

CIF SOUTHERN SECTION | TRACK & FIELD



PLAYOFF BULLETIN



2025 - 2026



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CALENDAR PLAYOFF DATES

PRELIMINARIES - All Prelims are on Saturday, May 9, 2026

No Dogs/Pets allowed inside facilities

DIVISION 1 PRELIMS

Trabuco Hills HS

Meet Management:

JT Ayers

ayersj@svusd.org

(949)768-1934

Dennis Kelly

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

(909) 988-7411

Richard Rico

richard.rico@cjuhsd.net

DIVISION 3 PRELIMS

Yorba Linda HS

Meet Management:

Stirley Jones

stjones@pylusd.org

(949) 245-5205

Keith Chann

kadchann@gmail.com

(951) 965-3230

DIVISION 4 PRELIMS

Carpinteria HS

Meet Manager:

Van Latham

vlatham@cusd.net

(805) 684-4107

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

DIVISIONAL FINALS

Moorpark High School

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Saturday, May 16, 2026

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

MASTERS MEET - STATE QUALIFYING

Moorpark High School

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Saturday, May 23, 2026

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

STATE TRACK MEET

Buchanan HS - Clovis

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Friday and Saturday, May 29 and 30, 2026

RELEASE SCHEDULE

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

- LEAGUE FINALS INTO DIVISIONAL PRELIMINARIES- Sat. May 2, 2026
- DIVISIONAL PRELIMINARIES INTO THE CHAMPIONSHIP FINALS – Sat. May 9, 2026
- CHAMPIONSHIP FINALS INTO THE MASTERS MEET – Sat. May 16, 2026
- MASTERS MEET INTO THE STATE MEET – Sat. May 23, 2026

CIFSSHOME.org REQUIREMENTS

VARSIITY 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 29, 2026**).

Log in @ 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

VARSIITY 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) no later than **WEDNESDAY, APRIL 29, 2026**.

Log in @ 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/CHAMPIONSHIP INFORMATION

TRACK AND FIELD DIVISION PLACEMENTS

Track & Field division placements can be found at <https://cifss.org/sports/track-field/>

QUALIFYING LEAGUE FINALS INTO DIVISIONAL PRELIMINARIES

DIVISIONAL PRELIMINARIES - QUALIFYING STANDARDS

Each league has been allotted 1 automatic entry per event for the Southern Section Divisional Track and Field Preliminaries.

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. In leagues with only four schools, there are only two total entries. Qualifying marks are available on the CIF-SS Website: <https://cifss.org/sports/track-field/>
3. Fourth place finishers and higher must meet the At-Large standard, available on the CIF-SS website: <https://cifss.org/sports/track-field/>

League Meet Managers are responsible for uploading results of their league finals to MileSplit by Friday May 1, 2026 at 11:59pm.

“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 May 2, 2026 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 May 2, 2026 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, May 4, 2026** following the submission of entries by league meet managers. **Anyone who misses the deadline will not be entered after that point.**

FREELANCE ENTRIES INTO CIF-SS PRELIMS STANDARDS

Coaches should consider the average of the last three years 9th place qualifier from the Divisional Prelims when making your freelance entry. An email from a school requesting entry for one or more individuals into the appropriate enrollment division should be sent to the CIFSS office – Jerryd@cifss.org. The email MUST come from the head coach and/or school athletic director include the following data:

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

No freelance petitions will be accepted after noon on Wednesday, April 29, 2026.

SCRATCHES (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 no later than TUESDAY May 5th at 4:00 p.m.

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, May 5th 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.

CIF SOUTHERN SECTION MASTERS MEET 4x800 METER RELAY – NEW FORMAT IN 2026

4x800 meter relay

For 2026, the 4x800 Meter Relay will be contested at the Divisional Prelims meets and will be a scoring event at the Divisional Finals meet.

