter an event for which he/she has qualified, the following procedures are to be followed:

**DIVISIONAL CHAMPIONSHIP FINALS INTO MASTERS MEET** - **Coaches of athletes scratching from an event are to report the scratch to the Coaches Corner as soon as possible during the meet. For scratches after the meet, Rob Dearborn at (805) 378-6305 Ext 2363 or e-mail [rdearborn@mrpk.org](mailto:rdearborn@mrpk.org) as soon as possible but no later than 4:00 p.m. on Tuesday, May 14, 2024.** Finishers ten (10) and eleven (11) are alternates in events that automatically qualify nine (9). Finishers thirteen (13) and fourteen (14) are alternates in events that automatically qualify twelve (12). If they are not notified during the week on scratches, they should report to the Clerk's Area when their event is called. The events will be filled and those alternates will be notified during the week.

## **MASTERS MEET – Moorpark High School**

### **TIME SCHEDULE – Saturday, May 18, 2024**

The stadium will open at 10:00 a.m. for spectators.

#### **RUNNING EVENTS:** 3/16 maximum length

Note: The time schedule will be adhered to within a 3 - 5 minute window.

Girls 400m Relay	1:00	Boys 800m	2:29
Boys 400m Relay	1:08	Girls 300m LH	2:38
Girls 1600	1:17	Boys 300m IH	2:45
Boys 1600	1:28	Girls 200m	2:53
Girls 100m HH	1:40	Boys 200m	3:00
Boys 110m HH	1:47	Girls 4 x 800 Relay	3:10
Girls 400m	1:55	Boys 4 x 800 Relay	3:25
Boys 400m	2:02	Girls 3200	3:40
Girls 100m	2:09	Boys 3200	3:57
Boys 100m	2:15	Girls 1600m Relay	4:12
Girls 800m	2:22	Boys 1600m Relay	4:22

#### **FIELD EVENTS - Warm-ups may begin at 10:30am except as noted below**

**BOYS DISCUS** - 11:30 a.m. (Warmups may begin at 10:30 a.m.)

**GIRLS DISCUS** - To follow boys

Note: Discus must be weighed and measured at the Field House prior to competition ALL athletes must be dressed in a proper, school issued, track uniform.

**GIRLS SHOT PUT** - 11:30 a.m. (Warmups may begin at 10:30 a.m.)

**BOYS SHOT PUT** - To follow girls

Note: Athletes must provide their own shots. Shots must be engraved with the appropriate weight. ALL athletes must be dressed in a proper, school issued, track uniform.

**BOYS LONG JUMP** - 11:30 a.m. (Warmups may begin at 10:30 a.m.) - GREEN flag pit

**GIRLS LONG JUMP** – 11:30 a.m. (Warmups may begin at 10:30 a.m.) – GOLD flag pit

ALL athletes must be dressed in a proper, school issued, track uniform.

**GIRLS TRIPLE JUMP** – To follow long jump (Warmups may begin at 10:30 a.m.)

**BOYS TRIPLE JUMP** – To follow long jump (Warmups may begin at 10:30 a.m.)

ALL athletes must be dressed in a proper, school issued, track uniform.

**GIRLS HIGH JUMP** - 11:30 a.m. (Warmups may begin at 10:30 a.m.)

**BOYS HIGH JUMP** - To follow girls

ALL athletes must be dressed in a proper, school issued, track uniform.

**GIRLS POLE VAULT** - 11:30 a.m. (Warmups may begin at 10:45 a.m.)

**BOYS POLE VAULT** - To follow girls

Note: All pole vaulter's weight and pole must be certified by the COACH at the Field Event Clerk gate at the west side of the stadium prior to the event. ALL athletes must be dressed in a proper, school issued, track uniform.

## SEEDING OF EVENTS

Seeding for the **Masters Meet** will be based on the athlete's performance in the Divisional Championship Finals Meet. The fastest to slowest times in each running event will dictate the lane assignment. The formula for lane assignments is: 5, 6, 4, 7, 3, 8, 2, 9, 1. The 800/1600/3200 will be seeded from the outside in with the best times on the outside. All three races will be run in two alleys for the first turn. The 1600 relay will be run with a three (3) turn stagger.

## MASTERS MEET INTO THE STATE MEET

The top six (6) finishers in each event will advance to the State Meet at Buchanan High School in Clovis on Friday and Saturday, May 24 and 25, 2024. At-Large entries will be accepted into the State Meet. See the State Meet Advance Bulletin for marks [www.cifstate.org](http://www.cifstate.org)

Note: All ties must be broken either by thousandths in running events or jump offs in field events for 2nd place through 11<sup>th</sup> place.

