

2015-16

BOYS & GIRLS

TRACK & FIELD



PLAYOFF

BULLETIN



JL CUSTOM JACKETS

OFFICIAL LICENSED PATCH AND JACKET MANUFACTURER



You can design and purchase your own custom patches on our website.

VARSITY JACKET SPECIAL

\$245.00

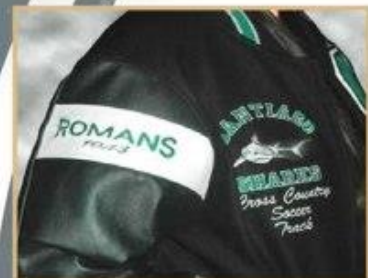
WOOL BODY WITH LEATHER SLEEVES AND POCKETS

VARSITY LETTER SEWN ON FRONT

MAKE AND SEW ON UP TO 3 SPORT EMBLEMS

EMBROIDER FIRST NAME, SCHOOL NAME, MASCOT NAME AND 1 SPORT ONTO THE FRONT

CREATE AND SEW ON A CUSTOM GRADUATING YEAR



STANDARD GIRLS PACKAGE:

\$ 230.00

ALL WOOL BODY AND SLEEVES WITH A WOOL HOOD

To Order Call:

(951) 867-3200

or visit us on the web:

www.jlcustomjackets.com

7161 Old 215 Frontage Road, Moreno Valley, CA

Fax (951) 867-3277



• PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE •

TABLE OF CONTENTS

	<u>Page Number</u>
DATES, TIMES, MANAGEMENT Prelims, Championships, Masters, State	7
TIME SCHEDULES Prelims, Championships, Masters	9-15
QUALIFYING STANDARDS League into Prelims; At-Large Entries; Freelance Entries; Prelims into Championship Meet; Championship Meet into Masters Meet; Masters Meet into State Meet	17-19
ENTRIES, SCRATCHES, ALTERNATES Scratches and Alternates; Seeding of Events	20-21
GENERAL INFORMATION - RUNNING EVENTS Uniforms; Clerk of Course; Coaches Corner; Run-offs; Inhaler Use; Awards; Scoring; Formation of Heats in Prelims; Specific Rules for Running Events	22-23
GENERAL INFORMATION - FIELD EVENTS Uniforms, Check-in Procedures; Federated Rules restrictions; Warm up; Awards; Scoring; Specific Rules for Field Events	26-28
MISCELLANEOUS INFORMATION Packet Pick Up; Inclement Weather; Admission Prices; Facility Closures; Directions to meet sites	30-33
APPENDIX Playoff Divisions; CIF Policy on the Supervision of Athletes; Advanced Placement Testing Dates; Eligibility List Instructions; CIF-SS T-Shirt Order Form	34-42

**SPORTS
AUTHORITY.**



Official Sporting Goods Retailer



GOOD LUCK ATHLETES!

**GET
5%
BACK**

Get 5% Back on apparel, cleats and protective gear when you spend \$100 or more. Join The League today!

sportsauthority.com

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 to me. Thank you.

***Bob McGuire
(714) 970-8783***

***Steve Hill
(714) 697-8717
Steve41hill@gmail.com***



RUN.
 SWEAT.
 HUSTLE.
 BREATHE.
 DREAM.
 PLAY.
 WIN.

SUBWAY® restaurants are proud to provide
 scholarships to California's hard-working student athletes
 through the CIF & SUBWAY® Spirit of Sport Award.
 Join us in supporting their amazing accomplishments
 on and off the field.

SUBWAY
 SUBWAY. WHERE WINNERS EAT.®

©2015 Doctor's Associates Inc. SUBWAY® is a registered trademark of Doctor's Associates Inc.

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

PRELIMINARIES

SATURDAY, MAY 14, 2016 - 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

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

Spikes: 3/16 maximum length/no needle spikes

DIVISION 3 - Estancia High School, Costa Mesa

Meet Manager: Bryan Leighliter (714) 595-0995 brymail1@gmail.com

Spikes: 3/16 maximum length needle spikes

DIVISION 4 - Carpinteria High School, Carpinteria

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

Spikes: 3/16 maximum length/no needle spikes

Div 4 - Prelim information: <http://www.warriorcountry.com/track/CIF.htm>

*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 21, 2016 @ Cerritos College Stadium Open 9:30 a.m.

Meet Manager: Bob McGuire (714) 970-8783

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

Girls Pole Vault – 10:45 a.m. warm-up; 11:30 p.m. start
(Auxiliary runway)

Boys Pole Vault – 9:45 a.m. warm-up; 10:30 a.m. start
(Trackside runway)

Boys High Jump – 11:00 a.m. check-in; 11:30 a.m. start

Girls High Jump – 10:00 a.m. check-in; 10:30 a.m. start

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

All running events - 1:00 p.m.

MASTERS MEET

FRIDAY, MAY 27, 2016 @ Cerritos College Stadium Open 3:00 p.m.

Meet Manager: Bob McGuire (714) 970-8783

Girls 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 3 and 4, 2016

Veteran's Memorial Stadium at Buchanan H.S., Clovis, CA - Web site @ 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.

BUTTERY JACK™

WITH GARLIC
HERB BUTTER



**TELL YOUR MOUTH
TO BRING ITS A GAME**

Jack in the Box Inc. ©2015 21055

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 run completely in lanes. 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.

There will be (2) heats in the 3200 and (2-3) heats in the 1600 depending on the number of entries.

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.



UNITED WE STAND

Together, for California.

California Correctional Peace Officers Association

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 (D2&4)	5:05
Girls 400m	2:55	Girls 3200m (D1&3)	5:20
Boys 400m	3:10	Boys 3200m (D2&4)	5:35
Girls 100m	3:25	Boys 3200m (D1&3)	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 (Except for Discus 2, 1, 4, 3)

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)

Boys Pole Vault on "trackside" runway:

<u>Division</u>	<u>Check-in</u>	<u>Jumping</u>
D4	9:45	10:30
D3	11:30	12:15
D2	1:15	2:00
D1	3:00	3:45

Girls Pole Vault on "auxiliary " runway:

<u>Division</u>	<u>Check-in</u>	<u>Jumping</u>
D4	10:45	11:30
D3	12:30	1:15
D2	2:30	3:15
D1	4:00	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. Shots must be engraved with the appropriate weight. 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.

Girls High Jump:

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

Boys High Jump:

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

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

BOYS DISCUS - To follow girls

Discus order will be 2, 1, 4, 3

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

GATORADE® HIGH SCHOOL PERFORMANCE PACKAGE ORDER FORM

G Series Performance Package: \$225

(Up to \$1,115 retail value)



OUR PREMIUM PERFORMANCE PACKAGE

- (6) Cases of Gatorade Prime® Energy Chews (96 servings)
- (2) Cases of Gatorade® Thirst Quencher Powder (yields 168 gallons total)
- (8) Cases of Gatorade Recover® Protein Shakes
OR Gatorade Recover® Whey Protein Bars (96 servings)

Choose 3 of the below Premiums

- 7-gallon cooler
- 10-gallon cooler
- 60-quart ice chest on wheels
- 10 Gatorade® towels
- 24 Gatorade® squeeze bottles
- 4 Gatorade® squeeze bottle carriers
- 1 case of 7 oz. cups (2,000/case)

Create Your Own G Series: \$145

(Up to \$840 retail value)



CHOOSE TWO OF THE BELOW OPTIONS*:

- OPTION #1 – 10 Cases of Gatorade Prime® Energy Chews (160 servings)
- OPTION #2 – 1 Case of Gatorade® Thirst Quencher Powder and 1 Case of 7 oz. cups (yields 84 gallons total)
- OPTION #3 – 10 Cases of Gatorade Recover® Protein Shakes (120 servings)
- OPTION #4 – 10 Cases of Gatorade Recover® Whey Protein Bars (120 servings)

*Create Your Own G Series must consist of 2 different options.