The qualification and advancement format will be as follows:

- Teams must run the 4x800 relay at CIF-sanctioned meets (invitationals and/or league prelims/finals meets only) to achieve qualification times, which must be submitted via email.
- The verified top twenty-four (24) teams per gender, per division by the deadline date will qualify for their respective Divisional Prelims meet. A maximum of one(1) entry per school per gender is allowed (no “B” teams).
- Two (2) heats of the 4x800 per gender will be contested at each Divisional Prelims meet.
- The two (2) heat winners plus the remaining seven (7) fastest times for a total of nine (9) teams per division at each Divisional Prelims will advance to the Divisional Finals.
- At the Divisional Finals meet, there will be two (2) 18-team races per gender using combined divisions (similar to the combined-divisions format now used for the 3200-meter run).
- The four (4) divisional champions plus the remaining eleven (11) fastest teams by time will qualify for the Masters Meet, which serves as the state championship qualifier. The Masters Meet will feature a single-heat, 15-team final.
- Note: At all CIF-SS postseason meets (Prelims, Finals and Masters), the 4x800m races will be scheduled to occur in between the 200m and the 3200m events.

ENTRY PROCESS TO COMPETE IN THE 4x800 RELAY AT THE MASTERS MEET:

Participate > Submit Time > Qualify > Compete

1. Participate in any CIF-SS sanctioned invitational/meet in the 4x800 event during the 2025-26 CIF Southern Section track and field season of sport.
2. Submit your team's recorded time from that meet found on the CIF-SS 4x800 Leader List on the PrepCalTrack website (<https://prepcaltrack.com/>) for inclusion by sending an email to CIFSS4x800@gmail.com .
Times must be submitted via email no later than **Friday, May 1, 2026.**
3. Coaches for the top 24 verified teams in each gender in each division will be notified via email on Monday, May 4th that they've qualified into the Divisional Prelims; relay pool names (maximum of eight names) will be requested at that time. No additional teams will be added if teams in the top 24 scratch or decide not to run after declaring their times for the meet by the deadline.



DIVISIONAL PRELIMINARIES – (4 sites)

No Dogs/Pets allowed inside facilities

TIME SCHEDULE – Saturday, May 9, 2026 (see division placement for location of prelim)

* Time Schedule will be rolling. Meet start time may be revised based on weather conditions.

Final schedule will be announced by Thursday, May 7th.

RUNNING EVENTS: 11:00am

Girls 4x100m Relay
Boys 4x100m Relay
Girls 1600m
Boys 1600m
Girls 100m Hurdles
Boys 110m Hurdles
Girls 400m
Boys 400m
Girls 100m
Boys 100m
Girls 800m
Boys 800m
Girls 300m Hurdles
Boys 300m Hurdles
Girls 200m
Boys 200m
Girls 4x800m Relay
Boys 4x800m Relay
Girls 3200m
Boys 3200m
Girls 4x400m Relay
Boys 4x400m Relay

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

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.

Girls Discus; Boys Shot Put	10:00am
Girls and Boys Long Jump	10:00am
Girls High Jump; Boys Pole Vault	10:00am

Following the above:

Girls Shot Put; Boys Discus
Girls and Boys Triple Jump
Boys High Jump and Girls Pole Vault

There will be a maximum of 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 4 heats in the 800, 2-3 heats in the 1600, and 2 heats in the 3200. All distance races will be run in 2 alleys for the first turn. The fastest runner shall be placed in outside alley.

SPECIFIC FIELD EVENT INFORMATION

Athletes may be excused for a maximum of thirty (30) minutes to participate in another event. Permission to leave must be granted by the Field Event Official and the time the athlete left the event is to be noted on the Official Event Sheet.

DISCUS, SHOT PUT: (3 trials)

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

LONG JUMP, TRIPLE JUMP (3 trials)

- Report Time: All competitors check in when their flight 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 athlete's flight.

