

CIF-SS FORD TRACK AND FIELD DIVISIONAL PRELIMINARES

Saturday, May 4, 2024

Stadiums will open at 10:00 am for spectators.

DIVISION 1 PRELIMS

Trabuco Hills HS - 27501 Mustang Run, Mission Viejo 92691 – Parking TBD
3/16" pyramid spikes only @ Trabuco Hills

DIVISION 2 PRELIMS

Ontario HS - 901 W. Francis St, Ontario, CA 91762 – Parking \$10 (cash)

DIVISION 3 PRELIMS

Yorba Linda HS - 19900 Bastanchury Rd., Yorba Linda – Parking \$10 (cash)

DIVISION 4 PRELIMS

Carpinteria HS - 4810 Foothill Road, Carpinteria – Parking \$10 (cash only)
Div 4 Prelim information: <http://www.warriorcountry.com/track/CIF.htm>

Ticket Prices:

- **Adults - \$10, High School Students w/ ID - \$5 / Children 5-13 years old - \$5**

Tickets can be purchased through GoFan @

Prelims D1: <https://gofan.co/event/1504833?schoolId=CIFSS>

Prelims D2: <https://gofan.co/event/1504836?schoolId=CIFSS>

Prelims D3: <https://gofan.co/event/1504837?schoolId=CIFSS>

Prelims D4: <https://gofan.co/event/1504845?schoolId=CIFSS>

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

- **A smartphone is required for redemption of purchased ticket.**
- **No paper tickets allowed.**
- **No screenshots of ticket allowed.**
- **A smartphone will be required to purchase tickets via a QR code the day of the event.**
- **No cash sales for ticket purchases.**

Time Schedule: The time schedule is an approximate schedule. Races will run in sequence without delay.

RUNNING EVENTS

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

Boys 3200m
Girls 1600m Relay
Boys 1600m Relay

FIELD EVENTS

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

Boys Discus; Girls Shot Put 11:00 am
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. 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 outside of 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.

QUALIFYING STANDARDS

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.

