

CIF Southern Section Unified Sports Spring Championships

Swimming

The CIF Southern Section will provide Unified Sports and Para Athlete competition opportunities at the Swimming and Diving Championships this Spring, held at Mt. San Antonio College from Wednesday, May 7 through Friday, May 10. Athletes will compete on the days their schools compete in finals only. The events being held for each qualified competitor or team are:

Unified Sports Team:

- 2 x 50 Yard Freestyle Relay
- 4 x 25 Yard Freestyle Relay

Para Athletes:

- 50 Yard Freestyle
- 100 Yard Freestyle

Unified Sports teams and Para Athletes must have competed in at least one swim competition during the regular season or league championships and have one of the top 18 qualifying marks in the division. To register for these events, please contact Kristine Palle at kpalle@cifss.org or Tamara Towgood at ttowgood@cifss.org.

Track and Field

The CIF Southern Section will sponsor two Unified Sports Track and Field Championship meets this year and a qualifying meet for the State Championships. The Northern Division Championship will be held at Camarillo High School and will host schools in the Northern, Desert, Foothill, Coast, and Parochial areas and Small Schools north of the 10 Freeway. The Southern Division Championship will be at Trabuco Hills High School and include schools from the Orange County, Citrus Belt, and Mt. SAC Areas and small schools south of the 10 freeway. To register athletes in your respective championship event, please get in touch with the following:

- Northern Division Championship- Camarillo High School, May 1, 2025, 9:00 am
 - Mary Perez, Athletic Director, Camarillo High School
 - mary.perez@oxnardunion.org
 - The deadline for athlete registration is Thursday, April 24, 2025, at 4:00 pm
 - The link for the Northern Division entries can be found [HERE](#)
- Southern Division Championship – Trabuco Hills High School, May 7, 2025, 2:00 pm
 - Kara Johnson, Special Education Teacher, Trabuco Hills High School
 - kara.johnson@svusd.org
 - The deadline for athlete registration is Wednesday, April 30, 2025, at 4:00 pm
 - The link for the Southern Division entries can be found [HERE](#)

Events being run at these Track and Field Championships include:

- Girls and Boys Shotput Unified
- Girls and Boys 100-meter Unified
- Girls and Boys 4 x 100-meter Unified Relay
- Girls and Boys 200-meter Unified (Does not qualify for Masters)

Unified events are separated by gender. If the unified team in any competition is a mixture of genders, the competing team participates in the boys' event.

Unified pairs that wish to qualify for the Master Track and Field meet must earn qualifying marks at a Track and Field meet before the CIF Championships.

Unified pairs with the top two marks in each event automatically qualify for the Masters meet along with the following four best marks between the Northern and Southern Divisions.