HIGH JUMP, POLE VAULT

- Report Time: ALL athletes report before the scheduled start time. Warm up will begin at that time.
- Disqualified if not checked in at least 5 minutes prior to first jump of the competition.
- Continuing flights of five alive will be used. Competition will continue until there are 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.

National Federation Rule 4-3 pertaining to uniforms will be strictly enforced. All athletes competing must wear **THEIR SCHOOL ISSUED/APPROVED UNIFORM AND SWEATS AT ALL TIMES.** No other uniform or clothing may be worn during warm-up, competition, or on the Victory Stand. Hip numbers must be visible at all times.

SEEDING OF EVENTS

The lane assignments for laned events shall be: 5, 6, 4, 7, 3, 8, 2, 9, 1. All Tracks used in the Prelims have an Olympic turn and a common finish line.

Contestants will be divided into flights of approximately equal numbers. There will be a 15 minute warm up between flights. All athletes will have 3 trials with the top 9 athletes advancing to the Division Finals.

DIVISIONAL PRELIMINARIES INTO CHAMPIONSHIP FINALS

The (9) nine 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 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 9th place through 11th 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 by e-mail rdearborn@mrpk.org as soon as possible but no later than 4:00 p.m. on Tuesday, May 12, 2026. 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

The stadium will open at 8:30 am for spectators. **No Dogs/Pets allowed inside facilities**

TIME SCHEDULE – Saturday, May 16, 2026

The time schedule is an approximate schedule. Start time may be revised based on weather conditions. Athletes and alternates must check in at least 15 minutes prior to the posted time schedule.

RUNNING EVENTS: 3/16 maximum length spikes

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

Girls 4x100m Relay	12:00	Girls 200m	3:40
Boys 4x100m Relay	12:15	Boys 200m	3:50
Girls 1600m	12:35	Girls 4x800m (D1&D4)	4:05
Boys 1600m	1:00	Girls 4x800m (D2&D3)	4:20
Girls 100m Hurdles	1:20	Boys 4x800m (D1&D4)	4:35
Boys 110m Hurdles	1:40	Boys 4x800m (D2&D3)	4:45
Girls 400m	1:55	Girls 3200m (D1&D4)	4:55
Boys 400m	2:10	Girls 3200m (D2&D3)	5:10
Girls 100m	2:25	Boys 3200m (D1&D4)	5:25
Boys 100m	2:35	Boys 3200m (D2&D3)	5:40
Girls 800m	2:50	Girls 4x400m Relay	5:55
Boys 800m	3:00	Boys 4x400m Relay	6:20
Girls 300m Hurdles	3:15		
Boys 300m Hurdles	3:25		

FIELD EVENTS

The stadium will open at 8:30 am. All field event competitors shall check in by division at the event judge. Division calls will be approximately 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 30 minute warm-up.

Athletes are disqualified if not checked in at least 15 minutes prior to first attempt of the flight.

POLE VAULT: Two 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 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	8:45	9:30
D3	10:30	11:15
D2	12:15	1:00
D1	2:00	2:45

Boys 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	8:45	9:30
D3	10:30	11:15
D2	12:15	1:00
D1	2:00	2:45

BOYS/GIRLS HIGH JUMP: Two 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

Boys High Jump on “GOLD Flag” pit:

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

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

Girls High Jump on “GREEN 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/GIRLS LONG JUMP AND TRIPLE JUMP – Long/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: 9:00 a.m.; Competition begins: 10:00 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. 4, 3, 2, 1
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 SHOT PUT - Check-In: 9:00 a.m.; Competition begins: 10:00 a.m.

BOYS SHOT PUT - To follow girls

Note: Implements must be provided by student-athletes. Implements must be engraved with the appropriate weight. Implements need to be weighed and marked prior to check-in.

BOYS/GIRLS DISCUS - Discus order will be Div. 3, 4, 1, 2
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 DISCUS - Check-In: 9:00 a.m.; Competition begins: 10:00 a.m.

