



2016-2017

Boys and Girls
Track and Field
Preview

Again this year, special emphasis is to be placed upon our Code of Ethics. It is requested that school administration, coaches and athletes make a special effort to review our Code this year in an effort to re-dedicate ourselves to our founding principles.

* * * * *

CODE OF ETHICS

IT IS THE DUTY OF ALL CONCERNED WITH
HIGH SCHOOL ATHLETICS:

1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgment of sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative and good judgment by the players on a team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players.
10. To remember that an athletic contest is only a game - not a matter of life and death for player, coach, school, officials, fan, community, state or nation.

GOOD SPORTSMANSHIP, ETHICS AND INTEGRITY!!!
"YOU MAKE THE DIFFERENCE !!!"



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Los Alamitos, CA 90720
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DATE: JANUARY, 2017 (Revised 1/30/17)
TO: CIF-SS BOYS AND GIRLS TRACK AND FIELD COACHES
FROM: RAINER WULF, ASSISTANT COMMISSIONER
SUBJECT: 2017 TRACK AND FIELD SEASON

*** WELCOME TO THE 2017 TRACK AND FIELD SEASON ***

The Track and Field Preview Packet has been prepared to assist you in the organization of your school program. The information is important in preparation for the upcoming season. Please share this information with your assistant coaches.

The following items are included in the packet:

1. Calendar Dates
2. Championship dates for 2017 Season
3. Playoff Groupings
4. Blue Book Rules --
 - A. Accountability Rule
 - B. Player Conduct Rule
 - C. Other Points of Interest
5. Supervision of Athletes
6. Discus Cage Specifications
7. CIF Rules for Pole Vault
8. Pole Vault Weight Verification Form
9. Rule Revisions for 2017
10. Sanctioned Event List

2017 TRACK AND FIELD ADVISORY & MANAGEMENT COMMITTEES

Rich Benoy (Mgt.)

Al Britt

John Corona, M.L. King HS

Rob Dearborn, Moorpark HS

Rich Ede (Mgt.)

Hal Harkness (Mgt.)

Steve Hill (Mgt.)

Dennis Kelly, Trabuco Hills HS

Jonas Koolsbergen, Harvard-Westlake HS

Van Latham, Carpinteria HS

Bryan Leighliter, Gahr HS

Bob McGuire (Mgt.)

Joe McNab, Notre Dame/SO HS

Jack Recla, Trabuco Hills HS (Mgt.)

Mark Rose, Paso Robles HS

Rob Shock, Poly/Long Beach HS (Mgt.)

Mike Sluder, Apple Valley HS

Keith Thompson, Walnut HS

CIF SOUTHERN SECTION TRACK AND FIELD CALENDAR DATES

The following is a capsule of the CIF Southern Section calendar for the upcoming season:

STARTING DATE FOR INTERSCHOLASTIC CONTEST

No interscholastic meets (practice, invitational or league) may be scheduled prior to SATURDAY, February 25, 2017.

LAST LEAGUE AND/OR NON-LEAGUE CONTEST

All league competition for both boys and girls teams must end on or before Friday, May 5, 2017. Schools may compete until May 6, 2017, for non-league contests.

IMPORTANT! IMPORTANT! IMPORTANT!

*****PLEASE NOTE: ENTRIES INTO THE CIF-SS PRELIMS FROM LEAGUE MEET MANAGERS WILL BE DUE IN THE CIF SOUTHERN SECTION OFFICE BY 11:59 P.M. ON FRIDAY, MAY 5, 2017. LEAGUES MUST SCHEDULE THEIR LEAGUE FINALS PRIOR TO FRIDAY!!! *****

CIF-SS TRACK AND FIELD CHAMPIONSHIP DATES FOR 2017

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

BOYS AND GIRLS VARSITY

All Prelims are on Saturday, May 13, 2017 - Field Events: 11:00 a.m.; Running Events 12 Noon

DIVISION 1 PRELIMS

Trabuco Hills HS -- Jack Recla, Meet Mgr. - (949) 285-4893
jackrecla@sbcglobal.net

DIVISION 2 PRELIMS

Moorpark HS -- Rob Dearborn, Meet Mgr. - (805) 378-6305, Ext. 2363
rdearborn@mrpk.org

DIVISION 3 PRELIMS

Estancia HS -- Bryan Leighliter, Meet Mgr. - (714) 595-0995
brymail1@gmail.com

DIVISION 4 PRELIMS

Carpinteria HS -- Van Latham, Meet Mgr. - (805) 684-4107
vlatham@cusd.net
Div 4 Prelim information : <http://www.warriorcountry.com/track/CIF.htm>

DIVISIONAL FINALS

Cerritos College -- **Saturday, May 20, 2017**
Meet Managers: Jack Recla, Steve Hill, Rich Ede
Stadium Opens for Athletes - 8:30 am
Stadium Opens for Spectators - 9:30 am
Field Event Warm-Up Only - 10:00 am
Start Pole Vault Competition - 10:30 am
Start All Field Event Competition - 11:00 am
Start Running Events - 1:00 pm

MASTERS MEET - STATE QUALIFYING

Arcadia H.S. -- **Friday, May 26, 2017**
Meet Managers: Jack Recla, Steve Hill, Rich Ede
Stadium Opens - 3:00 pm
Start Field Event Competition - 4:30 pm
Start Running Events - 6:00 pm

STATE TRACK MEET

Buchanan H.S. -- **Friday and Saturday, June 2 and 3, 2017**
Clovis

CIF SOUTHERN SECTION 2017 TRACK AND FIELD PLAYOFF DIVISIONS

As a result of the CIF Southern Section Council decision (*March 23, 2000), for the 2016-2017 Track and Field season, league qualifiers for the CIF Southern Section Prelims will advance to their division based on the 2015-2016 CBED enrollment figures for their individual schools.

In order to address some concerns expressed by the Track and Field Advisory Committee and in an effort to avoid introducing, at this time, more drastic changes (i.e., additional minimum standards, capping entries, etc.) you will note that there have been some slight adjustments in the divisional makeup.

Leagues using Hy-Tek for their prelim/final meets must only use the school abbreviations listed on the divisional breakdown sheets. No other abbreviations can be used.

The following pages list the divisional breakdown of schools.

2017 CIF Southern Section Ford Boys and Girls Track and Field
Division 1 (2460 and Above)
As of December 7, 2016

ALPHA

ALHAMBRA	2641	PENINSULA	2520
ALISO NIGUEL	3085	PIONEER VALLEY	2704
ALTA LOMA	2505	POLY (LONG BEACH)	4369
ANAHEIM	3170	POLY (RIVERSIDE)	2744
ARCADIA	3431	QUARTZ HILL	3133
ARROYO GRANDE	2516	RANCHO CUCAMONGA	3431
ARROYO VALLEY	2708	RANCHO VERDE	2690
AYALA, RUBEN	2466	REDONDO UNION	2722
BEAUMONT	2658	RIALTO	2728
BECKMAN	2847	ROOSEVELT	4093
BELL GARDENS	3068	SAN CLEMENTE	3075
BURBANK	2550	SAN JACINTO	2515
BURROUGHS (BURBANK)	2615	SANTA ANA	2803
CABRILLO (LONG BEACH)	2630	SANTA MARIA	2605
CAJON	2848	SANTA MONICA	2956
CALIFORNIA	2826	SANTIAGO (CORONA)	4942
CAMARILLO	2825	SCHURR	2813
CANYON SPRINGS	2516	TEMECULA VALLEY	2729
CENTENNIAL (CORONA)	3376	TEMESCAL CANYON	2484
CHAFFEY	3443	TRABUCO HILLS	2912
CHAPARRAL	3123	TROY	2750
CHINO HILLS	2922	UNIVERSITY	2738
COACHELLA VALLEY	2520	UPLAND	3383
CORONA	2816	VALENCIA (PLACENTIA)	2747
CRESCENTA VALLEY	2805	VALENCIA (VALENCIA)	3105
CYPRESS	2750	VALLEY VIEW	2634
DANA HILLS	2687	VILLA PARK	2471
DIAMOND BAR	3061	VISTA MURRIETA	3531
DOWNEY	4335	WALNUT	2672
EDISON	2532	WARREN	3701
EL RANCHO	2603	WEST RANCH	2472
EL TORO	2522	WESTMINSTER	2618
ETIWANDA	3499	WILSON, WOODROW (LONG BEACH)	3845
FONTANA	2508	YUCAIPA	2760
FOOTHILL	2513		
FOUNTAIN VALLEY	3563		
GLENDALE	2543		
GLENDORA	2529		
GODINEZ	2623		
GRAND TERRACE	2492		
GREAT OAK	3476		
HERITAGE	2738		
HIGHLAND	2947		
HUNTINGTON BEACH	2957		
JORDAN	3193		
KATELLA	2620		
KING, M.L.	3355		
KNIGHT	2981		
LA QUINTA (LA QUINTA)	2740		
LA SERNA	2838		
LAKEWOOD	3403		
LOS ALAMITOS	3334		
LOS OSOS	3198		
LOYOLA (B)	2490		
MILLIKAN	3484		
MONTCLAIR	2959		
MONTEBELLO	2567		
MURRIETA VALLEY	2492		
NEWBURY PARK	2533		
OXNARD	2811		
PACIFICA (OXNARD)	3381		
PALMDALE	2700		
PALOMA VALLEY	2982		
PARAMOUNT	4824		

