

2018-2019

BOYS & GIRLS

TRACK & FIELD



PLAYOFF

BULLETIN

EXPLORER



FUSION



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COACH:

If you know an outstanding track and field official, particularly in one of the field events, who has wanted to work in one of the prelim meets, (or any of the championship meets) would you please forward the name, address and phone number to me. Thank you.

**Steve Hill
(714) 697-8717
Steve41hill@gmail.com**

DATES, TIMES AND MANAGEMENT SOUTHERN SECTION PRELIMS, FINALS, MASTERS, & STATE

PRELIMINARIES

SATURDAY, MAY 4, 2019 - 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: Steve Moreno (714) 349-2743 cmhs.xc.tf@gmail.com

Matthew Redding (714) 609-7322 Reddingm88@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

SATURDAY, MAY 11, 2019 @ El Camino College -

Athletes Gate opens @ 8:30 a.m.

Stadium opens @ 9:30 a.m. for spectators

Meet Managers: Jack Recla, Steve Hill, Rich Ede

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

Girls Pole Vault – 9:45 a.m. warm-up; 10:30 a.m. start

(End zone runway)

Boys Pole Vault – 10:45 a.m. warm-up; 11:30 p.m. start

(Auxiliary runway)

Boys High Jump – 10:00 a.m. check-in; 10:30 a.m. start

Girls High Jump – 11:00 a.m. check-in; 11:30 a.m. start

All other field events - 11:00 a.m.

All running events - 1:00 p.m.

MASTERS MEET

SATURDAY, MAY 18, 2019 @ El Camino College -

Athletes Gate opens @ 9:15 a.m.

Stadium opens @ 9:30 a.m. for spectators

Meet Manager: Jack Recla, Steve Hill, Rich Ede

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

Girls Pole Vault – 10:30 a.m. (warm up at 9:45 a.m.)

All other field events – 11:30 a.m.

All running events – 12:45 p.m. (Unified Events)

STATE MEET

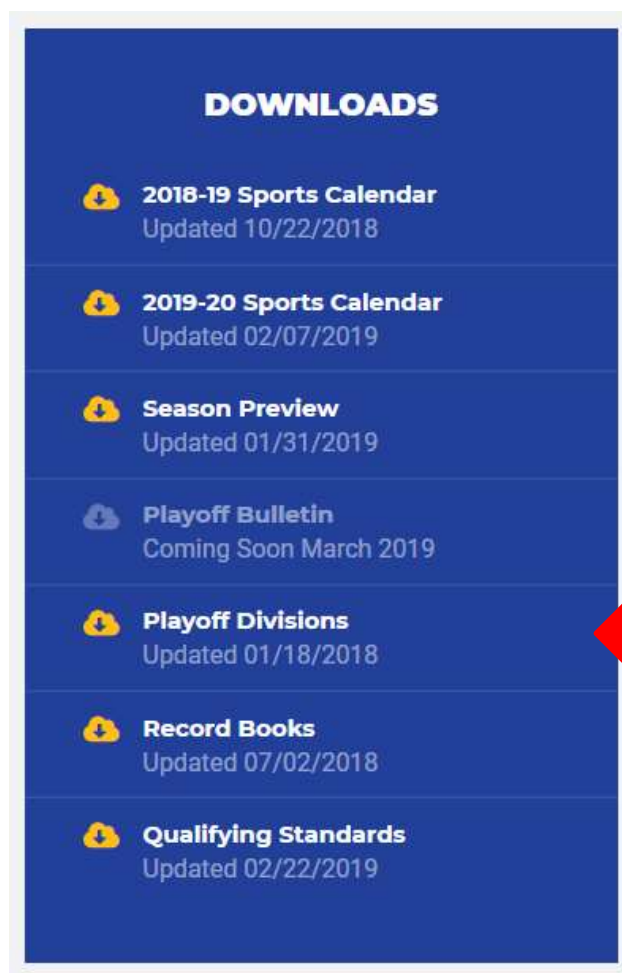
FRIDAY and SATURDAY, May 24 and 25, 2019

Veteran's Memorial Stadium at Buchanan H.S., Clovis, CA - Web site @ www.cifstate.org

COACHES: Please share this bulletin information with your assistant coaches, Athletic Director, athletes and their parents. The CIF-SS office or the respective Meet Managers cannot handle the many phone calls from schools requesting information that can be answered by this bulletin.