GIRLS DISCUS - To follow boys

National Federation Rule 4-3 pertaining to uniforms will be strictly enforced. All athletes competing must wear **THEIR SCHOOL ISSUED/APPROVED UNIFORM AND SWEATS AT ALL TIMES.** No other uniform or clothing may be worn during warm-up, competition, or on the Victory Stand. Hip numbers must be visible at all times.

SEEDING OF EVENTS AND AWARDS

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 will be run in lanes with a 1 turn stagger. The 1600 and 3200 races will be run in two alleys for the first turn. The 4x400 relay will be run with a 3 turn stagger.

The top 6 athletes in every event will receive a medal. The top two teams in each division will receive a plaque.

DIVISIONAL CHAMPIONSHIP FINALS INTO THE MASTERS MEET

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, email the Masters Meet manager Rob Dearborn at rdearborn@mrpk.org as soon as possible but no later than 4:00 p.m. on Tuesday, May 19, 2026.**

The Masters Meet will have 18 qualifiers from the Divisional Championship Meets. The 4 Divisional Champions will automatically qualify into the Masters Meet along with the next best performances to get to 18 qualifiers. For field events, the top 18 plus any ties at the 18th mark, will advance to the Masters Meet.

Finishers 19 and 20 are alternates. The events will be filled, and those alternates will be notified during the week. If they are not notified during the week on scratches, they should report to the Clerk's Area when their event is called. Vertical field events will not take alternates if the entries exceed 18.

MASTERS MEET – Moorpark High School

The stadium will open at 9:00 a.m. for spectators. **No Dogs/Pets allowed inside facilities**

TIME SCHEDULE – Saturday, May 23, 2026

The time schedule is an approximate schedule. Start time may be revised based on weather conditions. Athletes and alternates must check in at least 15 minutes prior to the posted time schedule.

RUNNING EVENTS: 3/16 maximum length spikes

Girls 4x100m Relay	12:00	Girls 800m	1:56
Boys 4x100m Relay	12:08	Boys 800m	2:01
Unified 4x100m Relay	12:16	Girls 300m Hurdles	2:10
Girls 1600m	12:27	Boys 300m Hurdles	2:20
Boys 1600m	12:38	Girls 200m	2:30
Girls 100m Hurdles	12:50	Boys 200m	2:37
Boys 110m Hurdles	1:02	Para 200m	2:44
Girls 400m	1:15	Girls 4x800m Relay	2:51
Boys 400m	1:22	Boys 4x800m Relay	3:04
Para 400m	1:28	Girls 3200m	3:18
Girls 100m	1:34	Boys 3200m	3:33
Boys 100m	1:39	Girls 4x400m Relay	3:48
Unified 100m	1:44	Boys 4x400m Relay	4:08
Para 100m	1:49		

For track events run entirely in lanes (through 800m), there will be 2 heats for each gender with the fastest heat going first. For track events over 800m, there will be a single heat with 18 athletes.

SEEDING OF EVENTS AND AWARDS

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 heat and lane assignment. The fastest 9 performances will be seeded into the first heat. 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.

The top 3 athletes in every event will receive a medal. No team awards are presented at the Masters Meet.

The top 6 finishers in the first heat will earn automatic berths into the California State Meet. All other runners will need to achieve the At-Large qualifying mark to advance.

FIELD EVENTS - Warm-ups may begin at 9:30am, except as noted below

GIRLS DISCUS - 10:30 a.m. (Warmups may begin at 9:30 a.m.)

BOYS DISCUS - To follow girls

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.

BOYS SHOT PUT - 10:30 a.m. (Warmups may begin at 9:30 a.m.)

GIRLS SHOT PUT - To follow boys

UNIFIED/PARA 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 – 10:30 a.m. (Warmups may begin at 9:30 a.m.) - GREEN flag pit

GIRLS LONG JUMP – 10:30 a.m. (Warmups may begin at 9:30 a.m.) – GOLD flag pit

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

BOYS TRIPLE JUMP – To follow long jump (Warmups may begin at 9:30 a.m.)