**SCRATCHES AND ALTERNATES (Masters)** - Should an entrant be unable, or chooses not to enter an event for which he/she has qualified, the following procedures are to be followed:

**MASTERS MEET INTO THE STATE MEET** - **Coaches of athletes scratching from an event are to report the scratch to the Coaches Corner as soon as possible, the same evening, after the athlete's final event.** Once the Southern Section entries are submitted to the State, no additional scratches/additions are permitted. Any athlete entered in more than one event at that point is subject to the penalties outlined under the State "Honest Effort" rule if he/she scratches from an event. After scratches have been received, no openings will be filled in events that have 6 or more entries.

## STATE MEET – Clovis, CA

The State Meet Bulletin will be available in mid-April on the State CIF website. Preliminary races will be held on Friday, May 24, 2024, and Finals on Saturday, May 25, 2024. Further information can be found on the on the State CIF website - [www.cifstate.org](http://www.cifstate.org)

## RECORD BOOK

The CIFSS website contains information about Track and Field Team Southern Section Champions and State Champions. Please go to [www.cifss.org](http://www.cifss.org) and access the Record Book > CIF-SOUTHERN SECTION ALL SPORTS PRESS GUIDE AND RECORD BOOK.

## GENERAL INFORMATION RUNNING EVENTS (Championships and Master's Meet)

The Division Preliminary Meets and Championship Meet are considered under National Federation Rules as **ONE** meet. Coaches are reminded of Rule 4-2-1 & 2 limiting participation for each athlete to four (4) events (including relays).

All competing athletes must wear a regulation uniform as specified in National Federation rules 4-3. All athletes competing must wear their school uniform at all times. No other non-school uniforms or clothing may be worn during warm up, competition, or in the awards area. **While in the area of competition the athlete must keep their uniform on. Area of competition includes the track and adjacent grass areas.** Jerseys will be required to be tucked into the shorts during competition. (Note: National Federation Rules: Rule 4-2-1 page 21 and Rule 3-2-4j page 11-12)

All warm ups for running events will take place on the grass field located near the stadium track. Access to this area will be limited to athletes and coaches wearing identifying credentials. Members of the press with credentials may also be in this area for interview purposes. These interviews should in no way conflict with an athlete preparing for a later event. No member(s) of the general public will be allowed to enter the warmup field.

The **Clerk of Course** will be located at the West Tent. **Runners must report to the Clerk of Course prior to their race** or they will not be allowed to participate. Alternates should also report to the Clerks area in case of a scratch in that race. A loudspeaker system will keep all athletes informed of when they are to report. Hip numbers that are issued in the clerks' area are to be worn on the side seam of the competitors shorts. All athletes reporting to the Clerk should be in uniform, ready to compete on the track. Coaches, media, parents **ARE NOT PERMITTED IN THE CLERKS AREA.**

**Starting blocks** will be provided by meet management in all meets with the exception of the Moyer block.

In case of a tie in a running event, the run-off to break the tie will occur thirty (30) minutes after the last running event. Coaches are advised not to leave until **OFFICIAL** results have been posted.

**The maximum length of spikes at all sites is 3/16 inch.** All other spikes are strictly prohibited. All shoes will be checked at the athlete's entrance gate, the Clerk of Course, and by individual event officials. Suitable spikes will be available for purchase.

FinishLynx timing systems will be used with Hy-Tek results. All official results will be posted at each site for Coaches review. In the Prelims, questions regarding the official results should be directed to the Meet Manager. In all other meets, the Coaches Corner will handle all questions regarding event results. Automatic timing in 1000's of a second will be used to break ties for advancement purposes only.

Coaches are reminded that if an athlete must use an inhaler (atomizer) it will **NOT** be considered an illegal aid as long as a physician's statement documenting the need of the athlete to use a prescription during competition is presented to the Clerk of Course prior to the beginning of the meet.

The Referee and a Jury of Appeals will be available to rule on all non-judgement appeals submitted by the head coach of the concerned team. Appeals are to be submitted in writing to the Coaches Corner for Division Finals and Master Meets. Forms for appeals will be available from the Coaches Corner. The appeal **MUST** be lodged no later than thirty (30) minutes after the results of that event have been posted on the results board. The Jury of Appeals (if appointed) will make the final decision regarding any appeal.

