

Playoff Bulletin

**2020-
2021**

TRACK AND FIELD

**CIF-SS TRACK AND FIELD
ASSISTANT COMMISSIONER:
RAINER WULF**

**PROGRAM COORDINATOR:
KRISTINE TROST**





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FREQUENTLY ASKED QUESTIONS

GOING INTO THE CHAMPIONSHIP TRACK AND FIELD SEASON

** PLEASE READ THE BULLETIN **

DATES OF ALL MEETS: Track and Field Bulletin page 5

TIME SCHEDULE FOR: DIVISIONAL PRELIMS –T & F Bulletin page 7

TIME SCHEDULE FOR: FINALS MEET – SITE SPECIFIC in 2020-2021

- How can a coach confirm that their athlete is in the CIFSS Prelims, Finals or Masters meet? **Qualifiers are posted at each meet. A performance list following each meet will be posted on the Track and Field page @ www.cifss.org or visit www.prepcaltrack.com**
If your athlete is listed on the performance list they are in the next meet.
- What is the date and where are the CIFSS Prelim meets held? – **see the CIF-SS Track and Field Playoff Bulletin – page 5**
- What is the standard for 2nd/3rd place qualifying out of League Finals to Div Prelims – **see download table on Track and Field page at website: www.cifss.org**
- What is the Freelance/At Large Standard for qualifying out of League Finals to Div Prelims - **see download table on Track and Field page at website: www.cifss.org**
- What is the “Wild Card” inclusion into CIFSS Divisional Prelims? – **see CIF-SS Track and Field Playoff Bulletin page 11**
- A qualifying mark for advancement to CIFSS Div Prelims must be established in a **Scoring Varsity Event** at the **League Finals Meet**. – **see CIF-SS Track and Field Playoff Bulletin page 8**
- How can I find out the opening heights for Pole Vault and High Jump? **Following Prelims and Finals, these heights will be posted on the Track and Field page on the CIFSS website @ www.cifss.org or visit www.prepcaltrack.com**

TIES: All ties for 3rd place to 11th place when determining placement in Prelims to CIFSS Finals meet (page 11 in bulletin) must be broken by thousandths in running events and jump offs in field events.

SCRATCHES: Athletes must scratch at the League Finals meet to allow other athletes that have met the qualifying standard to move into their spot. There is no upward movement if athletes scratch after the League Finals Coaches Meeting and once names have been sent to the CIFSS office by the Meet Manager (see page 6 in the bulletin)

- Following League Finals, the League will hold a League Finals Scratch Meeting that involves all league coaches. This meeting is to determine scratches into CIFSS Div Prelims and relay alternatives:
 1. 4th place can move up to 3rd place if the qualifying mark for 2nd/3rd place is achieved
 2. 2nd place can move up to 1st place if 1st place scratches (every league is guaranteed one entry)
 3. Upward movement cannot happen after coaches leave the League Finals Scratch Meeting.
 4. What is the procedure to scratch an athlete from the CIFSS Prelim Meet? **Athletes must scratch immediately following the League Finals Meet in order for other athletes that have met the qualifying standard the opportunity to move into their spot. If an athlete scratches after the League Finals Scratch Meeting, and his or her name has already been submitted to the CIFSS office, there will be no upward movement.**
 5. Alternates for relays must be identified at this time. Can I change the name of the alternate before Prelims? - **No**
 6. Can athletes that are scratched at the League Finals Scratch Meeting be reinstated the next day? **No, athletes that are scratched at the League Finals Scratch Meeting cannot be reinstated the next day.**

WHEN CAN ALTERNATES BE ADDED TO CIF COMPETITION:

- There are two types of alternates (individual and relay)
- Individual Alternates may be added in place of scratched qualifiers by Meet Management for the Finals

RELAY ATHLETES: All relay athletes including alternates must be listed in the Hy-Tek file at the end of League Finals before the information is sent to the CIFSS Office. Can an alternate name be changed before:

- CIFSS Div Prelims? **NO**
- Finals? **NO**
- Alternates cannot be changed from League Finals once they have been submitted by League Meet Manager to the CIFSS office
- Alternates cannot be changed from Division Prelims to Finals Meet

SPIKES: What size spikes are my athletes required to use at Prelims, Finals, Masters? [see page 5 of T&F Playoff Bulletin](#)

ORDER OF EVENTS at meets -[refer to Bulletin](#).

