



**2013-14**

***SPRING SPORTS  
PLAYOFF  
BULLETIN***



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INSURANCE

**BOYS & GIRLS  
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## **COACH:**

***If you know an outstanding track and field official, particularly in one of the field events, who has wanted to work in one of the prelim meets, (or any of the championship meets) would you please forward the name, address and phone number or email address to me. Thank you.***

**Bob McGuire**  
**[Trakmcquire@aol.com](mailto:Trakmcquire@aol.com)**  
**(714) 970-8783**



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## **DATES, TIMES AND MANAGEMENT SOUTHERN SECTION PRELIMS, FINALS, MASTERS, & STATE**

### ***PRELIMINARIES***

SATURDAY, MAY 17 - Field Events - 11:00 a.m.; Running Events - 12 Noon

DIVISION 1 - Trabuco Hills High School, Mission Viejo

Meet Manager: Jack Recla (949) 285-4893

[jackrecla@sbcglobal.net](mailto:jackrecla@sbcglobal.net)

Spikes: 3/16 maximum length/no needle spikes

DIVISION 2 - Moorpark High School, Moorpark

Meet Manager: Rob Dearborn (805) 378-6305, Ext. 6323 [rdearborn@mrpk.org](mailto:rdearborn@mrpk.org)

Spikes: 3/16 maximum length/no needle spikes

DIVISION 3 - Estancia High School, Costa Mesa

Meet Managers: Hal Harkness (714) 529-6938 [halharkness@yahoo.com](mailto:halharkness@yahoo.com)

Bryan Leighliter (714) 595-0995 [brymail@pacbell.net](mailto:brymail@pacbell.net)

Spikes: 3/16 maximum length needle spikes

DIVISION 4 - Carpinteria High School, Carpinteria

Meet Manager: Van Latham (805) 684-4107 [vlatham@cusd.net](mailto:vlatham@cusd.net)

Spikes: 3/16 maximum length/no needle spikes

\*All Stadiums will open one (1) hour prior to the first event for spectators and two (2) hours prior to the first event for participating athletes.

### ***CHAMPIONSHIP FINALS***

SATURDAY, MAY 24 @ Cerritos College Stadium Open 9:30 a.m.

Meet Manager: Bob McGuire (714) 970-8783

Spikes: 3/16 pyramid spikes only/no needle spikes

Boys Pole Vault - 11:30 a.m. warm-up; 12:00 p.m. start  
(Trackside runway)

Girls Pole Vault - 10:00 a.m. warm-up; 10:30 a.m. start  
(Auxiliary runway)

All other field events - 11:00 a.m.

All running events - 1:00 p.m.

### ***MASTERS MEET***

FRIDAY, MAY 30 @ Cerritos College Stadium Open 3:00 p.m.

Meet Manager: Bob McGuire (714) 970-8783

Boys Pole Vault – 3:30 p.m.

All other field events - 4:30 p.m.

All running events - 6:00 p.m.

Spikes: 3/16 pyramid spikes only/no needle spikes

### ***STATE MEET***

FRIDAY and SATURDAY, June 6 and 7, 2014

Veteran's Memorial Stadium at Buchanan H.S., Clovis, CA - Web site @ [www.cifstate.org](http://www.cifstate.org)

***COACHES: Please share this bulletin information with your assistant coaches, Athletic Director, athletes and their parents. The CIF-SS office or the respective Meet Managers cannot handle the many phone calls from schools requesting information that can be answered by this bulletin.***

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# TIME SCHEDULES\*

\* All time schedules are approximate except for the Master's Meet and the State Meet

## DIVISIONAL PRELIMINARIES

### RUNNING EVENTS:

Girls 400 m Relay	12:00
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

Girls Discus; Boys Shot Put	11:00
Boys and Girls Long Jump	11:00
Girls High Jump; Boys Pole Vault	11:00
Following the above (approx.)	1:30
Girls Shot Put; Boys Discus	
Boys and Girls Triple Jump	
Boys High Jump and Girls 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). Races shall be run in two (2) alleys for the first turn. The fastest runner shall be placed outside of alley #2.

### DISCUS, SHOT PUT:

- 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

- 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.

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.



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# ***DIVISIONAL CHAMPIONSHIPS***

\* 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**

### **ORDER OF CHAMPIONSHIPS: DIV. 4, 3, 2, 1**

Girls 400m Relay	1:00	Boys 800m	4:00
Boys 400m Relay	1:15	Girls 300m LH	4:15
Girls 1600m	1:35	Boys 300m IH	4:25
Boys 1600m	2:00	Girls 200m	4:40
Girls 100m HH	2:20	Boys 200m	4:50
Boys 110m HH	2:40	Girls 3200m (D1&3)	5:05
Girls 400m	2:55	Girls 3200m (D2&4)	5:20
Boys 400m	3:10	Boys 3200m (D1&3)	5:35
Girls 100m	3:25	Boys 3200m (D2&4)	5:50
Boys 100m	3:35	Girls 1600m Relay	6:05
Girls 800m	3:50	Boys 1600m Relay	6:30

### **DIVISIONAL FINALS - ORDER OF FIELD EVENTS DIV. 4, 3, 2, 1**

The stadium will open at 9:30 am. All field event competitors shall check in by division at both (1) Field Event Clerk and (2) Event Judge. Division calls will be approximately one (1) hour apart to include a (15) minute warm-up. The exception is in the pole vault where the calls will be approximately 1 hour 45 minutes apart with a thirty (30) minute warm-up.

### **POLE VAULT:**

ALL athletes must be dressed in a proper, school issued, track uniform. Pole Vault competitors will use (2) runways at Cerritos College. Boys will use the "trackside" runway and girls will use "auxiliary" runway and follow the following schedule: (Pole Vault athletes will be given a 30 minute warm-up prior to their divisional competition)

#### **Girls Pole Vault on "auxiliary" runway:**

<u>Division</u>	<u>Check-in</u>	<u>Jumping</u>
D4	10:00	10:30
D3	11:45	12:15
D2	1:30	2:00
D1	3:15	3:45

#### **Boys Pole Vault on "trackside" runway:**

<u>Division</u>	<u>Check-in</u>	<u>Jumping</u>
D4	11:00	11:30
D3	12:45	1:15
D2	2:45	3:15
D1	4:15	4:45

**BOYS AND GIRLS LONG JUMP** – Check-In: 10:00 a.m.; Competition begins: 11:00 a.m.

**BOYS AND GIRLS TRIPLE JUMP** - To follow Long Jump

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

**BOYS SHOT PUT** - Check-In: 10:00 a.m.; Competition begins: 11:00 a.m.

**GIRLS SHOT PUT** - To follow boys

Note: Athletes must provide their own shots. ALL athletes must be dressed in a proper, school issued, track uniform.

**BOYS/GIRLS HIGH JUMP:**

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

**Boys High Jump:**

<u>Division</u>	<u>Check-in</u>	<u>Jumping</u>
D4	10:00	11:00
D3	11:30	12:00
D2	12:30	1:00
D1	1:30	2:00

**Girls High Jump:**

<u>Division</u>	<u>Check-in</u>	<u>Jumping</u>
D4	2:30	3:00
D3	3:30	4:00
D2	4:30	5:00
D1	5:30	6:00

**GIRLS DISCUS** - Check-In: 10:00 a.m.; Competition begins: 11:00 a.m.

**BOYS DISCUS** - To follow girls

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





# GATORADE SPORTS SCIENCE INSTITUTE

## NUTRITION FOR THE TEAM SPORT ATHLETE

Susan Kundrat, MS, RD, CSSD, University of Wisconsin-Milwaukee Nutritional Sciences Program Director

Competing in team sports requires dedication to teamwork, on and off the field. To work together, all team members must come to practices and competitions prepared to succeed. Choosing the right foods and fluids to prepare for competition and to provide proper energy during and after competition can make all the difference. No matter the sport, getting the sports nutrition advantage puts the team one step closer to the "W."

### FLUIDS: HYDRATION IS KEY

Water is an important part of the working body, making up 60 to 65 percent of total body weight.

- If athletes lose too much fluid in sweat without replacing what they've lost in both fluids and important electrolytes (like sodium and chloride), they risk becoming dehydrated.
- Dehydration can diminish energy and impair performance. Even a 2-percent loss of body weight through sweat (i.e. 3 1/2 pounds for a 180-pound player) can put athletes at a disadvantage.

### HOW TO COMBAT DEHYDRATION

Athletes, especially those who train in hot and humid weather conditions or in hot gyms or training facilities, run a risk of dehydration. The risk becomes greater the longer an athlete practices or plays at one time, or when there is more than one competition in a day, such as a weekend basketball or tennis tournament, or two-a-day workouts. Dehydration can be prevented—here's how:

- **Stay well hydrated all day.** Start with extra fluids like milk and juice at breakfast. Then, drink fluids throughout the day, using water bottles, water fountains and cafeteria beverages as triggers for drinking. Soup and some water rich foods (like yogurt, watermelon, grapes and tomatoes) can also contribute to proper daily hydration.
- **Have a pre-game plan and hydrate 2 to 3 hours before practices and games.** Athletes should aim for at least 16 ounces (2 cups) of fluid at this time and an additional 8 ounces (1 cup) 10 to 20 minutes prior to playing.
- **Drink during workouts or games.** Sports drinks, like Gatorade, can help ward off dehydration and muscle cramps because they help replenish both fluid and electrolytes lost in sweat. Encourage sports drinks when workouts last an hour or longer, especially for heavy sweaters. Sports chews or gels can add an extra "energy boost" during intense activity.
- **Prioritize post-practice hydration.** Athletes should weigh themselves before and after activity and consume enough ounces of water, sports drinks or other fluids to replace what they've lost.

### FOODS: PRE-WORKOUT FUEL

Athletes should fuel their bodies 3 to 4 hours before practices and games with a high-carbohydrate meal or snack (see "Pre-Workout Meal Ideas"). This will give the body enough energy to make it through the workout.

#### To do this:

- **Team leaders can organize pre-game meals** for the whole team 3 to 4 hours before competition, including high-energy foods like breads, bagels, cereals, pasta, potatoes, rice, fruits, fruit juices and vegetables—as well as lean sources of protein like chicken breast, turkey, lean deli meats, fish and yogurt. For quick energy, athletes should fill 2/3 of their plates with high carbohydrate options. Drink plenty of fluids with the meal to optimize hydration.