2017 CIF Southern Section Ford Boys and Girls Track and Field
Division 2 (2459-2000)
As of December 7, 2016

AGOURA	2094		
APPLE VALLEY	2217	OAK HILLS	2398
ARROYO	2231	ONTARIO	2452
BLOOMINGTON	2057	PASO ROBLES	2034
BOLSA GRANDE	2027	PATRIOT	2128
BUENA	2313	PERRIS	2430
CANYON (ANAHEIM)	2349	RAMONA	2117
CANYON (CANYON COUNTRY)	2340	REDLANDS	2365
CAPISTRANO VALLEY	2256	REDLANDS EAST VALLEY (correction 1/30/17)	2214
CARTER	2414	RIGHETTI	2256
CERRITOS	2048	RIO MESA	2249
CHANNEL ISLANDS	2431	ROWLAND	2220
CHINO	2225	SAN GABRIEL	2257
CITRUS HILL	2353	SAN GORGONIO	2129
CITRUS VALLEY	2198	SAN JUAN HILLS	2398
CLAREMONT	2363	SAN MARCOS	2180
COLONY	2135	SANTA ANA VALLEY	2206
CULVER CITY	2081	SANTA BARBARA	2194
DOS PUEBLOS	2137	SANTA FE	2398
EASTSIDE	2362	SANTIAGO (GARDEN GROVE)	2129
EISENHOWER	2425	SAUGUS	2347
EL MODENA	2091	SAVANNA	2016
EL SINORE	2290	SEGERSTROM	2402
FULLERTON	2110	SERRANO	2261
GARDEN GROVE	2455	SHADOW HILLS	2006
GOLDEN VALLEY	2130	SIERRA VISTA	2014
HART	2355	SILVERADO	2213
HAWTHORNE	2186	SIMI VALLEY	2215
HEMET	2335	SOUTH TORRANCE	2050
HESPERIA	2051	SUMMIT	2451
HUENEME	2221	SUNNY HILLS	2308
IRVINE	2036	TEMPLE CITY	2073
JURUPA HILLS	2039	TESORO	2407
KAISER	2345	THOUSAND OAKS	2296
KENNEDY	2438	TORRANCE	2070
LA HABRA	2213	TUSTIN	2290
LA MIRADA	2098	VENTURA (REV 1/31/17)	2276
LA QUINTA (WESTMINSTER)	2075	VISTA DEL LAGO	2286
LANCASTER	2313	WEST COVINA	2380
LAWNDALE	2225	WEST TORRANCE	2077
LOARA	2316	WESTERN	2000
LOS ALTOS	2019	WESTLAKE	2369
LYNWOOD	2382	WHITTIER	2080
MARINA	2410	WOODBIDGE	2456
MARK KEPPEL	2297		
MATER DEI	2146		
MAYFAIR	2188		
MILLER, A.B.	2357		
MIRA COSTA	2453		
MISSION VIEJO	2410		
MOORPARK	2004		
MORENO VALLEY	2378		
MURRIETA MESA	2103		
NEWPORT HARBOR	2363		
NORCO	2227		
NORTE VISTA	2247		
NORTH, J.W.	2287		
NORTHWOOD	2239		
NORWALK	2003		

2017 CIF Southern Section Ford Boys and Girls Track and Field
Division 3 (1999-1081)
As of December 7, 2016

ADELANTO	1702	MARSHALL FUNDAMENTAL	1089
ALEMANY	1328	MONROVIA	1775
ANTELOPE VALLEY	1837	MORNINGSIDE	1114
ARLINGTON	1951	MOUNTAIN VIEW	1412
ARTESIA	1527	NOGALES	1967
ATASCADERO	1333	NORTH (TORRANCE)	1845
AZUSA	1277	LA PUENTE	1403
BALDWIN PARK	1977	LAGUNA HILLS	1642
BANNING	1099	LAKESIDE	1973
BARSTOW	1433	LEUZINGER	1804
BELLFLOWER	1760	LITTLEROCK	1543
BEVERLY HILLS	1589	LOMPOC	1327
BISHOP AMAT	1404	LOS AMIGOS	1782
BONITA	1957	LUTHERAN (ORANGE)	1336
BREA OLINDA	1872	MAGNOLIA	1824
BUENA PARK	1916	MARSHALL FUNDAMENTAL	1074
BURROUGHS (RIDGECREST)	1403	MONROVIA	1785
CABRILLO (LOMPOC)	1504	MOUNTAIN VIEW	1439
CALABASAS	1886	NOGALES	1952
CATHEDRAL (B)	1500	NORTH (TORRANCE)	1913
CATHEDRAL CITY	1674	NORTHVIEW	1338
CENTURY	1881	NOTRE DAME (SHERMAN OAKS)	1228
CHAMINADE	1322	OAK PARK	1682
CHARTER OAK	1645	OCEAN VIEW	1498
COLTON	1959	ORANGE	1899
COMPTON	1740	PACIFIC	1411
CORONA DEL MAR	1755	PACIFICA (GARDEN GROVE)	1711
COSTA MESA	1165	PALM DESERT	1949
COVINA	1317	PALM SPRINGS	1784
Da VINCI DESIGN	1234	PALOS VERDES	1716
DAMIEN (B)	1872	PASADENA	1860
DESERT HOT SPRINGS	1731	PIONEER	1443
DESERT MIRAGE	1880	POMONA	1353
DIAMOND RANCH	1833	RANCHO ALAMITOS	1795
DOMINGUEZ	1828	RANCHO MIRAGE	1565
DON LUGO	1750	RIM OF THE WORLD	1151
EL DORADO	1922	ROSEMEAD	1708
EL MONTE	1835	ROYAL	1884
EL SEGUNDO	1260	RUBIDOUX	1602
ESPERANZA	1692	SADDLEBACK	1626
ESTANCIA	1167	SAN BERNARDINO	1581
EXCELSIOR CHARTER	1289	SAN DIMAS	1383
FIREBAUGH	1831	SAN LUIS OBISPO	1398
GABRIELINO	1812	SAN MARINO	1200
GAHR	1983	SANTA MARGARITA	1740
GAREY	1727	SANTA PAULA	1602
GLADSTONE	1215	SERVITE (B)	1778
GLENN	1447	SONORA	1882
GRANITE HILLS	1457	SOUTH EL MONTE	1389
HARVARD-WESTLAKE	1164	SOUTH HILLS	1706
HILLCREST	1791	SOUTH PASADENA	1526
HOOVER	1694	ST. FRANCIS (B)	1324
INDIAN SPRINGS	1864	ST. JOHN BOSCO (B)	1682
INDIO	1827	ST. JOSEPH (LAKEWOOD) (G)	1162
INGLEWOOD	1197	ST. LUCY'S PRIORY (G)	1258
JSERRA	1224	SULTANA	1965
JURUPA VALLEY	1684	TAHQUITZ	1724
LA CANADA	1390	WEST VALLEY	1888
LA PUENTE	1155	WILSON/HACIENDA HEIGHTS	1597
LA SIERRA	1881	YORBA LINDA	1801
LAGUNA BEACH	1110	YUCCA VALLEY	1356
LAGUNA HILLS	1580		
LAKESIDE	1760		
LEUZINGER	1811		
LITTLEROCK	1545		
LOMPOC	1455		
LOS AMIGOS	1830		
LUTHERAN (ORANGE)	1329		
MAGNOLIA	1789		