Refuel and Restore: \$70

(\$185 retail value)



IDEAL TO REPLENISH ANY TEAM'S INVENTORY

- (1) Case of Gatorade® Thirst Quencher Powder (yields 84 gallons total)
- (1) Case of 7 oz. cups (2,000/case) OR 24 Gatorade® squeeze bottles

YOUR DEDICATION TO THEIR GAME. OUR SCIENCE. THEIR SUCCESS.



GATORADE CALIFORNIA MARKET REPRESENTATIVES

Southern California

Kari Mills
828-399-0717
Kari.Mills@Pepsico.com
San Diego

Josh Gutierrez
307-631-4393
Joshua.Gutierrez@Pepsico.com
Pasadena / Northridge / Covina /
Whittier / Cerritos / Simi Valley

Rachelle Silberg
619-822-6723
Rachelle.Silberg@PepsiCo.com
Los Angeles / Hollywood / Burbank /
Glendale / Santa Clarita / Inglewood /
Sherman Oaks

Melanie Shell
310-347-1648
Melanie.Shell@Pepsico.com
South Bay / Malibu / Thousand
Oaks / Ventura / Santa Barbara

Steve Shiley
970-222-2298
Steven.Shiley@Pepsico.com
North Orange County / North & West
Inland Empire

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. Shots must be engraved with the appropriate weight. 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.

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

GIRLS HIGH JUMP - To follow boys

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

BOYS POLE VAULT - 3:30 p.m. (Warmups may begin at 2:45 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

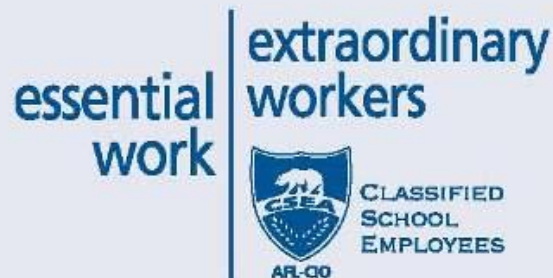
The State Meet Bulletin will be available in mid-April on the State CIF website. The Preliminary races will be held on Friday, June 3, 2016, and the Finals on Saturday, June 4, 2016. Field event Prelims will start on Friday with check-in at 1:45 p.m.; running event Prelims will start at 5:00 p.m. Finals 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



The California School Employees Association is honored to partner with the CIF Southern Section in this important venture.

Our missions are similar. Whether through interscholastic sporting events, academic activities or building the communities that support our public schools, CSEA members are determined to enhance the lives of all California students.

AFL-CIO



QUALIFYING STANDARDS

LEAGUE FINALS INTO DIVISIONAL PRELIMINARIES - Each league has been allotted **one (1)** automatic entry per event for the 2016 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 7, 2016 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.

2016 QUALIFYING STANDARDS FOR 2nd & 3rd PLACE IN LEAGUE FINALS

MINIMUM STANDARDS FOR 2ND AND 3RD PLACE IN LEAGUE FINALS - 2016								
	D1-BOYS	D1-BOYS	D1-GIRLS	D1-GIRLS	D2-BOYS	D2-BOYS	D2-GIRLS	D2-GIRLS
EVENT	FAT	HT	FAT	HT	FAT	HT	FAT	HT
100	11.14	10.9	12.74	12.5	11.54	11.3	12.84	12.6
200	22.84	22.6	26.34	26.1	23.34	23.1	27.14	26.9
400	51.94	51.7	1:01.14	1:00.9	52.14	51.9	1:03.14	1:02.9
800	2:01.14	2:00.9	2:25.14	2:24.9	2:04.14	2:03.9	2:27.14	2:26.9
1600	4:35.14	4:34.9	5:25.14	5:24.9	4:35.14	4:34.9	5:25.14	5:24.9
3200	10:00.14	9:59.9	12:10.14	12:09.9	10:00.14	9:59.9	12:05.14	12:04.9
110/100HH	16.14	15.9	16.74	16.5	16.14	15.9	16.74	16.5
300IH/LH	41.44	41.2	50.14	49.9	43.14	42.9	49.54	49.3
400R	44.14	43.9	50.94	50.7	45.44	45.2	51.84	51.6
1600R	3:33.14	3:32.9	4:18.14	4:17.9	3:35.14	3:34.9	4:15.14	4:14.9
HJ		5-10		4-09		5-08		4-08
PV		12-03		8-00		10-00		8-00
LJ		20-06		16-03		20-06		16-00
TJ		41-03		33-00		41-00		32-03
SHOT		45-00		32-06		42-00		30-00
DISCUS		125-00		100-00		130-00		100-00
	D3-BOYS	D3-BOYS	D3-GIRLS	D3-GIRLS	D4-BOYS	D4-BOYS	D4-GIRLS	D4-GIRLS
EVENT	FAT	HT	FAT	HT	FAT	HT	FAT	HT
100	11.54	11.3	13.54	13.3	11.74	11.5	13.24	13.0
200	23.34	23.1	27.74	27.5	24.14	23.9	27.94	27.7
400	52.14	51.9	1:03.14	1:02.9	55.34	55.1	1:04.54	1:04.3
800	2:05.14	2:04.9	2:35.14	2:34.9	2:13.14	2:12.9	2:34.14	2:33.9
1600	4:39.14	4:38.9	5:45.14	5:44.9	4:55.14	4:54.9	5:50.14	5:49.9
3200	10:20.14	10:19.9	12:25.14	12:24.9	11:05.14	11:04.9	13:30.14	13:29.9
110/100HH	17.14	16.9	18.24	18.0	18.24	18.0	18.64	18.4
300IH/LH	43.14	42.9	51.74	51.5	45.44	45.2	52.74	52.5
400R	45.14	44.9	53.14	52.9	47.14	46.9	54.34	54.1
1600R	3:37.14	3:36.9	4:25.14	4:24.9	3:50.14	3:49.9	4:40.14	4:39.9
HJ		5-08		4-08		5-07		4-07
PV		10-00		7-00		9-00		7-00
LJ		20-01		15-06		19-00		14-06
TJ		40-00		31-09		37-06		29-00
SHOT		43-00		30-03		38-06		29-06
DISCUS		125-00		90-00		110-00		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 9th 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 9th 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:

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

No freelance petitions will be accepted after Noon on Wednesday, May 4, 2016.