- **Players should eat foods they know work well for them pre-exercise.** Trying a variety of foods before workouts can help determine the best combinations for pre-game meals.
- **Athletes should not be afraid to salt food because they can lose lots of sodium** through sweating—especially if they're heavy crampers. Sometimes, that sodium loss can be the cause of cramping.

### PRE-WORKOUT MEAL IDEAS

MENU #1	MENU #2	MENU #3
Pasta and red sauce	Turkey and cheese sandwiches	Baked chicken tenders
French bread	Bananas and orange slices	Mashed potatoes
Fresh fruit plate	Baked chips or pretzel chips	Green beans
Steamed vegetables	Cereal bars	Fruit and yogurt smoothies
Cookies		
Water, skim milk, fruit juice, and sports drinks	Water, skim milk, fruit juice, and sports drinks	Water, skim milk, fruit juice, and sports drinks

### RECOVERY FOODS: POST-WORKOUT FUEL

To maximize the body's ability to refuel muscles after every workout, athletes should consume a "post-workout snack" as soon as possible after practice or games. This helps restock the muscle energy used in practices quickly.

#### Tips for Recovery:

- Have snacks like trail mix, sports chews and bars, cereal mixed with peanuts and raisins, chocolate milk or peanut butter and crackers within reach after workouts.
- Encourage athletes to eat a meal within 1-2 hours after workouts to continue muscle energy recovery.

### LOCKER OR BACKPACK SNACKS

Many athletes run from school directly to practices, with limited time to get energy to working muscles before hitting the field or court. They often miss out on a high-energy snack to help boost energy for performance. To combat this, keeping easy-to-grab snacks in the locker or in the backpack is a must.

#### Quick locker or backpack snacks:

- Granola bars, cereal bars and sports bars
- Energy chews
- Trail mix
- Dry cereal and pretzels
- Pressed fruit or fruit rolls
- Juice boxes

There is research that supports that prioritizing nutrition on a daily basis can potentially enhance success for athletes. Make sports nutrition a priority for your teams and you'll see the difference.

# ***MASTERS MEET***

The stadium will open at 3:00 p.m.

## **RUNNING EVENTS**

Note: The time schedule will be adhered to within a 3 - 5 minute window.

Girls 400m Relay	6:00	Girls 800m	7:22
Boys 400m Relay	6:08	Boys 800m	7:29
Girls 1600	6:17	Girls 300m LH	7:38
Boys 1600	6:28	Boys 300m IH	7:45
Girls 100m HH	6:40	Girls 200m	7:53
Boys 110m HH	6:47	Boys 200m	8:00
Girls 400m	6:55	Girls 3200	8:08
Boys 400m	7:02	Boys 3200	8:25
Girls 100m	7:09	Girls 1600m Relay	8:40
Boys 100m	7:15	Boys 1600m Relay	8:50

## **FIELD EVENTS - Warm-ups may begin at 4:30pm except as noted below.**

**GIRLS DISCUS** - 4:30 p.m. (Warmups may begin at 3:30 p.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** - 4:30 p.m. (Warmups may begin at 3:30 p.m.)

**GIRLS SHOT PUT** - To follow boys

Note: Athletes must provide their own shots. ALL athletes must be dressed in a proper, school issued, track uniform.

**BOYS AND GIRLS LONG JUMP** - 4:30 p.m. (Warmups may begin at 3:30 p.m.)

**BOYS AND GIRLS TRIPLE JUMP** - To follow Long Jump

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

**GIRLS HIGH JUMP** - 4:30 p.m. (Warmups may begin at 3:30 p.m.)

**BOYS HIGH JUMP** - To follow girls

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

**BOYS POLE VAULT** - 3:30 p.m. (Warmups may begin at 3:00 p.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.

## **STATE MEET**

The State Meet Bulletin will be available in mid-April on the State CIF website. The Preliminary races will be held on Friday, June 6, 2014, and the Finals on Saturday, June 7, 2014. Field event Prelims will start on Friday with check-in at 1:45 p.m.; running event Prelims will start at 5:00 p.m. Finals in field events will check-in at 3:15 p.m.; running events will start at 6:00 p.m. Further information can be found on the Internet at the State CIF website - [www.cifstate.org](http://www.cifstate.org)



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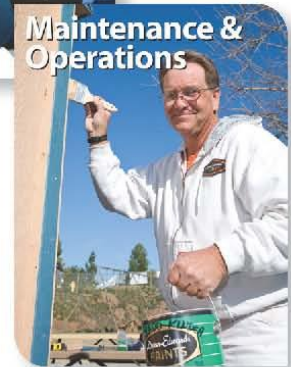
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**Allan D. Clark**  
Association President



AFL-CIO

**Dave Low**  
Executive Director

CSEA



# QUALIFYING STANDARDS

**LEAGUE FINALS INTO DIVISIONAL PRELIMINARIES** - Each league has been allotted **one (1)** automatic entry per event for the 2014 Southern Section Divisional Track and Field Preliminaries. Second and third place finishers must meet or better the minimum standard of entry in their division (see chart below). In leagues with only four schools, there are only two total entries. **ENTRIES IN PRELIMS WILL BE AVAILABLE ON PREPCALTRACK.COM ON SATURDAY, MAY 10, 2014 AFTER 3:00 P.M.**

1. The league champion in each event will automatically qualify. The athlete **MUST** have competed in the league finals and attained a time/mark in league finals. A disqualification, DNF, dropped baton, no height, etc. does **NOT** count as a qualifying mark and these athletes/relay teams will **NOT** be allowed to be advanced to Prelims
2. Second and third place finishers will qualify **IF** they meet the minimum standard for their event. That standard can only be achieved in the varsity league finals competition.

## 2014 QUALIFYING STANDARDS FOR 2<sup>nd</sup> & 3<sup>rd</sup> PLACE IN LEAGUE FINALS

MINIMUM STANDARDS FOR 2nd & 3rd PLACES IN LEAGUE FINALS - 2014								
	D 1 - Boys		D 1 - Girls		D 2 - Boys		D 2 - Girls	
EVENT	FAT	HT	FAT	HT	FAT	HT	FAT	HT
100	11.44	11.2	13.14	12.9	11.34	11.1	12.94	12.7
200	22.84	22.6	26.34	26.1	23.14	22.9	26.84	26.6
400	51.64	51.4	1:01.14	1:00.9	51.94	51.7	1:01.54	1:01.3
800	2:01.54	2:01.3	2:25.14	2:24.9	2:03.14	2:02.9	2:30.14	2:29.9
1600	4:35.14	4:34.9	5:30.14	5:29.9	4:37.14	4:36.9	5:35.14	5:34.9
3200	10:10.14	10:09.9	12:25.14	12:24.9	10:10.14	10:09.9	12:20.14	12:19.9
110/100HH	15.54	15.2	16.74	16.5	16.74	16.5	17.34	17.1
300/IH/LH	42.14	41.9	49.14	48.9	42.54	42.3	50.04	49.8
400R	44.44	44.2	51.14	50.9	44.84	44.6	52.04	51.8
1600R	3:32.14	3:31.9	4:10.14	4:09.9	3:37.14	3:36.9	4:25.14	4:24.9
HJ		5-10		4-10		5-10		4-08
PV		12-00		8-00		11-00		8-00
LJ		20-03		15-09		20-06		15-09
TJ		40-06		32-06		41-00		32-10
SHOT		45-00		30-06		43-00		32-06
DISCUS		130-00		100-00		125-00		95-00
	D 3 - Boys		D 3 - Girls		D 4 - Boys		D 4 - Girls	
EVENT	FAT	HT	FAT	HT	FAT	HT	FAT	HT
100	11.34	11.1	12.94	12.7	11.64	11.4	13.74	13.5
200	23.24	23.0	26.94	26.7	23.44	23.2	27.74	27.5
400	51.74	51.5	1:03.14	1:02.9	54.14	53.9	1:05.14	1:04.9
800	2:04.54	2:04.3	2:33.14	2:32.9	2:12.14	2:11.9	2:42.14	2:41.9
1600	4:40.14	4:39.9	5:38.14	5:37.9	4:50.14	4:49.9	6:00.14	5:59.9
3200	10:20.14	10:19.9	12:15.14	12:14.9	11:00.14	10:59.9	13:30.14	13:29.9
110/100HH	16.74	16.5	17.64	17.4	18.54	18.3	18.74	18.5
300/IH/LH	42.24	42.0	51.34	51.1	45.24	45.2	53.14	52.9
400R	44.44	44.2	52.54	52.3	47.14	46.9	54.14	53.9
1600R	3:33.54	3:33.3	4:24.14	4:23.9	3:50.14	3:49.9	4:40.14	4:39.9
HJ		5-08		4-08		5-06		4-06
PV		10-00		7-06		7-06		7-00
LJ		20-01		15-09		19-00		14-09
TJ		41-00		31-00		37-00		30-00
SHOT		43-06		30-00		37-06		28-00
DISCUS		120-00		90-00		100-00		80-00

FAT = Fully automatic timing; HT = hand timed



**AT-LARGE ENTRIES** - At-Large entries into Divisional Prelims are also available to qualifying athletes. At-Large Entries will be based only on competition in the League Finals and only at the Varsity level. At-Large entries will qualify using the formula of the average of the 9<sup>th</sup> place mark from the preliminaries of the last three years. If an athlete meets the qualifying standard for At-Large entry (see chart below) that athlete must be entered into the EpiSports system by the league meet manager. At-large entries are the responsibility of the league meet manager.