2017 CIF Southern Section Ford Boys and Girls Track and Field
Division 4 (1079 and Below)
As of December 7, 2016

ACADEMY/ACADEMIC EXCELLENCE	419				
ALVERNO (G)	360				
AMBASSADOR	67				
ANAHEIM DISCOVERY CHRISTIAN	228				
AQUINAS	421				
ARCHER SCHOOL FOR GIRLS (G)	542				
ARROWHEAD CHRISTIAN ACADEMY	374				
AVESON GLOBAL LEADERSHIP	206				
BASSETT	1069				
BELLARMINE- JEFFERSON	123				
BETHEL CHRISTIAN (RIVERSIDE)	80				
BIG BEAR	711				
BISHOP DIEGO	255				
BISHOP MONTGOMERY	958				
BLAIR	584				
BORON	181				
BRENTWOOD	467				
BRIDGES ACADEMY	82				
BUCKLEY	346				
CALIFORNIA LUTHERAN	85				
CALIFORNIA MILITARY INSTITUTE	498				
CALVARY CHAPEL (DOWNEY)	302				
CALVARY CHAPEL (SANTA ANA)	468				
CALVARY MURRIETA	317				
CAMPBELL HALL	552				
CAMS	681				
CANTWELL-SACRED HEART OF MARY	568				
CAPISTRANO VALLEY CHRISTIAN	204				
CARNEGIE RIVERSIDE	238				
CARPINTERIA	648				
CATE	282				
CENTENNIAL (COMPTON)	983				
CHADWICK	356				
CHRISTA McAULIFF	175				
CREAN LUTHERAN	795				
CRESPI (B)	986				
CROSSROADS	521				
CSDR	180				
De TOLEDO	404				
DESERT CHRISTIAN (LANCASTER)	297				
DON BOSCO TECH (B)	778				
DUARTE	937				
EDGEWOOD	864				
EINSTEIN, ALBERT	280				
EXECUTIVE PREP ACADEMY (prob.)	202				
FILLMORE	977				
FLINTRIDGE PREPARATORY	410				
FLINTRIDGE SACRED HEART (G)	768				
FOOTHILL TECHNOLOGY	1023				
GANESHA	1064				
GARDEN STREET ACADEMY	33				
GRACE BRETHERN	377				
GROVE	136				
HAMILTON	300				
HELP GROUP WEST	139				
HERITAGE CHRISTIAN	560				
HILLCREST CHR. (THOUSAND OAKS)	87				
HOLY FAMILY (G)	368				
HOLY MARTYRS	145				
IMMACULATE HEART (G)	970				
LA REINA (G)	746				
LA SALLE	651				
LA SIERRA ACADEMY	218				
LINFIELD CHRISTIAN	363				
LONE PINE	127				
LOS ANGELES ADVENTIST	53				
LOUISVILLE (G)	674				
LUTHERAN (LA VERNE)	75				
		LYCEE INTERNATIONAL	135		
		MALIBU	671		
		MAMMOTH	330		
		MARANATHA	675	ST. MONICA CATHOLIC	513
		MARLBOROUGH (G)	742	ST. PAUL	655
		MARY STAR OF THE SEA	523	ST. PIUS X-ST. MATTHIAS	310
		MARYMOUNT (G)	798	TEMECULA PREP	325
		MAYFIELD (G)	666	TEMPLETON	742
		MILKEN COMMUNITY	553	THACHER	237
		MISSION PREP	376	TRONA	68
		MOJAVE	182	TWENTYNINE PALMS	787
		MORRO BAY	861	UPLAND CHRISTIAN ACADEMY	224
		MUIR	886	VALLEY CHRISTIAN (CERRITOS)	553
		NEW COVENANT ACADEMY	63	VASQUEZ	400
		NEW ROADS	351	VERBUM DEI (B)	626
		NIPOMO	1077	VIEWPOINT	546
		NOLI INDIAN	88	VILLAGE CHRISTIAN	476
		NORDHOFF	760	VILLANOVA PREP	265
		NOTRE DAME (RIVERSIDE)	485	VISTAMAR	274
		NOTRE DAME ACADEMY (G)	746	WEAVER	175
		NUVIEW BRIDGE	599	WEBB	407
		OAK GROVE	58	WESTERN CHRISTIAN	350
		OAKS CHRISTIAN	971	WESTRIDGE (G)	604
		OAKWOOD	327	WHITNEY	679
		OJAI VALLEY	113	WHITTIER CHRISTIAN	578
		ONTARIO CHRISTIAN	427	WILDWOOD	226
		ORANGE VISTA (new)	1055	WINDWARD	417
		ORCUTT ACADEMY	593	WOODCREST CHRISTIAN	347
		OXFORD ACADEMY	789	XAVIER PREP	565
		PACIFIC HILLS	82	YESHIVA	359
		PACIFICA CHRISTIAN/SM	239		
		PACIFICA CHRISTIAN - O.C.	50		
		PALMDALE AEROSPACE ACADEMY	741		
		PARACLETE	724		
		PILGRIM	89		
		PILIBOS	252		
		POLY (PASADENA)	375		
		POMONA CATHOLIC (G)	440		
		PRICE	64		
		PROVIDENCE (BURBANK)	435		
		PROVIDENCE (SANTA BARBARA)	75		
		RAMONA CONVENT (G)	478		
		RANCHO CHRISTIAN	217		
		RIVERSIDE SPRINGS CHARTER-TEM	229		
		RIVERSIDE COUNTY ED ACADEMY	544		
		RIVERSIDE PREP	697		
		ROLLING HILLS PREP	183		
		ROSARY Academy (G)	916		
		SACRED HEART OF JESUS (G)	448		
		SADDLEBACK VALLEY CHRISTIAN	288		
		SAGE HILL	520		
		SALESIAN (B)	948		
		SAN GABRIEL MISSION (G)	510		
		SAN JACINTO VALLEY ACADEMY	262		
		SANTA CLARA	236		
		SANTA CLARITA VALLEY	239		
		SANTA YNEZ	996		
		SERRA	547		
		SHERMAN INDIAN	293		
		SIERRA CANYON	407		
		SILVER VALLEY	385		
		ST. ANTHONY	525		
		ST. BERNARD	259		
		ST. BONAVENTURE	535		
		ST. GENEVIEVE	610		
		ST. JOSEPH (SANTA MARIA)	408		
		ST. MARGARET'S	471		
		ST. MARY'S ACADEMY (G)	514		



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**CIF Southern Section
2017 Boys and Girls Track and Field
Hy-Tek Abbreviations**

<u>School</u>	<u>(Hy-Tek Abbreviations)</u>	<u>School</u>	<u>(Hy-Tek Abbreviations)</u>
Academy of Academic Ex.	(AFAE)	California	(CALF)
Adolfo Camarillo	(CAMA)	California City	
Agoura	(AGOU)	California Military Academy	(CAMY)
Aleman	(ALEM)	Calvary Chapel/Downey	(CALC)
Alhambra	(ALHA)	Calvary Chapel/Santa Ana	(CCSS)
Aliso Niguel	(ALNI)	Calvary Chapel/Murrieta	(CCMU)
Alverno	(ALVE)	Campbell Hall	(CAHA)
Alta Loma	(ALLO)	Cantwell-Sacred Heart	(CANT)
Anaheim	(ANAH)	Canyon/Anaheim	(CAAN)
Animo Leadership	(ANLE)	Canyon/Canyon Country	(CANY)
Antelope Valley	(ANVA)	Canyon Springs	(CASP)
Antelope Valley Christian	(ANCH)	Capistrano Valley	(CAPO)
Apple Valley	(APVA)	Carpinteria	(CARP)
Aquinas	(AQUI)	Carter	(CART)
Arcadia	(ARCA)	Cate	(CATE)
Archer School for Girls (G)	(ARSG)	Cathedral (B)	(CATH)
Arlington	(ARLI)	Cathedral City	(CACI)
Arrowhead Christian	(ARCH)	Centennial/Compton	(CENC)
Arroyo	(AROY)	Centennial/Corona	(CENN)
Arroyo Grande	(ARGR)	Century	(CENT)
Arroyo Valley	(ARVA)	Cerritos	(CERR)
Artesia	(ARTE)	Chadwick	(CHAD)
Atascadero	(ATAS)	Chaffey	(CHAF)
Ayala	(AYAL)	Chaminade	(CHAM)
Azusa	(AXUS)	Channel Islands	(CHIS)
Baldwin Park	(BAPA)	Chaparral	(CHAP)
Banning	(BANG)	Charter Oak	(CHOA)
Barstow	(BARS)	Chino	(CHIN)
Bassett	(BASS)	Chino Hills	(CHHI)
Beaumont	(BEAU)	Citrus Hill	(CIHI)
Beckman	(BEMA)	Claremont	(CLAR)
Bell Gardens	(BEGA)	Coachella Valley	(COVA)
Bell-Jeff	(BELJ)	Colony	(COLO)
Bellflower	(BELF)	Colton	(COLT)
Bethel Christian/Riverside	(BTCR)	Compton	(COMP)
Beverly Hills	(BEHI)	Cornerstone Chr/Camarillo	(CRNS)
Big Bear	(BIBE)	Corona	(CORO)
Bishop Amat	(BIAM)	Corona del Mar	(CODM)
Bishop Diego	(BIDI)	Costa Mesa	(COME)
Bishop Montgomery	(BIMO)	Covina	(COVI)
Bishop Union	(BISH)	Crean Lutheran	(CLSO)
Blair	(BLAI)	Crescenta Valley	(CRVA)
Bloomington	(BLOM)	Crespi (B)	(CRES)
Bolsa Grande	(BOGR)	Crossroads	(CROS)
Bonita	(BONI)	CSDR	(CSDR)
Boron	(BORO)	Culver City	(CUCI)
Brea Olinda	(BROL)	Cypress	(CYPR)
Brentwood	(BREN)	Damien (B)	(DAMI)
Brethren Christian	(BRET)	Dana Hills	(DAHI)
Buena	(BUEN)	Death Valley Academy	(DEAT)
Buena Park	(BUPA)	Desert	(DESE)
Burbank	(BURB)	Desert Christian/Lancaster	(DESL)
Burroughs/Burbank	(BURO)	Desert Christian/BD	(DEBD)
Burroughs/Ridgecrest	(BURO)	Desert Hot Springs	(DEHO)
Cabrillo/Lompoc	(CABR)	Desert Mirage	(DEMI)
Cabrillo/Long Beach	(CABL)	Diamond Bar	(DIBA)
Cajon	(CAJO)	Diamond Ranch	(DIRA)
Calabasas	(CALB)	Dominguez	(DOMI)