2016 QUALIFYING STANDARDS FOR FREE LANCE & AT-LARGE ENTRIES

QUALIFYING STANDARDS FOR AT-LARGE AND FREE LANCE ENTRIES - 2016								
	D1-BOYS	D1-BOYS	D1-GIRLS	D1-GIRLS	D2-BOYS	D2-BOYS	D2-GIRLS	D2-GIRLS
EVENT	FAT	HT	FAT	HT	FAT	HT	FAT	HT
100	10.88	10.6	12.10	11.8	10.98	10.7	12.28	12.0
200	21.97	21.7	24.76	24.5	22.23	21.9	25.17	24.9
400	49.30	49.0	57.09	56.8	49.96	49.7	58.58	58.3
800	1:56.51	1:56.2	2:17.12	2:16.8	1:56.96	1:56.7	2:17.57	2:17.3
1600	4:19.61	4:19.3	5:05.29	5:05.0	4:22.21	4:21.9	5:07.30	5:07.0
3200	9:22.55	9:22.3	11:00.39	11:00.1	9:26.52	9:26.2	11:09.20	11:08.9
110/100HH	14.87	14.6	15.41	15.1	15.17	14.9	15.31	15.0
300IH/LH	39.53	39.2	45.57	45.3	40.01	39.7	45.81	45.5
400R	42.62	42.3	48.06	47.8	43.17	42.9	49.28	49.0
1600R	3:21.76	3:21.5	3:55.30	3:55.0	3:25.63	3:25.3	4:01.37	4:01.1
HJ		6-04		5-04		6-02		5-01
PV		14-06		10-02		13-05		10-06
LJ		21-09		17-06		21-02		16-11
TJ		44-05		35-08		43-01		36-01
SHOT		51-08		37-05		51-03		37-08
DISCUS		157.04		120-11		154-00		119-07
	D3-BOYS	D3-BOYS	D3-GIRLS	D3-GIRLS	D4-BOYS	D4-BOYS	D4-GIRLS	D4-GIRLS
EVENT	FAT	HT	FAT	HT	FAT	HT	FAT	HT
100	10.87	10.6	12.47	12.2	11.31	11.0	12.65	12.4
200	21.96	21.7	25.41	25.1	22.74	22.5	25.76	25.5
400	50.56	50.3	59.40	59.1	51.22	50.9	59.71	59.4
800	1:58.80	1:58.5	2:20.35	2:20.1	2:01.69	2:01.4	2:21.28	2:21.0
1600	4:22.42	4:22.1	5:10.96	5:10.7	4:27.64	4:27.4	5:15.01	5:14.7
3200	9:34.52	9:34.2	11:13.93	11:13.6	9:44.44	9:44.2	11:40.46	11:40.2
110/100HH	15.26	15.0	15.51	15.2	15.99	15.7	16.22	15.9
300IH/LH	40.14	39.9	47.94	47.7	41.62	41.3	47.56	47.3
400R	43.12	42.8	49.74	49.5	44.39	44.1	50.80	50.5
1600R	3:27.10	3:26.8	4:05.28	4:05.0	3:31.67	3:31.4	4:10.55	4:10.3
HJ		6-00		5-00		6-00		5-00
PV		13-05		10-01		11-10		8-08
LJ		20-11		17-01		20-07		16-04
TJ		43-00		35-05		41-10		34-06
SHOT		51-08		35-02		44-11		33-05
DISCUS		151-07		109-02		131-8		104-10

FAT = Fully automatic timing; HT = hand timed

“WILD CARD” INCLUSION INTO CIF-SS PRELIMS ** (NEW FOR 2016 SEASON)

Any athlete or relay competing at their league finals meet who fails to achieve a top three result or a mark that meets the “at-large” standard for their CIF-SS division, but whose mark at their league finals meet is in the top ten (including ties) for their Division as published on the CIF-SS Prelims performance list will advance into the meet.

Coaches with individual athletes or relay teams whose performance at the league finals meet puts them into this situation should confirm their top ten status on the final CIF-SS Prelim performance list on EPI and contact the Prelim Meet Manager for their division with official results from their league finals meet so that their athlete can be included in the CIF-SS Prelim field as a “Wild Card” entry.

The deadline for “Wild Card” entry submission to the Prelim Meet Manager is **10:00am** on the **Monday morning** following the submission of entries by league meet managers. **Anyone who misses the deadline will not be entered after that point.**

LEAGUE FINALS INTO DIVISIONAL PRELIMINARIES - Refer to pages 17-19 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, June 3 and 4, 2016. 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 6, 2016 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 12 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 **AND** e-mail Jack Recla at jackrecla@sbcglobal.net as soon as possible but no later than 4:00 p.m. on Thursday, May 19, 2016. 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 **AND** e-mail Jack Recla at jackrecla@sbcglobal.net as soon as possible but no later than **4:00 p.m. on Thursday, May 26, 2016.** 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.

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.



PREP FOX SPORTS ZONE
FOXSPORTSWEST.COM

SHARE YOUR PHOTOS WITH US

#CIFSSPRIDE
@FOXSPORTSWEST

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)

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 Moye 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 st = 10 points	5 th = 4 points
2 nd = 8 points	6 th = 3 points
3 rd = 6 points	7 th = 2 points
4 th = 5 points	8 th = 1 point

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.



CIF SOUTHERN SECTION PLAYOFF/CHAMPIONSHIP PLAYOFF REQUIREMENTS - ALL TEAMS AND HOST SITES 2015-16



ALL TEAMS - During season/Prior to playoffs:

Rosters & Scores:

- Complete schedules are to be submitted to CIFSSHOME prior to each season.
 - Update scores following every contest via MaxPreps>CIFSSHOME or direct to CIFSSHOME
- Additional directions on accessing CIFSSHOME are included in this document.

TV/Web/Radio Rights:

Any video broadcast on TV or webcast of a CIF-SS event (hosted by CIF-SS or involving two CIF-SS schools outside the section) require a contract and rights fee through the CIF-SS office prior to the contest. The only 'exceptions' are: A) A school self-produces a regular season webcast that is exclusively shown on either the school's official web site or on the NFHS Network. B) During the regular season, a school or district produces a delayed until 11pm TV broadcast exclusively airing on the school or school district owned cable TV channel. Third party web sites, such as iHigh, cube.com and others, require contracts and rights fees. Violation of this policy will result in the loss of one or more playoff host rights. This Blue Book rule has been in effect since 2007. All regular season rights fees collected are given to the 'host' schools in June.

During the regular season, schools may individually contract their own audio only broadcasts on web or radio. During playoffs, all audio only broadcasts require a rights fee and contract through the CIF-SS office.

'Official' Championship Souvenirs:

The exclusive vendor for CIF Southern Section Championships souvenirs (t-shirts, scarfs, pins, beanies, hats, etc...) is our long-time partner *CIF Tshirts*. These are the official items sold each year per sport. You are likely familiar with their annual shirts at the finals and in your playoff bulletins. You can order team and individual items through them at www.ciftshirts.com.

ALL TEAMS - Playoff requirements of all teams:

Official Ball Required:

Only the approved official ball in each ball sport may be played by either school during CIF-SS playoff contests. Violation of this rule will result in loss of your next home playoff game. The current Official Ball list for each sport is included and available at www.cifss.org in the 'Officials' drop down. This policy has been in effect since 2002.

Gatorade Only:

Only Gatorade jugs, cups, bottles, ice chests may be used or visible during any CIF-SS playoff contest. (No Powerade, Body Armor, etc). The only acceptable alternative is a plain-wrap or Igloo labeled products. This rule does not apply to the actual liquid distributed to athletes. This policy has been in effect since 1995.

TV/Web/Radio Rights:

For all playoff rounds in all sports, a contract and rights fee is required for any TV, webcast or radio broadcast. No exceptions.

