



Southern Section

 **TOYOTA Championships**

2004-2005

**SPRING SPORTS
PLAYOFF
BULLETIN**

***BOYS & GIRLS
TRACK & FIELD***

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COACH:

If you have 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

Trakmcguire@aol.com

(714) 970-8783

DATES, TIMES AND MANAGEMENT SS PRELIMS, FINALS, MASTERS, AND STATE

PRELIMINARIES

SATURDAY, MAY 14 - Field Events - 11:00 a.m.; Running Events - 12 Noon

DIVISION I - Trabuco Hills High School, Mission Viejo
Meet Manager: Jack Recla (949) 768-1934

DIVISION II - Moorpark High School, Moorpark
Meet Manager: Rob Dearborn (805) 517-2160

DIVISION III - Gahr High School, Cerritos
Meet Manager: Hal Harkness (714) 529-6938

DIVISION IV - Carpinteria High School, Carpinteria
Meet Manager: Van Latham (805) 684-4107

*All Stadiums will open one (1) hour prior to the first event.

CHAMPIONSHIP FINALS

SATURDAY, MAY 21 @ Cerritos College Stadium Open 9:15am
Meet Manager: Bob McGuire (714) 970-8783
Boys Pole Vault - 10:30am
All other field events - 11:00am
All running events - 1:00pm

MASTERS MEET

FRIDAY, MAY 27 @ Cerritos College Stadium Open 3:30pm
Meet Manager: Bob McGuire (714) 970-8783
Boys Discus and Girls Shot Put - 4:30pm
All other field events - 5:30pm
All running events - 6:00pm

STATE MEET

FRIDAY, June 3 and SATURDAY, June 4 @ Hughes Stadium in Sacramento
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.

TIME SCHEDULES*

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

PRELIMINARIES

RUNNING EVENTS:

| | |
|-------------------|-------|
| Girls 400 m Relay | 12:00 |
| Boys 400m Relay | 12:20 |
| Girls 1600m | 12:40 |
| Boys 1600m | 1:00 |
| Girls 100 m HH | 1:20 |
| Boys 110m HH | 1:35 |
| Girls 400m | 1:50 |
| Boys 400m | 2:05 |
| Girls 100m | 2:20 |
| Boys 100m | 2:35 |
| Girls 800m | 2:50 |
| Boys 800m | 3:05 |
| Girls 300m LH | 3:25 |
| Boys 300m IH | 3:40 |
| Girls 200m | 4:00 |
| Boys 200m | 4:15 |
| Girls 3200m | 4:30 |
| Boys 3200m | 5:00 |
| Girls 1600m Relay | 5:30 |
| Boys 1600m Relay | 6:00 |

FIELD EVENTS

| | |
|-------------------------------------|-------|
| Boys Discus; Girls Shot Put | 11:00 |
| Boys and Girls Long Jump | 11:00 |
| Boys High Jump; Girls Pole Vault | 11:00 |
| Following the above (approx.) | 2:30 |
| Boys Shot Put; Girls Discus | |
| Boys and Girls Triple Jump | |
| Girls High Jump and Boys Pole Vault | |

Flights will be formed based on qualifying marks.
Example: Flight 1 - best 9 qualifying marks; Flight 2 - next best group of qualifying marks; etc. to Last Flight - group with lowest qualifying marks.

Note: The number of heats will be determined by the number of entries.

DISCUS, SHOT PUT:

- Report Time: When YOUR flight reports
- Warm up Time: 15 minutes warmup period immediately prior to each flight's competition.
- Maximum of 3 practice throws.
- All shots will be provided.
- Disqualified if not checked in at least 5 minutes prior to first throw of your flight.

LONG JUMP, TRIPLE JUMP

- Report Time: When YOUR flight reports.
- Warm up Time: 20 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 your flight.

HIGH JUMP, POLE VAULT

- Report Time: ALL athletes report one hour before the scheduled start time. Warm up will begin at that time.