<u>School</u>	<u>(Hy-Tek Abbreviations)</u>
Don Bosco (B)	(DOBO)
Don Lugo	(DOLU)
Dos Pueblos	(DPHS)
Downey	(DOWN)
Duarte	(DUAR)
Dunn	(DUNN)
Eastside	(EASI)
Edison	(EDIN)
Eisenhower	(EISE)
El Dorado	(ELDR)
El Modena	(ELMO)
El Monte	(ELMT)
El Rancho	(ELRA)
El Segundo	(ELSE)
El Toro	(ELTO)
Elsinore	(ELSI)
Esperanza	(ESPE)
Estancia	(ESTA)
Etiwanda	(ETIW)
Excelsior Education Center	(EXED)
Fillmore	(FILL)
Flintridge Prep	(FLPR)
Flintridge Sacred Heart (G)	(FLSH)
Fontana	(FONT)
Foothill	(FHIL)
Foothill Technology	(FHTC)
Fountain Valley	(FOVA)
Fullerton	(FULL)
Gabrielino	(GABR)
Gahr	(GAHR)
Ganesha	(GANE)
Garden Grove	(GAGR)
Garey	(GARE)
Gladstone	(GLAD)
Glendale	(GLND)
Glendora	(GLEN)
Glenn	(GLNN)
Godinez	(GODI)
Golden Valley	(GOVA)
Granite Hills	(GHLS)
Great Oak	(GROA)
Hamilton	(HAML)
Hart	(HART)
Harvard-Westlake	(HAWE)
Hawthorne	(HAWT)
Hemet	(HEME)
Heritage	(HERI)
Hesperia	(HESP)
Hesperia Christian	(HECR)
Highland	(HIGL)
Holy Family (G)	(HOFA)
Holy Martyr's	(HOMA)
Hoover	(HOOV)
Hueneme	(HUEN)
Huntington Beach	(HUBE)
Immaculate Heart (G)	(IMMU)
Immanuel Christian	(IMMN)
Indio	(INDI)
Inglewood	(INGL)
Irvine	(IRVI)
Jordan	(JORD)
JSerra	(JSER)
Jurupa Valley	(JURU)

<u>School</u>	<u>(Hy-Tek Abbreviations)</u>
Kaiser	(KAIS)
Katella	(KATE)
Kennedy	(KNSS)
Kern Valley	(KEVA)
Kilpatrick (B)	(KILP)
King, M.L.	(KGML)
Knight	(KNIG)
La Canada	(LACA)
La Habra	(LAHA)
La Mirada	(LAMI)
La Puente	(LAPU)
La Quinta/La Quinta	(LAQU)
La Quinta/Westminster	(LAQN)
La Reina (G)	(LARE)
La Salle	(LASA)
La Serna	(LASE)
La Sierra	(LASI)
La Sierra Academy	(LSAC)
Laguna Beach	(LABE)
Laguna Hills	(LAHI)
Lakeside	(LAKS)
Lakewood	(LAKE)
Lancaster	(LANC)
Leuzinger	(LEUZ)
Lighthouse Christian	(LGXH)
Linfield Christian	(LINF)
Littlerock	(LITT)
Loara	(LOAR)
Lompoc	(LOMP)
Lone Pine	(LOPI)
Los Alamitos	(LOSA)
Los Altos	(LOST)
Los Amigos	(LOAM)
Los Angeles Adventist	(LNAT)
Los Angeles Baptist	(LABA)
Los Osos	(LOOS)
Louisville (G)	(LOUI)
Loyola (B)	(LOYO)
Lutheran/La Verne	(LULV)
Lutheran/Orange	(LUOR)
Lynwood	(LYNW)
Magnolia	(MAGN)
Malibu	(MALI)
Maranatha	(MARA)
Marina	(MARI)
Mark Keppel	(MAKE)
Marlborough (G)	(MARL)
Marshall	(MARH)
Mary Star of the Sea	(MSEA)
Marymount (G)	(MARY)
Mater Dei	(MADE)
Mayfair	(MAYF)
Mayfield (G)	(MYFL)
Millen Community	(MKLN)
Miller, A.B.	(ABMI)
Millikan	(MILK)
Mira Costa	(MICO)
Mission Viejo	(MIVI)
Mojave	(MOJA)
Monrovia	(MORO)
Montclair	(MOCL)
Montclair Prep	(MOPR)

<u>School</u>	<u>(Hy-Tek Abbreviations)</u>	<u>School</u>	<u>(Hy-Tek Abbreviations)</u>
Montebello	(MOBE)	Quartz Hill	(QUHI)
Moorpark	(MOOR)	Ramona	(RAMO)
Moreno Valley	(MOVA)	Ramona Convent (G)	(RACV)
Morningside	(MORN)	Rancho Alamitos	(RAAL)
Morro Bay	(MOBA)	Rancho Cucamonga	(RACU)
Mountain View	(MOVV)	Rancho Verde	(RAVE)
Muir	(MUIR)	Redlands	(REDL)
Murrieta Valley	(MUVA)	Redlands East Valley	(REEA)
New Roads	(NERO)	Redondo Union	(REDO)
Newbury Park	(NEPA)	Rialto	(RIAL)
Newport Harbor	(NEHA)	Ribet Academy	(RIAC)
Nia Educational Charter	(NEDC)	Righetti	(RIGH)
Nipomo	(NIPO)	Rim of the World	(RIWO)
Nogales	(NGLE)	Rio Mesa	(RIME)
Norco	(NORC)	Riverside Christian	(RVCH)
Nordhoff	(NORD)	Riverside Prep	(RIVP)
Norte Vista	(NOVE)	Roosevelt, Eleanor	(ROEL)
North, J.W.	(NRTH)	Rosamond	(ROSA)
North Torrance	(NOTO)	Rosary (G)	(RORY)
Northview	(NRVW)	Rosemead	(ROSE)
Northwood	(NRWO)	Rowland	(ROWL)
Norwalk	(NORW)	Royal	(ROYL)
Notre Dame/Riverside	(NDAM)	Rubidoux	(RUBI)
Notre Dame/Sherman Oaks	(NODA)	Sacred Heart of Jesus (G)	(SHJE)
Notre Dame Academy (G)	(NDAD)	Saddleback	(SADD)
Nuvview Bridge	(NUBR)	Saddleback Valley Christian	(SVCH)
Oak Park	(OAPA)	Sage Hill	(SGHI)
Oaks Christian	(OACH)	Salesian (B)	(SLES)
Oakwood	(OAWO)	San Bernardino	(SABR)
Ocean View	(OCVI)	San Clemente	(SCLE)
Ojai Valley	(OJVA)	San Dimas	(SADI)
Ontario	(ONTA)	San Gabriel Mission (G)	(SGME)
Ontario Christian	(ONCH)	San Gabriel	(SAGA)
Orange	(ORAN)	San Geronio	(SAGO)
Orcutt Academy	(ORAC)	San Jacinto	(SAJA)
Oxford Academy	(OXAC)	San Jacinto Valley Academy	(SIAA)
Oxnard	(OXNA)	San Juan Hill	(SJUH)
Pacific	(PACI)	San Luis Obispo	(SALU)
Pacific Hills	(PAHI)	San Marcos	(SAMA)
Pacifica/Garden Grove	(PAFE)	San Marino	(SNMR)
Pacifica/Oxnard	(PAOX)	Santa Ana	(SAAN)
Pacifica Christian	(PACR)	Santa Ana Valley	(SAVA)
Palm Desert	(PADE)	Santa Barbara	(SABA)
Palm Springs	(PASP)	Santa Clara	(SACL)
Palmdale	(PADA)	Santa Fe	(SAFE)
Paloma Valley	(PLMV)	Santa Margarita	(STMA)
Palos Verdes	(PSVE)	Santa Maria	(STMR)
Paraclete	(PARC)	Santa Monica	(SAMO)
Paramount	(PARA)	Santa Paula	(SNPL)
Pasadena	(PASA)	Santa Ynez	(SAYN)
Paso Robles	(PARO)	Santiago/Corona	(SNT0)
Patriot	(PATR)	Santiago/Garden Grove	(SNT0)
Peninsula	(PENI)	Saugus	(SAGU)
Perris	(PERR)	Savanna	(SAVN)
Pioneer	(PNER)	Schurr	(SCHU)
Pioneer Valley	(PIOV)	Segerstrom	(SEGR)
Poly/Long Beach	(POLB)	Serra	(SRSS)
Poly/Pasadena	(POPA)	Serrano	(SERN)
Poly/Riverside	(PORI)	Servite (B)	(SERV)
Pomona	(POMO)	Shadow Hills	(SHHI)
Price	(PRIC)	Shandon	(SHAN)
Providence	(PROV)	Sherman Indian	(SHIN)