MAXIMUM NUMBER OF HEATS for any running event in the Divisional Prelim meets – [refer to bulletin page 8](#)

SHOT PUT AND DISCUS – When are we required to weigh our implements for the Shot Put and Discus? [Implements are weighed at the CIFSS Masters Meet \(see page 16 of the CIFSS Track & Field bulletin\) and at the State Meet \(see State bulletin\) – **NO MASTERS MEET / STATE MEET in 2020-2021**](#).

HONEST EFFORT RULE – Does this rule apply when athletes qualify from League Finals into CIFSS Prelims, CIFSS Prelims into CIFSS Finals, and CIFSS Finals into CIFSS Masters Meet? [This rule does not come into play until the **State Meet** in Clovis, CA – see State Track and Field Bulletin @ \[www.cifstate.org\]\(http://www.cifstate.org\) – **NO STATE MEET in 2020-2021**](#)

OFFICIATING – Can coaches who have athletes competing officiate at league finals, CIFSS Div Prelims, CIFSS Finals? [Yes, if the meet director contacts the coach and they are in need of officials, the coach may officiate.](#)

COACH AND ATHLETE TICKETS:

How many **coaches** tickets will I get in my packet for CIF-SS Prelims, Finals?

[There will be 3 tickets for each gender participating in your packet. These tickets are for coaches not athletes or parents.](#)

How many **coaches** tickets will I get in my packet for the CIF State meet?

[There will be 2 tickets for each gender participating in your packet. These tickets are for coaches not athletes or parents.](#)

How many **athlete** tickets will I get in my packet for Prelims, Finals, Masters, State Meets? Will there be a ticket for my alternate?

[Each qualified athlete and declared alternate will receive 1 ticket in the school's packet.](#)



Good Luck to your athletes!

TRACK AND FIELD PLAYOFF BULLETIN - Table of Contents

IMPORTANT MESSAGE PERTAINING TO COVID-19 PROTOCOLS	4
CALENDAR PLAYOFF DATES.....	5
RELEASE SCHEDULE	5
CIFSSHOME.org REQUIREMENTS.....	6
PLAYOFF INFORMATION.....	6
TRACK & FIELD DIVISION PLACEMENTS / HYTEK CODES	7
LEAGUE FINALS INTO DIVISIONAL PRELIMINARIES	7
ENTRIES	7
SCRATCHES AND ALTERNATES (League Finals)	7
DIVISIONAL PRELIMINARIES – (4 sites).....	8
TIME SCHEDULE– Saturday, June 5, 2021	8
SEEDING OF EVENTS.....	9
DIVISIONAL PRELIMINARIES - QUALIFYING STANDARDS.....	9
LEAGUE GUARANTEED ENTRIES to Southern Section Prelims when no League Finals meet is held...	10
AT-LARGE ENTRIES.....	10
FREELANCE ENTRIES	10
“WILD CARD” INCLUSION INTO CIF-SS PRELIMS	11
DIVISIONAL PRELIMINARIES INTO CHAMPIONSHIP FINALS.....	11
SCRATCHES AND ALTERNATES (Divisional Prelims)	11
DIVISIONAL CHAMPIONSHIP FINALS – 4 sites (NEW IN 2020-2021 SEASON)	12
TIME SCHEDULE – Saturday, June 12, 2021	12
SEEDING OF EVENTS.....	12
MASTER’S MEET / STATE MEET – NONE in the 2020-2021 school year	12
GENERAL INFORMATION RUNNING EVENTS.....	13
SPECIFIC INFORMATION - FIELD EVENTS.....	15
PLAYOFF FACILITY INFORMATION	15
TICKETS / CIF-SS COURTESY CARD INFORMATION.....	16
DIRECTIONS AND PARKING.....	18