2019 TRACK & FIELD DIVISION PLACEMENTS

Track & Field division placements 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, APRIL 26, 2019 at 11:59 P.M. NO ENTRIES WILL BE TAKEN BY PHONE.**

SCRATCHES AND ALTERNATES - 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, 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

TIME SCHEDULE (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

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 2019 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 ON PREPCALTRACK.COM ON SATURDAY, APRIL 27, 2019 AFTER 3:00 P.M.**

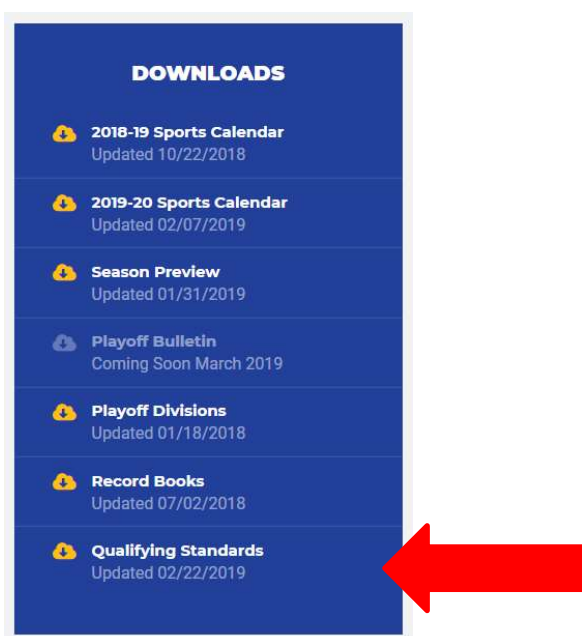
1. The league champion in each event will automatically qualify. The athlete **MUST** have competed in the league finals and attained a time/mark in league finals. A disqualification, DNF, dropped baton, no height, etc. does NOT count as a qualifying mark and these athletes/relay teams will NOT be allowed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

2019 Qualifying Standards for 2nd and 3rd place in League Finals

2019 Qualifying Standards for Freelance and At-Large Entries

can be found at

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 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 |

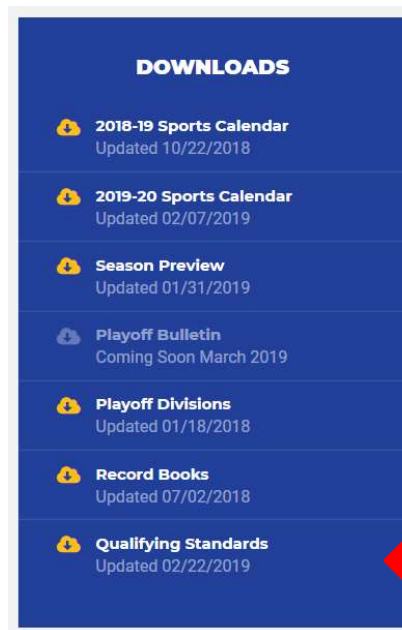
No freelance petitions will be accepted after Noon on Wednesday, April 24, 2019.

2019 Qualifying Standards for 2nd and 3rd place in League Finals

2019 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 April 27, 2019 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 April 26, 2019 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, 2019** 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.

SCRATCHES AND ALTERNATES - 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 Jack Recla at (949) 285-4893 or e-mail Jack Recla at jackdiberti@gmail.com as soon as possible but no later than 4:00 p.m. on Thursday, May 9, 2019. 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

TIME SCHEDULE – El Camino Community College

* 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 CHAMPIONSHIPS: 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&D4)	5:05
Girls 400m	2:55	Girls 3200m (D2&D3)	5:20
Boys 400m	3:10	Boys 3200m (D1&D4)	5:35
Girls 100m	3:25	Boys 3200m (D2&D3)	5:50
Boys 100m	3:35	Girls 1600m Relay	6:05
Girls 800m	3:50	Boys 1600m Relay	6:30

DIVISIONAL FINALS - ORDER OF FIELD EVENTS DIV. 4, 3, 2, 1 (Except for 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 El Camino College. Boys will use the auxiliary runway and Girls will use end zone runway utilizing the following schedule: (Pole Vault athletes will be given a 30 minute warm-up prior to their divisional competition)

Girls Pole Vault on "end zone" runway:

<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

Boys Pole Vault on "auxiliary " runway:

<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 El Camino College.