GIRLS TRIPLE JUMP – To follow long jump (Warmups may begin at 9:30 a.m.)
ALL athletes must be dressed in a proper, school issued, track uniform.

BOYS HIGH JUMP - 10:30 a.m. (Warmups may begin at 9:30 a.m.)

GIRLS HIGH JUMP - To follow boys

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

BOYS POLE VAULT - 10:30 a.m. (Warmups may begin at 9:45 a.m.)

GIRLS POLE VAULT - To follow boys

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

LONG JUMP, TRIPLE JUMP, SHOT PUT, AND DISCUS

All athletes will have 3 preliminary trials. The top 12 athletes who achieve a fair mark in the prelims will have 3 additional final throws/jumps, to be taken in reverse order of prelim ranking. A time excused rule of 30 minutes will be used for a contestant leaving a field event for another event.

National Federation Rule 4-3 pertaining to uniforms will be strictly enforced. All athletes competing must wear **THEIR SCHOOL ISSUED/APPROVED UNIFORM AND SWEATS AT ALL TIMES.** No other uniform or clothing may be worn during warm-up, competition, or on the Victory Stand. Hip numbers must be visible at all times.

MASTERS MEET INTO THE STATE MEET

The top six (6) finishers in the first heat for each event will advance to the State Meet at Buchanan High School in Clovis on Friday and Saturday, May 30 and 31, 2025. At-Large entries will be accepted into the State Meet based on performances from both heats. See the State Meet Advance Bulletin for marks 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 11th 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.

CIF-SS RECORD BOOK

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

GENERAL INFORMATION (Divisional Finals and Masters 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 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 4-3-1 and Rule 3-2-4 (j))

All warmups for running events will take place on the grass field located near the stadium. 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.

Runners must report to the Clerk of Course at least 15 minutes prior to the posted time schedule for 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. Coaches for Para/Unified athletes are permitted.**

In case of a tie in a running event, the run-off to break the tie will occur 30 minutes after the last running event.

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 results will be made available online. 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 to the thousandths of a second will be used to break ties.

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 30 minutes after the results have been made available online. The Jury of Appeals 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. 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 st = 10 points	3 rd = 6 points	5 th = 4 points	7 th = 2 points	9 th = 0 points
2 nd = 8 points	4 th = 5 points	6 th = 3 points	8 th = 1 point	

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.

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

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. Throwing 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 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. Coaches should take any concerns to the Coaches Corner and express them in writing.

PLAYOFF FACILITY INFORMATION

FACILITY CLOSURES: As of May 3, 2026, no one other than athletes/coaches of the host school 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.

SUPERVISION OF ATHLETES – Bylaw 503

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

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 entrance into stadium at the designated coach entrance.**
 - 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:

PRELIMS: Saturday, May 9, 2026
ADULTS: \$12.00
High School Students WITH ID: \$6.00
Children 13-5 years old: \$6:00

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

FINALS: Saturday, May 16, 2026	MASTERS: Saturday, May 23, 2026
ADULTS: \$14.00	ADULTS: \$14.00
High School Students WITH ID: \$7.00	High School Students WITH ID: \$7.00
Children 13-5 years old: \$7:00	Children 13-5 years old: \$7:00

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 at <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 FACILITES. PROPER CERTIFCAITON REQUIRED FOR ASSISTANCE ANIMALS.

USE OF A DRONE IS NOT PERMITTED

DIRECTIONS AND PARKING – Divisional Prelims, Championship Finals, Masters Meet

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.

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 \$10.

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 \$10.

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.

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.