IMPORTANT MESSAGE PERTAINING TO COVID-19 PROTOCOLS

CDPH/County/School Guidelines – As you know, all CIF member schools are required to follow California Department of Public Health Guidelines for Youth Sports. Also, local county health departments can impose stricter regulations than the CDPH and individual schools/school districts/private schools can do so as well. As we prepare for the upcoming Southern Section Championships, I wanted to clarify the situation as it relates to playoff contests at host school sites and the various agencies involved.

The Southern Section will implement the COVID-19 protocols of the CDPH and local county health department orders that are consistent with or exceed those of the CDPH. While the CDPH allows for schools to develop more restrictive COVID-19 protocols, for schools hosting a Southern Section playoff contest, in any sport, the COVID-19 protocols of the CDPH and the local county of where the contest is being played will apply. In the event there are more restrictive protocols required by the local county office of public health, such COVID-19 protocols for interscholastic competition will govern the playoff event.

While the CDPH allows for schools to develop more restrictive COVID-19 protocols, be advised that if a school wishes to host a playoff contest, those specific school site rules may not be imposed on the visiting team during Southern Section playoff events. If the host school requires their student-athletes to abide by their own school site rules, the host school cannot mandate that a visiting team comply with their individual school site requirements that exceed the requirements of the CDPH or local county departments of public health. As an alternative, the host school may elect not to host the playoff game, have the game scheduled at the visiting team site, or if feasible, at a neutral site.

Please note that Southern Section host school sites will adhere to the COVID-19 protocols of the CDPH and/or local county departments of public health, whichever is more restrictive, when hosting a Southern Section playoff contest. Also, adherence to local county health department orders is contingent upon the fact that the local health department requirements exceed those of the CDPH. If a county health department's COVID-19 protocols fall below that of CDPH, then, at a minimum, the Southern Section will adhere to the guidance and requirements provided by CDPH Guidelines on Youth Sports.

CALENDAR PLAYOFF DATES

PRELIMINARIES - (4 sites) - SATURDAY, JUNE 5, 2021

Field Events - 11:00 a.m.; Running Events - 12 Noon

DIVISION 1 - Trabuco Hills High School, Mission Viejo

Meet Manager: Jack Recla (949) 285-4893 jackdiberti@gmail.com

SPIKES: 3/16 maximum length pyramid/**no** needle

DIVISION 2 - Moorpark High School, Moorpark

Meet Manager: Rob Dearborn (805) 378-6305, Ext. 6323 rdearborn@mrpk.org

SPIKES: 3/16 maximum length pyramid/**no** needle

DIVISION 3 - Estancia High School, Costa Mesa

Meet Managers: Kevin Rosales (714) 504-1027 KRosales26@hotmail.com

Rich Ede (909) 624-1484 redede47@gmail.com

SPIKES: 3/16 maximum length pyramid/**no** needle

NOTE: NO Canopies / NO Umbrellas allowed inside stadium at Estancia HS

DIVISION 4 - Carpinteria High School, Carpinteria

Meet Manager: Van Latham (805) 684-4107 vlatham@cusd.net

SPIKES: 3/16 maximum length pyramid

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

Note: All Prelim site stadiums will open one (1) hour prior to the first event for spectators and two (2) hours prior to the first event for participating athletes.