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 (D 2&4) | 5:35 |
| Girls 100m | 3:25 | Boys 3200m (D 1&3) | 5:50 |
| Boys 100m | 3:35 | Girls 1600m Relay | 6:05 |
| Girls 800m | 3:50 | Boys 1600m Relay | 6:30 |

DIVISION FINALS - ORDER OF FIELD EVENTS DIV. 4, 3, 2, 1

The stadium will open at 9:15am. Competitors should report one (1) hour prior to the starting times listed below. Athletes in all divisions of a field event must check in with the Clerk of the Course and the Event Judge when the first call is given. **No athlete, regardless of division, will be allowed to report later than ten (10) minutes prior to the start of competition for the first division in that event.**

GIRLS POLE VAULT - 10:30

BOYS POLE VAULT - To follow girls

Note: All pole vaulter's weight and pole must be certified by the COACH at the Clerk of Course prior to the event. ALL athletes must be dressed in a proper, school issued, track uniform.

BOYS AND GIRLS LONG JUMP - 11:00

BOYS AND GIRLS TRIPLE JUMP - To follow Long Jump

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

GIRLS SHOT PUT - 11:00

BOYS SHOT PUT - To follow girls

Note: Shots will be provided by meet management. Athletes are not permitted to bring their implements into the competition area. ALL athletes must be dressed in a proper, school issued, track uniform.

BOYS HIGH JUMP - 11:00

GIRLS HIGH JUMP - To follow boys

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

BOYS DISCUS - 11:00

GIRLS DISCUS - To follow boys

Note: Implements must be weighed and measured at the Field House prior to competition. ALL athletes must be dressed in a proper, school issued, track uniform.

MASTERS MEET

The stadium will open at 3:30pm

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.

BOYS DISCUS - 4:30 (Warmups may begin at 3:30) **GIRLS DISCUS - To follow boys**

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.

GIRLS SHOT PUT - 4:30 (Warmups may begin at 3:30) **BOYS SHOT PUT - To follow girls**

Note: Shots will be provided by Meet Management. No athlete is to bring their implement into the competition area. ALL athletes must be dressed in a proper, school issued, track uniform.

BOYS AND GIRLS LONG JUMP - 5:30

BOYS AND GIRLS TRIPLE JUMP - To follow Long Jump

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

BOYS HIGH JUMP - 5:30

GIRLS HIGH JUMP - To follow boys

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

GIRLS POLE VAULT - 5:30

BOYS POLE VAULT - To follow girls

Note: All vaulters and their poles must be certified by the COACH prior to competition. Certification is to be made in the Clerks area. ALL athletes must be dressed in a proper, school issued, track uniform.

STATE MEET

The State Meet Bulletin will be available in May. The Preliminary races will be held on Friday, June 3, 2005, and the Finals on Saturday, June 4, 2005. Field event Prelims will start on Friday with check-in at 1:00; running event Prelims will start at 5:00pm. Finals in field events will check-in at 1:00; running events will start at 4:00pm. Further information can be found on the Internet at the State CIF website - www.cifstate.org

QUALIFYING STANDARDS

LEAGUE FINALS INTO DIVISIONAL PRELIMINARIES - Each league has been allotted **one (1)** automatic entry per event for the 2005 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 THE CIF-SS WEB SITE (CIFSS.ORG) ON TUESDAY, MAY 10, 2005.**