**FREELANCE ENTRIES** - You will want to consider the average of the last three years 9<sup>th</sup> place qualifier from the Divisional Prelims when making your freelance entry. (See chart below). A letter, signed by an administrator, requesting entry for one or more individuals into the appropriate enrollment division. The letter MUST include the following data:

- |                                    |                       |                              |
|------------------------------------|-----------------------|------------------------------|
| <b>1. Event (specify boy/girl)</b> | <b>3. Grade level</b> | <b>5. Mark for the event</b> |
| <b>2. Full name of the athlete</b> | <b>4. School</b>      | <b>6. Date/Type of meet</b>  |

**No freelance petitions will be accepted after Noon on Wednesday, May 7, 2014.**

### 2014 QUALIFYING STANDARDS FOR FREE LANCE & AT-LARGE ENTRIES

QUALIFYING STANDARDS FOR AT-LARGE AND FREE LANCE ENTRIES - 2014								
	D 1 - Boys	D 1 - Boys	D 1 - Girls	D 1 - Girls	D 2 - Boys	D 2 - Boys	D 2 - Girls	D 2 - Girls
EVENT	FAT	HT	FAT	HT	FAT	HT	FAT	HT
100	10.91	10.6	12.12	11.8	10.98	10.7	12.32	12.0
200	21.85	21.6	24.76	24.5	22.07	21.8	25.28	25.0
400	49.25	49.0	57.65	57.4	49.75	49.5	58.41	58.1
800	1:55.89	1:55.6	2:15.77	2:15.5	1:57.98	1:57.7	2:17.70	2:17.4
1600	4:20.10	4:19.8	5:05.38	5:05.1	4:20.67	4:20.4	5:05.58	5:05.3
3200	9:25.52	9:25.2	11:06.03	11:05.7	9:29.53	9:29.2	11:03.95	11:02.7
110/100HH	14.95	14.7	15.13	14.8	15.07	14.8	15.52	15.2
300/H/LH	39.35	39.1	45.01	44.7	39.80	39.5	46.61	46.3
400R	42.79	42.5	48.35	48.1	43.21	42.9	49.12	48.8
1600R	3:22.43	3:22.1	3:56.74	3:56.5	3:24.95	3:24.7	4:01.44	4:01.2
HJ		6-03		5-03		6-02		5-01
PV		13-11		10-05		13-06		10-03
LJ		21-08		17-04		21-06		17-00
TJ		43-10		35-09		43-11		35-01
SHOT		51-10		37-09		52-01		37-04
DISCUS		151-01		117-09		159-01		119-06
	D 3 - Boys	D 3 - Boys	D 3 - Girls	D 3 - Girls	D 4 - Boys	D 4 - Boys	D 4 - Girls	D 4 - Girls
EVENT	FAT	HT	FAT	HT	FAT	HT	FAT	HT
100	10.90	10.6	12.44	12.2	11.25	11.0	12.60	12.3
200	22.16	21.9	25.30	25.0	22.60	22.3	25.56	25.3
400	50.94	50.7	58.75	58.5	51.06	50.8	59.65	59.4
800	1:58.12	1:57.8	2:19.66	2:19.4	2:00.01	1:59.7	2:22.09	2:21.8
1600	4:21.64	4:21.4	5:08.12	5:07.9	4:27.73	4:27.4	5:12.45	5:12.2
3200	9:31.66	9:31.4	11:15.13	11:14.8	9:53.43	9:53.1	11:35.26	11:34.0
110/100/HH	15.04	14.8	15.72	15.4	16.00	15.7	16.53	16.2
300/H/LH	40.00	39.7	46.88	46.6	42.80	42.5	47.34	47.1
400R	43.37	43.1	49.29	49.0	44.81	44.5	51.81	51.5
1600R	3:26.27	3:26.0	4:03.05	4:02.8	3:34.13	3:33.8	4:10.58	4:10.3
HJ		6-00		5-01		6-00		5-00
PV		14-00		9-11		11-06		9-04
LJ		21-01		16-11		20-06		16-06
TJ		44-00		36-10		41-05		34-07
SHOT		49-11		35-09		44-11		32-04
DISCUS		147-02		111-08		129-10		98-10

FAT = Fully automatic timing; HT = hand timed

**LEAGUE FINALS INTO DIVISIONAL PRELIMINARIES** - Refer to pages 15-16 of this playoff bulletin.

**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.

**CHAMPIONSHIP FINALS INTO THE MASTERS MEET** - The top nine (9) performances, regardless of division, will advance to the Masters Meet. The top twelve (12) performances in the 800, 1600, 3200 and all field events will advance to the Masters Meet.

**MASTERS MEET INTO THE STATE MEET** - The top six (6) finishers in each event will advance to the State Meet at Buchanan High School in Clovis on Friday and Saturday, May 31 and June 1, 2013. "At-Large entries will be accepted into the State Meet. See the State Meet Advance Bulletin for marks.

## **ENTRIES, SCRATCHES, ALTERNATES**

Entries from league meets will be submitted by the league's meet manager. The submissions will be done online to EPI Sports. Information should be received the day following the league meet, but in all cases, no later than **FRIDAY, MAY 9, 2014 at 11:59 P.M. NO ENTRIES WILL BE TAKEN BY PHONE.**

### **SCRATCHES AND ALTERNATES**

Should an entrant be unable, or chooses not to enter an event for which he/she has qualified, the following procedures are to followed:

**LEAGUE FINALS INTO DIVISIONAL PRELIMINARIES** - The coach is to inform the Divisional Prelim Meet Manager. After the submission of entries from the League Meet Manager there will be no additions when there are scratches from that league.

If there is an error in league entries (someone left off, wrong person entered, name misspelled, grade level, etc), notification must be made to the **prelim meet manager** no later than Thursday, May 15 at 4:00 p.m. This notification must come from the league meet manager. League managers are reminded to send league entries to member schools in order to make any corrections prior to the entry deadline.

**DIVISIONAL PRELIMS INTO CHAMPIONSHIP FINALS** - Coaches of athletes scratching from an event are to notify Bob McGuire at his home phone (714) 970-8783 or by e-mail at [trakmcquire@aol.com](mailto:trakmcquire@aol.com) as soon as possible but no later than 4:00 p.m. on Thursday, May 22, 2014. The next best athlete from that preliminary meet will advance and the coach **WILL** be notified. The two alternates designated at each prelim should be brought to the finals and report to the clerk when that event is called. If there is a scratch, the clerk of course will insert the athlete in the open spot. When reporting to the clerk, the athlete should be prepared to compete.

**CHAMPIONSHIP FINALS INTO MASTERS MEET** - Coaches of athletes scratching from an event are to report the scratch to the **Coaches Corner** as soon as possible during the meet. For scratches after the meet, notify Bob McGuire at his home phone (714) 970-8783 or by e-mail at [trakmcquire@aol.com](mailto:trakmcquire@aol.com) as soon as possible but no later than **4:00 p.m. on Thursday, May 29, 2014**. Finishers ten (10) and eleven (11) are alternates in events that automatically qualify nine (9). Finishers thirteen (13) and fourteen (14) are alternates in events that automatically qualify twelve (12). If they are not notified during the week on scratches, they should report to the Clerk's Area when their event is called. The events will be filled and those alternates will be notified during the week.

**MASTERS MEET INTO THE STATE MEET** - Coaches of athletes scratching from an event are to report the scratch to the **Coaches Corner** as soon as possible, the same evening, after the athlete's final event. The next best athlete will advance. Once the Southern Section entries are submitted to the State, no additional scratches/additions are permitted. Any athlete entered in more than one event at that point is subject to the penalties outlined under the State "Honest Effort" rule if he/she scratches from an event.



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## SEEDING OF EVENTS

In determining the heats for athletes in the **Preliminary Meets** the seeding process will attempt to spread the talent as evenly as possible. The formula for lane assignments is: 5, 6, 4, 7, 3, 8, 2, 9, 1. All Tracks used in the Prelims have an Olympic turn and a common finish line.

Seeding for the **Championship Finals and Masters Meet** will be based on the athlete's performance in the Divisional Prelims and Championship Meet. The fastest to slowest times in each running event will dictate the lane assignment. The formula for lane assignments is: 5, 6, 4, 7, 3, 8, 2, 9, 1. The 800/1600/3200 will be seeded from the outside in with the best times on the outside. All three races will be run in two alleys for the first turn if entries exceed the number of lanes on the track. The 1600 relay will be run with a three (3) turn stagger. Cerritos College has Olympic turn and a common finish line.

**SPECIAL NOTE TO COACHES:** Heat sheets for the preliminaries will not be mailed since coaches know their qualifiers based on their league results.

## GENERAL INFORMATION RUNNING EVENTS

The Division Preliminary Meets and Championship Meet are considered under National Federation Rules as **ONE** meet. Coaches are reminded of Rule 4-2-1 & 2 limiting participation for each athlete to four (4) events (including relays).

All competing athletes must wear a regulation uniform as specified in National Federation rules 4-3. All athletes competing must wear their school uniform at all times. All members of Relay Teams must wear matching uniforms. All visible clothing under the uniform must be of a **SOLID, SINGLE COLOR**. No other non-school uniforms or clothing may be worn during warm up, competition, or in the awards area. **While in the area of competition the athlete must keep their uniform on. Area of competition includes the track and adjacent grass areas.** Jerseys will be required to be tucked into the shorts during competition. (Note: National Federation Rules: Rule 4-3-1b7 page 23 and Rule 3-2-4j page 13)

National Federation Rule 4-3-3 (page 23-24), regarding the wearing of jewelry, will be enforced.

All warm ups for running events will take place on the grass field located near the stadium track. Access to this area will be limited to athletes and coaches wearing identifying credentials. Members of the press with credentials may also be in this area for interview purposes. These interviews should in no way conflict with an athlete preparing for a later event. No member(s) of the general public will be allowed to enter the warm up field.

The **Clerk of Course** will be located near the warm up area. **Runners must report to the Clerk of Course prior to their race** or they will not be allowed to participate. Alternates should also report to the Clerks area in case of a scratch in that race. A loud speaker system will keep all athletes informed of when they are to report. Hip numbers that are issued in the clerks area are to be worn on the side seam of the competitors shorts. All athletes reporting to the Clerk should be in uniform, ready to compete on the track. Coaches, media, parents **ARE NOT PERMITTED IN THE CLERKS AREA.**

**Starting blocks** will be provided by meet management in all meets with the exception of the Moyer block.

In case of a tie in a running event, the run-off to break the tie will occur thirty (30) minutes after the last running event. Coaches are advised not to leave until **OFFICIAL** results have been posted.

All tracks are Olympic turn 400m tracks with all weather surfaces and 48" lanes. **The maximum length of spikes allowed is 3/16 inch. It is important to note that ONLY the 3/16 inch pyramid spikes will be allowed to be used on the Cerritos College track and field facility.** Needle spikes will be allowed only on the track at Estancia High School. Needle spikes are not allowed at any of the other facilities. All other spikes are strictly prohibited. All shoes will be checked at the athletes entrance gate, the Clerk of Course, and by individual event officials. Suitable spikes will be available for purchase.