CHAMPIONSHIP FINALS – (4 sites) – SATURDAY, JUNE 12, 2021

DIVISION 1 – Trabuco Hills

DIVISION 2 – Moorpark High School

DIVISION 3 – Estancia HS

DIVISION 4 – Carpinteria HS

MASTERS MEET / STATE CHAMPIONSHIP – None in 2020-2021

RELEASE SCHEDULE

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

- LEAGUE FINALS INTO DIVISIONAL PRELIMINARIES- Sat. May 29, 2020
- DIVISIONAL PRELIMINARIES INTO THE CHAMPIONSHIP FINALS – Sat. June 5, 2021

CIFSSHOME.org REQUIREMENTS

VARSITY TEAM INFORMATION (ROSTER) DUE no later than WEDNESDAY, May 26, 2021

Attention Athletic Directors/Coaches: It is very important that you enter your entire Boys and Girls Track and Field Varsity roster into CIFSSHOME.org no later than **WEDNESDAY, May 26, 2021**

Log in @ www.CIFSSHOME.org (If you do not have a log in & password as a coach, check with your Athletic Director).

Once you are logged in:

-On the left panel, Click on the **“Teams”** tab, select “Track and Field, Boys” and “Track and Field Girls”

-Here are the instructions for using the 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. You can only upload an excel file (xls) 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 and Girls Track and Field are: First Name, Last Name, Birth date, Year, Eligibility.

- Next - click Choose File, find your file, then click “Import Student”.

- To confirm your roster has been uploaded, your roster will be uploaded in the roster section and all of the required columns are filled out.

Check out the Help video under the Help tab on the bottom left, “Be CIF Prepared!”

VARSITY COACHES

Attention Athletic Directors/Coaches: It is very important that you enter your Boys and Girls Track and Field coaches (Head & Assistants) into CIFSSHOME.org no later than **WEDNESDAY, May 26, 2021**.

Log in @ www.CIFSSHOME.org (If you do not have a log in & password as a coach, check with your Athletic Director).

Once you are logged in:

-Click on the **“Teams”** tab on the left navigation bar. Click on the corresponding varsity team (Water Polo, Boys).

-Click on “Add/Edit Coaches”, select the information to add both your HEAD & ASSISTANT coaches

Check out the Help video under the Help tab on the bottom left, “Be CIF Prepared!”

PLAYOFF INFORMATION

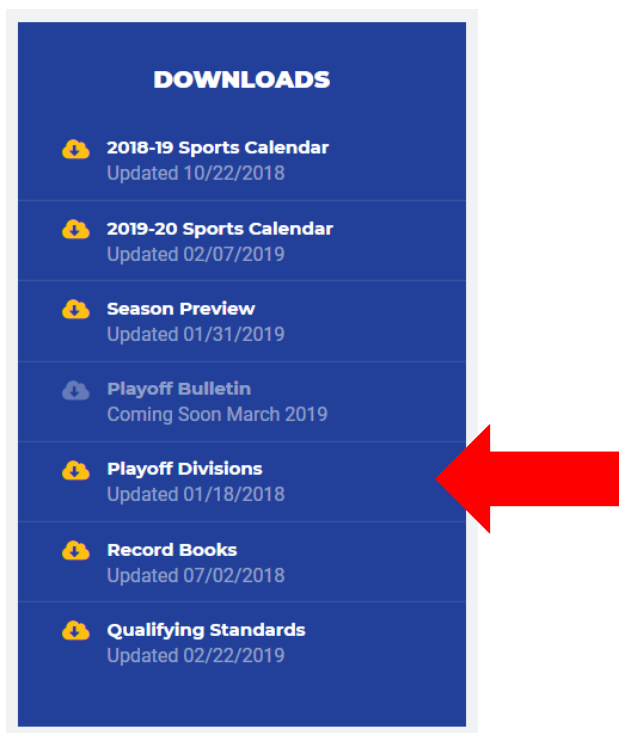
• LEAGUE MEET MANAGERS

Entries from league meets will be submitted by the league’s meet manager. The submissions will be done online to EPI Sports. Information should be received the day following the league meet, but in all cases, no later than **FRIDAY, May 28, 2021 at 11:59 P.M. NO ENTRIES WILL BE TAKEN BY PHONE.**

ALL LEAGUE FINAL COMPETITION MUST BE FINISHED BY FRIDAY, May 28th. 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 > Track & Field > Download button labeled "Playoff Divisions"



LEAGUE FINALS INTO DIVISIONAL PRELIMINARIES

LEAGUE FINALS INTO DIVISIONAL PRELIMINARIES GENERAL INFORMATION - Refer to pages 8-10 of this playoff bulletin.