Awards will be given in each event in the Championship Meet and Master's Meet. In the **Championship Meet** there will be medals for the first six place finishers in each of the four divisions and there will be team plaques for the winner and runner-up in each Division. At the Championship meet, the medals will be awarded in the field events at the conclusion of the event; and the medals will be awarded on the field for running events as soon as official results have been determined. Team plaques will be awarded within fifteen (15) minutes of the conclusion of the Championship Meet. At the **Masters Meet** there will be medals for first three place finishers at the conclusion of their event. Team scoring in **all** events for the Championship Meet will be:

1 <sup>st</sup> = 10 points	5 <sup>th</sup> = 4 points
2 <sup>nd</sup> = 8 points	6 <sup>th</sup> = 3 points
3 <sup>rd</sup> = 6 points	7 <sup>th</sup> = 2 points
4 <sup>th</sup> = 5 points	8 <sup>th</sup> = 1 point



## GENERAL INFORMATION - FIELD EVENTS (Championships and Master's Meet)

**AT Moorpark High School: No electronic devices will be allowed onto the track or infield areas with the exception of the pole vault coaching box. Any violation of the above rules may result in immediate disqualification and removal from the facility.**

All athletes competing in all field events must wear a regulation uniform as specified in the National Federation rule 4-3. All athletes competing must wear their school uniform at all times. No other non-school uniforms or clothing may be worn during warm up, competition, or in the awards area. While in the area of competition the athlete must keep their uniform on. (Area of competition includes the track and adjacent field event areas). See National Federation Rules, page 24.

**Shots** must be provided by student-athletes. Management will not provide shots. Shots must be engraved with the appropriate weight. **Shots** and **Discii** need to be weighed and marked at the Master's Meet prior to check-in.

All field event athletes must check in at the "Field Event Check-in area" located at the West end of the stadium. **Athletes MUST also check in to the field event judge prior to the start of the competition in their division.** Only those in uniform with identification will be permitted to enter the field. No coaches, media, or other personnel will be permitted.

Coaches and athletes are reminded of the National Federation Rule against athletes in field events crossing the track to confer with coaches in the stands. Coaches/athletes may meet only in the warm up area south of the main stadium. Discus competitors may confer with coaches only in unrestricted areas. Once an athlete has reported to a field event venue and checked in with event officials, he/she may only leave that venue to compete in another event or to use the restroom. During that excused time, viewing electronic images or video of current competition is not allowed.

The only exception would be where the field event venue/competition is in an unrestricted location. That would include a "coaching box, or off-field mixed area where athletes, coaches and spectators are allowed. Use of cell phones, pagers or other electronic communication devices is also prohibited and will result in immediate disqualification from the meet.

Field event athletes who are also in running events, need to advise the Field Event Judge of the running event and secure a release from the official. The athlete **MUST** report to the Clerk of Course when their event is called **AFTER** securing a release from the Field Event Judge. Competitors will be excused for a maximum of thirty (30) minutes to compete in the running event and return to the field event. If the bar is raised in the High Jump or Pole Vault the athlete must jump at the new height. **The bar will not be lowered.**

The **Coaches Corner** will be located on the East side of the press box. Results will be posted near the coaches corner location. Coaches should take any concerns to the Coaches Corner and express them in writing.

Awards will be given in each event in the Championship Meet and Master's Meet. In the **Championship Meet** there will be medals for the first six place finishers in each Division. There will be team plaques for the winner and runner-up in each Division. At the Championship meet, the medals will be awarded at the field event at the conclusion of the event; and the medals will be awarded on the field for running events as soon as official results have been determined. Team plaques will be awarded within fifteen (15) minutes of the conclusion of the Championship Meet. At the **Masters Meet** there will be medals for the first three place finishers at the conclusion of their event.

Team scoring in **all** events for the Division Championship Meet will be:

1 <sup>st</sup> = 10 points	5 <sup>th</sup> = 4 points
2 <sup>nd</sup> = 8 points	6 <sup>th</sup> = 3 points
3 <sup>rd</sup> = 6 points	7 <sup>th</sup> = 2 points
4 <sup>th</sup> = 5 points	8 <sup>th</sup> = 1 point

If an athlete must use an inhaler (atomizer) in a field event it will NOT be considered an illegal aid as long as a physician's statement documenting the need of the athlete to use a prescription during competition is presented to the Clerk of Course prior to the beginning of the meet.