FinishLynx timing systems will be used with Hy-Tek results. All official results will be posted at each site for Coaches review. In the Prelims, questions regarding the official results should be directed to the Meet Manager. In all other meets, the Coaches Corner will handle all questions regarding event results. Automatic timing in 1000's of a second will be used for advancement purposes only.

Coaches are reminded that if an athlete must use an inhaler (atomizer) it will **NOT** be considered an illegal aid as long as a physician's statement documenting the need of the athlete to use a prescription during competition is presented to the Clerk of Course prior to the beginning of the meet.

The Referee and a Jury of Appeals will be available to rule on all appeals submitted by the head coach of the concerned team. Appeals are to be submitted in writing to the Coaches Corner for Division Finals and Master Meets. Forms for appeals will be available from the Coaches Corner. The appeal should be lodged immediately following the event, but in no case later than thirty (30) minutes after the results of that event have been posted on the results board. The Jury of Appeals (if appointed) will make the final decision regarding any appeal.

Awards will be given in each event in the Championship Meet and Master's Meet. In the **Championship Meet** there will be medals for the first six place finishers in each of the four divisions and there will be team plaques for the winner and runner-up in each Division. At the Championship meet, the medals will be awarded in the field events at the conclusion of the event; and the medals will be awarded on the field for running events as soon as official results have been determined. Team plaques will be awarded within fifteen (15) minutes of the conclusion of the Championship Meet. At the **Masters Meet** there will be medals for first three place finishers at the conclusion of their event. Team scoring in **all** events for the Championship Meet will be:

1 <sup>st</sup> = 10 points	5 <sup>th</sup> = 4 points
2 <sup>nd</sup> = 8 points	6 <sup>th</sup> = 3 points
3 <sup>rd</sup> = 6 points	7 <sup>th</sup> = 2 points
4 <sup>th</sup> = 5 points	8 <sup>th</sup> = 1 point

#### **PLAYOFF/CHAMPIONSHIP AWARDS AND SOUVENIRS:**

The CIF Southern Section name and logo are registered trademarks with the State of California. It is illegal to use the name (CIF Southern Section, Southern Section or CIF-SS) on any awards, souvenirs or other materials except through licensed vendors or with prior CIF-SS approval. Likewise, 'CIF' without Southern Section or 'SS' is a licensed mark of the State CIF with similar restrictions.

Do not make independent items with CIF, CIF-SS or Southern Section: Please note that schools, including their booster clubs and parents, are subject to sanction and will be held financially accountable for unsold product at playoff events involving their school should they create items using the CIF-SS trademark without authorization. Example: School X creates team playoff t-shirt that includes 'CIF-SS Football Finals' in the design and upon reaching Finals the CIF-SS on-site vendor is unable to sell similar product created for that event; the violating school would be required to purchase all unsold shirts.

• **Patches:** JL Custom Jackets is the 'exclusive' licensed custom patch vendor for the CIF-SS. Any patches that include CIF-SS or CIF Southern Section must be ordered/purchased through JL Custom Jackets. For patch options, you may contact JL Custom Jackets at [www.jlcustomjackets.com](http://www.jlcustomjackets.com) or (951) 867-3200.

Ordering additional 'Champions' Patches: Schools may order additional CIF-SS Champion patches (Octagon Red or Football shaped) and any Custom CIF-SS patches (such as: All CIF-SS – CIF-SS Scholar Athlete – Quarter Finals) directly from JL Custom Jackets and Patches at [www.jlcustomjackets.com](http://www.jlcustomjackets.com).

CIF-SS Championship Patches (circle shape) Playoffs or Prelims, Finals Patches (shape of a shield) for participation in Cross Country, Track & Field or Swimming Finals, Masters Patches (oval shaped) for participation in a Masters Track & Field or Wrestling event and Wrestling Dual Meet (rectangle shaped) may be ordered at [www.ciftshirts.com](http://www.ciftshirts.com).

• **Medals and Plaques:** If your team won or were a runner-up in a CIFSS Team Event and you wish to purchase any additional champion plaques or runner-up plaques and runner-up medals you may do so by ordering directly from All American Trophy by contacting Paul Purdum at (323) 725-1962.

- **Apparel and Souvenirs:** For vendors licensed to create items that include CIF-SS name or logo, please contact CIF Southern Section Marketing Director John Costello for an updated list of vendors. Schools may not produce custom items that include the CIF-SS name, mark or logo.

Ordering additional 'Champions' t-shirts (given post game to championship teams only): Additional 'Champions' shirts may be ordered directly from our supplier. Contact Kristy Moore @ Kustom Imprints – (714) 771-5768 ext. 103 or email [kristy@kustomimprints.com](mailto:kristy@kustomimprints.com).

- **Rings:** The State CIF has licensed three companies to produce rings that may include CIF or CIF-SS in the design. These are the exclusive ring providers for the CIF: Balfour, Herff Jones and Jostens.

- **Championship Banners:** For vendors licensed to use CIF-SS on your gym/field championship banners, please contact CIF Southern Section Marketing Director John Costello for an updated list.

These are the only companies that have the license to use the words CIF Southern Section, Southern Section or CIF-SS. Only the licensed ring companies may use just 'CIF' on any item.

Emergency Medical Personnel will be on site to handle injuries, etc. **NO** athletic trainers will be provided by Meet Management. Schools may provide their own training services, but space will not be provided in the warm-up area for this purpose.

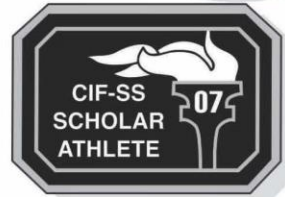
There are no dressing room facilities at the Prelim Meet sites or Cerritos College.

### ***SPECIFIC INFORMATION - RUNNING EVENTS - Division Preliminaries***

In all divisions, the number of heats in running events through 400 meters will be determined by the number of entries divided by the number of lanes on the track. There will be a maximum of four (4) heats in the boys and girls 800 meter run regardless of the number of entries (divide entries by 4). Races shall be run in two (2) alleys for the first turn. There will be three (3) heats in the 1600 meter run and two (2) heats in the 3200 meter run. The fastest time in each race shall be placed in the outside lane in alley #2.



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# GENERAL INFORMATION - FIELD EVENTS

**AT CERRITOS COLLEGE: No food, drink (other than plain water) or electronic devices will be allowed onto the track or infield areas. Any violation of the above rules may result in immediate disqualification and removal from the facility.**

All athletes competing in all field events must wear a regulation uniform as specified in the National Federation rule 4-3. All athletes competing must wear their school uniform at all times. All visible clothing under the uniform must be of a **SOLID, SINGLE COLOR**. No other non-school uniforms or clothing may be worn during warm up, competition, or in the awards area. While in the area of competition the athlete must keep their uniform on. (Area of competition includes the track and adjacent field event areas). See National Federation Rules, page 24.

**Shots** must be provided by student-athletes. Management will not provide shots. Shots must be engraved with the appropriate weight. **Shots** and **Discii** need to be weighed and marked at the Master's Meet prior to check-in.

National Federation Rule 4-3-3 (page 23-25), regarding the wearing of jewelry, will be enforced.

All field event athletes must check in at the Field Event Clerks located on the west side of the stadium. **Athletes MUST also check in to the field event judge prior to the start of the competition in their division.** Only those in uniform with identification will be permitted to enter the field. No coaches, media, or other personnel will be permitted.

Coaches and athletes are reminded of the National Federation Rule against athletes in field events crossing the track to confer with coaches in the stands. Coaches/athletes may meet only in the warm up area south of the main stadium. Discus competitors may confer with coaches only in unrestricted areas. Once an athlete has reported to a field event venue and checked in with event officials, he/she may only leave that venue to compete in another event or to use the restroom. During that excused time, viewing electronic images or video of current competition is not allowed.

**The only exception would be where the field event venue/competition is in an unrestricted location. That would include a "coaching box, or off-field mixed area where athletes, coaches and spectators are allowed. Use of cell phones, pagers or other electronic communication devices is also prohibited and will result in immediate disqualification from the meet.**

Field event athletes who are also in running events, need to advise the Field Event Judge of the running event and secure a release from the official. The athlete **MUST** report to the Clerk of Course when their event is called **AFTER** securing a release from the Field Event Judge. Competitors will be excused for a maximum of thirty (30) minutes to compete in the running event and return to the field event. If the bar is raised in the High Jump or Pole Vault the athlete must jump at the new height. **The bar will not be lowered.**

The **Coaches Corner** will be located in the corner of the stadium near the area where all results will be posted. Coaches should take any concerns to the Coaches Corner and express them in writing.

Awards will be given in each event in the Championship Meet and Master's Meet. In the **Championship Meet** there will be medals for the first six place finishers in each Division. There will be team plaques for the winner and runner-up in each Division. At the Championship meet, the medals will be awarded at the field event at the conclusion of the event; and the medals will be awarded on the field for running events as soon as official results have been determined. Team plaques will be awarded within fifteen (15) minutes of the conclusion of the Championship Meet. At the **Masters Meet** there will be medals for the first three place finishers at the conclusion of their event.



Team scoring in **all** events for the Division Championship Meet will be:

1 <sup>st</sup> = 10 points	5 <sup>th</sup> = 4 points
2 <sup>nd</sup> = 8 points	6 <sup>th</sup> = 3 points
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CIF-SS Championship Patches (circle shape) Playoffs or Prelims, Finals Patches (shape of a shield) for participation in Cross Country, Track & Field or Swimming Finals, Masters Patches (oval shaped) for participation in a Masters Track & Field or Wrestling event and Wrestling Dual Meet (rectangle shaped) may be ordered at [www.ciftshirts.com](http://www.ciftshirts.com).

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- **Apparel and Souvenirs:** For vendors licensed to create items that include CIF-SS name or logo, please contact CIF Southern Section Marketing Director John Costello for an updated list of vendors. Schools may not produce custom items that include the CIF-SS name, mark or logo.

Ordering additional 'Champions' t-shirts (given post game to championship teams only): Additional 'Champions' shirts may be ordered directly from our supplier. Contact Kristy Moore @ Kustom Imprints – (714) 771-5768 ext. 103 or email [kristy@kustomimprints.com](mailto:kristy@kustomimprints.com).

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These are the only companies that have the license to use the words CIF Southern Section, Southern Section or CIF-SS. Only the licensed ring companies may use just 'CIF' on any item.