MOORPARK HIGH SCHOOL

CIF-SS Ford Track and Field Divisional Championship Finals Saturday, May 16, 2026

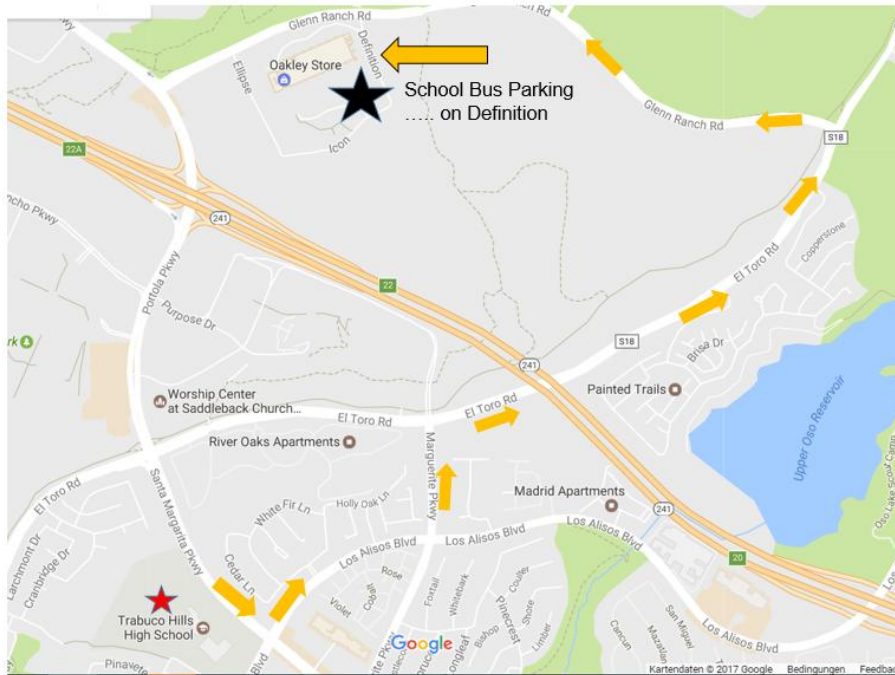
CIF-SS Ford Track and Field Masters Meet Saturday, May 23, 2026

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.