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

Boys High Jump: (East pit)

<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

Girls High Jump: (West pit)

<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

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

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: Boys on East runway, Girls on West runway)

BOYS/GIRLS SHOT PUT

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

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

BOYS SHOT PUT - To follow girls

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

BOYS/GIRLS DISCUS - Discus order will be 2, 1, 4, 3

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

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

GIRLS DISCUS - To follow boys

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. El Camino College has Olympic turn and a common finish line.

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.

SCRATCHES AND ALTERNATES - 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, Jack Recla at (949) 285-4893 or e-mail Jack Recla at jackdiberti@gmail.com as soon as possible but no later than **4:00 p.m. on Wednesday, May 15, 2019**. 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

El Camino Community College - The stadium will open at 9:30 a.m. for spectators.

TIME SCHEDULE

RUNNING EVENTS: 3/16 maximum length pyramid/no needle

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

Unified Girls 400m Relay	12:45	Girls 100m	2:21
Unified Boys 400m Relay	12:52	Boys 100m	2:27
Girls 400m Relay	1:00	Girls 800m	2:34
Boys 400m Relay	1:08	Boys 800m	2:41
Girls 1600	1:17	Girls 300m LH	2:50
Boys 1600	1:28	Boys 300m IH	2:57
Girls 100m HH	1:40	Girls 200m	3:05
Boys 110m HH	1:47	Boys 200m	3:12
Girls 400m	1:55	Girls 3200	3:20
Boys 400m	2:02	Boys 3200	3:37
Unified Girls 100m	2:09	Girls 1600m Relay	3:52
Unified Boys 100m	2:15	Boys 1600m Relay	4:02

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.) – East Pit

GIRLS LONG JUMP – 11:30 a.m. (Warmups may begin at 10:30 a.m.) – West Pit

UNIFIED GIRLS LONG JUMP – 11:30 p.m. (Warmups may begin at 10:30 a.m.) -Southeast pit

UNIFIED BOYS LONG JUMP – to follow Unified girls in Southeast pit

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 - 10:30 a.m. (Warmups may begin at 9:45 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. El Camino College has Olympic turn and a common finish line.

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, 2019. At-Large entries will be accepted into the State Meet. See the State Meet Advance Bulletin for marks www.cifstate.org

SCRATCHES AND ALTERNATES - 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. The next best athlete is eligible to advance. 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

The State Meet Bulletin will be available in mid-April on the State CIF website. Preliminary races will be held on Friday, May 24, 2019, and Finals on Saturday, May 25, 2019. Further information can be found on the on the State CIF website - www.cifstate.org



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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 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 warm up field.

The **Clerk of Course** will be located at Northeast tunnel. **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 Moya 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, 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 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

AT El Camino Community College : No food, drink (other than plain water) or electronic devices will be allowed onto the track or infield areas. 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 Northeast tunnel. **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 in the Southeast corner of the stadium seating area. 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 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 Meet sites and El Camino College.



NOTIFICATIONS & LIVE SCORES FOR YOUR FAVORITE TEAMS

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MaxPreps is the Official Source of
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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.

ELIGIBILITY LIST

YOU ARE REQUIRED TO UPLOAD YOUR ROSTER TO WWW.CIFSSHOME.ORG. This will take care of your eligibility list for the season. Thank you.

MISCELLANEOUS INFORMATION

PACKET PICK UP (by coaches only) - At all the preliminary sites ONLY a coach may pick up the packet for their team. Packets will be available at the athlete's entrance gate. In the packet will be (3) coaches tickets for boys coaches and (3) tickets for girls coaches (provided both genders are entered in the meet), and one ticket for each competing athlete. Also included in the packet will be two programs. Participation certificates can be downloaded from the CIF Southern Section Home website (www.cifsshome.org).