The Referee and Jury of Appeals will be available to rule on all non-judgment appeals submitted by the head coach of the concerned team. Appeals are to be submitted in writing to the Coaches Corner for all meets. Forms will be available for appeals. The appeal MUST be lodged no later than thirty (30) minutes after the results of that event have been posted on the results board. The Jury of Appeals (if appointed) will make the final decision regarding any appeal.

There are no dressing room facilities at the Prelim Meet sites and Moorpark High School.

## **SPECIFIC INFORMATION - FIELD EVENTS**

**High Jump and Pole Vault** - Continuing flights of five (5) will be used in the Prelims. Competition will continue until there are nine (9) remaining. In case of a tie, regular tie breaking procedures will be used.

A jump-off will be held in the event determination of qualifiers is necessary. The top nine (9) athletes will advance to the Championship Finals. In the Championship Finals, the top six (6) in each division will win medals and the top twelve (12) overall and ties will advance to the Masters Meet. The top six (6) finishers along with those competitors who meet the at-large State standards at the Masters Meet will advance to the State Meet. Starting heights will be determined by meet management after all entries are received. Records set in the Prelims will count. In all Meets, Pole Vault coaches must verify their athletes' weight and pole weight in the Clerks area prior to entry on the field. The athlete must be in uniform when this process occurs.

**Pole Vault/High Jump Competitors excused to compete in other events:** Athletes may be excused for a maximum of thirty (30) minutes to participate in another event. Permission to leave must be granted by the Head Pole Vault/High Jump Official and the time the athlete left the event is to be noted on the Official Event Sheet.

An athlete may request the Head Event Official to compete his/her trials at the current height out of order or opt to return to the event with the number of trials remaining that he/she was excused with.

In both above cases, the competition will continue and he/she will re-enter at wherever the crossbar has been raised during said excused absence

### **Shot Put, Discus, Long Jump and Triple Jump –**

Contestants will be divided into flights of approximately equal numbers with nine (9) in the last flight. There will be a fifteen (15) minute warm up between flights. **Prelims:** All athletes will have three (3) trials with the top nine (9) athletes advancing to the Division Finals. **Division Finals:** All athletes will have four (4) trials and the top six (6) in each Division will be awarded medals and the top twelve (12) overall (all divisions combined) will advance to the Masters Meet. **Masters:** All athletes will have three (3) preliminary trials. All athletes who achieve a fair mark in the prelims will have three (3) additional final throws, to be taken in inverse order of prelim ranking. The top six (6) along with those competitors who meet the at-large State standards will advance to the State Meet. Marks made in the preliminaries do not carry over to the Championship Finals. Records set in the Prelims will count. A time excused rule of thirty (30) minutes will be used for a contestant leaving a field event for another event.

## **PLAYOFF FACILITY INFORMATION**

**FACILITY CLOSURES:** As of April 28, 2024 no one will be permitted access to the track and field facilities at any of the sites until the last competition has been held at that site.

**INCLEMENT WEATHER** - The decision to re-schedule or postpone the scheduled meets will be up to the Games Committee (Meet Managers and CIF-SS Administrators). Information regarding the meet will be distributed as early as possible to avoid conflicts with transportation and athlete preparations.

**USE OF DRONES/DRONE VIDEOGRAPHY IS NOT PERMITTED.** Drones are not allowed during contests at any level. Although there is not an actual State CIF rule against the use of drones, the FAA (Federal Aviation Administration) in its June 21, 2016, Summary of Small Unmanned Aircraft Rule states “*Small unmanned aircraft may not operate over any persons not directly participating in the operation.*” Based upon this federal ruling the CIF State Office has instructed our section to deem it a safety hazard and to not allow the use of drones.

**NO DOGS/PETS ALLOWED INSIDE FACILITIES!** Please ask all parents and fans to leave all pets at home.

# SPECIAL NOTICE

## 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 503 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 49032 and CIF By-Law #503 (F). (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, ITS 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 503, 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.

## TICKETS / CIF-SS COURTESY CARD INFORMATION

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**COACH and ATHLETE TICKETS/ PACKET PICK UP – (*by coaches only*)** - At all the preliminary and championship sites, a coach must pick up the packet for their team/individual. Packets will be available at the athlete’s entrance gate or credentialing table.