<u>School</u>	<u>(Hy-Tek Abbreviations)</u>
Sierra Canyon	(SICA)
Sierra Vista	(SIVI)
Silver Valley	(SIVL)
Silverado	(SILV)
Simi Valley	(SIVA)
Sonora	(SONR)
South Bay Lutheran	(SBLU)
South El Monte	(SOEM)
South Hills	(SOHI)
South Pasadena	(SOPA)
South Torrance	(SOTO)
St. Anthony	(STAN)
St. Bernard	(STBE)
St. Bonaventure	(STBO)
St. Francis (B)	(STFC)
St. Genevieve	(STGE)
St. John Bosco (B)	(STJB)
St. Joseph/Santa Maria	(STJO)
St. Joseph/Lakewood (G)	(STJP)
St. Lucy's (G)	(STLU)
St. Margaret's	(STMG)
St. Mary's Academy (G)	(STMC)
St. Matthias (G)	(SMTT)
St. Monica	(SMON)
St. Monica Catholic	(SMON)
St. Paul	(STPA)
Sultana	(SULT)
Summit	(SUMT)
Sunny Hills	(SUHI)
Tahquitz	(TAHQ)
Temecula Prep	
Temecula Valley	(TEVA)
Templeton	(TEMP)
Temescal Canyon	(TECA)
Temple City	(TECI)
Tesoro	(TESO)
Thacher	(THAC)
Thousand Oaks	(THOA)
Torrance	(TORR)
Trabuco Hills	(TRHI)
Trinity Lutheran	(TRLU)
Trona	(TRON)
Troy	(TROY)
Tustin	(TUST)
Twentynine Palms	(TWEN)
University	(UNIV)
Upland	(UPLN)
Upland Christian	(ULCN)
Valencia/Placentia	(VAPL)
Valencia/Valencia	(VALE)
Valley Christian/Cerritos	(VCHR)
Valley View	(VAVI)
Vasquez	(VASQ)
Ventura	(VENT)
Verbum Dei (B)	(VEDE)
Victor Valley	(VIVA)
Victor Valley Christian	(VVCH)
Villa Park	(VIPA)
Village Christian	(VLCH)
Village Glen	(VIGL)
Villanova Prep	(VIPR)

<u>School</u>	<u>(Hy-Tek Abbreviations)</u>
Vista del Lago	(VIDL)
Vista Murrieta	(VIMU)
Vistamar	(VIMA)
Walnut	(WALN)
Warren	(WARR)
Webb	(WEBB)
West Covina	(WECO)
West Ranch	(WERN)
West Torrance	(WETO)
West Valley	(WEVL)
West Valley Christian	(WVCH)
Western	(WSTN)
Western Christian	(WCHR)
Westlake	(WELA)
Westminster	(WEMI)
Westridge (G)	(WESR)
Whitney	(WHIT)
Whittier	(WHTT)
Whittier Christian	(WHCH)
Wilson/Hacienda Heights	(WLHH)
Wilson/Long Beach	(WILB)
Windward	(WINW)
Woodbridge	(WOBR)
Woodcrest Christian	(WDCH)
Xavier Prep	(XAVI)
Yucaipa	(YUCI)
Yucca Valley	(YUCA)

2017 QUALIFYING STANDARDS

1. League champions in the varsity league finals meet in each event will automatically qualify.
2. Second and third place finishers in the varsity league finals meet will qualify **IF** they meet the minimum standard for their event.
3. At-large entrant standards will be different from the minimum standards. ***(*At-large standards can only be achieved in varsity league finals competition.)***

2017 QUALIFYING STANDARDS FOR 2nd & 3rd PLACE IN LEAGUE FINALS

MINIMUM STANDARDS FOR 2ND AND 3RD PLACE IN LEAGUE FINALS - 2016								
	D1-BOYS	D1-BOYS	D1-GIRLS	D1-GIRLS	D2-BOYS	D2-BOYS	D2-GIRLS	D2-GIRLS
EVENT	FAT	HT	FAT	HT	FAT	HT	FAT	HT
100	11.14	10.9	12.74	12.5	11.54	11.3	12.84	12.6
200	22.84	22.6	26.34	26.1	23.34	23.1	27.14	26.9
400	51.94	51.7	1:01.14	1:00.9	52.14	51.9	1:03.14	1:02.9
800	2:01.14	2:00.9	2:25.14	2:24.9	2:04.14	2:03.9	2:27.14	2:26.9
1600	4:35.14	4:34.9	5:25.14	5:24.9	4:35.14	4:34.9	5:25.14	5:24.9
3200	10:00.14	9:59.9	12:10.14	12:09.9	10:00.14	9:59.9	12:05.14	12:04.9
110/100HH	16.14	15.9	16.74	16.5	16.14	15.9	16.74	16.5
300IH/LH	41.44	41.2	50.14	49.9	43.14	42.9	49.54	49.3
400R	44.14	43.9	50.94	50.7	45.44	45.2	51.84	51.6
1600R	3:33.14	3:32.9	4:18.14	4:17.9	3:35.14	3:34.9	4:15.14	4:14.9
HJ		5-10		4-09		5-08		4-08
PV		12-03		8-00		10-00		8-00
LJ		20-06		16-03		20-06		16-00
TJ		41-03		33-00		41-00		32-03
SHOT		45-00		32-06		42-00		30-00
DISCUS		125-00		100-00		130-00		100-00
	D3-BOYS	D3-BOYS	D3-GIRLS	D3-GIRLS	D4-BOYS	D4-BOYS	D4-GIRLS	D4-GIRLS
EVENT	FAT	HT	FAT	HT	FAT	HT	FAT	HT
100	11.54	11.3	13.54	13.3	11.74	11.5	13.24	13.0
200	23.34	23.1	27.74	27.5	24.14	23.9	27.94	27.7
400	52.14	51.9	1:03.14	1:02.9	55.34	55.1	1:04.54	1:04.3
800	2:05.14	2:04.9	2:35.14	2:34.9	2:13.14	2:12.9	2:34.14	2:33.9
1600	4:39.14	4:38.9	5:45.14	5:44.9	4:55.14	4:54.9	5:50.14	5:49.9
3200	10:20.14	10:19.9	12:25.14	12:24.9	11:05.14	11:04.9	13:30.14	13:29.9
110/100HH	17.14	16.9	18.24	18.0	18.24	18.0	18.64	18.4
300IH/LH	43.14	42.9	51.74	51.5	45.44	45.2	52.74	52.5
400R	45.14	44.9	53.14	52.9	47.14	46.9	54.34	54.1
1600R	3:37.14	3:36.9	4:25.14	4:24.9	3:50.14	3:49.9	4:40.14	4:39.9
HJ		5-08		4-08		5-07		4-07
PV		10-00		7-00		9-00		7-00
LJ		20-01		15-06		19-00		14-06
TJ		40-00		31-09		37-06		29-00
SHOT		43-00		30-03		38-06		29-06
DISCUS		125-00		90-00		110-00		80-00

FAT = Fully automatic timing; HT = hand timed

All leagues should have, in their constitution, language dealing with the submission of league entries to the CIF Prelims. The process utilized for entry submission must be consistent with that approved language.

QUALIFYING STANDARDS FOR AT-LARGE AND FREE LANCE ENTRIES - 2016								
	D1-BOYS	D1-BOYS	D1-GIRLS	D1-GIRLS	D2-BOYS	D2-BOYS	D2-GIRLS	D2-GIRLS
EVENT	FAT	HT	FAT	HT	FAT	HT	FAT	HT
100	10.88	10.6	12.10	11.8	10.98	10.7	12.28	12.0
200	21.97	21.7	24.76	24.5	22.23	21.9	25.17	24.9
400	49.30	49.0	57.09	56.8	49.96	49.7	58.58	58.3
800	1:56.51	1:56.2	2:17.12	2:16.8	1:56.96	1:56.7	2:17.57	2:17.3
1600	4:19.61	4:19.3	5:05.29	5:05.0	4:22.21	4:21.9	5:07.30	5:07.0
3200	9:22.55	9:22.3	11:00.39	11:00.1	9:26.52	9:26.2	11:09.20	11:08.9
110/100HH	14.87	14.6	15.41	15.1	15.17	14.9	15.31	15.0
300IH/LH	39.53	39.2	45.57	45.3	40.01	39.7	45.81	45.5
400R	42.62	42.3	48.06	47.8	43.17	42.9	49.28	49.0
1600R	3:21.76	3:21.5	3:55.30	3:55.0	3:25.63	3:25.3	4:01.37	4:01.1
HJ		6-04		5-04		6-02		5-01
PV		14-06		10-02		13-05		10-06
LJ		21-09		17-06		21-02		16-11
TJ		44-05		35-08		43-01		36-01
SHOT		51-08		37-05		51-03		37-08
DISCUS		157-04		120-11		154-00		119-07
	D3-BOYS	D3-BOYS	D3-GIRLS	D3-GIRLS	D4-BOYS	D4-BOYS	D4-GIRLS	D4-GIRLS
EVENT	FAT	HT	FAT	HT	FAT	HT	FAT	HT
100	10.87	10.6	12.47	12.2	11.31	11.0	12.65	12.4
200	21.96	21.7	25.41	25.1	22.74	22.5	25.76	25.5
400	50.56	50.3	59.40	59.1	51.22	50.9	59.71	59.4
800	1:58.80	1:58.5	2:20.35	2:20.1	2:01.69	2:01.4	2:21.28	2:21.0
1600	4:22.42	4:22.1	5:10.96	5:10.7	4:27.64	4:27.4	5:15.01	5:14.7
3200	9:34.52	9:34.2	11:13.93	11:13.6	9:44.44	9:44.2	11:40.46	11:40.2
110/100HH	15.26	15.0	15.51	15.2	15.99	15.7	16.22	15.9
300IH/LH	40.14	39.9	47.94	47.7	41.62	41.3	47.56	47.3
400R	43.12	42.8	49.74	49.5	44.39	44.1	50.80	50.5
1600R	3:27.10	3:26.8	4:05.28	4:05.0	3:31.67	3:31.4	4:10.55	4:10.3
HJ		6-00		5-00		6-00		5-00
PV		13-05		10-01		11-10		8-08
LJ		20-11		17-01		20-07		16-04
TJ		43-00		35-05		41-10		34-06
SHOT		51-08		35-02		44-11		33-05
DISCUS		151-07		109-02		131-8		104-10

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LEAGUE MEET MANAGERS, LEAGUE COORDINATORS

All leagues should have, in their constitution, language dealing with the submission of league entries to the CIF Prelims. The process utilized for entry submission must be consistent with that approved language.

