



**TO: TRACK & FIELD COACH**

**FROM: JERRY SCHNIEPP, COMMISSIONER**  
**JOHN LABETA, ASSISTANT COMMISSIONER**

**DATE: APRIL 6, 2017**

**RE: 2017 SAN DIEGO CIF TOYOTA TRACK AND FIELD PRELIMS AND FINALS**  
**PRESENTED BY FARMERS INSURANCE GROUP**

1. The following information has been prepared in part by the 2017 Track and Field Management Committee and the 2017 Track and Field Advisory Committee.

Management Committee

Meet Director – Mike Cummings

Assistant Meet Director – Tim Latham

Site Coordinator – Dennis McClanahan

Results – John Hutsel, Steve Wavra, and Jack Nash

Officials Chair – Jay Beltz

Facilitators – Mike Klepper, Jim Cerveney, Dan Geiger, Glenn Recasner, Randy Boozer, Pat King, Charles Tyler, Jonn Pisapia, Mike Mena, Mike Becker, Renee Ross, Chris Ruff, Kevin Reaume, Tim Medlock, and Phil Burian

2. MANDATORY COACHES' MEETING

There will be a mandatory coaches' meeting at 6:00 p.m., Thursday, May 18, 2017, at the Mt. Carmel High School Gymnasium

Also in attendance will be the Meet Management Committee. Included on the agenda will be:

- a. Distribution of school packets, including wristbands and special notices.
- b. Discussion of check-in procedure for facility admission and for event participation.
- c. Disqualification discussion.
- d. Appeals procedure.
- e. Other policies and procedures.
- f. Questions and answers.

**IMPORTANT:** Only coaches who attend this meeting or send an authorized, informed substitute (with prior approval from the commissioner) will be provided wristbands for athletes and coaches. Schools without an authorized coach in attendance will be required to pick up athlete wristbands at the CIFSDS office and NO wristbands will be issued for coaches.

3. DATES AND SITES

Prelims – (Division I and II - see attached division breakdown)

Saturday, May 20 – 9:00 a.m. – Mt. Carmel High School: Girls' Track & Field Events

Saturday, May 20 – 2:00 p.m. – Mt. Carmel High School: Boys' Track & Field Events

Finals

Saturday, May 27 – 10:00 a.m. - Mt. Carmel High School: Boys' & Girls' Track & Field Events

4. MEET REFEREES

Boys' & Girls' Prelims – Division I and II

Mt. Carmel High School - Saturday, May 20:

Running Event – Byron Price; Field Event – Al Dandridge; Staging Clerk – Gary McDonald

Boys' & Girls' Finals – Division I and II

Mt. Carmel High School - Saturday, May 27:

Running Event – Byron Price; Field Event – Al Dandridge; Staging Clerk – Gary McDonald

5. STARTERS

Boys' & Girls' Prelims – Division I and II – Mt. Carmel High School – Saturday, May 20

Marc Malec, Mike Downing, and Nicholas Norris (Morning)

Bob Hood, Bob Flavin, and Mike Andrews (Afternoon)

Boys' & Girls' Finals – Division I and II – Mt. Carmel High School - Saturday, May 27

Greg Hara, Merlyn Holmes, and Richard Cota

6. ADMISSION

Each boys' and girls' team participating in the Prelims will be given participant wristbands equal to the number of qualifiers plus six to coaches. (Additional wristbands will be given for alternates.) Individual school envelopes with wristbands will be available at the May 18<sup>th</sup> meeting, only to official representatives of the school concerned.

Participants: All qualified athletes and coaches will be admitted by wristbands through the participants' gates. EACH COACH MUST USE WRISTBANDS FOR ENTRY! Non-participating athletes, other coaches, timers, statisticians, trainers, etc., must purchase tickets. COACHES AND MANAGERS WILL NOT BE PERMITTED ON THE PLAYING FIELD UNLESS CALLED BY MEET MANAGEMENT. VIOLATION MAY RESULT IN DISQUALIFICATION OF ATHLETE(S) OR TEAMS. COACHES ARE RESPONSIBLE FOR DISTRIBUTION OF WRISTBANDS! SECURITY AND/OR MEET MANAGEMENT ARE NOT RESPONSIBLE.

Spectators and Others: All spectators, non-qualifying athletes, extra coaches and managers, bus drivers, faculty members, etc., must purchase a general admission ticket. There are only two playoff ticket ranges: Adult – Defined as anyone over 18 years old and Student/Senior – Student defined as anyone age 5 through 18; Senior defined as anyone age 60 or over.