CIF-SS on Souvenirs:

The 'CIF Southern Section', 'CIF-SS', 'Southern Section' and 'CIF' marks and logos are registered trademarks with the State of California. Schools may only use the CIF Southern Section marks on rings, patches, banners, apparel and other souvenirs by doing business with a CIF-SS licensed vendor. Schools creating items with CIF-SS registered marks from a non-licensed vendor will face sanction and/or will be required to purchase any unsold shirts/items at the Championship Final if similar non-licensed items appear at the contest. A list of the currently licensed vendors for these products is included and regularly updated on www.cifss.org.

Please note: The use of only "CIF" is strictly prohibited per the State CIF registered trademark. We are the "CIF Southern Section", not just the CIF. Only those teams in State regionals, bowl games and individual sport finals actually qualify to use CIF without Southern Section attached. Any such use must be approved in advance by the CIF State office.

Host Site Requirements:

Playoff Tickets:

It is mandatory to sell tickets for admission to all CIF-SS **basketball, football and volleyball** playoffs and championship contests. Use of the CIF-SS provided tickets is desired, if possible logistically, for audit, cost and sponsorship reasons. A Ticket Board(s) is included. Refer to the Ticket Handlers and Financial Clerks memo included with your tickets for additional information.

CIF-SS/FORD Banner:

It is a requirement of each host school (including off-site) that the CIF-SS/Ford Championships banner be displayed at every playoff home game in football and the gymnasium sports post football season (or on the electronic signage where schools/venues do not display banners).

PA Announcements:

As host of a CIF-SS playoff contest, the CIF-SS announcements take precedence over the host school's messaging and must be read in entirety at each playoff contest. Home schools are the host of a CIF-SS event in the playoffs. For contractual requirements, please read all the provided PA's each contest.

Media Credential Access:

Accredited working media should be given admission to all playoff games by showing their CIF-SS Press or Photo credential.



CIF SOUTHERN SECTION PLAYOFF/CHAMPIONSHIP ADDITIONAL/CUSTOM POST SEASON AWARDS 2015-16

As of 11/19/15



PARTICIPATION CERTIFICATES:

Each member of a team participating in the CIF-SS playoffs can receive a Participation Certificate. These certificates will be downloaded and printed solely by your school. The certificate is in a 'Type-In' format and may be downloaded from the CIFSSHOME website under FORMS.

NEED ADDITIONAL AWARDS:

Feel free to order additional directly.

Medals and Plaques:

If your team won or was a runner-up in a CIF-SS championship and you need to purchase any additional champion/runner-up plaques and runner-up medals contact **All American Trophy by contacting Paul Purdum at (323) 725-1962.**

Team "Champions" Patches:

Schools may order additional CIF-SS Champion patches (Octagon Red or Football shaped) may be 'exclusively' ordered through **JL Custom Jackets and Patches at www.jlcustomjackets.com, (951) 867-3200, or email lindseyjlcustomjackets.com.**

"CIF-SS Champions" shirts:

Additional Champions shirts, those given during the post-game ceremony to athletes after winning team championships, may be exclusively ordered through our vendor. Contact **Kristy Moore @ Kustom Imprints – (714) 771-5768 ext. 103 or email kristy@kustomimprints.com.**

CUSTOM AWARDS/ RINGS/BANNERS/APPEL SOUVENIRS USING CIF-SS:

Schools often seek to create custom shirts, patches, gym banners and championship rings that include both the school and CIF-SS marks/logos/names. Example: 'ACME BOYS BASKETBALL 2015 CIF-SS CHAMPIONS'. Schools may create these items using CIF-SS marks only through a CIF-SS licensed vendor.

CIF-SS 'registered' trademark: The "CIF Southern Section", "CIF-SS", "Southern Section" and "CIF" marks and logos are registered trademarks with the State of California. Schools may only use the CIF Southern Section marks on rings, patches, banners, apparel and other souvenirs by doing business with a CIF-SS licensed vendor. Schools creating items with CIF-SS registered marks from a non-licensed vendor will face sanction and/or will be required to purchase any unsold shirts/items at the Championship final if similar non-licensed items appear at the contest. A list of the currently licensed vendors for these products is included and regularly updated on www.cifss.org.

Please note: The use of only "CIF" is strictly prohibited per the State CIF registered trademarks. Only those teams in State regionals, bowl games and individual sport finals actually qualify to use CIF without Southern Section attached. Any such use must be approved in advance by the CIF State office.

CIF-SS vendors who are licensed to create custom items for schools that include CIF-SS:

•Chenille Patches	JL Custom Jackets & Patches	www.jlcustomjackets.com	(951) 867-3200
	CIF Tshirts	www.ciftshirts.com	(951) 789-5858
	C&L Varsity Jackets	www.cljackets.com	(714) 828-6900
	Embroidery & More	www.embroideryandmoredesign.com	(951) 471-5200
	Fancy Stitchin'	www.fancystitchin.com	(951) 656-6505
	NEFF	www.neffco.com/School-Patches	(800) 232-6333 x 3417
	Sports Jackets Unlimited	www.sportjacketsunlimited.com	(562) 693-9894

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) are sold "ON-SITE" by the CIF-SS vendor. Additional patches post event can be ordered through any of the licensed CIF-SS patch vendors:

• **Custom Banners/Shirts/Souvenirs** New for 2015-16, your school may now create custom items that include the CIF-SS mark or logo (championship banner, champions t-shirts, banners for your gym, etc...) through a licensed CIF-SS vendor (and their specialty).

C&L Varsity Jackets (Souvenirs)	www.cljackets.com	Larry Westbrook	(714) 828-6900
Integrity Design (Banners)	www.IntegrityDesignUSA.com	Larry Shoppa	(855) 341-8817
Kustom Imprints (Apparel & more)	www.kustomimprints.com	Kristy Moore	(714) 771-5768 x 103
NEFF (Banners)	www.neffco.com		(800) 232-6333

• Rings	Balfour	http://www.balfour.com/athletes/championship-rings/
	Herff Jones	www.herffjones.com
	J. Lewis Small	www.jlewissmall.com
	Jostens	www.jostens.com
	National Recognition Products	www.nrprings.com/championship-rings
	Signature Style Jewelry	www.signaturestylejewelry.com

PROTECT YOUR SCHOOL TRADEMARKS: The CIF Southern Section strongly suggests you double-check the status of **your school** licensed/registered marks and logos now. Some schools have permanently lost control of others selling their merchandise with no royalty or approvals because the proper State of California licensing/registering process had not previously occurred or been enforced.

For additional vendors licensing information, please contact CIF Southern Section Marketing Director John Costello at johnc@cifss.org or 562-493-9500.

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

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 trails 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

HIGH JUMP – DIVISIONAL FINALS: Two (2) pits will be utilized at Cerritos College.

POLE VAULT - DIVISIONAL FINALS: Two (2) runways will be utilized at Cerritos College. The regular “trackside” runway and an “auxiliary runway” to be set up in the middle of the field. The girls will use the auxiliary runway and the boys will use the trackside 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.

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.

ELIGIBILITY LIST:

YOU ARE REQUIRED TO UPLOAD YOUR ROSTER TO WWW.CIFSSHOME.ORG. This will take care of your eligibility list for the season. Thank you.



LEGACIES START BEFORE ANYONE ELSE CAN SEE THEM.

What will *your* legacy be?

