



December 4, 2024

MESSAGE FROM THE COMMISSIONER

Fall Championships Review

The 2024 Fall Sports Championships for the CIF Southern Section have ended, and as always, there are great stories to tell, and many great memories made. This was the first year most of our team sports used the same season data and straight ranking to develop and seed our divisions. Overall, this new system proved to be a tremendous success and will only get better moving forward. Here is a summary of our fall sports championships.

Cross Country

Saturday, November 23rd, was the CIF Southern Section Ford Championship Finals for Cross Country, which took place at Mt. San Antonio College. Ten races involved five divisions each for the boys and the girls. After last year's rain course experience, where the finish of each race took place inside the stadium, the course for the Mt. SAC Invitational and the CIF Southern Section Championships changed to have the finish line in front of the home bleachers. Though the infamous "Poop Out Hill" is no longer an obstacle to be overcome, the hilly course remains a significant challenge to all who run it. Mt. SAC has a large video board inside the stadium, which displays each race by having cameras stationed along the course and a motorized cycle ahead of the race leaders provided by HD Runners. It proved to be an excellent experience for everyone in attendance.

The winning teams in each division were:

Boys

Division 1: Beckman
Division 2: Glendora
Division 3: Oak Park
Division 4: Oaks Christian
Division 5: Viewpoint

Girls

Trabuco Hills
El Toro
South Pasadena
JSerra Catholic
St. Margaret's Episcopal

Senior Griffin Kushen of Tesoro (D2) ran the best time for the boys over the 3-mile course, with a 14:38. Senior Holly Barker of Trabuco Hills (D1) ran 16:40. Congratulations to all teams and individuals who advanced to the State Meet, which was held on Saturday, November 30, at Woodward Park in Fresno.

Girls Flag Football

The inaugural Girls Flag Football Championship was an excellent event hosted at Fred Kelly Stadium located on the campus of El Modena High School. Girls Flag has been the fastest-growing sport these last two years, and it looks like there will be continued growth next year. It is exciting to watch, and if you think the sport is very similar to traditional football, think again. The strategy required to be successful in Girls Flag is quite different than conventional football. If you have not done so already, I strongly recommend you check out some games next year.

-MORE-



December 4, 2024

MESSAGE FROM THE COMMISSIONER

144 teams in 5 Divisions began this year’s playoffs, crowning five champions. Division 1 saw two powerhouse programs face each other as Orange Lutheran outlasted Newport Harbor 20-18 in an exhilarating game. In Division 2, Northwood defeated Trabuco Hills 31-17. Division 3 had Troy High School coming back from an early deficit to beat San Clemente 33-32 in an early morning thriller. Santa Monica defeated Fullerton 28-6 in the Division 4 matchup, and Antelope Valley took care of business against Northview 28-0 in Division 5. Congratulations to all the teams who competed in our first Girls Flag Football Championships!!!!

Football

What would Thanksgiving be without turkey, stuffing, naps, and high school football? The CIF Southern Section Ford Championships were played on Friday, November 29th, and Saturday, November 30th. Some great games were played on these two days, concluding another excellent football tournament. Of the fourteen 11-person football divisions, three were won by private schools (Mater Dei - D1, Rio Hondo Prep - D7, and St. Pius X/St. Matthias Academy - D8), two were won by #1 Seeds (Mater Dei - D1 & Highland - D8), one was won by a #16 seed (Portola – D11).

In 8-person football, California School for the Deaf/Riverside won its third consecutive championship, and Avalon won its first Division 2 Championship played on the island! Here is a summary of all games played:

11-Person

- | | |
|----------------------------------------------|--------------------------------------------|
| D1: Mater Dei over St. John Bosco, 31-24 | D8: St. Pius X over Serrano, 38-19 |
| D2: Newbury Park over Murrieta Vly, 31-28 | D9: Highland over Long Beach Wilson, 14-13 |
| D3: Edison over Simi Valley, 35-21 | D10: Silverado over St. Anthony, 30-14 |
| D4: Pacifica/Ox. over St. Bonaventure, 27-20 | D11: Portola over El Rancho, 31-14 |
| D5: Palos Verdes over La Serna, 23-7 | D12: Palmdale over Carter, 45-43 |
| D6: Murrieta Mesa over Glendora, 17-7 | D13: Pasadena over Gahr, 21-17 |
| D7: Rio Hondo Prep over Warren, 43-16 | D14: Pioneer over San Gabriel, 13-6 |

8-Person

- | | |
|--------------------------------------|------------------------------------------|
| D1: CSDR over Flintridge Prep, 44-42 | D2: Avalon over Lancaster Baptist, 20-10 |
|--------------------------------------|------------------------------------------|