If an athlete must use an inhaler (atomizer) in a field event it will NOT be considered an illegal aid as long as a physician's statement documenting the need of the athlete to use a prescription during competition is presented to the Clerk of Course prior to the beginning of the meet.

The Referee and Jury of Appeals will be available to rule on all appeals submitted by the head coach of the concerned team. Appeals are to be submitted in writing to the Coaches Corner for all meets. Forms will be available for appeals. The appeal should be lodged immediately following the event, but in no case later than thirty (30) minutes after the results of that event have been posted on the results board. The Jury of Appeals (if appointed) will make the final decision regarding any appeal.

There are no dressing room facilities at the Prelim Meet sites or Cerritos College.

## ***SPECIFIC INFORMATION - FIELD EVENTS***

***High Jump and Pole Vault*** - Continuing flights of five (5) will be used in the Prelims. Competition will continue until there are nine (9) remaining. In case of a tie, regular tie breaking procedures will be used.

A jumpoff will be held in the event determination of qualifiers is necessary. The top nine (9) athletes will advance to the Championship Finals. The same procedure will be used in the Championship Finals with the top six (6) in each Division winning medals and the top twelve (12) overall and ties advancing to the Masters Meet. The top five (5) finishers along with those competitors who meet the at-large State standards at the Masters Meet will advance to the State Meet. Starting heights will be determined by meet management after all entries are received. Records set in the Prelims will count. In all Meets, Pole Vault coaches must verify their athletes weight and pole weight in the Clerks area prior to entry on the field. The athlete must be in uniform when this process occurs.

A time excused rule of thirty (30) minutes will be used for a contestant leaving a field event for another event. If the bar is raised in the High Jump or Pole Vault the athlete must jump at the new height. **The bar will not be lowered.**

***Pole Vault/High Jump Competitors excused to compete in other events:*** Athletes may be excused for a maximum of thirty (30) minutes to participate in another event. Permission to leave must be granted by the Head Pole Vault/High Jump Official and the time the athlete left the event is to be noted on the Official Event Sheet.

An athlete may request the Head Event Official to compete his/her trials at the current height out of order or opt to return to the event with the number of trials remaining that he/she was excused with.

In both above cases, the competition will continue and he/she will re-enter at wherever the crossbar has been raised during said excused absence.

**POLE VAULT - DIVISIONAL FINALS:** Two (2) runways will be utilized at Mt. San Antonio College. The regular "trackside" runway and an "auxiliary runway" to be set up on the field adjacent to the track. The boys will use the trackside runway and the girls will use the auxiliary runway.

***Shot Put and Discus*** - Contestants will be divided into flights of approximately equal numbers with nine (9) in the last flight. There will be a fifteen (15) minute warm up between flights. **Prelims:** All athletes will have three (3) trials with the top nine (9) athletes advancing to the Division Finals. **Division Finals:** All athletes will have four (4) trials and the top six (6) in each Division will be awarded medals and the top twelve (12) overall (all divisions combined) will advance to the Masters Meet. **Masters:** All athletes will have three (3) preliminary trials. All athletes who achieve a fair mark in the prelims will have three (3) additional final throws, to be taken in inverse order of prelim ranking. The top six (6) along with those competitors who meet the at-large State standards will advance to the State Meet. Marks made in the preliminaries do not carry over to the Championship Finals. Records set in the Prelims will count. **The shot and discus sectors will be 34.92 degrees.**

**Long Jump and Triple Jump** - Contestants will be divided into flights of nine (9). Athletes will have a 15 minute warm up period between flights. **Prelims**: Three (3) trials, nine advance. **Division Finals**: Four (4) trials, top twelve overall (all divisions combined) will advance. **Masters**: Three (3) preliminary trials. All athletes who achieve a fair mark in the prelims will have three (3) additional final jumps, to be taken in inverse order of prelim ranking. The top six (6) along with those competitors who meet the at-large State standards will advance to the State Meet.

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Supporting Partner of the  
CIF Southern Section



Supporting Patch Provider  
of the CIF Southern Section



Supporting Water Polo Ball  
of the CIF Southern Section



Supporting Partner of the  
CIF Southern Section



Supporting Partner of the  
CIF Southern Section



Co-Partner  
of the CIF-SS  
Academic Awards



Supporter of  
CIF-SS Tennis



Supporter of  
CIF-SS Girl's Golf



Official Tennis Ball  
of the CIF-SS



Official Badminton  
Supplier of the CIF-SS



Co-Partner of  
the CIF-SS  
Sportsmanship  
Awards



Co-Partner of the  
All CIF-SS Awards

# MISCELLANEOUS INFORMATION

**PACKET PICK UP (by coaches only)** - At all the preliminary sites only a coach may pick up the packet for their team. Packets will be available at the athlete's entrance gate. In the packet will be two coaches tickets for boys coaches and two tickets for girls coaches (provided both genders are entered in the meet), and one ticket for each competing athlete. Also included in the packet will be two programs. Participation certificates can be downloaded from the CIF Southern Section website.

At Cerritos College, coaches only will pick up their team packet at the credentials table located at the southwest corner of the stadium. This entrance is the only entrance for athletes. All athletes will sit in the West stands. Coaches may enter the East stands through the Northeast gate, ONLY. In the packet at this meet there will be two coaches tickets per gender per school and one ticket for each athlete. A program will be included in each packet.

**INCLEMENT WEATHER** - The decision to re-schedule or postpone the scheduled meet will be up to the Games Committee (Meet Managers and CIF-SS Administrators). Information regarding the meet will be distributed as early as possible to avoid conflicts with transportation and athlete preparations.

**STADIUM PARKING** - There will be a parking fee at all facilities.

**AT PRELIM SITES:** The parking fee is \$5.00 at all facilities.

**AT CERRITOS COLLEGE:** The parking fee is \$5.00. Be advised that on Friday, May 30, 2014, there is to be no parking in the residential area behind the Cerritos College stadium before 4:00 p.m. Neighborhood parking is by PERMIT ONLY until 4:00 p.m. per Norwalk city regulation.

**ADMISSION PRICES** - At all preliminary sites, all spectators and others (non-qualifying athletes, extra coaches, wives, managers, pep squad members, bus drivers, faculty members, etc.) must purchase a general admission ticket and enter through one of the spectator gates. **PLEASE NOTE: Venues will NOT be able to accept checks or credit cards. Please relay this information to your fans.** CIF Courtesy Cards, CIF-SS Press/Photo Passes and State CIF Passes will be the only passes honored at all meets.

Admission prices for the preliminary sites are:

**ADULTS: \$7.00      HIGH SCHOOL STUDENTS W/ID: \$5.00      CHILDREN 13 & UNDER: \$5.00**

***PLEASE NOTE THAT CANOPIES AND OTHER OVERHEAD COVERINGS WILL BE PERMITTED IN THE TOP ROW OF THE SPECTATOR BLEACHERS ONLY AT ALL VENUES. SPACE IS LIMITED AND ON A FIRST COME, FIRST SERVED BASIS ONLY.***

At the Championship Meet and Masters Meet the admission prices are:

**ADULTS: \$10.00      HIGH SCHOOL STUDENTS W/ID and 13 & UNDER: \$5.00**

***SPECTATORS' COOLERS, CANS AND BOTTLES ARE NOT ALLOWED AT CERRITOS COLLEGE.***

**FACILITY CLOSURES:** As of May 9, 2014, no one will be permitted access to the track and field facilities at any of the sites until the last competition has been held at that site.

**SNACK BARS** - Each site will have snack bars available for refreshments.



# HIGHSCHOOLSTUBS



ONLINE TICKETS can be purchased in advance for the

CIF-SS/FORD TRACK & FIELD CHAMPIONSHIPS

Cerritos College (11110 Alondra Blvd., Norwalk, 90650)

May 24 & 30, 2014

**CIF-SS/FORD TRACK & FIELD DIVISIONAL FINALS**

**Saturday, May 24, 2014**

**[Click Here to Purchase Tickets](#)**

**CIF-SS/FORD TRACK & FIELD MASTERS MEET**

**Friday, May 30, 2014**

**[Click Here to Purchase Tickets](#)**



## **DIRECTIONS TO MEET SITES**

**TRABUCO HILLS HIGH SCHOOL** - Located at 27501 Mustang Run, Mission Viejo, 92691. Take the 5 freeway to Lake Forest exit. Go left to Trabuco Road. Go Right to Los Alisos. Go left to Cordova. Go left to school. Athletes and/or coaches must be dropped off on Mustang Run on visitors side of the stadium. See maps below for specific parking instructions (2 pages). Parking fee is \$5.00.