Prelims Adult - \$9.00 Student/Senior - \$5.00

Finals Adult - \$10.00 Student/Senior - \$6.00

Admission Times:

Division I and II Prelims – Saturday, May 20

Participant Gate 7:30 a.m. Spectator Gate 8:00 a.m.

Division I and II Finals – Saturday, May 27

Participant Gate 8:30 a.m. Spectator Gate 9:00 a.m.

7. QUALIFYING – LEAGUE/CONFERENCE MEETS INTO CIF PRELIMS

**a. Each league/conference will receive one (1) automatic entry.**

b. All athletes who achieve the qualifying standard (see attachment) in the league/conference finals, will be automatically entered.

c. If there are still openings short of the minimum 27 entries per event, the Seeding Committee will select the best of all at-large nominees submitted in order to reach 27 entries.

d. A league may petition to have an athlete byed into CIF prelims if the league feels that the athletes mark was adversely affected due to a situation at the venue that was out of the athlete's control. The league rep must submit the petition via fax to the CIF office (858) 292-1375 by 11:00pm on Friday, May 12<sup>th</sup>. See Bye Form. The commissioner will review and rule on the request. All decisions are final and the ruling may not be appealed. Illness or poor performance (Including no heights and no marks) are not valid reasons for a bye into CIF Prelims.

NOTE: No school may enter more than one relay team per event.

8. PRELIM ENTRY RESPONSIBILITY

The league representatives or his/her designee will be responsible for submission of entries from their league to the Seeding Committee. Individual coaches are responsible for the submission of entries to their advisory committee representative.

9. ENTRY DEADLINE

The deadline for entry into the 2017 San Diego CIF Toyota Boys' and Girls' Track and Field Prelims will be Friday, May 12<sup>th</sup> at 11:00 p.m. The league rep or his/her designee must post league finals results in the following two ways:

1. Complete league finals results posted on athletic.net
2. A copy of the Hy-Tek league finals back up file e-mailed to stevewavra@cox.net

All times must be electronic. In the event that a timing error occurs and no results are available. Meet management will meet with the coaches involved and determine the best time to re-run the race.

No individuals may be listed in more than four individual events

10. AT-LARGE SELECTION

The at-large selections for prelims will be conducted by the Seeding Committee. At-Large selections will be determined by best mark at league finals.

SEEDING MEETING

Prelims: (Prelim heat placement will be done by the Seeding Committee).

- Track Events - The field will be divided by talent into heats. The lane assignments for these entries will be done by time. NOTE: This may result in more than one athlete from a school in the same heat.
- Field Events - All finalists will compete in inverse order according to marks achieved at the league/conference level.
- Heat Sheets – will be posted on the CIF web site on Thursday, May 18<sup>th</sup>.

11. HEATS IN PRELIMS

There will be three (3) heats in prelims in all events except: The 800m and 1600m where there will be two (2) heats, and the 3200m where there will be one (1) heat. In some situations the meet management committee may change the number of prelim heats to accommodate the number of entries.

12. FIELD EVENT FLIGHTS IN PRELIMS - FINALS

**Long Jump, Triple Jump, Shot Put, and Discus:** Entrants will be placed and listed in flights of six to ten (6-10) athletes. Competitors will compete in inverse order according to qualifying marks at the league/conference level. Each athlete in each flight will be given the opportunity for three attempts before the next flight takes its trials. The nine best performers in each event in Prelims advance to Finals. In the event of a tie for ninth place, both athletes will qualify for finals. Marks made in Prelims will not carry over or be counted in Finals. In Finals, each of competitor will be allowed six (6) trials: 3 preliminary trials, followed by 3 additional trials after reversing order determined by preliminary trials. Note: An athlete in Finals must have a legal mark in one of the 3 preliminary trials to receive 3 additional trials.

**High Jump and Pole Vault:** The vertical events will be conducted "5 alive" with the athletes competing in inverse order according to qualifying marks at the league/conference level. A minimum of 9 and a maximum of 12 will advance to finals. If there are ties that have the field anywhere between 9 and 12, all tied athletes will advance to finals. The miss rule will only be applied if the field is greater than 12. (See Rule 6-3/Art 2b page 45 of The 2017 National Federation Rule Book.). When the miss rule is applied and if there are still ties a jump-off will occur involving those tied on misses to limit the field to a maximum of 12.

**Note:** Once an athlete has reported to a field event venue and has been checked in, he/she may not leave that venue while still alive in the competition except to check-in for another event or use the restroom. Viewing video replay shall not take place during this period. In addition, athletes competing in field events may not cross the track to confer with coaches in the stands.