“WILD CARD” INCLUSION INTO CIF-SS PRELIMS

Any athlete or relay competing at their league finals meet who fails to achieve a top three result or a mark that meets the “at-large” standard for their CIF-SS division, but whose mark at their league finals meet is in the top ten (including ties) for their Division as published on the CIF-SS Prelims performance list will advance into the meet.

Coaches with individual athletes or relay teams whose performance at the league finals meet puts them into this situation should confirm their top ten status on the final CIF-SS Prelim performance list on EPI and contact the Prelim Meet Manager **via email** for their division with official results from their league finals meet so that their athlete can be included in the CIF-SS Prelim field as a “Wild Card” entry.

The **email** deadline for “Wild Card” entry submission to the Prelim Meet Manager is **10:00am** on the **Monday morning** following the submission of entries by league meet managers. League meet managers must submit “Wild Card” entry via email to the Divisional Prelim Meet Manager. Email information is listed below. **Anyone who misses the deadline will not be entered after that point.**

DIVISION 1 PRELIMS

Trabuco Hills HS – Jack Recla, Meet Mgr. - jackrecla@sbcglobal.net

DIVISION 2 PRELIMS

Moorpark HS -- Rob Dearborn, Meet Mgr. - rdearborn@mrpk.org

DIVISION 3 PRELIMS

Estancia HS -- Bryan Leighliter, Meet Mgr. - brymail1@gmail.com

DIVISION 4 PRELIMS

Carpinteria HS -- Van Latham, Meet Mgr. - vlatham@cusd.net

BLUE BOOK RULES - SPECIAL POINTS OF INTEREST

A) ACCOUNTABILITY RULE --

125.1 -- COACH EJECTION -- Upon the ejection of a coach from any CIF-SS contest, it is the responsibility of the principal of said school to file a letter of explanation with the CIF Southern Section Office which includes the circumstances surrounding the matter and what action the principal has taken to prevent a recurrence. Said correspondence is to be filed within THREE school days of notification of the ejection. Additionally, upon ejection, the head or assistant coach shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. A second ejection will constitute a two contest suspension and a third ejection will cause suspension for the remainder of the season.

125.2 -- FAILURE TO COMPLETE A CONTEST -- When a school fails to complete a contest, due to a coach pulling his/her team from the floor, court or field, it is MANDATORY that the CIF-SS Office be notified by the Principal within 24 hours (excluding holidays and weekends). The competing schools and officials will be required to file written reports, and after review of the aforementioned material, the principal of the school involved will be required to respond to the CIF Southern Section Office concerning his/her investigation of the incident.

QUESTION: *How serious is such action?*

ANSWER: *It has been the position of the CIF-SS Executive Committee to expect the building principal of the school concerned to relieve the coach from his/her assignment for the balance of that season or the Executive Committee is empowered to consider recommendations for additional penalties.*

B) 2819. PLAYER CONDUCT -- Any player ejected for any reason or any player who leaves the confines of the bench or team area during a fight that may break out or has broken out shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. A second ejection will constitute a two contest suspension and a third ejection will cause suspension for the remainder of the season. A player who was ejected from the previous contest who, knowingly or unknowingly, participates in or is in attendance at the next contest, will result in the forfeiture of that contest.

QUESTION: *What is meant by attendance at a contest?*

ANSWER: *Attendance is defined as being present at the team bench/area, inside a gymnasium, stadium or playing area. Students ejected from a game in progress should remain under supervision of school staff. The intent of this rule is that the ejected person is not in attendance at the contest.*

C) OTHER POINTS OF INTEREST -

1. **MAXIMUM CONTESTS** -- An individual of a track and field team will be permitted to enter and participate in no more than a total of 13 dual, triangular or invitational (sanctioned) meets during the season, not including all league or CIF-SS Championships.
2. **MAXIMUM NUMBER OF MEETS/DAY** -- No student will be permitted to enter two different meets on the same day. A student may compete in different classifications during a calendar week but not in the same meet. League prelims and finals are considered to be one meet, as are the CIF Southern Section Prelims and Finals.

MAXIMUM NUMBER OF EVENTS: A STUDENT MAY ENTER A TOTAL OF NOT MORE THAN FOUR EVENTS IN ANY ONE MEET. These may be four running events or four field events or any combination of track and field events totaling not more than four.

3. **OUTSIDE COMPETITION** -- "Unattached competition is permissible for a student in other than school contests during the season of sport."
4. **LEVEL OF COMPETITION** -- No student shall participate in more than one level of competition in the same sport in the same day.
5. **DISCUS CAGE** -- Mandatory (See diagram)

The use of a protective cage is required for the discus event. There will be a rear to the cage as well as sides that extend forward at least up to the front of the ring and preferably several feet beyond the front of the ring.

RULE 2801 - LANDING SECTOR FOR DISCUS AND SHOT PUT

For safety reasons, the landing sector for both the discus and shot put will be 34.92 degrees. The present width of area for restraining spectators and other athletes, not throwing the shot or discus, will remain the same as per National Federation rules (February 1998, Federated Council)

SANCTIONS

Visit our website for the latest approved sanctioned events at
[www.cifss.org.](http://www.cifss.org)

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, IT'S 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.



GATORADE SPORTS SCIENCE INSTITUTE

CARBOHYDRATE: PREMIUM FUEL FOR ATHLETES

WHAT FOODS ARE CARBOHYDRATE?

Bagels, bread, pretzels, crackers, pasta, rice, potatoes, beans, vegetables, fruit, fruit juice, pancakes, waffles, cereal, granola bars, sports drinks, sports chews

WHAT FOODS AREN'T CARBOHYDRATE?

Meat, chicken, fish, eggs, bacon, tofu, nuts, peanut butter

HOW MUCH CARBOHYDRATE SHOULD I EAT EVERY DAY WHEN I'M TRAINING REGULARLY?

Eat some with every meal and snack. Make sure about 2/3 of each meal is carbohydrate.

1/3 CARBOHYDRATE

1/3 PROTEIN

1/3 CARBOHYDRATE



PERFORMANCE CARBOHYDRATE TIMELINE

If you're hungry or want to start getting your during exercise fuel, eat a small amount of carbohydrate before you start

Include carbs in your recovery snack

HELPS IMPROVE PERFORMANCE & RECOVERY

Eat a meal focusing on carbs several hours before game/practice time

Eat 30-60 g each hour of training or competition



TOTAL CARBOHYDRATE 25 G 25 G 35 G 56 G 60 G

For example, during a basketball game eat a pack of chews at halftime and drink a 20 oz. bottle of Gatorade throughout the game. Or drink a 32 oz. bottle (or larger squeeze bottle) of Gatorade throughout the game, sipping at every timeout and halftime.

The information in this document is grounded in sports nutrition science, translated for athletes.

FUELING ATHLETIC PERFORMANCE

PROTEIN FOR RECOVERY



PROTEIN STRUCTURES

Protein structures in the body are constantly **turning over**, **breaking down and rebuilding** with new amino acids from the diet.



EXERCISE

Exercise **accelerates this process** and promotes the creation of new muscle proteins, a process that is most effective when the athlete eats protein to deliver new amino acids.



RECOVERY

Consuming protein to start the recovery process **as soon as possible** after practice and competition helps to **rebuild muscle tissue** as well as promote training adaptations.



TYPES OF PROTEIN

Consume **high-quality, complete protein sources** that are **rapidly absorbed** and **rich in leucine**.

WHEY AND MILK PROTEIN ARE GREAT CHOICES



WHEY AND MILK PROTEIN

- meet all the criteria
- have been shown to be effective for recovery



LEUCINE

- one of the amino acid building blocks for new muscle
- acts as a signal for the muscle to start the process of assembling new muscle proteins

EXAMPLE PROTEIN CONSUMPTION CYCLE

To get the most out of their workout, athletes should consume protein **regularly throughout the day**.



RECOMMENDED AMOUNT

MORE ISN'T BETTER.

Research shows that

~20 g of protein

is the right amount to stimulate post-exercise muscle protein synthesis for most athletes.