ENTRIES

Entries from league meets will be submitted by the league's meet manager. The submissions will be done online to EPI Sports. Information should be received the day following the league meet, but in all cases, no later than **FRIDAY, May 28, 2021 at 11:00 P.M. NO ENTRIES WILL BE TAKEN BY PHONE.**

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 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, June 1 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, June 5, 2021

(see division placement for location of prelim/finals)

* All time schedules are approximate

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

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.

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.

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 ON SATURDAY, May 29, 2021 AFTER 3:00 P.M.**

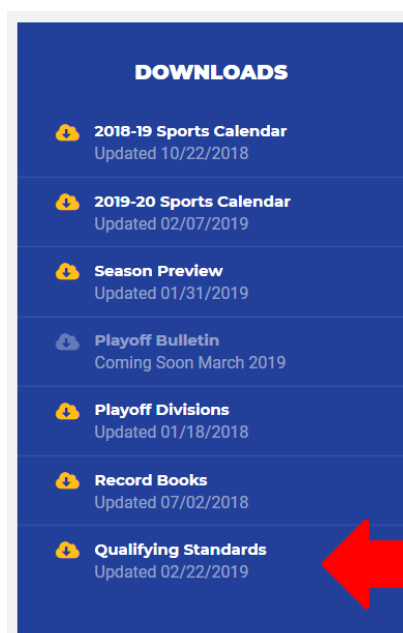
1. The league champion in each event will automatically qualify. The athlete **MUST** have competed in the league finals and attained a time/mark in league finals. A disqualification, DNF, dropped baton, no height, etc. does **NOT** count as a qualifying mark and these athletes/relay teams will **NOT** 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.

2021 Qualifying Standards for 2nd and 3rd place in League Finals

2021 Qualifying Standards for Freelance and At-Large Entries

can be found at

www.cifss.org > Track & Field > Qualifying Standards



LEAGUE GUARANTEED ENTRIES to Southern Section Prelims when no League Finals meet is held
(for 2020-21 school year only):

In leagues that were not able to hold a League Finals meet, the league may designate a single league entry for each event (boys and girls) to advance to the CIF-SS Prelims.

Note: If a league finals meet is NOT held, there will be no 2nd, 3rd, or At Large, or Wild Card entries from the league.

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 will qualify using the formula of the average of the 9th place mark from the preliminaries of the last three years. If an athlete meets the qualifying standard for At-Large entry that athlete must be entered into the Epi Sports system by the league meet manager. 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 9th 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:

- | | | |
|-----------------------------|----------------|-----------------------|
| 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 |

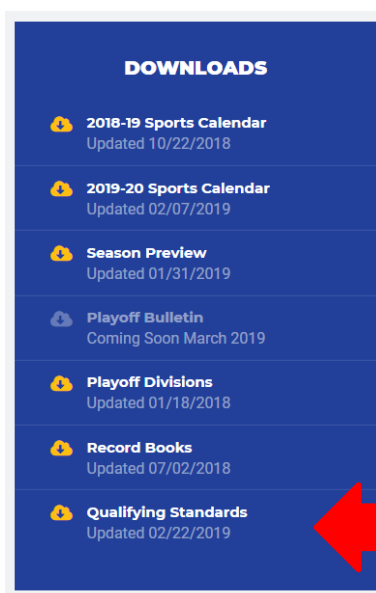
No freelance petitions will be accepted after noon on Wednesday, May 26, 2021.