- In the team/individual packet will be three (3) coaches tickets for boys coaches and three (3) tickets for girls coaches (provided both genders are entered in the meet). All other coaches **MUST** obtain ticket for entrance at ticket booth. **Please use tickets allotted for coaches only for a coaches entrance into stadium.**
  - One (1) ticket for each competing athlete. (student will need ticket to enter stadium to watch when not competing on track field)
  - One(1) ticket for relay alternate when alternate identified at league finals and submitted by league meet manager. If no alternate is indicated, there will not be an alternate ticket in packet.
- 

### PURCHASING TICKETS AT PRELIM AND CHAMPIONSHIP FINALS AND MASTER’S SITES:

Admission prices for the preliminary sites (Trabuco Hills HS, Ontario HS, Yorba Linda HS, Carpinteria HS) are:

<b>PRELIMS: Saturday, May 4, 2024</b>
ADULTS: \$10.00
High School Students WITH ID: \$5.00
Children 13-5 years old: \$5:00

*A GoFan convenience fee will be added to the price of each ticket*

Admission prices for DIVISIONAL CHAMPIONSHIP FINALS MEET and MASTERS MEET at Moorpark High School:

**No Dogs/Pets allowed inside Moorpark facilities**

<b>FINALS: Saturday, May 11, 2024</b>	<b>MASTERS: Saturday, May 18, 2024</b>
ADULTS: \$12.00	ADULTS: \$12.00
High School Students WITH ID: \$5.00	High School Students WITH ID: \$5.00
Children 13-5 years old: \$5:00	Children 13-5 years old: \$5:00

*A GoFan convenience fee will be added to the price of each ticket*

Tickets will be on sale through GoFan only. Tickets may be purchased in advance @ <https://gofan.co>.

- A smartphone is required for redemption of purchased ticket.
- No paper tickets allowed.
- No screenshots of ticket allowed.
- Tickets purchase for other sites may not be redeemed at alternative sites.
- A smartphone will be required to purchase tickets via a QR code the day of the event.

At all preliminary sites, all spectators and others (non-qualifying athletes, extra coaches, wives, managers, pep squad members, bus drivers, faculty members, etc.) must purchase a general admission ticket and enter through one of the spectator gates.

CIF-SS Courtesy Cards, CIF-SS Press/Photo Passes, State CIF Passes and Life passes will be the only passes honored at all meets. Present card at designated entrance at each site.

## **CIF-SS COURTESY CARDS:**

CIF-SS courtesy cards, CIF-SS press and CIF-SS photo passes will be honored and must be presented at the “**CIF-SS PASS**” designated entrance.

CIF State Courtesy Cards and CIFSS/CIF Life Membership passes will be accepted.

Faculty passes, league passes, school passes, district passes, Los Angeles or other section passes, Official's Organization cards, coaches passes and any other passes **WILL NOT BE HONORED.**

**NO PETS ARE ALLOWED INSIDE THE FACILITIES. PROPER CERTIFICATION REQUIRED FOR ASSISTANCE ANIMALS.**

**USE OF A DRONE IS NOT PERMITTED**

## DIRECTIONS AND PARKING

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### DIVISIONAL PRELIMINARY SITES:

**TRABUCO HILLS HIGH SCHOOL** - Located at 27501 Mustang Run, Mission Viejo, 92691. Take the 5 freeway to Lake Forest exit. Go left to Trabuco Road. Go Right to Los Alisos. Go left to Cordova. Go left to school. Athletes and/or coaches must be dropped off on Mustang Run on visitors side of the stadium. See maps below for specific parking instructions. Parking fee is TBD

**ONTARIO HIGH SCHOOL** – Located at 901 W. Francis St., Ontario 91762. Take 57 freeway to Mountain Avenue in Ontario. Go North on Mountain Ave. to Francis Street. Turn right on Francis St. Parking fee is \$TBD.

**YORBA LINDA HIGH SCHOOL** - Located at 19900 Bastanchury Rd, Yorba Linda, CA 92886. Eastbound: Follow CA-91 to E. Santa Ana Canyon Rd. Take exit 35. Follow Lakeview Ave and Bastanchury Rd. to Yorba Linda HS. Westbound: Follow CA-91 to N Weir Canyon Rd/Yorba Linda Blvd. Take exit 39. Continue on Yorba Linda Blvd to High School. Parking fee is TBD.

**CARPINTERIA HIGH SCHOOL** - Located at 4810 Foothill Road, Carpinteria, 93013. Take the 101 Freeway to Casitas Pass Road. Go right toward the mountains till Foothill. Turn left on Foothill and proceed to stop sign. Turn right and school is on the right. Parking fee is \$10.00.