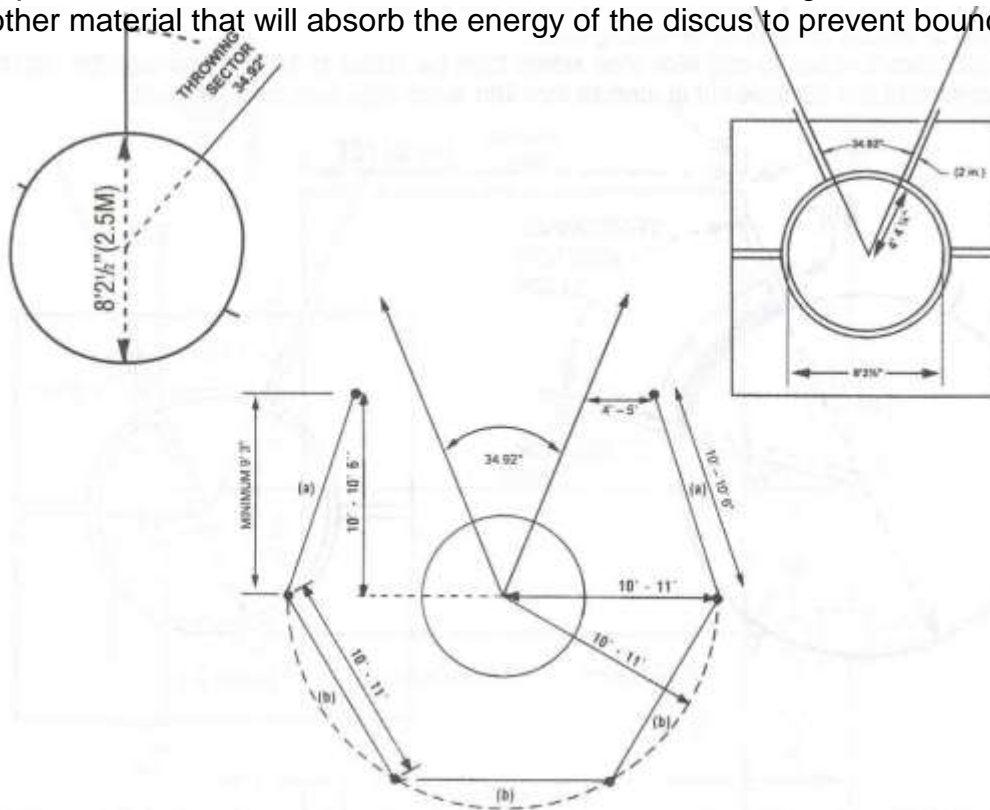
If you want to get specific for your athlete, calculate **0.25 g/kg**.

Check out www.GSSIweb.org for more information on this topic and additional resources.

DISCUS CAGE SPECIFICATIONS

SUGGESTED DISCUS CAGE SPECIFICATIONS

Portable or permanent installation. It is recommended that the cage be constructed of heavy nylon netting or other material that will absorb the energy of the discus to prevent bounce back.



Suggested Specifications:

Height: 10' to 12'

Front Opening: 20'-24'

Distance from Corner Post to Sector Line: 4' to 5'

Distance from Center of Circle to Fencing: 10' to 11'

Fencing: Energy Absorbing Material

(a) 10' to 10'6"

(b) 10' to 11'

- Note:**
- 1) The above diagram of a discus throwing cage is designed to provide limited protection for competitors, officials and spectators in the immediate throwing area due to the nature of the event. It does not assure the safety of the aforementioned personnel.
 - 2) It is recommended that all throwing areas be roped and flagged to ensure the safety of spectators and athletes.

CIF RULES FOR THE POLE VAULT

The State CIF issues the following rules directive for immediate implementation in the pole vault event. National Federation Track & Field Rules 7-5-3 and 7-5-4 in the pole vault require important and necessary modifications in the conduct of the event. State High School Associations may exercise their authority to require a stricter enforcement of these rule changes. CIF coaches and officials must comply with and enforce all National Federation and State CIF rules. Failure to do so may jeopardize the safety of the event.

1. Verification of Weight

All coaches of high school track and field teams are required to present written verification to the starter-referee listing the current weight of each student pole vaulter prior to each high school meet. Such verification is to be recorded on an official **pole vault event card** appropriately designed with a space for the listing of the vaulter's weight plus the signature/initials of the coach. The pole vault event card is an official record.

a) **Dual Meets** - Each school shall enter competitors on their own event cards i.e. entrants from two or more schools should not be on the same entry card. Each school will be responsible for retaining a permanent file of the event cards in the office of its athletic director.

b) **Invitationals, League Championships, Section Championships, State Championships** - All entrants may be listed on a single event form and coaches are required, at check-in time, to enter the current weight for each vaulter, and place their initials on that official event form. The meet director is responsible for retaining the event form as an official record on permanent file.

2. Inspection of the Poles - Penalty for Violation

A. When the athlete checks in at the event, the pole vault event judge and/or the starter-referee will inspect the poles of each student vaulter to compare the signed, official pole vault event card (which lists each vaulter's current weight) against the numerical pole rating of all poles to be used by that student-vaulter. The above inspection shall be completed in order to approve each vaulter for subsequent practice vaults and official vaulting attempts. **Athletes who violate National Federation rule 7-5-3 which requires a vaulter to use a pole rated at the vaulters body weight, or above, will be disqualified from the pole vault event.**

NOTE: The CIF is not suggesting the event judge check the pole weight rating for every jump taken, but that the judge spot check the pole during warm-ups and competition for adequate compliance.

It is further clarified that should an athlete be disqualified, it would be a disqualification from the pole vault event only and not from the meet itself.

B. The pole vault event judge and/or starter referee may periodically check the poles of each student vaulter during practice or official vaulting attempts to insure: 1) the proper placement of a top hand-hold band 2) the numerical pole rating in one-inch numerals 3) proper pole bindings

REMARKING OF OLDER POLES

When the etching of printing listing the manufacturer's pole rating is no longer clearly visible, the pole may be remarked for possible use provided the pole has been reflexed according to the original manufacturer's specifications. The poles' numerical rating must be clearly marked according to National Federation rule specifications.

3. **Safe Hand-Hold Zone - CIF Penalty for Violation**

The top of the safe hand-hold zone shall be clearly marked with a one-inch circular band around the pole in contrasting color (National Federation Rule 7-5-3). **By State CIF rule, a violation of the safe hand-hold zone by a student-vaulter shall be deemed a failed try. A further violation shall be cause for disqualification.**

When checking for compliance, the one-inch circular band marking the top of the safe hand-hold zone must be "clearly visible" after the vaulter places his/her top hand next to that band.

4. **Variable Weight Poles i.e. Training or Technique Poles**

By State CIF rule, the variable weight pole shall not be used in any CIF high school competition. We note that expert vaulting coaches indicate there is some value in a variable weight pole, but its use must be restricted for short run, drill work and only during practice or training sessions and always under skilled supervision.

5. **Box Collar Padding Requirement**

7-5-24: Padding meeting the ASTM Specification Standards has been required since the start of the 2014-15 track season. Rationale: For the purpose of minimizing risk of injury to a pole vaulter, require that planting box padding shall meet the applicable ASTM Specification Standard.

ALL NATIONAL FEDERATION AND CIF RULES APPLY WHENEVER THE POLE VAULT EVENT IS CONTESTED REGARDLESS OF WHETHER THE EVENT IS SCORED OR NOT.



10932 Pine Street
Los Alamitos, CA 90720
(562) 493-9500 * (562) 493-6266

DATE: August 27, 2002
TO: Athletic Directors, Track and Field Coaches
FROM: Rainer Wulf, Assistant Commissioner
SUBJECT: Pole Vault Rules Changes

The California Interscholastic Federation (CIF), through its' affiliation with the National Federation of State High School Associations (NFHS), has adopted rules which set the legal minimum size and standards of the pole vault pits **effective immediately for the 2003 track and field season**. The new rules are as follows:

Effective immediately, the landing surface measured beyond the back of the standard base protection pad, shall be a minimum of **19'8"** wide, and the dimension of the landing surface in back of the vaulting box to the back of the landing pad shall be **16'5"** deep. The material in the pad shall be high enough and of a composition that will **decelerate the landing**. When the landing pad is made up of two or more sections, the landing surface shall include a common cover or pad extending over all sections. (7-5-7) (7-5-8).