1. League champion each event will automatically qualify.
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.

2005 QUALIFYING STANDARDS FOR 2nd & 3rd PLACE IN LEAGUE FINALS

| Event | DIV. I BOYS | | DIV. I GIRLS | | DIV. II BOYS | | DIV. II GIRLS | | DIV. III BOYS | | DIV. III GIRLS | | DIV. IV BOYS | | DIV. IV GIRLS | |
|--------------------|-------------|---------|--------------|---------|--------------|---------|---------------|---------|---------------|---------|----------------|---------|--------------|---------|---------------|---------|
| | FAT | HT | FAT | HT | FAT | HT | FAT | HT | FAT | HT | FAT | HT | FAT | HT | FAT | HT |
| 100 | 11.54 | 11.3 | 13.14 | 12.9 | 11.44 | 11.2 | 13.74 | 13.5 | 11.64 | 11.4 | 13.24 | 13.0 | 12.14 | 11.9 | 13.54 | 13.3 |
| 200 | 23.14 | 22.9 | 27.14 | 26.9 | 23.54 | 23.3 | 27.54 | 27.3 | 23.14 | 22.9 | 27.34 | 27.1 | 24.14 | 23.9 | 27.74 | 27.5 |
| 400 | 52.14 | 51.9 | 1:02.14 | 1:01.9 | 52.54 | 52.3 | 1:03.14 | 1:02.9 | 52.64 | 52.4 | 1:04.14 | 1:03.9 | 56.14 | 55.9 | 1:05.14 | 1:04.9 |
| 800 | 2:04.14 | 2:03.9 | 2:30.14 | 2:29.9 | 2:05.14 | 2:04.9 | 2:35.14 | 2:34.9 | 2:07.14 | 2:06.9 | 2:35.14 | 2:34.9 | 2:15.14 | 2:14.9 | 2:45.14 | 2:44.9 |
| 1600 | 4:40.14 | 4:39.9 | 5:35.14 | 5:34.9 | 4:45.14 | 4:44.9 | 5:45.14 | 5:44.9 | 4:50.14 | 4:49.9 | 5:55.14 | 5:54.9 | 5:10.14 | 5:09.9 | 6:00.14 | 5:59.9 |
| 3200 | 10:10.14 | 10:09.9 | 12:10.14 | 12:09.9 | 10:25.14 | 10:24.9 | 12:45.14 | 12:44.9 | 10:45.14 | 10:44.9 | 13:10.14 | 13:09.9 | 11:10.14 | 11:09.9 | 14:00.14 | 13:59.9 |
| 110HH/100HH | 16.24 | 16.0 | 17.74 | 17.5 | 16.14 | 15.9 | 18.14 | 17.9 | 17.14 | 16.9 | 18.14 | 17.9 | 19.14 | 18.9 | 19.14 | 18.9 |
| 300IH/300LH | 42.74 | 42.5 | 49.74 | 49.5 | 42.54 | 42.3 | 51.14 | 50.9 | 43.74 | 43.5 | 51.74 | 51.5 | 48.14 | 47.9 | 55.14 | 54.9 |
| 400 Relay | 45.24 | 45.0 | 51.74 | 51.5 | 45.14 | 44.9 | 52.14 | 51.9 | 45.74 | 45.5 | 53.74 | 53.5 | 48.14 | 47.9 | 56.14 | 55.9 |
| 1600 Relay | 3:35.14 | 3:34.9 | 4:20.14 | 4:19.9 | 3:38.14 | 3:37.9 | 4:30.14 | 4:29.9 | 3:40.14 | 3:39.9 | 4:30.14 | 4:29.9 | 3:55.14 | 3:54.9 | 4:40.14 | 4:39.9 |
| High Jump | 5-10 | | 4-8 | | 5-8 | | 4-8 | | 5-8 | | 4-8 | | 5-8 | | 4-6 | |
| Pole Vault | 11-6 | | 8-6 | | 11-6 | | 7-6 | | 10-6 | | 7-6 | | 9-0 | | 6-6 | |
| Long Jump | 20-0 | | 15-9 | | 20-6 | | 15-6 | | 20-0 | | 15-0 | | 18-6 | | 14-3 | |
| Triple Jump | 40-0 | | 32-0 | | 41-6 | | 31-0 | | 40-0 | | 32-0 | | 36-0 | | 30-0 | |
| Shot Put | 45-0 | | 32-0 | | 45-0 | | 32-6 | | 44-0 | | 30-0 | | 40-0 | | 29-0 | |
| Discus | 135-0 | | 100-0 | | 130-0 | | 95-0 | | 120-0 | | 90-0 | | 110-0 | | 80-0 | |

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) and the form is properly filled out (including legible signatures) it must be returned by the League Meet Manager along with the regular League entry forms. It is advisable if the League anticipates an At-Large entry in a running event they assign two timers to that place so both times can be recorded on the entry form.

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 an event in Division IV. The letter **MUST** include the following data:

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

No petitions will be accepted after Noon on Wednesday, May 4. **Freelance schools may call the Division IV Meet Manager** on Monday, May 9 between the hours of 2:00pm and 4:00pm to verify acceptance of the entry.