### CHAMPIONSHIP FINALS AND MASTERS MEET

**MOORPARK HIGH SCHOOL** - Located at 4500 North Tierra Rejada Road, Moorpark, 93021. Take the 101 freeway to the 23 freeway North. Exit at Tierra Rejada and turn left. Parking fee is \$10.00.

# MOORPARK HIGH SCHOOL

## CIF-SS Ford Track and Field Divisional Championship Finals Saturday, May 11, 2024

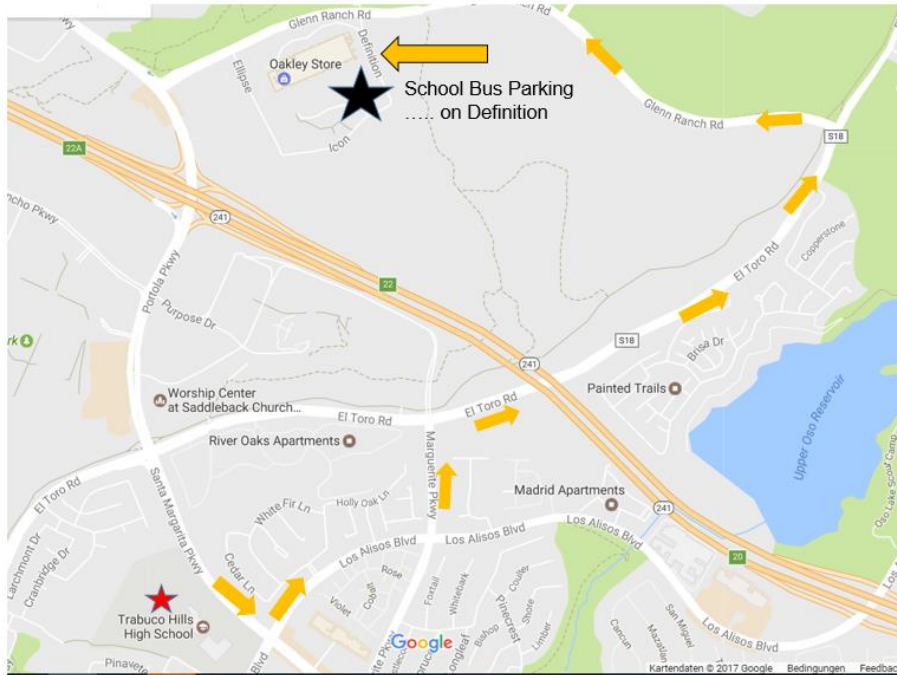
## CIF-SS Ford Track and Field Masters Meet Saturday, May 18, 2024

Coach Packet Pick-up/Entrance – Lot A  
Student Drop off/pick-up off Mountain Trail

Parking \$10 cash  
No Dogs/Pets allowed inside facilities



# TRABUCO HILLS HIGH SCHOOL – Division 1 Prelims



## Parking Area for School Buses

After dropping off athletes,

Exit Trabuco Hills High School and turn right onto Santa Margarita Parkway.

Go past Los Alisos Blvd. to Marguerite Parkway, turn left.

Stay on Marguerite Parkway until you get to El Toro Road, turn right.