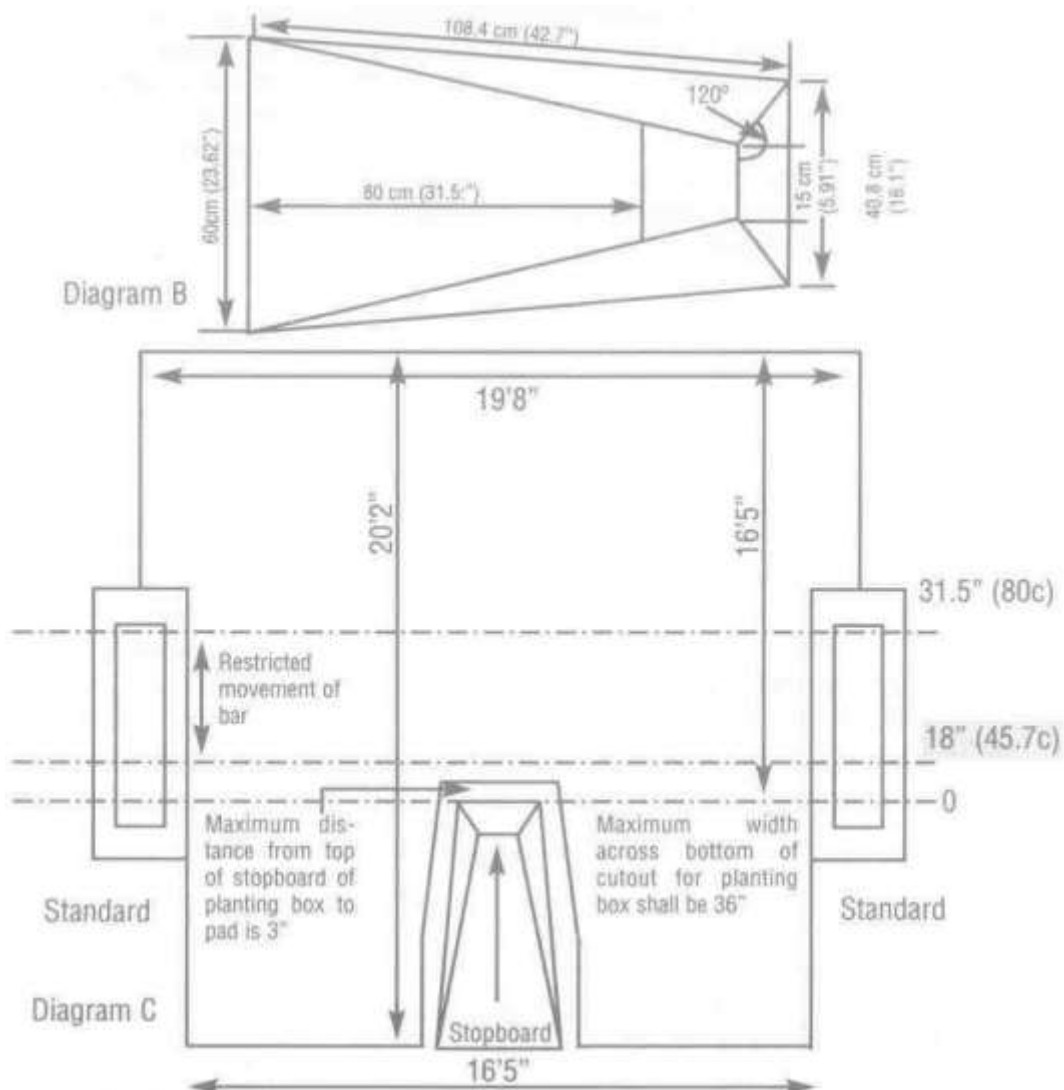
If the edges of the front, or landing pad, immediately adjacent to the planting box are not tapered, the back of the cutout may be placed no farther than **3 inches** from the top of the back of the planting box. (7-5-8)

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

The non-metal crossbar shall be 14'10" (4.52m) in length, of uniform thickness, and shall have a weight of not more than 5 pounds. (7-5-11)

A planting box shall be located midway between the standards. This box shall be constructed of concrete, fiberglass, metal, or other hard surface material into which the vaulting pole is placed. The box shall be of dimensions indicated in the accompanying Diagrams A and B, and it shall be placed so the top edges are at ground level. The box in Diagram B shall be constructed so that the sides slope outward at the end nearest the landing pit. The end of the planting box shall be placed at an angle of 105 degrees with the base of the box. **The front edge of the box shall not extend above the grade of the runway surface.** NOTE: It is recommended the planting box be of a color contrasting to the color of the runway. (7-5-12)

A minimum of 2" dense foam padding (box collar) shall be used to pad any hard and unyielding surface including **between the planting box and all pads.**



LANDING SYSTEM: The standards or uprights shall be set to position the crossbar from a point 18 inches (45.7c) beyond the vertical plane of the top of the stopboard, up to a maximum distance of 31.5 inches (80c) in the direction of the landing surface.

The intent of this early notification is to alert all schools to the changes so that any necessary adjustments can be made.



2017 CIF
Pole Vault Sign-In/Verification

NFHS Track and Field Rules Rule 7 Section 5

Pole Vault

- Art 2 The vaulting pole may be of any material and of any length and diameter. It may have a binding of not more than two layers of adhesive tape of uniform thickness. However, the bottom of the pole may be protected by several layers of tape, PVC, metal, sponge rubber or other suitable material to protect it when placed in the planting box.
- Art 3 The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturers must include on each pole: the pole rating that shall be a minimum of ¾ inch in a contrasting color located within or above the top handhold position; a 1-inch circular band indicating the maximum top handhold position with the position being determined by the manufacturer. Prior to competition, the coach must verify that all of the schools' pole vaulters meet these requirements.
- Art 4 A competitor shall not use a variable pole, a pole which is improperly marked or a pole rated below his/her weight during warm-up or competition.

Meet: _____ Location: _____ Date: _____

Position	Athlete's Name	School	Weight of Athlete	Coach's Signature	Poles Inspected by Official
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

2017 Track and Field Rules Changes

- 3-2-4u
New** Places the responsibility of providing liquids during competition on the games committee, not the individual coaches.
- Rationale:** The games committee should have responsibility for providing liquids during the race and not leave up to each coach.
- 3-6-1
3-4-7** The signal at the beginning of the last lap in individual races now occurs in race distances of two laps or more.
- Rationale:** Signifying with a bell with one lap remaining in the 800 alerts timers, place judges and FAT operators on notice, builds excitement for spectators and is a positive signal for the competitors. Updates to current trends in the sport.
- 3-6-1** Clarifies that a runner is disqualified by the starter when charged with a false start.
- Rationale:** The authority to disqualify a runner for a false start should be extended by rule to the starter as well as the referee.
- 3-10-7** Clarifies the mechanics used to confirm the result of an attempt when flags are not utilized by calling "fair" or "foul".
- Rationale:** Clarifies field event judge's protocol for signifying the performance result when flags are not being utilized.
- 4-3-1b(5)
9-6-1b(4)** Allows the placement of one American flag on each item of uniform apparel and deletes NOTE restricting flag placement.
- Rationale:** Remove NOTE limiting the placement of the American flag to one piece of uniform apparel as this is contradictory to the rule.
- 4-6-5g
New** Adds receiving physical aid by any other person during a race to the list of unfair acts of assisting a competitor.
- Rationale:** The rule should include coverage of the actions of competitors and nonparticipating team members as well as assistance/aid from other parties.
- 4-6-5d,
New e
9-7** A participant assisting an injured/ill competitor when an appropriate health-care professional is not available is no longer disqualified.
- Rationale:** Although uncommon that appropriate health-care professionals are not available to assist an injured/ill competitor, there may be occasions when a competitor is needing assistance to confirm his/her health status or to arrive to a location for health care. Should another competitor assist, such competitor shall not be disqualified, only the assisted competitor shall be disqualified for not completing the race unassisted. Reorganize rule to indicate why competitor is disqualified.
- 5-1-3** Establishes the location and spacing of cones, when used, in the absence of a curb.

- Rationale:** In the absence of a curb, the placement of cones ensures the competitors run the prescribed race distance.
- 5-6-4** Deletes the requirement of separating competitors from the same team if they were to be in the same heat in the first round of competition.
- Rationale:** The results of running events are based on head-to-head competition and all contestants should have the opportunity to compete in the heat earned by the athlete's place and/or qualifying times. Consistent with current trends in the sport.
- 5-7-3** Competitors in distance races (800m and greater distances) use only a standing start, remaining motionless for the start without their hand(s) touching the ground.
- Rationale:** Consistent with current trends in the sport. Reinforces the concept that distance races (800, 1600 or 3200) only use a standing start.
- Rules 6 and 7** Reorganizes rules 6 and 7 into one rule "Field Events" to avoid duplicity in the rules, remove unnecessary language, be more concise in the presentation of the events rules and create a section on general rules for all field events.
- Rationale:** To combine all of the field event rules into one rule thereby eliminating the possibility of making a change in the throws and missing it in the jumps. Also eliminates duplication of definitions in the rules and unnecessary language.
- 6-2-14
7-2-5** Warm-ups in a field event shall not take place until the venue is declared open by the meet director and required supervision is in place. Once competition begins, except as scheduled, competitors shall not use venues or implements associated with the competition for warm-ups.
- Rationale:** For purposes of risk management, warm-ups in a field event may not take place until the venue is declared open and required supervision is in place. For further risk minimization for athletes, spectators, and officials involved in the event, athletes should be prohibited from picking up an implement and doing turns while other competitors are completing their throws or using the runway during the competition unless they have been called for their attempt.
- 6-2-17** Includes how trials are recorded when a legal implement breaks during competition within the rule and deletes as a NOTE.
- Rationale:** Clarifies how trials are recorded when a legal implement breaks during competition. More appropriate to list within rule rather than a NOTE.
- 6-5-9e** Clarifies that it is a foul if a competitor touches the top or end of the stopboard before leaving the circle.
- Rationale:** The top or sides of the stopboard are outside of the ring and touching outside of the ring is not compliant with leaving from the back half of the circle and is a foul.



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