13. QUALIFYING SECTION PRELIMS INTO SECTION FINALS – Running Events:

The top nine (9) Division I finishers and nine (9) Division II finishers in each event will qualify into Section Finals. Exception: In the 1600m and 3200m, the top 12 in each division will qualify for CIF Finals.

- a. The top 9 marks from either Division I or Division II will be seeded into the “A” heat. Exception: the top 12 in the 1600m/3200m will be seeded into the “A” heat. Note: A heat winner in prelims is NOT guaranteed entry into the “A” heat in finals. Exception: In the 1600m/3200m the top two fastest times in each division automatically qualify for the “A” heat. In the 800m the fastest time in each division automatically qualifies for the “A” heat.
- b. The remaining 9 marks will be seeded into the “B” heat. In the 1600m/3200m, the remaining 12 will go into the “B” heat. In Finals both the A and B heats of the 3200m will run in the same race.
- c. In Finals – When there are two heats, the “A” heat will go first. If a person from the “A” heat scratches from an event, the next fastest person from the “B” heat will be moved into the “A” heat, unless the alternate has a better mark than anyone in the “B” heat. Depending upon the division of the athlete who scratched, the next alternate in that division will be moved into the “B” heat. Example: A DI athlete drops out of the “A” heat. The next best mark in the “B” heat is from DII, they move into the “A” heat, the next best mark from the DI alternates list then moves into the “B” heat.

14. QUALIFYING SECTION PRELIMS INTO SECTION FINALS – Horizontal Field Events:

The top nine (9) Division I finishers and nine (9) Division II finishers in each event will qualify into Section Finals. Unless a tie occurs for the 9<sup>th</sup> spot, then both athletes tied for 9<sup>th</sup> will advance to the finals.

- a. The top 9 marks from either Division I or Division II will be seeded into the “A” flight. Note: If there is a tie for the 9<sup>th</sup> best overall mark, both athletes will advance to the “A” flight.
- b. The remaining athletes will be seeded into the “B” flight.
- c. In Prelims both the Div I and Div II flights will compete simultaneously, but on different runways/rings. In Finals both the “A” and “B” flights will compete simultaneously, but on different runways/rings. The only exception will be in the discus where there is only one ring.
- d. In Finals – When there are two flights, the “A” flight will go first. If a person from the “A” flight scratches from an event, the next person from the “B” flight will be moved into the “A” flight, unless the alternate has a better mark than anyone in the “B” flight. Depending upon the division of the athlete who scratched, the next alternate in that division will be moved into the “B” flight. Example: A DI athlete drops out of the “A” flight. The next best mark in the “B” flight is from DII, they move into the “A” flight, the next best mark from the DI alternates list moves into the “B” flight.

15. QUALIFYING SECTION PRELIMS INTO SECTION FINALS – Vertical Field Events:

A minimum of 9 and a maximum of 12 in each division will qualify for finals. The miss rule will only be applied if ties bring the field to greater than 12. (See rule 6-3/Art 2b page 45 of the 2017 NFHS rule book). When the miss rule is applied and if there are still ties a maximum of 12 will advance to either Division I or Division II Finals. If there are more than 12 in a division, a jump-off will occur involving those who are tied on misses.

- a. The top 9 marks in Division I and Division II will advance to the “A” flight in finals.
- b. The remaining marks will advance to the “B” flight in finals.
- c. If there are ties for the 9<sup>th</sup> spot advancing into the “A” flight in finals, all ties (9-12) will advance to the “A” flight.
- d. If there are ties bringing the “A” flight to more than 12, the miss rule will be applied.
- e. If after using the miss rule the field is still greater than 12, a jump-off will occur between those tied on misses regardless of their division.
- f. In Prelims both the Div I and Div II flights will compete simultaneously, but on different runways/aprons. In Finals both the “A” and “B” flights will compete simultaneously, but on different runways/aprons.
- g. In Finals – The “A” flight will go first. If a person from the “A” flight scratches from an event, the next person from the “B” flight will be moved into the “A” flight, unless the alternate has a better mark than anyone in the “B” flight. Depending upon the division of the athlete who scratched, the next alternate in that division will be moved into the “B” flight. Example: A DI athlete drops out of the “A” flight. The next best mark in the “B” flight is from DII, they move into the “A” flight, the next best mark from the DI alternates list moves into the “B” flight.

16. QUALIFYING SECTION FINALS INTO STATE PRELIMS

- a. The top three (3) in the “A” heat/flight of every event automatically qualify for state prelims.
- b. In addition to our three (3) automatics, all athletes in the “A” heat/flight who meet or better the state auto mark also qualify for state prelims.
- c. An athlete in the “B” heat/flight who meet or better the state auto mark also may qualify for the state prelims provided that ALL THREE (3) of the “A” heat/flight automatic qualifiers have met or bettered the state auto mark.