2005 QUALIFYING STANDARDS FOR FREE LANCE & AT-LARGE ENTRIES

| Event | DIV. I BOYS | | DIV. I GIRLS | | DIV. II BOYS | | DIV. II GIRLS | | DIV. III BOYS | | DIV. III GIRLS | | DIV. IV BOYS | | DIV. IV GIRLS | |
|--------------------|-------------|--------|--------------|---------|--------------|--------|---------------|---------|---------------|--------|----------------|---------|--------------|---------|---------------|---------|
| | FAT | HT | FAT | HT | FAT | HT | FAT | HT | FAT | HT | FAT | HT | FAT | HT | FAT | HT |
| 100 | 11.02 | 10.7 | 12.30 | 12.0 | 11.07 | 10.8 | 12.58 | 12.3 | 11.45 | 11.2 | 12.88 | 12.6 | 11.20 | 10.9 | 12.78 | 12.5 |
| 200 | 22.40 | 22.1 | 25.31 | 25.0 | 22.67 | 22.4 | 25.98 | 25.7 | 22.77 | 22.5 | 25.95 | 25.7 | 22.65 | 22.4 | 26.04 | 25.8 |
| 400 | 50.15 | 49.9 | 58.44 | 58.2 | 50.16 | 49.9 | 59.41 | 59.1 | 50.68 | 50.4 | 59.71 | 59.4 | 51.45 | 51.2 | 1:00.22 | 59.9 |
| 800 | 1:57.13 | 1:56.8 | 2:19.33 | 2:19.0 | 1:58.30 | 1:58.0 | 2:20.41 | 2:20.1 | 2:00.31 | 2:00.0 | 2:23.98 | 2:23.7 | 2:03.13 | 2:02.8 | 2:26.22 | 2:25.9 |
| 1600 | 4:21.07 | 4:20.8 | 5:12.24 | 5:12.0 | 4:23.65 | 4:23.4 | 5:10.63 | 5:10.3 | 4:28.09 | 4:27.8 | 5:16.23 | 5:15.9 | 4:33.07 | 4:32.8 | 5:28.88 | 5:28.6 |
| 3200 | 9:31.90 | 9:31.6 | 11:19.57 | 11:19.3 | 9:34.10 | 9:33.8 | 11:18.89 | 11:18.6 | 9:47.53 | 9:47.2 | 11:38.11 | 11:37.8 | 10:01.71 | 10:01.4 | 12:07.60 | 12:07.3 |
| 110HH/100HH | 15.10 | 14.8 | 15.34 | 15.1 | 15.23 | 14.9 | 15.88 | 15.6 | 15.55 | 15.3 | 16.04 | 15.8 | 16.17 | 15.9 | 16.73 | 16.4 |
| 300IH/300LH | 40.23 | 39.9 | 45.60 | 45.3 | 40.10 | 39.8 | 46.92 | 46.6 | 40.66 | 40.4 | 48.31 | 48.0 | 41.61 | 41.3 | 48.87 | 48.6 |
| 400 Relay | 43.76 | 43.5 | 49.55 | 49.3 | 43.68 | 43.4 | 50.02 | 49.7 | 43.86 | 43.6 | 50.22 | 49.9 | 44.93 | 44.6 | 51.18 | 50.9 |
| 1600 Relay | 3:25.31 | 3:25.0 | 4:02.69 | 4:02.4 | 3:27.49 | 3:27.2 | 4:04.49 | 4:04.2 | 3:28.63 | 3:28.3 | 4:05.48 | 4:05.2 | 3:33.53 | 3:33.2 | 4:09.58 | 4:09.3 |
| High Jump | 6-2.25 | | 5-1.50 | | 6-2 | | 5-2 | | 6-0.25 | | 5-0.50 | | 6-0 | | 4-9.25 | |
| Pole Vault | 13-9 | | 10-6 | | 13-7 | | 9-7 | | 12-9 | | 9-5 | | 11-6 | | 7-10 | |
| Long Jump | 21-3.50 | | 16-8.50 | | 21-8.25 | | 16-10.75 | | 20-10 | | 16-5.50 | | 20-4.75 | | 16-1 | |
| Triple Jump | 44-0.75 | | 35-5.25 | | 43-7.75 | | 35-3.75 | | 42-11.50 | | 33-8.75 | | 40-6 | | 34-1.25 | |
| Shot Put | 53-4 | | 37-6 | | 50-7.25 | | 35-11 | | 48-6 | | 34-11.75 | | 46-11 | | 33-6.50 | |
| Discus | 155-5 | | 123-3 | | 148-5 | | 114-5 | | 146-1 | | 108-0 | | 140-1 | | 104-10 | |

FAT = Fully automatic timing; HT = hand timed

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 3200 will advance to the Masters Meet.

