

**#ARTICLE 310  
TRACK AND FIELD**

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**#3100. EXHIBITION EVENTS**

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Exhibition events may be staged by the host CIF Section, if approved by the Federated Council, using athletes from that Section only. The javelin, hammer throw and steeplechase events are not to be conducted in CIF track and field competition.

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**#3101. LANDING SECTOR FOR DISCUS AND SHOT PUT**

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For safety reasons, the landing sector for both the discus and shot put will be changed to 34.92 degrees, and furthermore, a clearly marked safety area be maintained at 60 degrees in order to increase safety for participants, officials and spectators. 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. (Revised 2007 NFHS)

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**#3102. AT-LARGE ENTRIES**

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An athlete shall earn an at-large entry into the State Championship if his/her mark at the final section competition (which qualifies entrants to the State Championship) is equal to or better than the average of the ninth place qualifying marks to the State Championship finals from the three (2) most recent years. (Approved May 2000 Federated Council)

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**#3103. RULES**

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All outdoor track and field competition in the CIF Southern Section will be conducted under National Federation rules unless otherwise provided herein.

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**<>#3104. STARTING DATES FOR INTERSCHOLASTIC CONTESTS**

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No interscholastic meets (non-league, invitational, or league) may be scheduled prior to February 17.

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**<>#3105. SCRIMMAGES – Reference State CIF Bylaw 1206.B and 1206.C**

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#3105.1 SCRIMMAGES: In the CIF-SS an interscholastic scrimmage in track and field is a training session between a minimum of two schools where no score is kept, free substitutions are permitted, and spectators are not urged to attend. (See Q & A following Bylaw 220.8 for definition.)

<>#3105.2 Schools are permitted two interscholastic scrimmages which may not be held prior to February 17 and must be held prior to the team's first interscholastic contest (non-league, league or tournament).

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**#3106. MAXIMUM CONTESTS**

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An individual of a track and field team will be permitted to enter and participate in no more than a total of 14 dual, triangular or invitational (sanctioned) meets during the season, not including all league or CIF Southern Section championships.

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**#3107. MAXIMUM NUMBER OF MEETS/DAY**

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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.

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**#3108. MAXIMUM NUMBER OF EVENTS**

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A student may enter a total of not more than four events in any one meet. These events may be four track events or four field events of any combination of track and field events totaling not more than four.

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**<>#3109. END OF COMPETITION**

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All league competition for entries for both boys' and girls' teams must end on or before April 26. Schools may compete until April 27 for non-league contests.

**QUESTION:** Will contest(s) played after the completion of league play and/or submission of league entries impact our seeding or rankings?

**ANSWER:** No, once the league entries have been submitted a school will be seeded and ranked based on a team's results as of April 26.

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**#3110. OUTSIDE COMPETITION BY AN INDIVIDUAL**

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Refer to Article 60 for specific guidelines.

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**#3111. MEET POSTPONED**

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If it begins to rain after the start of a dual track meet, the starter shall make the final determination as to whether or not the meet should continue or be postponed. If the meet is postponed, it should not be rescheduled if the score at the time of postponement indicates a winner. If the meet is rescheduled, it is to continue from the terminated event.

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**#3112. HIGH JUMP OR POLE VAULT POSTPONED**

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If either the high jump or pole vault is postponed, only those athletes remaining in competition shall resume participation when the meet is rescheduled. After a reasonable warm-up, jumping will continue at the height at which it was when the meet was postponed.

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**#3113. LONG JUMP, TRIPLE JUMP, SHOT PUT POSTPONED**

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If the long jump, triple jump, discus, and/or shot put are postponed, they shall continue as though there had not been a halt in the event.

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**#3114. CIF-SS DIVISIONAL AND STATE QUALIFYING COMPETITION**

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The CIF Southern Section Division 1, 2, 3, 4 Track and Field Prelims and Finals and State Qualifying Meet shall be conducted on the dates established by the CIF Southern Section Council and at times and sites designated by the Commissioner.

#3114.1 Refer to Article 32 (Playoffs) for details regarding playoff information (Specific information will be contained in playoff information bulletins.)