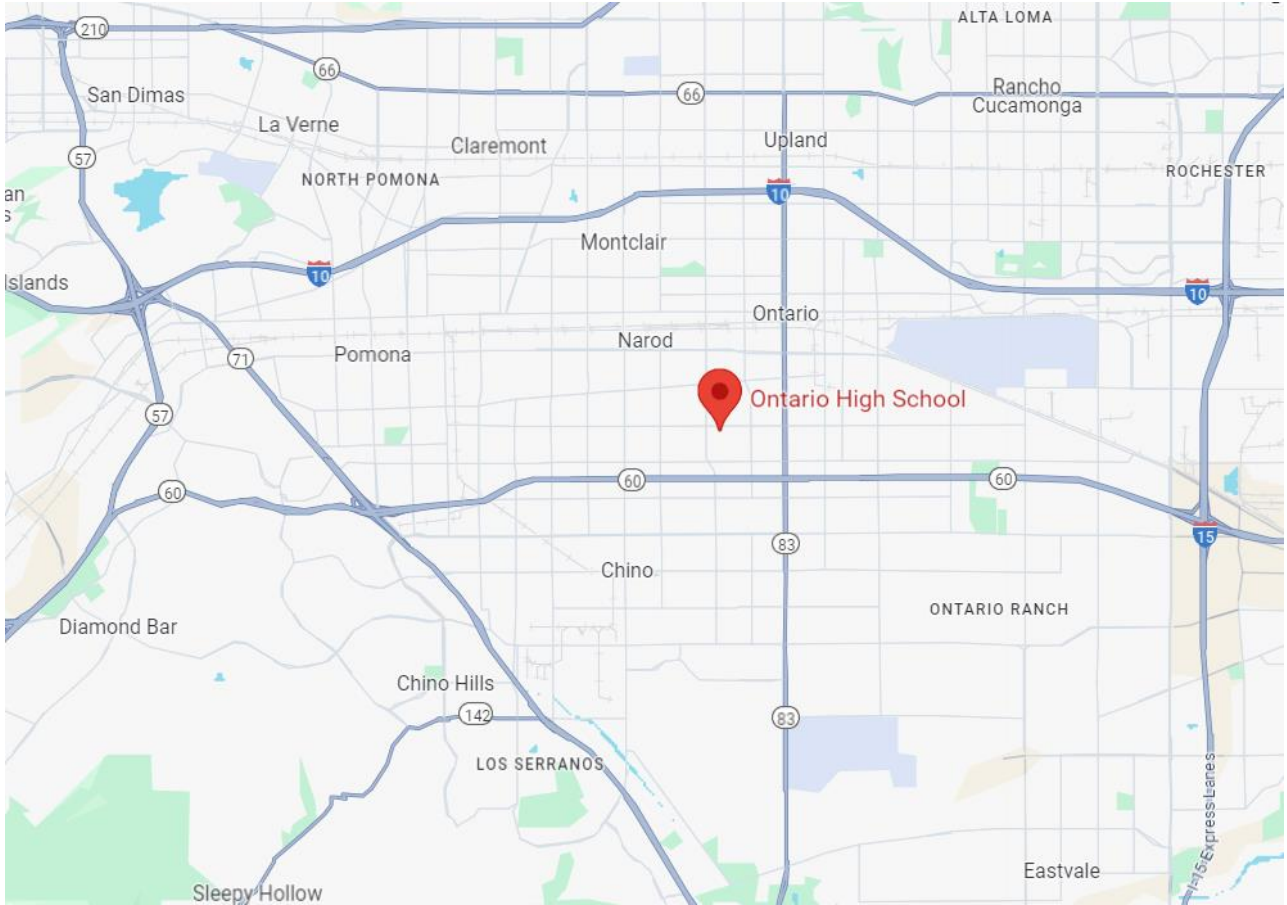
Proceed to Glen Ranch Road, turn left and follow around to Oakley Store.