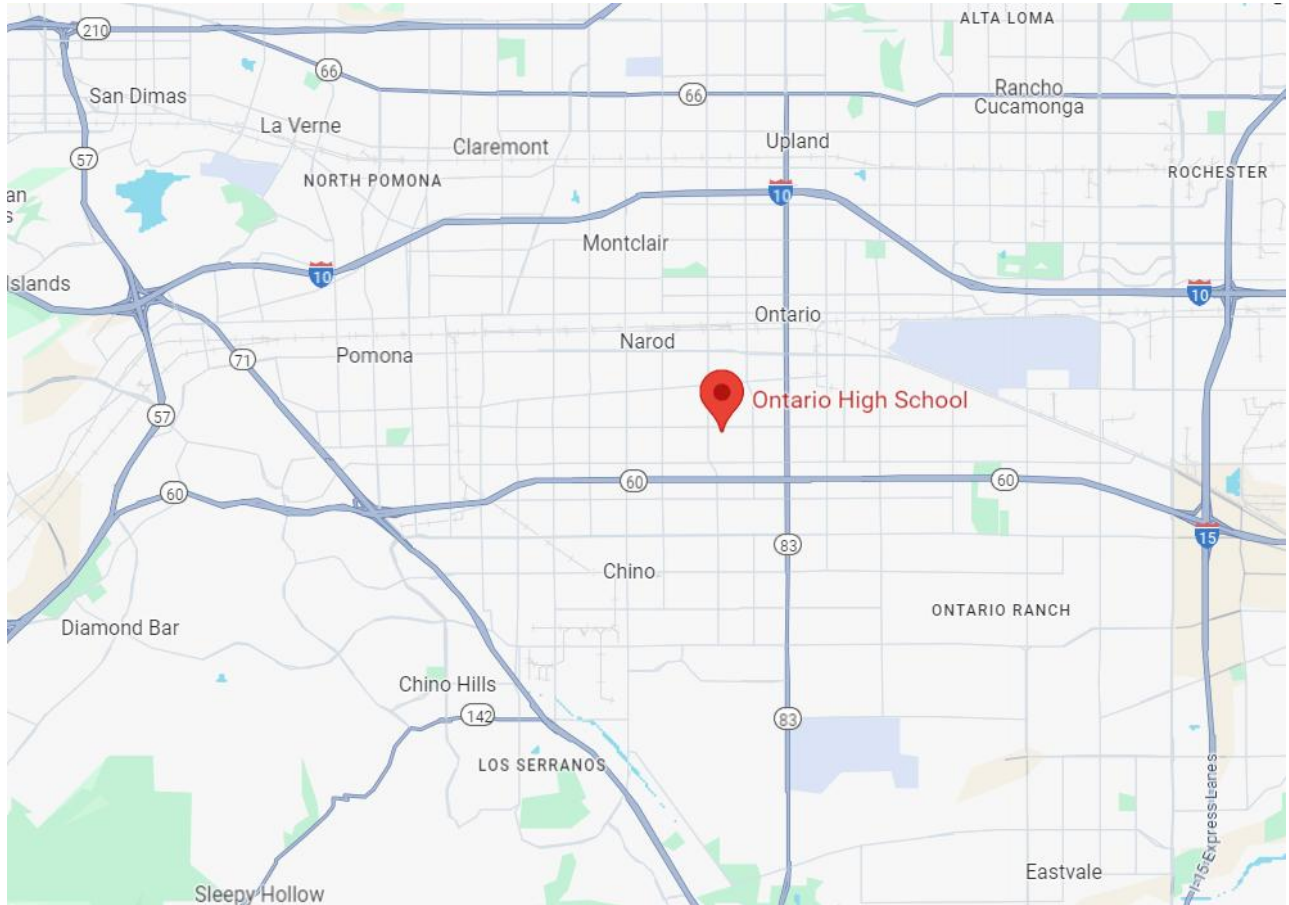
Stay on Marguerite Parkway until you get to El Toro Road, turn right.

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

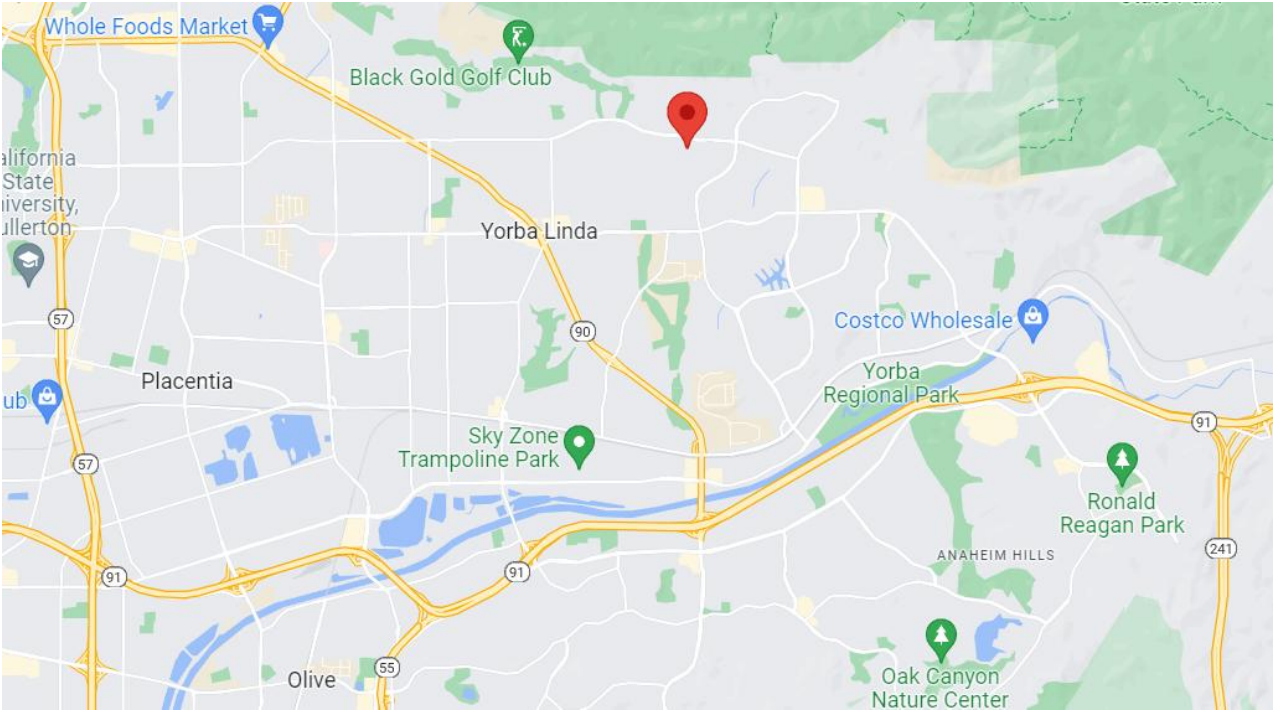
Turn left on Definition -park on Definition

