### CIF-SS FORD TRACK AND FIELD MASTER MEET

Moorpark HS \* Saturday, May 24, 2025 \* Stadium will open at 10:00 am for spectators

No Dogs/Pets allowed inside Moorpark facilities

Ticket Prices: Adults - \$14, High School Students w/ ID - \$7 / Children 5-13 years old - \$7 Tickets will be on sale through GoFan only @ <a href="https://gofan.co">https://gofan.co</a>. Parking \$10 (cash only) A GoFan convenience fee will be added to the price of each ticket

Time Schedule – 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**: 3/16 maximum length

Note: The time schedule will be adhered to within a 3 - 5 minute window. (Updated 5/20/25)

Girls 400m Relay	1:00	Girls 800m **	2:56
Boys 400m Relay	1:08	Boys 800m **	3:01
Unified 400m Relay	1:16	Girls 300m LH	3:10
Girls 1600	1:27	Boys 300m IH	3:20
Boys 1600	1:38	Girls 200m	3:30
Girls 100m HH	1:50	Boys 200m	3:37
Boys 110m HH	2:02	Para 200	3:44
Girls 400m	2:15	Girls 4 x 800 Relay	3:51
Boys 400m	2:22	Boys 4 x 800 Relay	4:04
Para 400m	2:28	Gi <mark>rls 3</mark> 200	4:18
Girls 100m	2:34	Boys 3200	4:33
Boys 100m	2:39	Gi <mark>rls 1600m</mark> Relay	4:48
Unified 100m	2:44	Boys 1600m Relay	5:08
Para 100m	2:49		

<sup>\*\*</sup> Both boys and girls 800m races will be run in 2 sections. Athletes will be in lanes for the first turn and will be seeded by time into the two heats with the fastest heat going first, the same as the other races that start in lanes. The top 6 finishers in the first heat will earn the automatic berths into the California State Meet and all other runners will need to achieve the At-Large qualifying mark in order to advance.

#### FIELD EVENTS - Warm-ups may begin at 10:30am except as noted below

GIRLS DISCUS - 11:30 a.m. (Warmups may begin at 10:30 a.m.)

**BOYS DISCUS** - To follow girls

Note: Discus must be weighed and measured at the Field House prior to competition ALL athletes must be dressed in a proper, school issued, track uniform.

BOYS SHOT PUT - 11:30 a.m. (Warmups may begin at 10:30 a.m.)

**GIRLS SHOT PUT** – to follow Boys

UNIFIED/PARA SHOT PUT - to follow Boys

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.

GIRLS LONG JUMP - 11:30 a.m. (Warmups may begin at 10:30 a.m.) - GREEN flag pit BOYS LONG JUMP - 11:30 a.m. (Warmups may begin at 10:30 a.m.) - GOLD flag pit ALL athletes must be dressed in a proper, school issued, track uniform.

**BOYS TRIPLE JUMP** – To follow long jump (Warmups may begin at 10:30 a.m.) **GIRLS 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.

BOYS HIGH JUMP - 11:30 a.m. (Warmups may begin at 10:30 a.m.)

**GIRLS HIGH JUMP** - To follow boys

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

BOYS POLE VAULT - 11:30 a.m. (Warmups may begin at 10:45 a.m.)

**GIRLS POLE VAULT - To follow Boys** 

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

## MOORPARK HIGH SCHOOL

# CIF-SS Ford Track and Field Divisional Championship Finals Saturday, May 17, 2025

## CIF-SS Ford Track and Field Masters Meet Saturday, May 24, 2025

Parking \$10 cash No Dogs/Pets allowed inside facilities