At **El Camino College**, coaches only will pick up their team packet at the credentials table located at the East side of stadium across from the warm up area.

INCLEMENT WEATHER - The decision to re-schedule or postpone the scheduled meet 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.

STADIUM PARKING - There may be a parking fee at some facilities.

AT PRELIM SITES: The parking fee is \$5.00 at facilities that charge for parking

AT EL CAMINO COLLEGE: The parking fee is \$3.00 – Lot H has parking closest to the stadium entrance. Purchase parking permit at kiosk.

ADMISSION PRICES - 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. **PLEASE NOTE: PRELIM venues will NOT be able to accept checks or credit cards. Please relay this information to your fans.**

CIF-SS Courtesy Cards, CIF-SS Press/Photo Passes, State CIF Passes and Life passes will be the only passes honored at all meets.



Admission prices for the preliminary sites (Estancia, Moorpark, Trabuco Hills, Carpinteria) are:

ADULTS: \$8.00 HIGH SCHOOL STUDENTS WITH ID: \$5.00 CHILDREN 13 – 5: \$5.00

PLEASE NOTE THAT CANOPIES AND OTHER OVERHEAD COVERINGS WILL BE PERMITTED IN THE TOP ROW OF THE SPECTATOR BLEACHERS ONLY AT ALL VENUES. SPACE IS LIMITED AND ON A FIRST COME, FIRST SERVED BASIS ONLY.



Admission prices for the Divisional Championship Finals Meet and Masters Meet at El Camino College:

ADULTS: \$10.00 HIGH SCHOOL STUDENTS WITH ID \$5.00 CHILDREN 13-5 yrs old : \$5.00

Save time waiting in line: General Admission tickets will be available to purchase at <https://gofan.co/app/school/CIFSS>

Parking at El Camino College is \$3.00 – Lot C has parking closest to the temporary stadium entrance. Purchase parking permit at kiosk near lot.

SPECTATORS' COOLERS, CANS AND BOTTLES ARE NOT ALLOWED AT EL CAMINO COLLEGE. NO PETS ARE ALLOWED INSIDE THE STADIUM. ASSISTANCE ANIMALS WILL BE PERMITTED WITH PROPER CERTIFICATION.

FACILITY CLOSURES: As of April 27, 2019, 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.

SNACK BARS - Each site will have snack bars available for refreshments.

DIRECTIONS TO MEET 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 (2 pages).

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.

EL CAMINO COLLEGE 16007 Crenshaw Blvd., Torrance 90506.

From LAX/405 (San Diego Freeway) from the North:

Take the 405 (San Diego Freeway) south to the Redondo Beach Boulevard exit, make a left off the exit onto Redondo Beach Boulevard. Event parking: Event parking: Lot C off Manhattan Beach Blvd or Lot H off Redondo Beach Blvd.

From the 405 (San Diego Freeway) from the South:

Exit the 405 freeway at Crenshaw Boulevard. Make a left off the freeway and a right (north) onto Crenshaw Boulevard. The college is located on the northwest corner of Crenshaw and Redondo Beach Boulevard. Event parking: Event parking: Lot C off Manhattan Beach Blvd or Lot H off Redondo Beach Blvd.

From the 91 (Gardena Freeway) from the East:

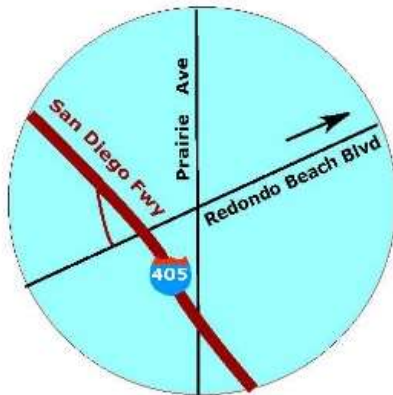
The 91 (Gardena Freeway) west will end and become Artesia Boulevard. Continue (west) on Artesia Boulevard until Crenshaw Boulevard. Make a right onto Crenshaw. Event parking: Lot C off Manhattan Beach Blvd or Lot H off Redondo Beach Blvd.