ONTARIO HIGH SCHOOL – Division 2 Prelims

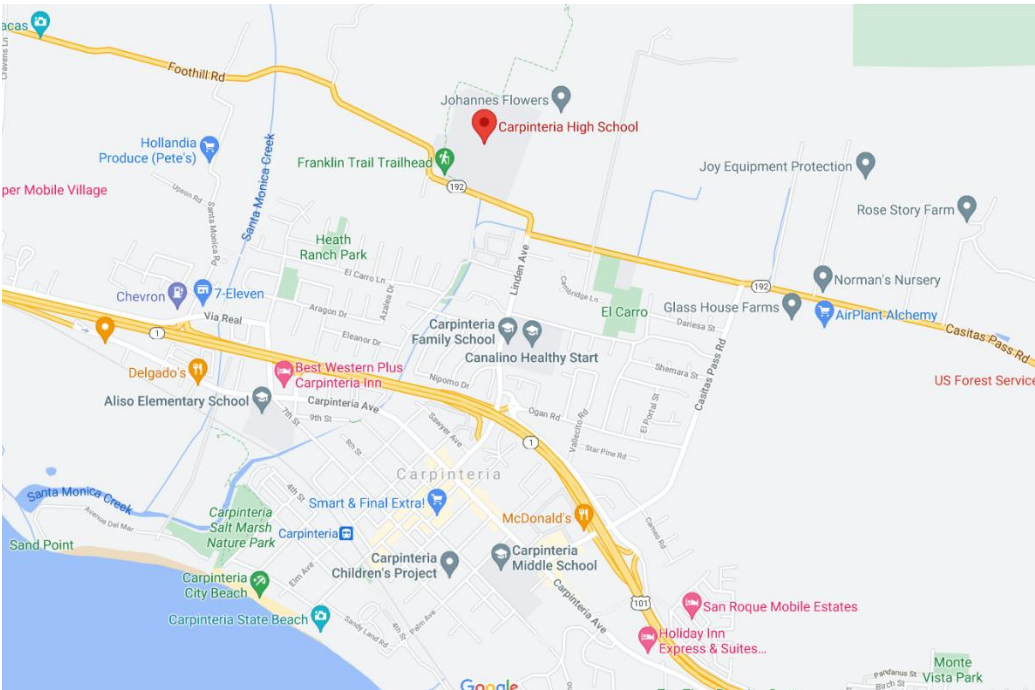
901 W. Francis Street, Ontario, CA 91762



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/CHAMPIONSHIP 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 on the download section of the sports page.



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