“I wanted to take control of my life. Gold’s Gym helped me accomplish that and so much more.”

Dominique Brooks
lost 55 pounds and 2.9% body fat in just 12 weeks. His Legacy: Son, Solomon Brooks

15 Los Angeles Area Locations.

Get to know us with a **FREE VIP PASS** at goldsgym.com



YEARS

A Legacy of Strength
Since 1965

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 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 facilities that charge for parking

AT CERRITOS COLLEGE: The parking fee is \$5.00. Be advised that on Friday, May 27, 2016, 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: \$8.00 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

For your convenience, credit cards will be accepted at Cerritos College.

SPECTATORS' COOLERS, CANS AND BOTTLES ARE NOT ALLOWED AT CERRITOS COLLEGE. NO PETS ARE ALLOWED INSIDE THE STADIUM WITH THE EXCEPTION OF ASSISTANCE ANIMALS.

FACILITY CLOSURES: As of May 6, 2016, 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.

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).

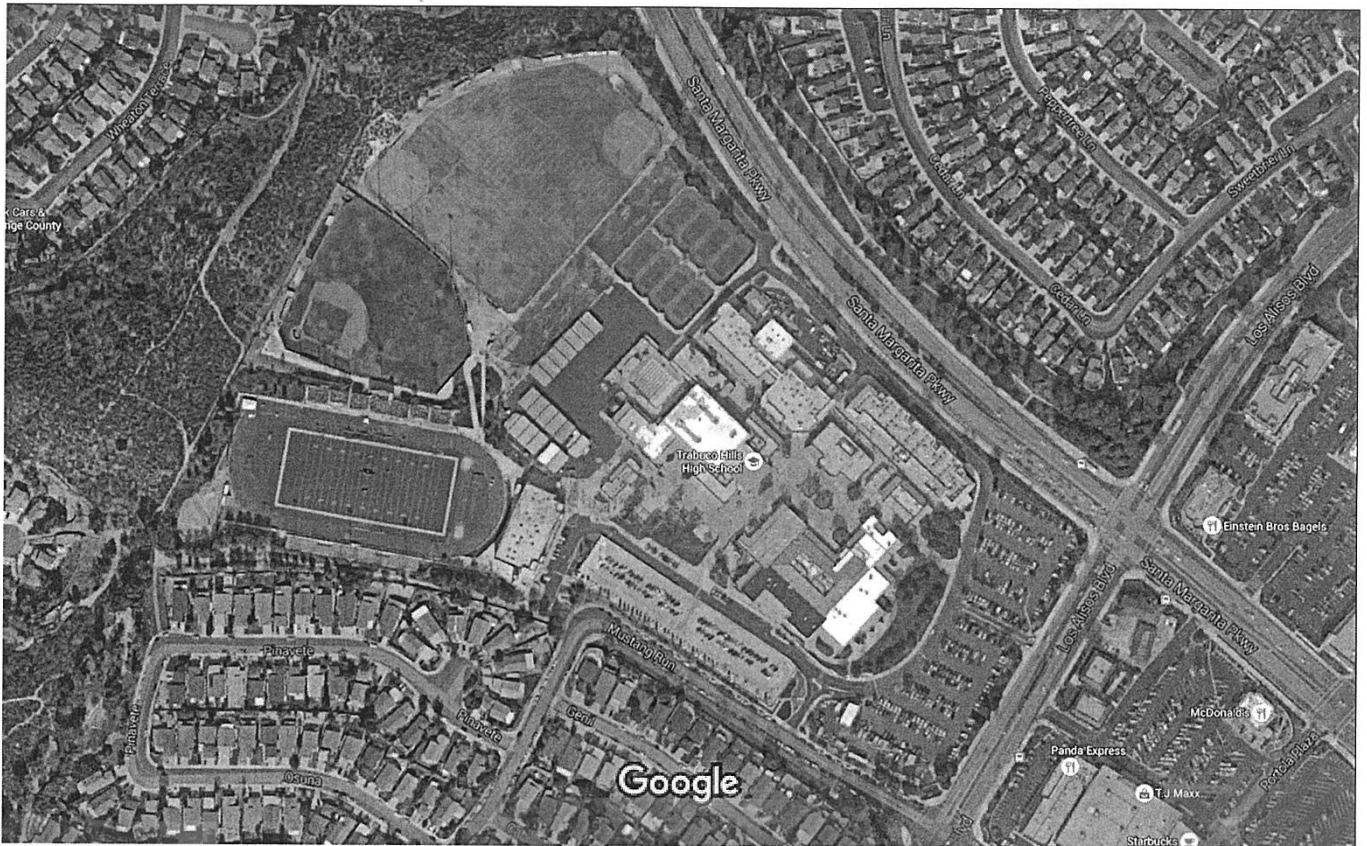
MOORPARK HIGH SCHOOL - Located at 4500 North Tierra Rejada Road, Moorpark, 93021. Take the 101 freeway to the 23 freeway North. Exit at Tierra Rejada and turn left. Parking fee is \$5.00.

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 11190 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 27, 2016, 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



Bus Drivers Parking Directions

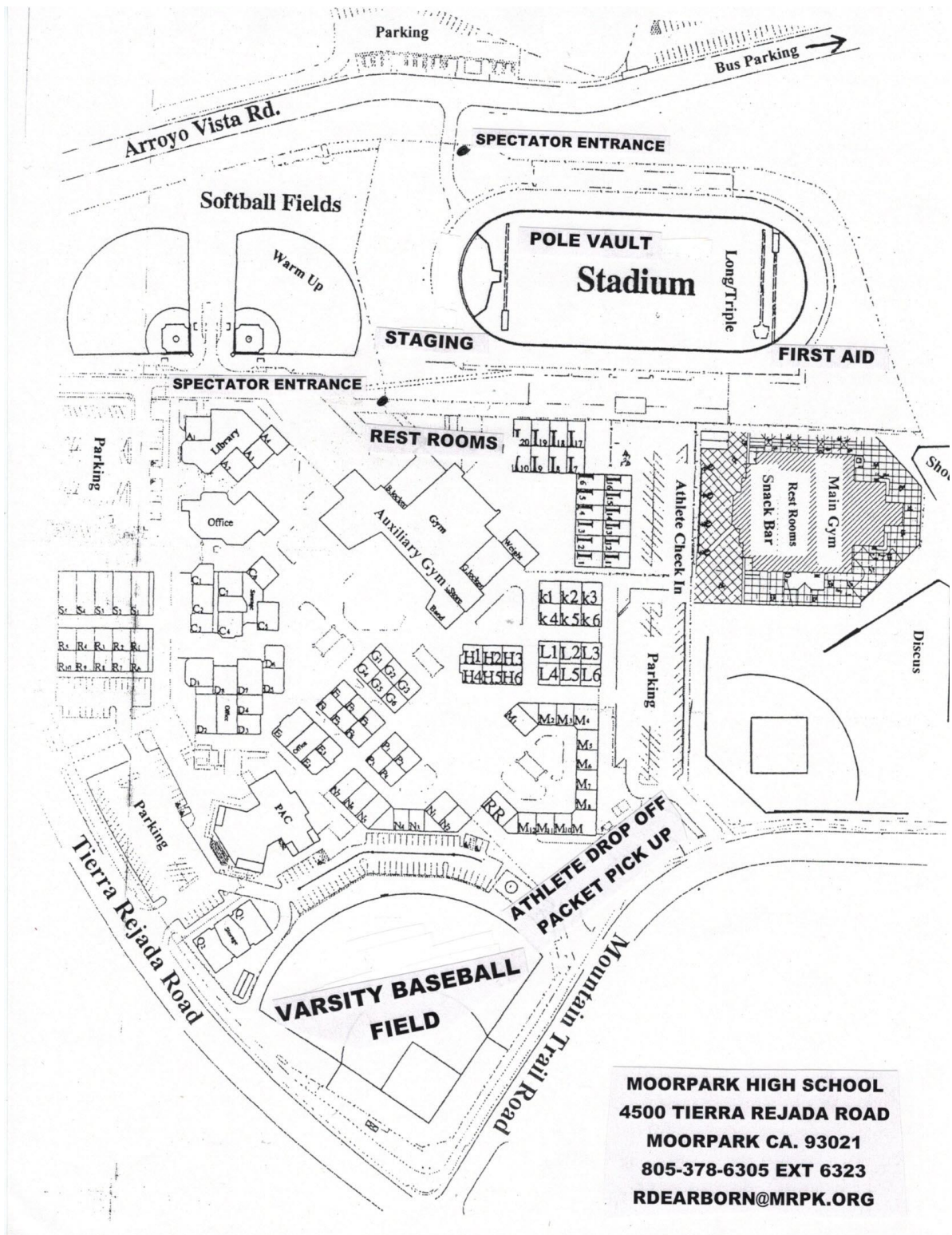
Exit Trabuco Hills High School and turn right onto Santa Margarita Pkwy.