MASTERS MEET INTO THE STATE MEET - The top **five** (5) finishers in each event will advance to the State Meet to be at Hughes Stadium on Friday, June 3 and Saturday, June 4, 2005. "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 Saturday, May 7, 2005 at 9:00 a.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. However, all scratches still must be called in to the Prelim Meet Manager by the COACH so heats can be re-drawn if necessary.** The deadline for this notification is **4:00 pm on Wednesday, May 11, 2005.**

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 CIF-SS Office no later than Tuesday, May 10 at 4:00 p.m. This notification must come from the league meet manager. League managers are reminded to fax 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 as soon as possible but no later than **4:00 pm on Thursday, May 19, 2005.** The next best athlete from that preliminary meet will advance. 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. With scratches after the meet notify Bob McGuire at his home phone (714) 970-8783 as soon as possible but no later than **4:00 pm on Thursday, May 26, 2005.** Finishers ten (10) and eleven (11) are designated as alternates. If they are not notified during the week on scratches, they may report to the Clerk's Area when their event is called.

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's will be run with a one (1) turn stagger; the 1600's from a scratch start; and the 3200's will be run in two alleys. The 1600 relay will be run with a three (3) stagger turn. Cerritos College has an 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 4-3-6 page 27 and Rule 3-2-4j page 17)

National Federation Rule 4-3-7, 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. **Batons** will be provided by meet management in all meets. Please do not let your athlete enter the Clerk's area with either of the above implements.

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 1/4" (7mm). 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 in 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 a medal awarded to all first 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 |

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 at Cerritos College.

SPECIFIC INFORMATION - RUNNING EVENTS - Division Preliminaries

In all divisions, the number of heats in running events through 800 meters will be determined by the number of entries divided by the number of lanes on the track. There will be three (3) heats in the 1600 meter run and two (2) heats in the 3200 meter run

GENERAL INFORMATION - FIELD EVENTS

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 26.

Shots will be provided by meet management in all SS meets. **Discii** need to be weighed and marked in the Championship Meet, the Master's Meet and the State Meet at the field house in the warm-up area **before** you report to the competition area.

National Federation Rule 4-3-7, regarding the wearing of jewelry, will be enforced.

All field event athletes must enter the field through the Clerk of Course area. **Athletes MUST check in to the field event judge prior to the start of their flight.** Only those in uniform with identification will be permitted to enter the field. No coaches, media, or other personnel will be permitted. Athletes must report no later than 5 minutes prior to their flight or they will be scratched. (See page three of this bulletin for time of the field event). **After checking in those not competing will be permitted to leave the field until it is time for their competition.** Only athletes in actual competition will be permitted to remain on the field. Once competition is over in the Flight or Division, please leave the area of competition.

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. Coaches are also reminded of the National Federation Rule which prohibits an athlete viewing video tape of him/herself during competition. 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 a medal awarded to all first 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 at 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, the competitor with the fewest number of trials for the height which the tie occurs shall be awarded the higher place. If ties still exist, the competitor(s) with the fewest number of unsuccessful trials throughout the entire competition shall be awarded the higher place.

A jumpoff will be held only for first place in the event the two above tie breaking procedures will not determine a winner. 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 nine (9) overall advancing to the Masters Meet. The top five (5) finishers 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 athletes 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 bot above cases, the competition will continue and he/she will re-enter at wherever the crossbar has been raised during said excused absence.

Shot Put and Discus - Contestants will be divided into flights of equal numbers. 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 nine (9) overall will (all divisions) 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 five (5) will advance to the State Meet. All shots will be provided by meet management and only these shots may be used. If you prefer a smaller diameter shot, you need to let your meet manager know prior to competition. 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 40 degrees.**

Long Jump and Triple Jump - Contestants will be divided into flights of nine (9). Athletes will have a 20 minute warm up period between flights. **Prelims:** Three (3) trials, nine advance. **Division Finals:** Four (4) trials, top nine overall (all divisions) 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 five (5) advance to the State Meet.

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 a CIF participation certificate for each qualified athlete and two programs.

At the Championship Meet and Master's Meet, 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 these meets 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 \$5.00 parking fee at Cerritos College.