From the 110 (Harbor) Freeway from the North or South:

Take the Redondo Beach Boulevard exit. From the northbound 110 make a left onto Redondo Beach and from the southbound 110 make a right turn onto Redondo Beach. Event parking: Lot C off Manhattan Beach Blvd or Lot H off Redondo Beach Blvd.

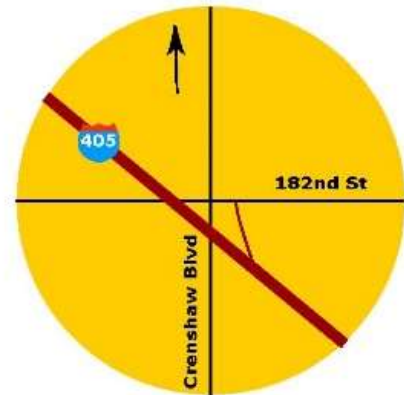
Parking fee is \$3.00 – purchase parking permit at automated kiosk. Credit cards accepted at Lot C and Lot H. Other lots may accept CASH ONLY.

SPECTATORS' COOLERS, CANS AND BOTTLES ARE NOT ALLOWED AT EL CAMINO COLLEGE.



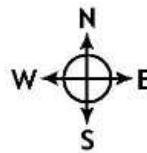
EI CAMINO COLLEGE

16007 Crenshaw Blvd.
Torrance, CA 90506
(310) 532-3670



Southbound on 405:

Take Redondo Beach Blvd. exit,
left on Redondo Beach Blvd.,
Stay in the far right lane and
take the on-ramp into the college.



Northbound on 405:

Take Crenshaw Blvd. exit,
left on 182nd St., right on
Crenshaw Blvd.