Go past Los Alisos Blvd. to Marguerite Pkwy, turn left

Stay on Marguerite Pkwy. until you get to El Toro Road, turn right

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

Turn left on Definition – park on Definition



MOORPARK HIGH SCHOOL
4500 TIERRA REJADA ROAD
MOORPARK CA. 93021
805-378-6305 EXT 6323
RDEARBORN@MRPK.ORG

OFFICIAL CIFSS TRACK & FIELD CHAMPIONSHIPS T-SHIRTS



CHAMPIONSHIP PIN



SPORTS PATCH



ORDERED BY	SPORTS	Indicate Qty. of Ea.					TOTAL
		S	M	L	XL	XXL	
Individual or School (Please print or type)	TRACK & FIELD SPORTS PATCH (INDICATE SPORT) CHAMPIONSHIP PIN						
Address (No PO Boxes)							
City and State Zip Code							
Phone							
Please make checks payable to: CIF T-SHIRTS	POSTAGE AND HANDLING		Total No. of Shirts X \$16.00 = _____ Total No. of Patches x \$16.00 = _____ Total No. of Pins x \$6.00 = _____ SUBTOTAL: Sales Tax 8% = _____ Postage and Handling = _____ TOTAL _____				
Please mail your check and this form to: CIF T-SHIRTS PO BOX 56377 Riverside, CA 92517 (951) 789 - 5858	Orders under \$20.00 add \$6.00 Orders up to \$50.00 add \$8.00 Orders of \$50.00 to \$200.00 add \$10.00 Orders over \$200.00, add \$12.00						
METHOD OF PAYMENT							
(Check One) <input type="checkbox"/> Check <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard							
			Security Code		Expiration Date		
Orders may be faxed with your Credit Card Number FAX #: (951) 789 - 6164 Vist us at our website: www.CIFtshirts.com							
Signature _____							

2016 CIF Southern Section Ford Boys and Girls Track and Field**Division 1 (2481 and Above)****As of December 7, 2015**

ALPHA			
ALHAMBRA	2725		
ALISO NIGUEL	3017	LOS ALAMITOS	3292
ALTA LOMA	2530	LOS OSOS	3172
ANAHEIM	3206	LOYOLA (B)	2492
ARCADIA	3442	MILLIKAN	4089
ARROYO VALLEY	2627	MIRA COSTA	2512
BEAUMONT	2597	MONTCLAIR	3034
BECKMAN	2648	MONTEBELLO	2803
BELL GARDENS	3065	MURRIETA VALLEY	2485
BURBANK	2559	NEWBURY PARK	2537
BURROUGHS (BURBANK)	2659	ONTARIO	2541
CABRILLO (LONG BEACH)	2778	OXNARD	2895
CAJON	2856	PACIFICA (OXNARD)	3398
CALIFORNIA	2962	PALMDALE	2836
CAMARILLO	2965	PALOMA VALLEY	2829
CANYON SPRINGS	2499	PARAMOUNT	4701
CENTENNIAL (CORONA)	3343	PENINSULA	2574
CHAFFEY	3470	PIONEER VALLEY	2741
CHANNEL ISLANDS	2535	POLY (LONG BEACH)	4504
CHAPARRAL	3205	POLY (RIVERSIDE)	2795
CHINO HILLS	3012	QUARTZ HILL	3133
CORONA	2941	RANCHO CUCAMONGA	3462
CRESCENTA VALLEY	2819	RANCHO VERDE	3264
CYPRESS	2740	REDONDO UNION	2623
DANA HILLS	2663	RIALTO	2727
DIAMOND BAR	3050	ROOSEVELT	4116
DOWNEY	4237	SAN CLEMENTE	3059
EDISON	2560	SANTA ANA	2587
EL RANCHO	2736	SANTA FE	2496
EL TORO	2550	SANTA MARIA	2569
ETIWANDA	3513	SANTA MONICA	2927
FONTANA	2536	SANTIAGO (CORONA)	3818
FOOTHILL	2525	SCHURR	2840
FOUNTAIN VALLEY	3705	SEGERSTROM	2492
GARDEN GROVE	2506	SUMMIT	2606
GLENDALE	2735	TEMECULA VALLEY	2713
GLENDORA	2566	TRABUCO HILLS	2860
GODINEZ	2538	TROY	2764
GREAT OAK	3621	UNIVERSITY	2643
HERITAGE	2622	UPLAND	3449
HIGHLAND	2919	VALENCIA (PLACENTIA)	2746
HUNTINGTON BEACH	2939	VALENCIA (VALENCIA)	3177
JORDAN	3457	VALLEY VIEW	2691
KATELLA	2691	VISTA MURRIETA	3457
KING, M.L.	3331	WALNUT	2755
KNIGHT	3064	WARREN	3812
LA QUINTA (LA QUINTA)	2814	WESTMINSTER	2593
LA SERNA	2940	WILSON, WOODROW (LONG BEACH)	3942
LAKEWOOD	3570	YUCAIPA	2623