2021 Qualifying Standards for 2nd and 3rd place in League Finals

2021 Qualifying Standards for Freelance and At-Large Entries

can be found at

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 May 29, 2021 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 EPI on May 28, 2021 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 31, 2021** 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 3rd 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 your division's meet manager via email (see page 4 for contact info) as soon as possible but no later than 4:00 p.m. on Tuesday, June 9, 2021. 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 – 4 sites (NEW IN 2020-2021 SEASON)

DIVISION 1 – Trabuco Hills

DIVISION 2 – Moorpark High School

DIVISION 3 – Estancia HS

DIVISION 4 – Carpinteria HS

TIME SCHEDULE – Saturday, June 12, 2021

* The time schedule for Divisional Championship Finals will be given at the PRELIMS site. Each FINALS schedule may be unique to each site. 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.

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.

MASTER'S MEET / STATE MEET – NONE in the 2020-2021 school year

With the announcement from the CIF State office that there will not be a 2021 CIF Track and Field Championship, The CIF-SS will not be conducting a Masters Meet this year.

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 RUNNING EVENTS

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 23-24 and Rule 3-2-4j page 14)

All warm ups for running events will take place in a designated area.. 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 warm up field.

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 loud speaker 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 Moyo 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.

All tracks are Olympic turn 400m tracks with all weather surfaces and 48" lanes. **The maximum length of spikes at all sites is 3/16 inch, no needles.** All other spikes are strictly prohibited. All shoes will be checked at the athletes 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 and Finals Championship, questions regarding the official results should be directed to the Meet Manager. 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 Meet Management for Division Finals and Master Meets. Forms for appeals will be available from the Meet Management. 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. 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. Team scoring in **all** events for the Championship Meet will be:

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

GENERAL INFORMATION - FIELD EVENTS

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

All field event athletes must check in at the "Field Event Check-in area" at your division site. **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.**

Awards will be given in each event in the Championship Finals Meet. In the **Championship Finals 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.

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

1 st = 10 points	5 th = 4 points
2 nd = 8 points	6 th = 3 points
3 rd = 6 points	7 th = 2 points
4 th = 5 points	8 th = 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/Championship Meet sites.

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. 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. 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 May 29, 2021 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. (Host school excluded)

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 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

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 SITES:

Admission prices for the Prelim/Finals sites (Estancia, Moorpark, Trabuco Hills, Carpinteria) are:

PRELIMS: Saturday, June 3, 2021	FINALS: Saturday, June 12, 2021
ADULTS: \$10.00	ADULTS: \$12.00
High School Students WITH ID: \$5.00	High School Students WITH ID: \$5.00
Children 13-5 yrs old: \$5:00	Children 13-5 yrs old: \$5:00

NOTE: CDPH/County health guidelines will determine capacity limits for each site. Spectators may/or may not be allowed.

If tickets at each site are available for purchase, they must be purchased through www.GoFan.co. NO ticket sales will be on-site.



At sites, all spectators and others (non-qualifying athletes, extra coaches, wives, managers, pep squad members, bus drivers, faculty members, etc.) must purchase an on-line ticket and enter through one of the spectator gates. **NOTE: Subject to capacity limitations and restrictions.**

CIF-SS Courtesy Cards, CIF-SS Press/Photo Passes, State CIF Passes and Life passes MAY/OR MAY NOT be the honored at the meets. **NOTE: CDPH/County health guidelines will determine capacity limits for each site.**

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 STADIUM. ASSISTANCE ANIMALS WILL BE PERMITTED WITH PROPER CERTIFICATION.

USE OF A DRONE IS NOT PERMITTED

DIRECTIONS AND PARKING

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.