#3114.2 The Commissioner's Office shall provide track and field information to representatives of every recognized track and field league. The completed information for the Divisional Prelims is to be delivered to the CIF Southern Section Office no later than the Saturday morning prior to the Divisional Prelims.

#3114.3 The number of entries guaranteed each league (regardless of performance) will be determined annually by the Commissioner's Office.

#3114.4 Divisional Finals shall be scored through eight places and scored 10-8-6-5-4-3-2-1.

#3114.5 There will be no scoring beyond the Divisional Finals.

#3114.6 Each league will be required to furnish a fee (determined by the Commissioner's Office) to help defray the cost of officials for the CIF Southern Section Divisional Prelims and Divisional Finals to which each league is assigned and to the State Qualifying Masters Meet.

#3114.7 At the CIF-SS Divisional Prelims, Divisional Finals and State Qualifying Masters Meet present college or high school track coaches are not permitted on the field. *If a track coach appears on the field, his or her team may be disqualified from that meet and subsequent competition.*

#3114.8 Athletes will be qualified beyond the Divisional Finals according to a plan developed by the Commissioner's Office.

#3114.9 Seeding - Because all league entries are guaranteed, the final league or qualifying meet marks submitted on the track and field entry sheets are used only to spread the talent among the heats.

**#3114.10 Lane Assignment Method:**

*League Finals to Divisional Prelims* - seeded within each heat after talent has been spread among the heats.

*Divisional Prelims to Divisional Finals* - seeded by performance in Divisional Prelims.

*Divisional Finals to State Qualifying Masters Meet* - seeded by performance in Divisional Finals.

**#3114.11 All Running Events** - Lanes 5, 6, 4, 7, 3, 8, 2, 9, 1.

**#3114.12** The 400m will be run in lanes for the entire race. The 800m will be run with a one-turn stagger. The 1600m and 3200m will be run from a scratch start. The 1600m Relay will utilize the three turn stagger with the second runner breaking at the 800m break.

**#3114.13** All athletes must appear in clean track uniforms at all (including regular season) CIF Southern Section track meets. Uniforms must consist of the proper school track shorts and jerseys. Hats, caps, scarves or other headgear will not be permitted. Head bands to control hair will be acceptable.

**#3114.14** All competitors in the field events shall make their trial within 1 minute (1 1/2 minutes in the pole vault) after their names are called by the judge of the event. The judge may excuse competitors for competition in another event, but the contestant is responsible to secure release from the judge.

**#3114.15** No school may enter more than one relay team in each relay event in the CIF Southern Section championship track and field meets.

**#3114.16** Only the students, or alternates listed on the official entry card, are eligible to compete in the relay preliminaries and/or finals. In relay events, no more than six (6) individuals may be listed. Any substitutions must come from these names.

**#3114.17** CIF Southern Section track and field records may be established only at divisional prelims and finals and the State Qualifying Masters Meet.

**#3114.18** The CIF Southern Section Divisional Prelims, Divisional Finals, and State Qualifying Masters Meet running events will be conducted in metric distances.

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**#3115. ORDER OF EVENTS FOR CIF-SS CHAMPIONSHIPS, MASTERS & STATE MEET**

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Girls	400m Relay	Girls	800m Run	Field Events	
Boys	400m Relay	Boys	800m Run	BOYS & GIRLS	
Girls	1600m Run	Girls	300m LH	Pole Vault	Triple Jump
Boys	1600m Run	Boys	300m IH	High Jump	Shot Put
Girls	100m HH	Girls	200m Dash	Long Jump	Discus
Boys	110m HH	Boys	200m Dash		
Girls	400m Dash	Girls	3200m Run		
Boys	400m Dash	Boys	3200m Run		
Girls	100m Dash	Girls	1600m Relay		
Boys	100m Dash	Boys	1600m Relay		

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**#3116. PLAYOFFS**

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Refer to Article 35 (Playoffs) for information regarding playoff information. (Specific information will be contained in playoff information bulletins.)

**#3116.1** The location of the preliminary and championship meets shall be determined by the Commissioner of Athletics.