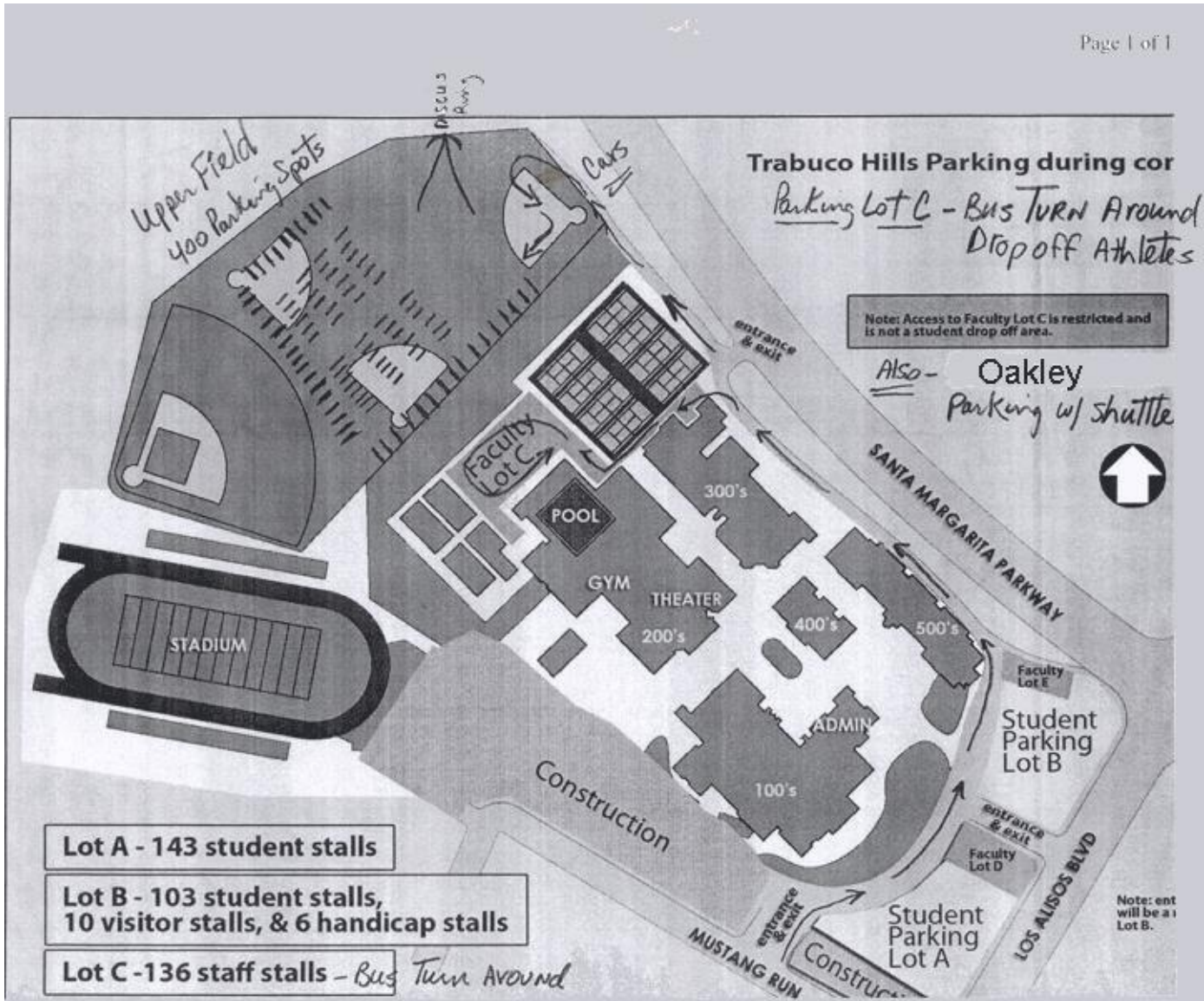
**MOORPARK HIGH SCHOOL** - Located at 4500 North Tierra Rejada Road, Moorpark, 93021. Take the 101 freeway to the 23 freeway North. Exit at Tierra Rejada and turn left. Parking fee is \$5.00.

**ESTANCIA HIGH SCHOOL** - Located at 2323 Placentia Avenue, Costa Mesa, 92627. Take the 405 freeway to Harbor Blvd. Exit. Go South to Adams, turn right on Adams to Placentia Avenue. Turn left on Placentia Avenue and school will be on your right after approximately one mile. Parking fee is \$5.00.

**CARPINTERIA HIGH SCHOOL** - Located at 4810 Foothill Road, Carpinteria, 93013. Take the 101 Freeway to Casitas Pass Road. Go right toward the mountains till Foothill. Turn left on Foothill and proceed to stop sign. Turn right and school is on the right. Parking fee is \$5.00.

**CERRITOS COLLEGE** - Located at 11110 Alondra Blvd., Norwalk, 90650. From the 605 Freeway, exit at Alondra and travel east one block to the college. Spectator parking is available at the front of the stadium. Parking fee is \$5.00. Parking for busses and athletes is in the back of College. Turn right on Studebaker road and turn left on Falcon Way. Proceed to the parking lot that is south of the stadium. **SPECTATORS' COOLERS, CANS AND BOTTLES ARE NOT ALLOWED AT CERRITOS COLLEGE. Be advised that on Friday, May 30, 2014, there is to be no parking in the residential area behind the Cerritos College stadium before 4:00 p.m. Neighborhood parking is by PERMIT ONLY until 4:00 p.m. per Norwalk city regulation.**

# TRABUCO HILLS HIGH SCHOOL



Lot A - 143 student stalls

Lot B - 103 student stalls, 10 visitor stalls, & 6 handicap stalls

Lot C - 136 staff stalls - Bus Turn Around

# ASICS TRABUCO HILLS INVITATIONAL BUS DRIVERS PARKING DIRECTIONS

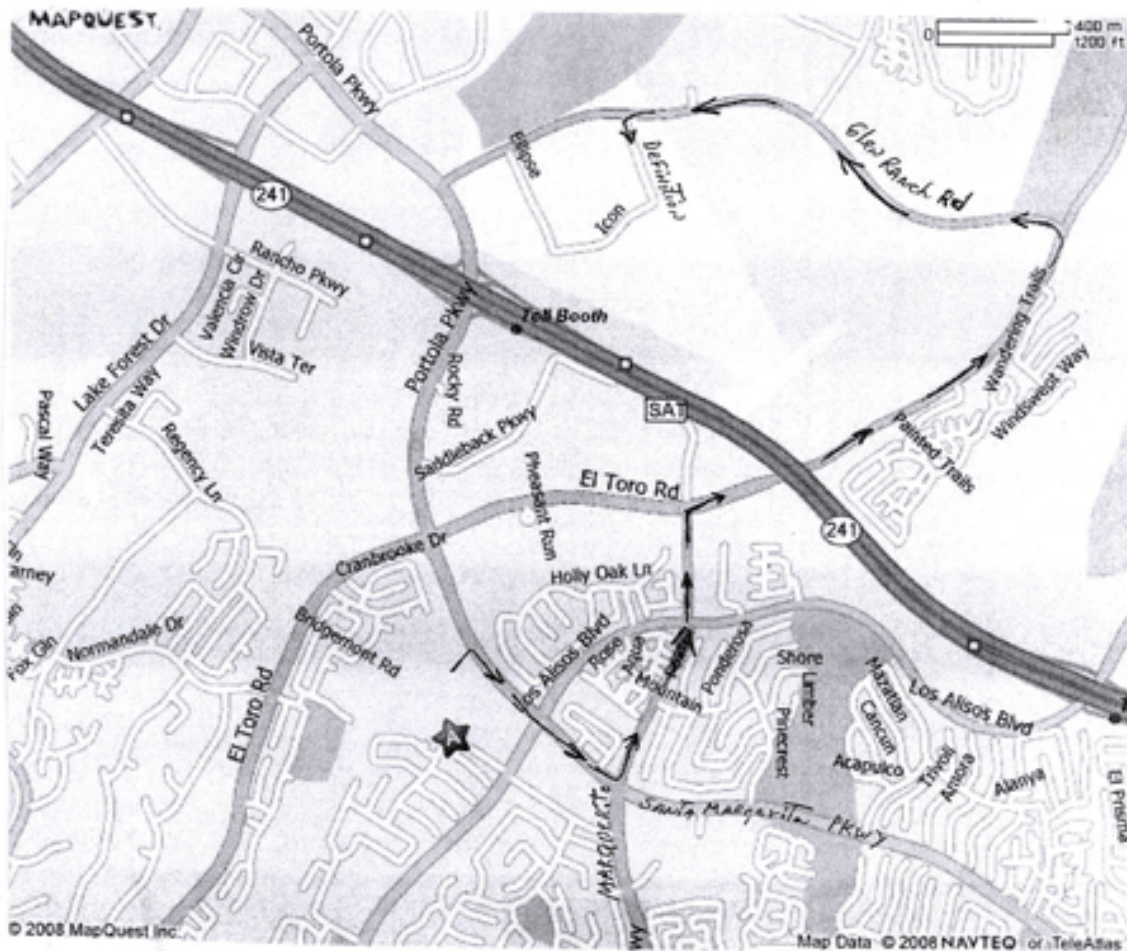
Exit Trabuco Hills – turn right onto Santa Margarita Pkwy.

Go past Los Alisos to Marquerite, turn left

Stay on Marquerite until you get to El Toro Rd., turn right

Go to Glen Ranch Road, turn left and follow it around to Oakley.

Turn Left on Definition – park on Definition.







**2014 CIF Southern Section Ford Boys and Girls Track and Field**  
**Presented by Farmers**  
**Division 1 (2500 and Above)**  
**As of December 11, 20113**

		<b>ALPHA</b>
ALHAMBRA	2791	ONTARIO 2729
ALISO NIGUEL	2868	OXNARD 2919
ALTA LOMA	2607	PACIFICA/OXNARD 3390
ANAHEIM	3069	PALMDALE 2895
ARCADIA	3506	PALOMA VALLEY 2721
ARROYO VALLEY	2586	PARAMOUNT 4921
BELL GARDENS	2945	PENINSULA 2518
BUENA	2745	PERRIS 2711
BURBANK	2605	PIONEER VALLEY 2618
BURROUGHS/BURBANK	2601	POLY/LONG BEACH 4713
CABRILLO/LONG BEACH	3068	POLY/RIVERSIDE 2730
CAJON	2650	QUARTZ HILL 3196
CALIFORNIA	3081	RANCHO CUCAMONGA 3382
CAMARILLO	2606	RANCHO VERDE 3397
CANYON SPRINGS	2523	RIALTO 3017
CAPISTRANO VALLEY	2585	ROOSEVELT, ELEANOR 3260
CENTENNIAL/CORONA	3220	SAN CLEMENTE 2997
CHAFFEY	3489	SANTA ANA 2801
CHANNEL ISLANDS	2617	SANTA FE 2667
CHAPARRAL	3047	SANTA MONICA 2984
CHINO HILLS	3024	SANTIAGO/CORONA 3524
COACHELLA VALLEY	2608	SCHURR 2992
CORONA	3060	SEGERSTROM 2505
CRESCENTA VALLEY	2885	SILVERADO 3056
CYPRESS	2666	TEMECULA VALLEY 2823
DANA HILLS	2851	TRABUCO HILLS 3121
DIAMOND BAR	3031	TROY 2631
DOWNEY	4398	UPLAND 3614
EDISON	2538	VALENCIA/PLACENTIA 2541
EL RANCHO	2855	VALENCIA/VALENCIA 2965
EL TORO	2691	VALLEY VIEW 2620
ETIWANDA	3223	VENTURA 2701
FONTANA	2564	VISTA MURRIETA 3341
FOUNTAIN VALLEY	3503	WALNUT 2887
GLENDALE	2864	WARREN 3709
GODINEZ	2583	WEST COVINA 2559
GREAT OAK	3614	WEST RANCH 2672
HERITAGE	2604	WESTMINSTER 2542
HIGHLAND	3148	WILSON/LONG BEACH 4109
HUNTINGTON BEACH	2784	YUCAIPA 2681
JORDAN	3460	
KATELLA	2755	
KING, MARTIN LUTHER	3238	
KNIGHT	3290	
LA QUINTA/LA QUINTA	2922	
LA SERNA	2829	
LAKEWOOD	3743	
LOARA	2624	
LOS ALAMITOS	3203	
LOS OSOS	3198	
LOYOLA	2538	
MARINA	3743	
MILLER, A.B.	2582	
MILLIKAN	3929	
MONTCLAIR	3096	
MONTEBELLO	3191	
NEWBURY PARK	2603	
NORCO	2537	