2016 CIF Southern Section Ford Boys and Girls Track and Field**Division 2 (2480-2001)****As of December 7, 2015**

AGOURA	2132	NORTHWOOD	2173
APPLE VALLEY	2215	OAK HILLS	2356
ARROYO	2301	PALM DESERT	2001
ARROYO GRANDE	2454	PATRIOT	2094
AYALA, RUBEN	2452	PERRIS	2372
BLOOMINGTON	2038	RAMONA	2160
BOLSA GRANDE	2077	REDLANDS	2342
BUENA	2480	REDLANDS EAST VALLEY	2105
CANYON (ANAHEIM)	2324	RIGHETTI	2082
CANYON (CANYON COUNTRY)	2371	RIO MESA	2116
CAPISTRANO VALLEY	2385	ROWLAND	2331
CARTER	2363	ROYAL	2100
CERRITOS	2135	SAN GABRIEL	2325
CHINO	2369	SAN GORGONIO	2057
CITRUS HILL	2370	SAN JACINTO	2389
CITRUS VALLEY	2269	SAN JUAN HILLS	2391
CLAREMONT	2338	SAN MARCOS	2081
COACHELLA VALLEY	2332	SANTA ANA VALLEY	2050
COLONY	2042	SANTA BARBARA	2261
CULVER CITY	2056	SANTIAGO (GARDEN GROVE)	2214
DOMINGUEZ	2064	SAUGUS	2447
DOS PUEBLOS	2191	SAVANNA	2055
EASTSIDE	2319	SERRANO	2285
EISENHOWER	2456	SILVERADO	2144
EL MODENA	2195	SIMI VALLEY	2200
ELSINORE	2132	SOUTH TORRANCE	2083
FULLERTON	2156	SUNNY HILLS	2264
GOLDEN VALLEY	2086	TEMESCAL CANYON	2172
GRAND TERRACE	2269	TEMPLE CITY	2116
HART	2233	TESORO	2380
HAWTHORNE	2127	THOUSAND OAKS	2348
HEMET	2413	TORRANCE	2115
HESPERIA	2051	TUSTIN	2304
JURUPA HILLS	2083	VENTURA	2392
KAISER	2455	VILLA PARK	2474
KENNEDY	2351	VISTA DEL LAGO	2243
LA HABRA	2230	WEST COVINA	2426
LA MIRADA	2126	WEST RANCH	2350
LA QUINTA (WESTMINSTER)	2144	WEST TORRANCE	2088
LA SIERRA	2066	WESTERN	2124
LANCASTER	2363	WESTLAKE	2391
LAWNDALE	2241	WHITTIER	2174
LOARA	2377	WOODBIDGE	2480
LOS ALTOS	2061		
LYNWOOD	2286		
MARINA	2440		
MARK KEPPEL	2306		
MATER DEI	2145		
MAYFAIR	2102		
MILLER, A.B.	2352		
MISSION VIEJO	2438		
MOORPARK	2060		
MORENO VALLEY	2387		
MURRIETA MESA	2145		
NEWPORT HARBOR	2300		
NORCO	2254		
NORTE VISTA	2125		
NORTH, J.W.	2287		

2016 CIF Southern Section Ford Boys and Girls Track and Field

Division 3 (2000-1051)

As of December 7, 2015

ADELANTO	1748	LA CANADA	1389
ALEMANY	1354	LA PUENTE	1403
ANTELOPE VALLEY	1718	LAGUNA HILLS	1642
ARLINGTON	1956	LAKESIDE	1973
ARTESIA	1406	LEUZINGER	1804
ATASCADERO	1333	LITTLEROCK	1543
AZUSA	1393	LOMPOC	1327
BALDWIN PARK	1921	LOS AMIGOS	1782
BANNING	1129	LUTHERAN (ORANGE)	1336
BARSTOW	1380	MAGNOLIA	1824
BASSETT	1071	MARSHALL FUNDAMENTAL	1074
BELLFLOWER	1724	MONROVIA	1785
BEVERLY HILLS	1633	MOUNTAIN VIEW	1439
BISHOP AMAT	1415	NIPOMO	1293
BONITA	1937	NOGALES	1952
BREA OLINDA	1896	NORTH (TORRANCE)	1913
BUENA PARK	1942	NORTHVIEW	1340
BURROUGHS (RIDGECREST)	1397	NORWALK	1989
CABRILLO (LOMPOC)	1490	NOTRE DAME (SHERMAN OAKS)	1259
CALABASAS	1754	OAK PARK	1655
CATHEDRAL (B)	1498	OCEAN VIEW	1549
CATHEDRAL CITY	1896	ORANGE	1927
CENTURY	1864	PACIFIC	1406
CHAMINADE	1349	PACIFICA (GARDEN GROVE)	1779
CHARTER OAK	1735	PALM SPRINGS	1789
COLTON	1902	PALOS VERDES	1661
COMPTON	1740	PASADENA	1903
CORONA DEL MAR	1729	PASO ROBLES	1957
COSTA MESA	1122	PIONEER	1414
COVINA	1337	POMONA	1286
Da VINCI DESIGN	1952	RANCHO ALAMITOS	1822
DAMIEN (B)	1904	RANCHO MIRAGE	1565
DESERT HOT SPRINGS	1777	RIM OF THE WORLD	1200
DESERT MIRAGE	1868	ROSEMEAD	1827
DIAMOND RANCH	1791	RUBIDOUX	1675
DON LUGO	1760	SADDLEBACK	1688
EL DORADO	1924	SAN BERNARDINO	1640
EL MONTE	1850	SAN DIMAS	1363
EL SEGUNDO	1251	SAN LUIS OBISPO	1434
ESPERANZA	1933	SAN MARINO	1189
ESTANCIA	1274	SANTA MARGARITA	1730
EXCELSIOR CHARTER	1399	SANTA PAULA	1546
FIREBAUGH	1922	SERVITE (B)	1798
GABRIELINO	1801	SHADOW HILLS	1771
GAHR	1968	SIERRA VISTA	1972
GANESHA	1131	SONORA	1924
GAREY	1625	SOUTH EL MONTE	1433
GLADSTONE	1218	SOUTH HILLS	1835
GLENN	1495	SOUTH PASADENA	1533
GRANITE HILLS	1531	ST. FRANCIS (B)	1290
HARVARD-WESTLAKE	1151	ST. JOHN BOSCO (B)	1626
HILLCREST	1791	ST. JOSEPH (LAKEWOOD) (G)	1198
HOOVER	1711	ST. LUCY'S PRIORY (G)	1254
HUENEME	1985	SULTANA	1881
INDIAN SPRINGS	1836	TAHQUITZ	1633
INDIO	1769	WEST VALLEY	1743
INGLEWOOD	1530	WILSON/HACIENDA HEIGHTS	1616
IRVINE	1969	YORBA LINDA	1768
JSERRA	1180	YUCCA VALLEY	1354
JURUPA VALLEY	1581		