Turn left on Definition -park on Definition

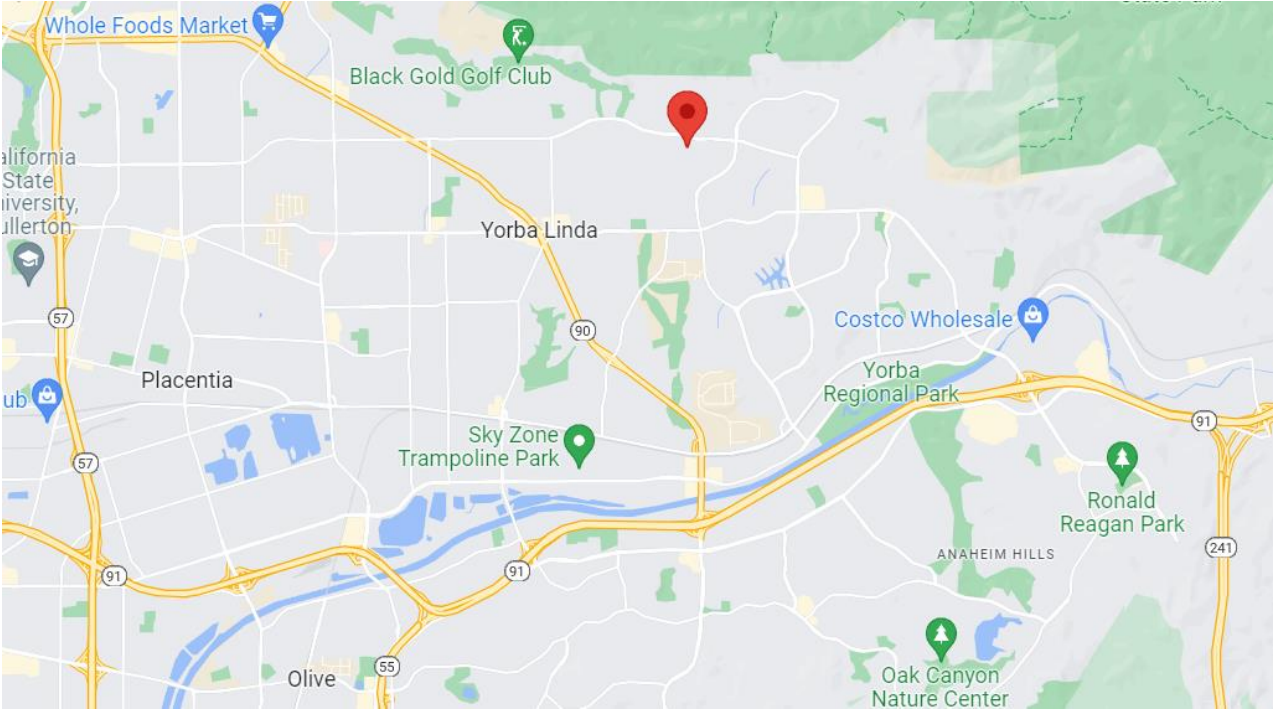


# ONTARIO HIGH SCHOOL – Division 2 Prelims

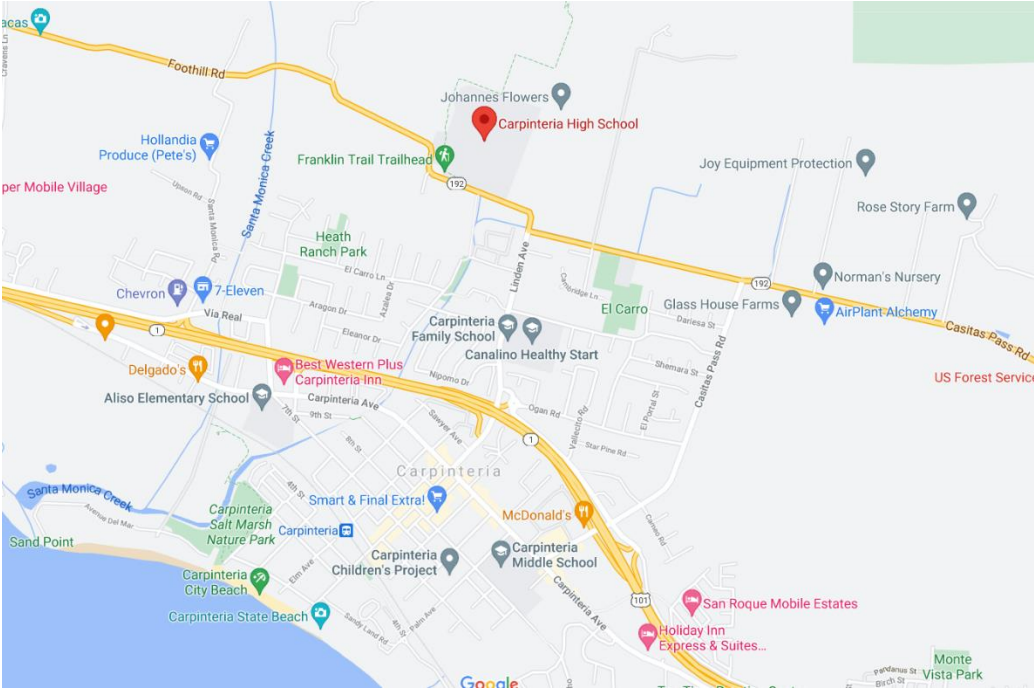
901 W. Francis Street, Ontario, CA 91762



**YORBA LINDA HIGH SCHOOL - Division 3 Prelims**  
19900 Bastanchury Rd., Yorba Linda, CA 92886



**CARPINTERIA HIGH SCHOOL – Division 4 Prelims**  
4810 Foothill Road, Carpinteria, CA 93013



## PLAYOFF/CHAMPIONSHIPS - Post Season Awards

General information regarding CIF Southern Section Playoff/Championship Requirements and Additional/Custom Post Season Awards can be found at [www.CIFSS.org](http://www.CIFSS.org) on the download section of the sports page.

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