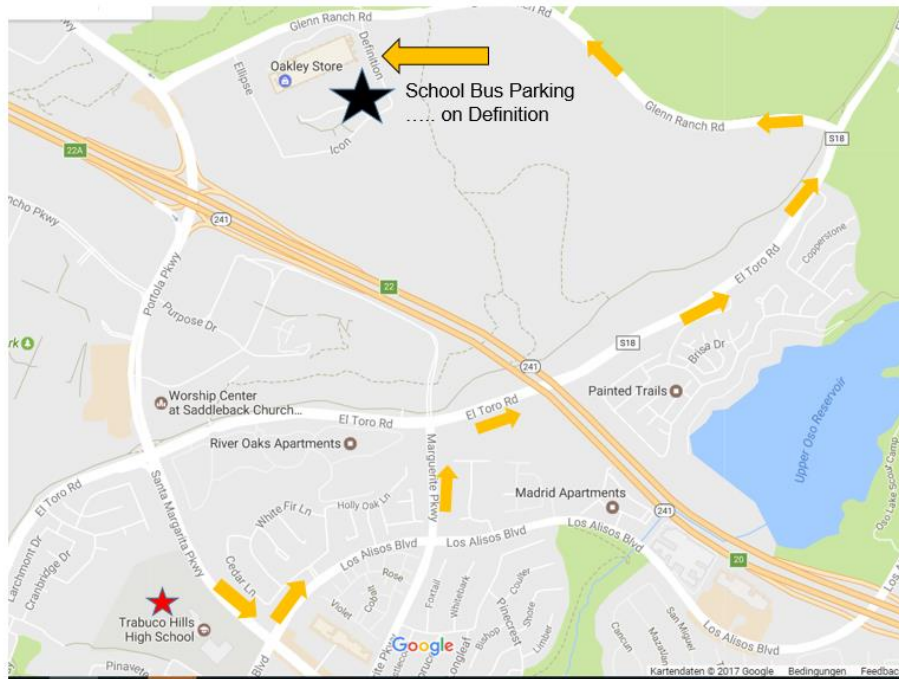
MOORPARK HIGH SCHOOL - Located at 4500 North Tierra Rejada Road, Moorpark, 93021. Take the 101 freeway to the 23 freeway North. Exit at Tierra Rejada and turn left. Parking fee is \$5.00.

ESTANCIA HIGH SCHOOL - Located at 2323 Placentia Avenue, Costa Mesa, 92627. Take the 405 freeway to Harbor Blvd. Exit. Go South to Adams, turn right on Adams to Placentia Avenue. Turn left on Placentia Avenue and school will be on your right after approximately one mile. Parking fee is \$5.00.

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 \$5.00.

TRABUCO HILLS HIGH SCHOOL – Division 1

27501 Mustang Run, Mission Viejo, CA 92691



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.

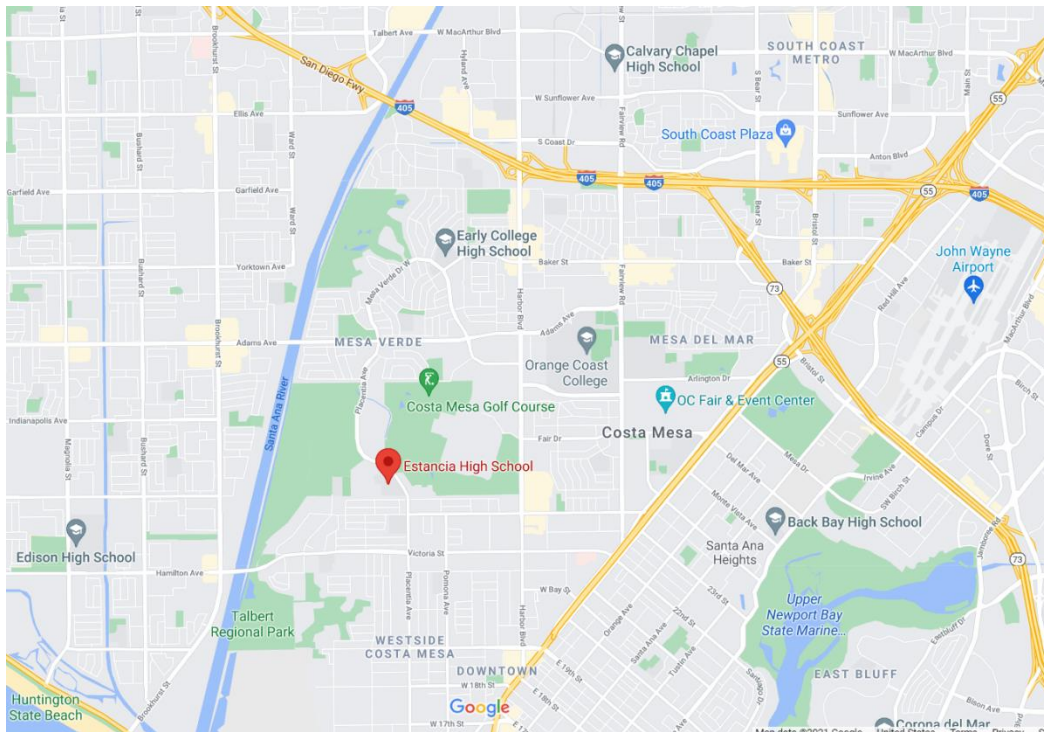
Turn left on Definition -park on Definition