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, credit cards or cash in denominations greater than \$20 bills. 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 are:

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

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

ADULTS: \$9.00 (\$8.00 at Masters) HIGH SCHOOL STUDENTS W/ID and 13 & UNDER: \$5.00

SPECTATOR'S COOLERS, CANS AND BOTTLES ARE NOT ALLOWED AT CERRITOS COLLEGE.

FACILITY CLOSURES: As of May 6, 2005, 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.

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.

GAHR HIGH SCHOOL - Located at 11111 Artesia Blvd., Cerritos, 90703. Take the 605 freeway to South Street. Go West to Studebaker Road. Go North to Artesia Blvd., Stadium is on the North/East corner of Artesia and Studebaker.

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.

CERRITOS COLLEGE - Located at 11111 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.

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 308 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 308, 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.

DATE: April 11, 2005
TO: Boys and Girls Track Coaches
FROM: Paul Castillo, Assistant Commissioner
SUBJECT: Advanced Placement Testing During the 2005 CIF Track and Field Championships

This year, as in years past, the CIF-SS TOYOTA 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 2005 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 2001 *Guide to the Advanced Placement Program*.

CATEGORY I

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

CATEGORY II

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

Late Testing will not be permitted for the following circumstances:

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

ADVANCED PLACEMENT PROGRAM
A 2005 EXAM SCHEDULE

| <u>WEEK 1</u> | <u>MORNING</u> | <u>AFTERNOON</u> |
|----------------------|---|--|
| | 8:00 a.m.* | 12:00 p.m.* |
| May 2 | English Literature | French Literature** Human Geography** |
| May 3 | Calculus AB Calculus BC | World History |
| May 4 | Computer Science A** Computer Science AB** Spanish Language | Statistics |
| May 5 | English Literature | French Literature** German Language** |
| May 6 | U.S. History | European History Studio Art (Portfolios Due) |
| | | |
| <u>WEEK 2</u> | <u>MORNING</u> | <u>AFTERNOON</u> |
| May 9 | Biology** Music Theory** | Physics B** Physics C** |
| May 10 | Chemistry** Environmental Science** | Psychology |
| May 11 | Government & Politics (US) | Government & Politics (Comparative)** Art History** |
| May 12 | Macroeconomics | Microeconomics |
| May 13 | Spanish Literature | Latin Literature ** Latin: Vergil* * |

*Schools in Alaska must begin the morning exam administration between 7:00 a.m. and 8:00 a.m. and the afternoon exam administration between 11:00 a.m. and 12:00 p.m.

*Coordinators should contact AP Services if a student would like to take exams that are scheduled for the same slot. Coordinators are responsible for notifying students when and where to appear for the exams. Early testing is not permitted under any circumstances. 2005 late testing schedule is May 18-20, 2005.

CIF-SS ELIGIBILITY LIST

SCHOOL _____ LEAGUE _____
 SPORT _____

PLEASE TYPE OR PRINT LEGIBLY AND COMPLETE ALL AREAS AS PER SAMPLE! THIS FORM MUST BE SIGNED BY THE PRINCIPAL. THIS FORM MUST BE RECEIVED BY THE CIF-SS OFFICE PRIOR TO PLAYOFF/CHAMPIONSHIP COMPETITION.

PLEASE DO NOT FAX THIS DOCUMENT!

| NAME OF CONTESTANTS RESIDENTIALLY ELIGIBLE (RULES 213/214/222) | DATE OF BIRTH | AGE AS OF JUNE 15, 2004 | DATE ENTERED NINTH GRADE | NO. OF SEMESTERS IN SCHOOL | CURRENT YEAR IN SCHOOL | SCHOLASTIC ELIGIBILITY 2.0 GPA & PASSING IN 20 UNITS. | | TRANSCRIPT VERIFIED FOR TRANSFERS |
|--|---------------------|-------------------------------|--------------------------------|----------------------------------|------------------------------|--|------------|---|
| | | | | | | LAST GR PD | THIS GR PD | |
| EXAMPLE: JOHN JONES | 1/25/88 | 16 | 9/03 | 3 | SO. | OK. | OK | YES/NA |
| | | | | | | | | |

I certify that those athletes listed above have complied in all aspects with the requirements of the California Interscholastic Federation, Southern Section, and are eligible to participate in interschool contests under said rules and regulations.

DATE _____ PRINCIPAL SIGNATURE _____

MAIL TO: 10932 PINE STREET, LOS ALAMITOS, CA 90720