**2014 CIF Southern Section Ford Boys and Girls Track and Field**  
**Presented by Farmers**  
**Division 2 (2499 - 2020)**  
**As of December 11, 2013**

AGOURA	2155	NORTH, J.W.	2210
APPLE VALLEY	2144	NORWALK	2060
ARLINGTON	2120	OAK HILLS	2376
ARROYO	2356	PALM SPRINGS	2040
ARROYO GRANDE	2206	PASADENA	2029
AYALA, RUBEN	2388	PATRIOT	2154
BALDWIN PARK	2298	RAMONA	2132
BEAUMONT	2391	REDLANDS	2381
BECKMAN	2417	REDLANDS EAST VALLEY	2265
BLOOMINGTON	2175	REDONDO UNION	2472
CANYON/ANAHEIM	2342	RIGHETTI	2176
CANYON/CANYON COUNTRY	2482	RIO MESA	2047
CARTER	2358	ROWLAND	2377
CATHEDRAL CITY	2114	ROYAL	2159
CERRITOS	2156	SAN GABRIEL	2398
CHINO	2498	SAN GORGONIO	2150
CITRUS HILL	2217	SAN JACINTO	2267
CITRUS VALLEY	2211	SANTA ANA VALLEY	2283
CLAREMONT	2288	SANTA BARBARA	2218
COLONY	2123	SANTA MARIA	2299
COLTON	2232	SANTIAGO/GARDEN GROVE	2301
COMPTON	2084	SAUGUS	2370
CULVER CITY	2187	SAVANNA	2077
DOMINGUEZ	2203	SERRANO	2389
DOS PUEBLOS	2177	SIMI VALLEY	2387
EASTSIDE	2432	SOUTH TORRANCE	2174
EISENHOWER	2380	SULTANA	2138
ELSINORE	2425	SUMMIT	2422
FOOTHILL	2430	SUNNY HILLS	2327
FULLERTON	2199	TEMESCAL CANYON	2071
GARDEN GROVE	2423	TEMPLE CITY	2039
GLENDORA	2403	TESORO	2405
GOLDEN VALLEY	2183	THOUSAND OAKS	2454
GRAND TERRACE	2242	TORRANCE	2076
HART	2157	TUSTIN	2034
HEMET	2494	UNIVERSITY	2463
KAISER	2365	VILLA PARK	2441
KENNEDY	2259	VISTA DEL LAGO	2429
LA HABRA	2198	WEST TORRANCE	2212
LA MIRADA	2267	WESTERN	2195
LA QUINTA/WESTMINSTER	2063	WESTLAKE	2353
LA SIERRA	2487	WHITTIER	2481
LANCASTER	2374	WOODBIDGE	2384
LAWNDALE	2407		
LYNWOOD	2237		
MARK KEPPEL	2419		
MATER DEI	2063		
MAYFAIR	2153		
MIRA COSTA	2482		
MISSION VIEJO	2498		
MOORPARK	2141		
MORENO VALLEY	2402		
MURRIETA MESA	2297		
MURRIETA VALLEY	2303		
NEWPORT HARBOR	2318		
NOGALES	2091		
NORTE VISTA	2316		
NORTH TORRANCE	2101		

**2014 CIF Southern Section Ford Boys and Girls Track and Field**

**Presented by Farmers**

**Division 3 (2019 - 1030)**

**As of December 11, 2013**

ALEMANY	1604	JURUPA VALLEY	1662
ANTELOPE VALLEY	1722	LA CANADA	1450
ARTESIA	1503	LA PUENTE	1562
ATASCADERO	1375	LAGUNA HILLS	1699
AZUSA	1363	LAKESIDE	1978
BANNING	1183	LEUZINGER	1729
BARSTOW	1389	LITTLEROCK	1515
BASSETT	1153	LOMPOC	1366
BELLFLOWER	1855	LOS ALTOS	1999
BEVERLY HILLS	1861	LOS AMIGOS	1900
BISHOP AMAT	1390	LUTHERAN/ORANGE	1331
BOLSA GRANDE	2010	MAGNOLIA	1785
BONITA	1919	MONROVIA	1643
BREA OLINDA	1954	MORNINGSIDE	1151
BUENA PARK	1924	MOUNTAIN VIEW	1583
BURROUGHS/RIDGECREST	1422	NORTHVIEW	1471
CABRILLO/LOMPOC	1449	NORTHWOOD	1940
CALABASAS	1699	NOTRE DAME/SHERMAN OAKS	1242
CATHEDRAL	1450	OAK PARK	1576
CENTENNIAL/COMPTON	1044	OCEAN VIEW	1479
CENTURY	1835	ORANGE	1913
CHAMINADE	1319	PACIFIC	1503
CHARTER OAK	1857	PACIFICA/GARDEN GROVE	1809
CORONA DEL MAR	1645	PALM DESERT	1979
COSTA MESA	1051	PALOS VERDES	1802
COVINA	1374	PASO ROBLES	2008
CRESPI	1080	PIONEER	1365
DAMIEN	1878	POMONA	1503
DESERT HOT SPRINGS	1841	RANCHO ALAMITOS	1909
DESERT MIRAGE	1917	RIM OF THE WORLD	1274
DIAMOND RANCH	1870	ROSARY	1042
DON LUGO	1999	ROSEMEAD	1884
DUARTE	1111	RUBIDOUX	1718
EL DORADO	1959	SADDLEBACK	1786
EL MODENA	1977	SAN BERNARDINO	1896
EL MONTE	1894	SAN DIMAS	1251
EL SEGUNDO	1224	SAN JUAN HILLS	2017
ESPERANZA	1851	SAN LUIS OBISPO	1444
ESTANCIA	1230	SAN MARCOS	1858
EXCELSIOR CHARTER	1279	SAN MARINO	1165
FIREBAUGH	1857	SANTA MARGARITA	1665
GABRIELINO	1765	SANTA PAULA	1540
GAHR	1933	SERVITE	1826
GANESHA	1298	SHADOW HILLS	1714
GAREY	1776	SIERRA VISTA	1988
GLADSTONE	1366	SONORA	1945
GLENN	1498	SOUTH EL MONTE	1488
GRANITE HILLS	1559	SOUTH HILLS	1875
HARVARD-WESTLAKE	1176	SOUTH PASADENA	1536
HAWTHORNE	1912	ST. FRANCIS	1332
HESPERIA	1992	ST. JOHN BOSCO	1512
HOOVER	1831	ST. JOSEPH/LAKEWOOD	1260
HUENEME	1926	ST. LUCYS	1294
IMMACULATE HEART	1080	TAHQUITZ	1607
INDIAN SPRINGS	1505	WEST VALLEY	1545
INDIO	1983	WILSON/HACIENDA HEIGHTS	1660
IRVINE	1779	YORBA LINDA	1824
JSERRA	1041	YUCCA VALLEY	1400
JURUPA HILLS	1955		



**2014 CIF Southern Section Ford Boys and Girls Track and Field**  
**Presented by Farmers**  
**Division 4 (1029 and Below)**  
**As of December 11, 2013**

ACAD/ACADEMIC EXCELL	418	LA SALLE	702	ROLLING HILLS PREP	183
ALVERNO	354	LA SIERRA ACADEMY	240	SACRED HEART OF JESUS	380
AQUINAS	371	LAGUNA BEACH	988	SADDLEBACK VALLEY CHR	300
ARCHER SCHOOL FOR GIRLS	496	LINFIELD CHRISTIAN	318	SAGE HILL	466
ARROWHEAD CHRISTIAN	331	LONE PINE	126	SALESIAN	920
BAKER VALLEY	56	LOS ANGELES ADVENTIST	66	SAN GABRIEL MISSION	484
BELLARMINE-JEFFERSON	157	LOUISVILLE	858	SAN JACINTO VALLEY ACAD	152
BETHEL CHRISTIAN/R	32	LUTHERAN/LA VERNE	134	SANTA CLARA	248
BIG BEAR	758	MALIBU	684	SANTA YNEZ	995
BISHOP DIEGO	263	MAMMOTH	279	SERRA	605
BISHOP MONTGOMERY	964	MARANATHA	658	SHERMAN INDIAN	288
BLAIR	674	MARLBOROUGH	744	SIERRA CANYON	364
BORON	160	MARSHALL	1013	SILVER VALLEY	446
BRENTWOOD	464	MARY STAR OF THE SEA	494	ST. ANTHONY	479
BRETHREN CHRISTIAN	239	MARYMOUNT	740	ST. BERNARD	286
BRIDGES ACADEMY	74	MAYFIELD	602	ST. BONAVENTURE	544
BUCKLEY	317	MILKEN COMMUNITY	554	ST. GENEVIEVE	622
CAMS	662	MISSION COLLEGE PREP	327	ST. JOSEPH/SANTA MARIA	443
CALIFORNIA LUTHERAN	86	MOJAVE	184	ST. MARGARETS EPISCOPAL	441
CALIFORNIA MILITARY	576	MORRO BAY	851	ST. MARYS ACADEMY	616
CSDR	173	MUIR	1013	ST. MONICA CATHOLIC	566
CALVARY CHAPEL/DOWNEY	315	NEW COMMUNITY JEWISH	356	ST. PAUL	525
CALVARY CHAPEL/SA	548	NEW ROADS	370	ST. PIUS X - ST. MATTHIAS	263
CALVARY MURRIETA	286	NIPOMO	1025	SUMMIT LEADERSHIP	217
CAMPBELL HALL	544	NOLI INDIAN	0	TEMECULA PREP	273
CANTWELL-SACR HRT	563	NORDHOFF	851	TEMPLETON	732
CAPISTRANO VALLEY CHR	188	NOTRE DAME ACADEMY	730	THACHER	250
CARPINTERIA	609	NOTRE DAME/RIVERSIDE	464	TRONA	73
CATE	279	NUVIEW BRIDGE	515	TWENTYNINE PALMS	788
CHADWICK	358	OAK GROVE	52	UPLAND CHRISTIAN	150
COASTAL CHRISTIAN	46	OAKS CHRISTIAN	961	VALLEY CHRISTIAN/C	608
CREAN LUTHERAN	612	OJAI VALLEY	111	VASQUEZ	455
CROSSROADS	497	ONTARIO CHRISTIAN	474	VERBUM DEI	602
DESERT	304	ORCUTT ACADEMY	546	VIEWPOINT	490
DESERT CHRISTIAN/L	375	OXFORD ACADEMY	733	VILLAGE CHRISTIAN	417
DON BOSCO TECH	800	PACIFIC HILLS	91	VILLANOVA PREP	253
EDGEWOOD	824	PACIFICA CHRISTIAN	230	VISTAMAR	268
EINSTEIN ACADEMY	258	PARACLETE	703	WEAVER	61
FILLMORE	1021	PILGRIM	98	WEBB	402
FLINTRIDGE PREP	407	PILIBOS	218	WESTERN CHRISTIAN	392
FLINTRIDGE SACRED HEART	820	POLY/PASADENA	374	WESTRIDGE	512
GARDEN STREET ACADEMY	41	POMONA CATHOLIC	424	WHITNEY	687
GRACE BRETHREN	362	PRICE	80	WHITTIER CHRISTIAN	596
HAMILTON	330	PROVIDENCE (BURBANK)	407	WILDWOOD	230
HERITAGE CHRISTIAN	697	PROVIDENCE (SB)	67	WINDWARD	378
HILLCREST	877	RAMONA CONVENT	536	WOODCREST CHRISTIAN	330
HOLY FAMILY	376	RANCHO CHRISTIAN	180	XAVIER PREP	526
HOLY MARTYRS	165	RANCHO MIRAGE	889	YESHIVA	483
KILPATRICK	216	RIVERSIDE CHRISTIAN	162		
LA REINA	786	RIVERSIDE PREP	699		