**2016 CIF Southern Section Ford Boys and Girls Track and Field
Division 4 (1050 and Below)
As of December 7, 2015**

ACADEMY/ACAD EXCELLENCE	402	HOLY FAMILY (G)	368	RIVERSIDE SHRISTIAN	93
ALVERNO (G)	336	HOLY MARTYRS	134	RIVERSIDE CTY ED ACADEMY	168
AMBASSADOR	67	IMMACULATE HEART (G)	1000	RIVERSIDE PREP	701
ANAHEIM DISCOVERY CHRISTIAN	206	LA REINA (G)	826	ROLLING HILLS PREP	157
AQUINAS	430	LA SALLE	656	ROSARY (G)	1014
ARCHER SCHOOL FOR GIRLS (G)	520	LA SIERRA ACADEMY	227	SACRED HEART OF JESUS (G)	408
ARROWHEAD CHRISTIAN ACAD	378	LAGUNA BEACH	1038	SADDLEBACK VALLEY CHRISTIAN	288
AVESON GLOBAL LEADERSHIP	187	LINFIELD CHRISTIAN	337	SAGE HILL	506
BELLARMINE- JEFFERSON	123	LONE PINE	130	SALESIAN (B)	962
BETHEL CHRISTIAN (RIVERSIDE)	80	LOS ANGELES ADVENTIST	57	SAN GABRIEL MISSION (G)	494
BIG BEAR	758	LOUISVILLE (G)	750	SAN JACINTO VALLEY ACADEMY	262
BISHOP DIEGO	249	LUTHERAN (LA VERNE)	75	SANTA CLARA	289
BISHOP MONTGOMERY	921	LYCEE INTERNATIONAL	134	SANTA CLARITA VALLEY	228
BLAIR	628	MALIBU	652	SANTA YNEZ	1001
BORON	172	MAMMOTH	297	SERRA	556
BRENTWOOD	466	MARANATHA	680	SHERMAN INDIAN	297
BRIDGES ACADEMY	82	MARLBOROUGH (G)	714	SIERRA CANYON	408
BUCKLEY	343	MARY STAR OF THE SEA	511	SILVER VALLEY	387
CALIFORNIA LUTHERAN	80	MARYMOUNT (G)	776	ST. ANTHONY	495
CALIFORNIA MILITARY INSTITUTE	462	MAYFIELD (G)	634	ST. BERNARD	233
CALVARY CHAPEL (DOWNEY)	288	MILKEN COMMUNITY	536	ST. BONAVENTURE	555
CALVARY CHAPEL (SANTA ANA)	522	MISSION PREP	381	ST. GENEVIEVE	598
CALVARY MURRIETA	312	MOJAVE	195	ST. JOSEPH (SANTA MARIA)	393
CAMPBELL HALL	532	MORNINGSIDE	974	ST. MARGARET'S	464
CAMS	676	MORRO BAY	868	ST. MARY'S ACADEMY (G)	550
CANTWELL-SACRED HEART MARY	556	MUIR	900	ST. MONICA CATHOLIC	538
CAPISTRANO VALLEY CHRISTIAN	189	NEW COVENANT ACADEMY	63	ST. PAUL	628
CARPINTERIA	638	NEW ROADS	371	ST. PIUS X-ST. MATTHIAS	296
CATE	287	NOLI INDIAN	93	TEMECULA PREP	294
CENTENNIAL (COMPTON)	955	NORDHOFF	183	TEMPLETON	762
CHADWICK	341	NOTRE DAME (RIVERSIDE)	494	THACHER	259
CHRISTA McAULIFF	175	NOTRE DAME ACADEMY (G)	752	TRONA	74
CREAN LUTHERAN	754	NUVIEW BRIDGE	594	TWENTYNINE PALMS	760
CRESPI (B)	992	OAK GROVE	57	UPLAND CHRISTIAN ACADEMY	224
CROSSROADS	508	OAKS CHRISTIAN	972	VALLEY CHRISTIAN (CERRITOS)	580
CSDR	185	OAKWOOD	310	VASQUEZ	403
DE TOLEDO	384	OJAI VALLEY	110	VERBUM DEI (B)	592
DESERT	386	ONTARIO CHRISTIAN	450	VIEWPOINT	512
DESERT CHRISTIAN (LANCASTER)	336	ORCUTT ACADEMY	593	VILLAGE CHRISTIAN	419
DON BOSCO TECH (B)	766	OXFORD ACADEMY	767	VILLANOVA PREP	261
DUARTE	992	PACIFIC HILLS	90	VISTAMAR	283
EDGEWOOD	831	PACIFICA CHRISTIAN / SM	222	WEAVER	175
EINSTEIN, ALBERT	275	PACIFICA CHRISTIAN / OC	50	WEBB	409
EXECUTIVE PREP ACADEMY	250	PALMDALE AEROSPACE ACAD	590	WESTERN CHRISTIAN	390
FILLMORE	985	PARACLETE	711	WESTRIDGE (G)	546
FLINTRIDGE PREPARATORY	412	PILGRIM	98	WHITNEY	675
FLINTRIDGE SACRED HEART (G)	770	PILIBOS	252	WHITTIER CHRISTIAN	610
FOOTHILL TECHNOLOGY	1038	POLY (PASADENA)	387	WILDWOOD	212
GARDEN STREET ACADEMY	34	POMONA CATHOLIC (G)	450	WINDWARD	406
GRACE BRETHERN	389	PRICE	64	WOODCREST CHRISTIAN	334
GROVE	134	PROVIDENCE (BURBANK)	454	XAVIER PREP	587
HAMILTON	326	PROVIDENCE (SANTA BARBARA)	71	YESHIVA	354
HELP GROUP WEST	139	RAMONA CONVENT (G)	442		
HERITAGE CHRISTIAN	607	RANCHO CHRISTIAN	218		
HILLCREST CHR. (THOUS OAKS)	87	RIVER SPRINGS CHARTER	229		

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: April 21, 2016
TO: Boys and Girls Track Coaches
FROM: Rainer Wulf, Assistant Commissioner
SUBJECT: Advanced Placement Testing During the 2016 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 2016 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.

2016 AP Exam schedule

The 2016 AP Exams will be administered over two weeks in May: May 2 through 6 and May 9 through 13. 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.

Week 1	Morning 8 a.m.	Afternoon 12 noon
Monday, May 2	Chemistry Environmental Science	Psychology
Tuesday, May 3	Computer Science A Spanish Language and Culture	Art History Physics 1: Algebra-Based
Wednesday, May 4	English Literature and Composition	Japanese Language and Culture Physics 2: Algebra-Based
Thursday, May 5	Calculus AB Calculus BC	Chinese Language and Culture Seminar
Friday, May 6	German Language and Culture United States History	European History
	<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>	

Week 2	Morning 8 a.m.	Afternoon 12 noon	Afternoon 2 p.m.
Monday, May 9	Biology Music Theory	Physics C: Mechanics	Physics C: Electricity and Magnetism
Tuesday, May 10	United States Government and Politics	French Language and Culture Spanish Literature and Culture	
Wednesday, May 11	English Language and Composition	Italian Language and Culture Macroeconomics	
Thursday, May 12	Comparative Government and Politics World History	Statistics	
Friday, May 13	Human Geography Microeconomics	Latin	



CIF SOUTHERN SECTION PARTNERS

Proudly Supporting Southern California's Student-Athletes



SOUTHERN CALIFORNIA FORD DEALERS

Title Sponsor & Official Automobile of the CIF Southern Section - FORD Championships



Official Partner
of the CIF-SS



Official Partner
of the CIF-SS



Official Partner
of the CIF-SS



Official Partner
of the CIF



Official Source for
CIF-SS Scores & Stats



Official Sporting Goods
of the CIF



Official Ball
of the CIF-SS



Official Apparel
of the CIF-SS



Official Home of the
CIF-SS Championships



Official Sports Fuel Provider
of the CIF-SS



Official Partner
of the CIF



Official Baseball Supplier
of the CIF-SS



Official Patch Provider
of the CIF-SS



Supporting Partner
of the CIF-SS



Official
Water Polo Ball
of the CIF-SS



Supporting Partner
of the CIF



SOUTHERN CALIFORNIA
Supporter of
CIF-SS Tennis



Supporting Partner
of CIF-SS Golf



Official Tennis Partner
of the CIF-SS



Supporter of
CIF-SS Girl's Golf



Official Badminton
Supplier of the CIF-SS



PROUDLY SUPPORTING SOUTHERN CALIFORNIA HIGH SCHOOL ATHLETES