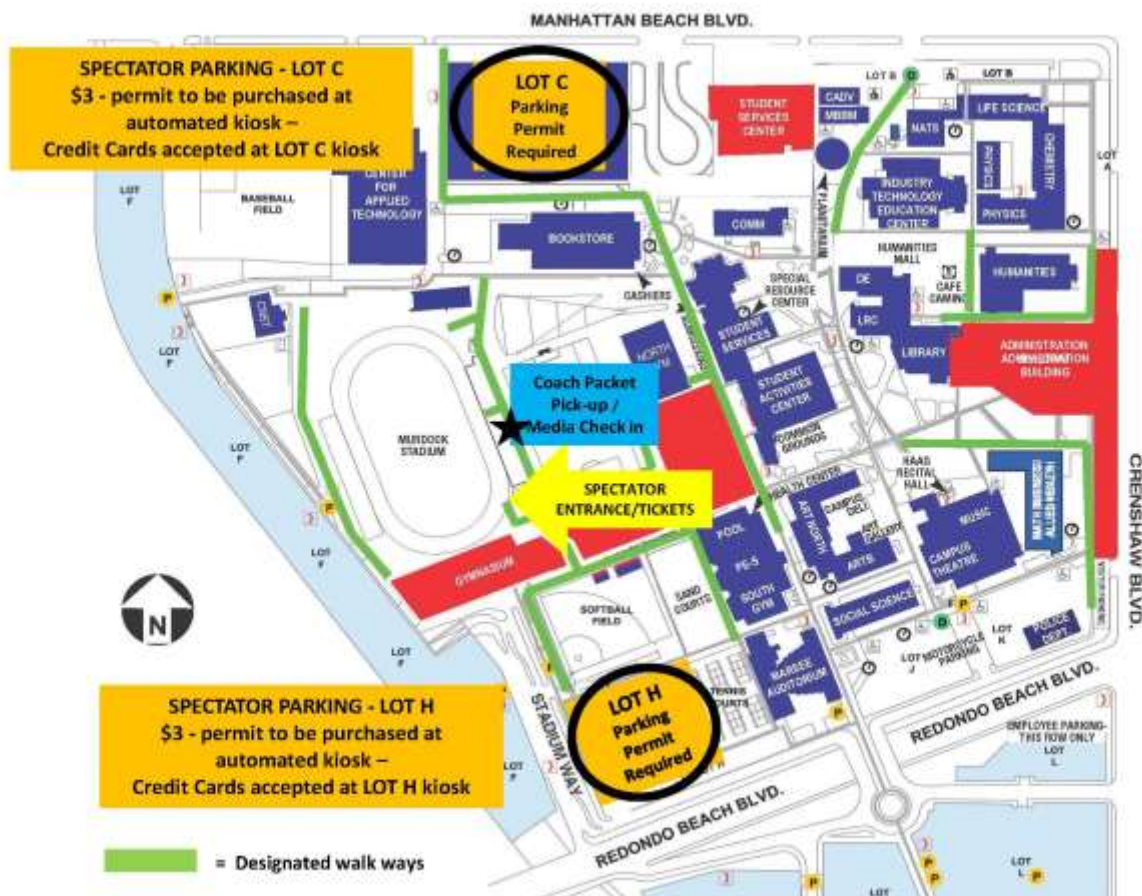


EL CAMINO COLLEGE

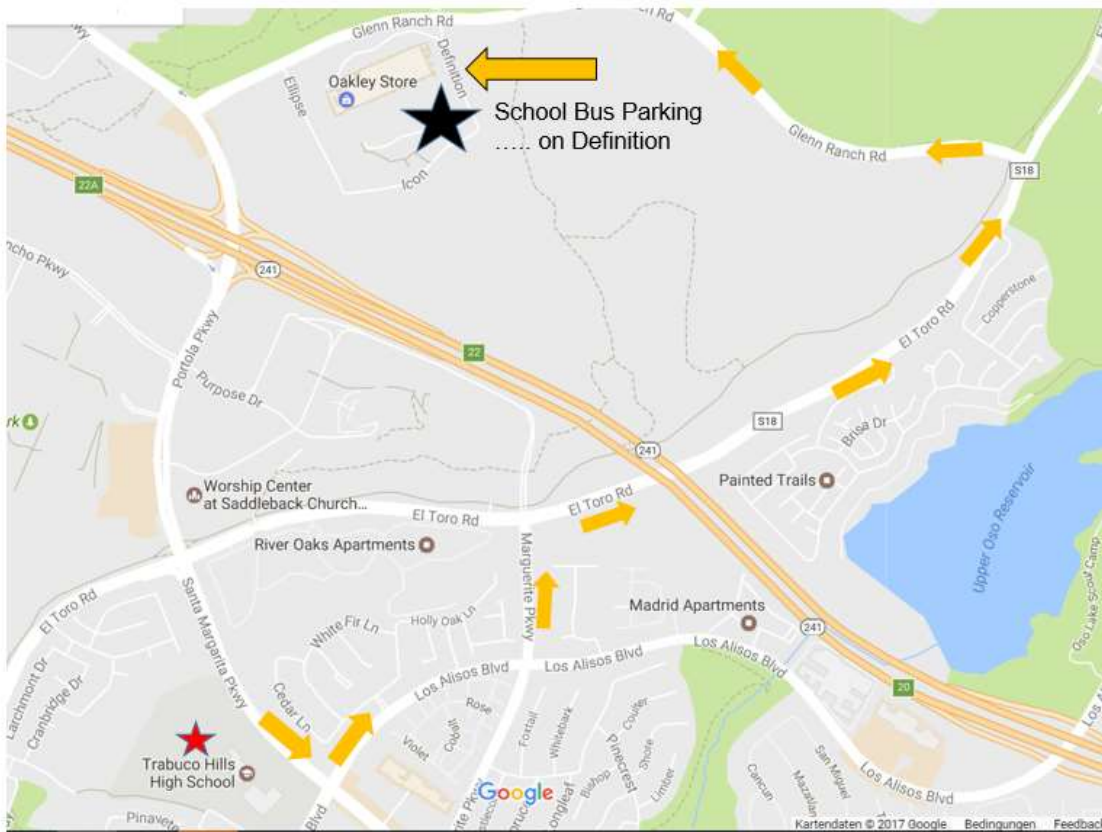
16007 Crenshaw Blvd.
Torrance 90506

Stadium entrance located off Redondo Beach Blvd near LOT H.

Parking available in Lot C or Lot H - \$3.00 parking permit required.
Purchase parking permit at automated kiosk – credit cards accepted at Lot C/H.
Other lots may accept CASH ONLY



TRABUCO HILLS HIGH SCHOOL



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 – Site Map



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.

EXPLORER



FUSION



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