Girls Golf

I continue to be impressed with the high quality of golf played by so many of our young ladies in the Southern Section. As someone who aspires to score in the mid-80s, watching so many of our girls score in the 70s and even the 60s is truly remarkable. Division 1 has some of the best high school girls golf being played in the country. This year, Orange Lutheran took the Division 1 title with a team score of 351 at Los Serranos Country Club. The top 5 scores on their team were 69, 69, 70, 71, and 72 on the Par 70 course. Portola High School won Division 2 with a score of 380. Brentwood won the Division 3 Championship with a

-MORE-



December 4, 2024

MESSAGE FROM THE COMMISSIONER

Girls Golf (Cont)

442. Division 4 was conquered by Corona del Mar with a 441, and Alhambra took Division 5 with a score of 450. The SCGA Team Qualifier and Individual Southern Section Championship was played at Temecula Creek on Thursday, November 7th. Samantha Daniels from Santa Margarita was the Individual Champion with a score of 64. Jude Lee from Orange Lutheran finished second, and Gabriella Gu from University High School won a playoff to finish in third place. Santa Margarita was the top team in the qualifying tournament and won the State Southern Regional Championship.

Girls Tennis

The weather greatly affected this year's team tennis Championships, with only two of the eight Divisions able to complete their matches on Friday, November 15th. All other matches were played at mutually agreed-upon sites pending cooperative weather. Here are the results of each Divisional Matchup:

- Open Division: Palos Verdes defeated Portola 10-8
- Division 1: Westlake defeated Calabasas 10-8
- Division 2: Campbell Hall defeated Brentwood 12-6
- Division 3: Santa Barbara defeated Santa Monica 12-6
- Division 4: CAMS defeated Culver City 9-9 (75-68)
- Division 5: Marshall defeated Flintridge Sacred Heart 9-9 (65-63)
- Division 6: Providence/SB defeated Thacher 12-6
- Division 7: Malibu defeated Magnolia 9-9 (83-77)

Congratulations to all the young ladies who made it to the Championship rounds! The singles tournament is still ongoing, with matches planned for December 4 and 5 at the Bizantz Family Tennis Center on Claremont Mudd Scripps College grounds. Let's hope the rain holds off for at least another week.

Girls Volleyball

The Girls Volleyball Championships were played on November 9th with Divisions 1, 2, 3, and 8 playing at Cerritos College and all other Divisions playing at their home site. Almost 300 teams started the tournament in 10 Divisions this year. Mater Dei was once again crowned as the Division 1 Champion by beating Sierra Canyon 3-0 in the Championship final. The results of the other 9 Divisions are as follows:

- Division 2: Murrieta Valley defeated Palos Verdes 3-2
- Division 3: Long Beach Poly defeated Bishop Diego 3-2
- Division 4: Campbell Hall defeated Newbury Park 3-0
- Division 5: Corona defeated Canyon of Canyon Country 3-2
- Division 6: Oak Hills defeated Walnut 3-0
- Division 7: Laguna Beach defeated St. Paul 3-0

-MORE-



MESSAGE FROM THE COMMISSIONER

Girls Volleyball (Cont)

Division 8: Bell Gardens defeated Garden Grove 3-0

Division 9: Rialto defeated St. Pius X/St. Matthias Academy 3-0

Division 10: Victor Valley defeated Coast Union 3-0

I was fortunate to present the championship plaque at the Division 10 game, where Victor Valley emerged victorious at Coast Union. Coast Union High School is currently the most northern school in the CIF Southern Section, located in Cambria. I really appreciated the hospitality provided by Ed Arrigoni, the principal, and Andrew Crosby, the athletic director at Coast Union. The town really turned out for the game as well. It was a great experience.

Boys Water Polo

The Boys Water Polo championships were once again played at the beautiful aquatic center on the Mt. San Antonio College campus. The competition was fierce, with six of the seven games played on November 16th being one-goal games, and two of those went into overtime. The Open Division contest had national powerhouses Newport Harbor facing JSerra Catholic in a very physical match. Newport Harbor came out the victors in this matchup 13-12. Results from the rest of the Divisions are as follows:

Division 1: Westlake defeated Mira Costa 11-10 (OT)

Division 2: Brea Olinda defeated Capistrano Valley 11-10

Division 3: Martin Luther King defeated Los Osos 10-9 (OT)

Division 4: South Pasadena defeated CATE 10-9

Division 5: Palm Desert defeated Warren 10-4

Division 6: San Bernardino defeated Montclair 9-8

It was a great day at the pool, watching some competitive and well-played games between quality opponents. We very much appreciate Mt. San Antonio College for allowing us to host our aquatic events at their wonderful facility.

In Closing

Thank you to all the athletic department personnel and school administrators who helped make this fall season and playoffs such a great success. Student-athletes in the CIF Southern Section would not have the quality experiences they have had in their sport without all of your support, and those of us in the CIF-SS office would not be able to do it without you either.

Thank you all so much!!!!

And now off to Winter...

Mike West