# SPECIAL NOTICE

## SUPERVISION OF ATHLETES

The Southern Section Office has experienced a problem which has perpetuated itself over the past few years as it pertains to proper supervision and entry of student-athletes in the post-season playoffs.

The situation relates only to individual sports, i.e. CROSS COUNTRY, INDIVIDUAL TENNIS, TRACK, SWIMMING, etc. and the official recognition and registration of entrants at the respective playoff sites.

State and Southern Section Rule 309 states:

No CIF team (i.e., individual) shall participate in inter-scholastic or approved competition with any other team unless the CIF team is under supervision as required by the California Administrative Code Title V and CIF By-Law #506A and #506B. (Additionally, refer to Rule 123.) The supervisor must remain in attendance at all times.

Those persons APPROVED FOR SUPERVISION PURPOSES are limited to:

- A. Certificated personnel
- B. Certified Coaches (certified credentialed coaches)
- C. Non-certificated temporary coaches (certified walk-on coaches.)

(It should be noted that schools representing the same DISTRICT may send one credentialed or certified supervisor for three or four athletes. These individuals have been recognized and are to continue to be recognized for registration and participation purposes in that the district has assigned the supervisory role for all students from its' member schools to this one individual.)

However, the concern is for those students who ARE NOT accompanied by a faculty representative and report to the playoff site by themselves or with a parent. ***GIVING PARENTS THE SUPERVISION AUTHORITY, WHETHER IN WRITING OR NOT, DOES NOT MEET THE STANDARDS SET FORTH IN THE ABOVE REGULATIONS.*** This also applies to parents who are the student's private coach but are not under contract to the member school.

PLEASE NOTE, THIS RULE WAS REVIEWED BY BOTH THE STATE CIF OFFICE, IT'S GENERAL COUNSEL AND THE SOUTHERN SECTION EXECUTIVE COMMITTEE. IT HAS BEEN REAFFIRMED THAT THE INTERPRETATION STAND AS ABOVE AND THAT ANY STUDENT REPORTING FOR COMPETITION WHO IS NOT UNDER DIRECT SUPERVISION IN ACCORDANCE WITH STATE AND SOUTHERN SECTION RULE 309, IS TO BE DENIED ENTRY FOR PARTICIPATION IN THE COMPETITION.

As pointed out by the Southern Section and State CIF attorney, there are inherent liability problems when an individual competes in violation of said rule. Please review this rule with your staff in that it will be strictly enforced as per the above application.



**10932 Pine Street  
Los Alamitos, CA 90720  
(562) 493-9500 \* Fax (562) 493-6266**

DATE: May 5, 2014  
TO: Boys and Girls Track Coaches  
FROM: Rainer Wulf, Assistant Commissioner  
SUBJECT: Advanced Placement Testing During the 2014 CIF Track and Field Championships

This year, as in years past, the CIF-SS FORD Track and Field Championships will take place at the same time as Advanced Placement Tests are being administered. While it is not our intention, we realize that this situation places student/athletes in a difficult position. Under our current season of sport rules, which require the scheduling of our championships in early May, there is no way that these conflicts can be prevented. In an effort to help your student/athletes work through this potential conflict, I am enclosing the following information:

1. A schedule of the 2014 AP Exam dates and subject.
2. Information we received from AP Services on the process regarding late testing, if your student/athletes wish to take advantage of that opportunity.

Hopefully, this will help all of us solve any potential problems in this area. If you have any questions, please do not hesitate to contact this office.

## LATE AP TESTING

Occasionally extreme circumstances may make it necessary for a particular exam to be administered late to an individual candidate or a group of candidates. The late administration must occur within one week of the regularly scheduled test date. All late administrations within a single subject must be held at the same time. Only students affected by the circumstances may test late; the other students must test on the regularly scheduled date. Early testing is not permitted under any circumstances. In the event you have to administer an exam late, you must adhere to the AP Program's Late Testing Policy, as stated here.

Below are circumstances for which late testing, using an alternate form of the exam, will be allowed. Category I circumstances are generally beyond the control of the school administration and the students. In such cases, there will be no additional fee for using an alternate form of the exam. Category II circumstances are those in which schools or students generally have a choice between administering and taking the exam on the scheduled date, or requesting an alternate date. When Category II circumstances are used, the school will be billed an additional \$40.00 per candidate for each exam to partially cover the costs to prepare, print, ship and grade the alternate forms of the exam. Schools facing the hardships listed below who have not already completed the Late Testing Request Form and submitted it with their Exam and Special Services Order Form should complete the Late Testing Request Form in the back of this manual. Those in Category I should call AP Services at (609) 771-7300 or toll free at (877) 274-6474. Schools with Category II hardships may fax the form to AP Services at (609) 771-7320. **Prior to approval for either category, the school principal must sign and submit this form to confirm the need for late testing. Additional documentation is no longer requested.**

Once a late administration is approved, time permitting, a confirmation notice will be sent to the school. Schools should then inform students asking alternate exams that their grades may be delayed up to a month (August release). In addition, the students' free-response booklets will not be available at any time, nor will data on the school's Report to AP Teachers include these exams. Students taking the U.S. History exam late using an alternate form of the exam should also be advised that the document-based question (DBQ) may not be on the same time period as indicated in the 2013 *Guide to the Advanced Placement Program*.

### CATEGORY I

- c Forced, official closing on or around the test date due to natural disasters, religious holidays/observances, strikes, or election.
- c Unexpected serious emergencies (bomb scares, fire alarms, serious injuries, illnesses, or family tragedies).
- c Language lab conflicts when using local college facilities (this reason cannot be used annually).
- c Date and time conflict with International Baccalaureate exams.
- c Candidate has three or more AP exams scheduled on the same date or time.

### CATEGORY II

- c Academic/educational or athletic contests/events (national science fairs, band scholarship competitions etc.).
- c Contractual labor conflicts at school (e.g., school must be locked up after a certain hour).
- c Local decision to close school (unused snow day, etc.).
- c Conflict with other non-AP examinations being administered at the school.

Late Testing will not be permitted for the following circumstances:

- c Senior class trips.
- c School assemblies.
- c Family vacations/commitments.
- c Family member graduation.



## Exam Dates

### 2014 AP Exam schedule

The 2014 AP Exams will be administered over two weeks in May: May 5 through 9 and May 12 through 16. Coordinators are responsible for notifying students when and where to report for the exams. Early testing or testing at times other than those published by the College Board is not permitted under any circumstances.

<b>Week 1</b>	<b>Morning 8 a.m.</b>	<b>Afternoon 12 noon</b>
Monday, May 5	Chemistry Environmental Science	Psychology
Tuesday, May 6	Computer Science A Spanish Language and Culture	Art History
Wednesday, May 7	Calculus AB Calculus BC	Chinese Language and Culture
Thursday, May 8	English Literature and Composition	Japanese Language and Culture Latin
Friday, May 9	English Language and Composition	Statistics
<p>Studio Art—last day for Coordinators to submit digital portfolios (by 8 p.m. EDT) and to gather 2-D Design and Drawing students for physical portfolio assembly</p> <p>Teachers should have forwarded students' completed digital portfolios to Coordinators before this date.</p>		

<b>Week 2</b>	<b>Morning 8 a.m.</b>	<b>Afternoon 12 noon</b>	<b>Afternoon 2 p.m.</b>
Monday, May 12	Biology Music Theory	Physics B Physics C: Mechanics	Physics C: Electricity and Magnetism
Tuesday, May 13	United States Government and Politics	French Language and Culture Human Geography	

Wednesday, May 14	German Language and Culture United States History	European History	
Thursday, May 15	Macroeconomics World History	Italian Language and Culture Microeconomics	
Friday, May 16	Comparative Government and Politics Spanish Literature and Culture		

**Please note:**

- Coordinators are responsible for notifying students when and where to report for the exams. Early testing or testing at times other than those published by the College Board is not permitted under any circumstances.
- Schools in Alaska must begin the morning exam administration between 7 and 8 a.m. local time, and the afternoon exam administration between 11 a.m. and 12 noon local time. The AP Physics C: Electricity and Magnetism Exam in Alaska must begin between 1 and 2 p.m. local time.

**ELIGIBILITY LIST:**

YOU ARE REQUIRED TO UPLOAD YOUR ROSTER TO [WWW.CIFSSHOME.ORG](http://WWW.CIFSSHOME.ORG). This will take care of your eligibility list for the season. Thank you.