MOORPARK HIGH SCHOOL – Division 2



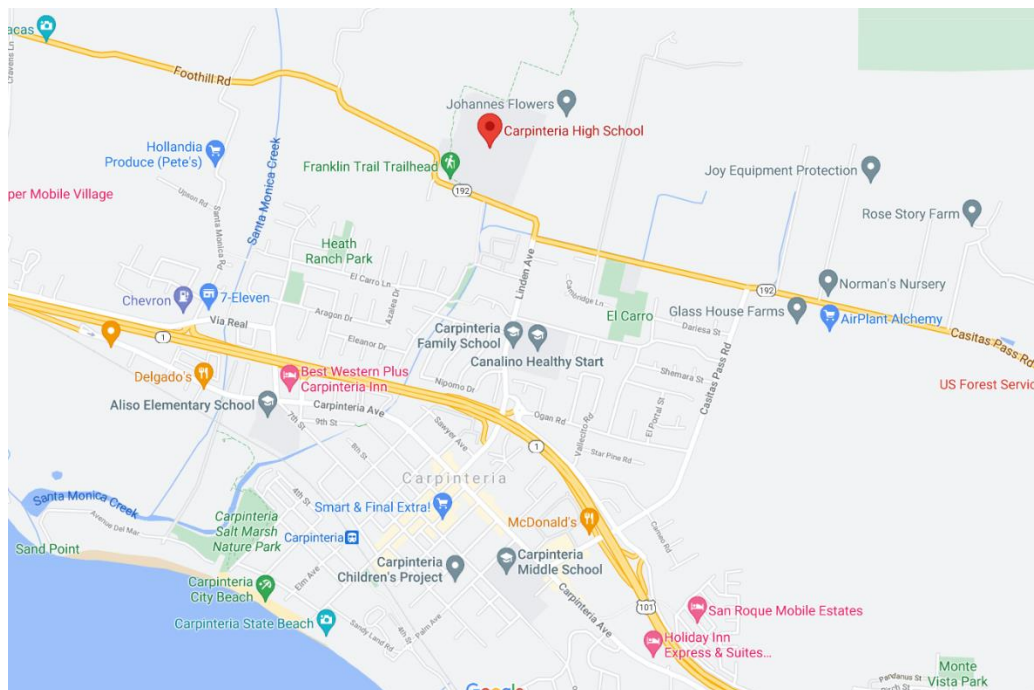
ESTANCIA HIGH SCHOOL – Division 3

2323 Placentia Avenue, Costa Mesa, CA 92627



CARPINTERIA HIGH SCHOOL – Division 4

4810 Foothill Road, Carpinteria, CA 93013



PLAYOFF/CHAMPIONSHIP - Post Season Awards

Information regarding CIF Southern Section Playoff/Championship/custom Post Season Awards can be found on the download section of each the Track and Field sports page @ www.cifss.org



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NAME AND 1 SPORT
ONTO THE FRONT

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