17. **SEEDING IN FINALS** (To be done by Meet Management Committee.)  
**Track Events:** All finalists in races under 1600 meters will be seeded into lanes according to their performance in the Prelims.  
**Field Events:** All finalists will compete in inverse order according to their marks in the Prelims.
18. **LANE ASSIGNMENT ORDER**  
a. **800m/1600m/3200m in prelims and the 1600m/3200m in Finals** - Field divided into three (3) alleys.  
b. **All other races** – Field divided into heats and seeded into lanes 5-6-4-7-3-8-2-9-1 with 5 being the fastest time.
19. **1600 RELAY STAGGERS**  
Based upon the State Track Meet format, the San Diego Section will conduct the 1600 M relay with a three-turn stagger.
20. **COMPOSITION OF RELAY TEAMS**  
Up to six individuals may be listed as entries on the relay entry card; any four of who may compete. Only those who actually compete will be considered official entries. Any substitutions must come from those names on the relay entry card. Names of individuals may be entered on entry cards no later than Thursday, May 18<sup>th</sup>,
21. **STARTING HEIGHTS AND INCREMENTS**  
**Prelims** Posted on the CIF Website.  
**Finals** Determined after Prelims.
22. **CHECK-IN AND CHECK-OUT**  
All track athletes **must** report to the Track Clerk of Course. Field-event athletes check in with Field Event Official no later than five (5) minutes prior to the scheduled start of their first event. Alternates will be added five (5) minutes before start of the event. ABSOLUTELY NO EXCEPTIONS FOR ANY REASON WILL BE MADE. ATHLETES NOT CHECKED IN, WILL NOT BE ALLOWED TO PARTICIPATE. All field event athletes **must** check out with the Head Judge of their event if they wish to leave for another event. Upon returning to the event, the athlete must check back in with the Head Judge (not to exceed 30 minutes). In vertical jumps, the bar will not be held up by an athlete who has checked out. ATHLETES MUST ENTER THE FIELD ONLY THROUGH OFFICIAL ENTRANCE GATES.
23. **ATHLETES ON FIELD**  
No athletes shall be permitted on the track or field unless in competition or awaiting the immediate commencement of their event. Athletes are to leave the track or field directly after the completion of their event or presentation of their award. Field event competitors who cross the track to confer with coaches or anyone else may be disqualified.
- NOTE: No electronic devices of any kind will be allowed in the competition areas. These include cell phones, pagers, I-pods, mp3 players, I-pads, tablets, notebooks, etc. Failure to comply will result in disqualification from the event.
24. **SCORING**  
There will be scoring to eight (8) places in the Finals for all individual and relay events for men and women. Scoring shall be 10 - 8 - 6 - 5 - 4 - 3 - 2 - 1. Scoring in division I or division II will be determined by the overall best marks from the "A" and "B" heat or flights.  
a. Note: A person in a "B" heat or flight may medal higher if their mark is better than a person in the "A" heat or flight.
25. **AWARDS**  
CIFSDS trophies shall be given to the championship and runner-up teams for boys and girls. Individual CIFSDS medals will also be given to the top six individuals and relay teams in all final events immediately following the event concerned. Athletes are to proceed directly to the awards area.
26. **SCRATCHES AND ALTERNATES**  
Should an entrant be unable, or choose not to enter an event for which her/she has qualified, the following procedures are to be followed:

Boys' and Girls' Prelims: Coaches are to contact the CIFSDS Office using fax (619-334-4593) or scan/e-mail [stevewavra@cox.net](mailto:stevewavra@cox.net) by 7:00 p.m. on Wednesday, May 17<sup>th</sup>, with the name of the athlete to be scratched and the event. Replacements will be made by the CIFSDS Office from a list of alternates only when entries for the event concerned drops below 27. Note: No additional alternates will be added after the 7pm Wednesday scratch deadline.

CIFSDS Finals: Coaches of athletes who will be scratching from the CIFSDS Finals are to notify the CIFSDS Office using fax (619-334-4593) or scan/e-mail [stewewavra@cox.net](mailto:stewewavra@cox.net) by 7:00 p.m. on Tuesday, May 23<sup>rd</sup>, with the name of the athlete to be scratched and the event. CIF Finals Heat Sheets will be posted on the CIF website on Wednesday, May 24<sup>th</sup>. In addition, three alternates from each division will be listed for each event and should report to the Clerk of the Course and be ready to compete.

**Note:** CIF Prelims and CIF Finals scratch sheets can be found on the CIF Website (CIFSDS.org) under Sports, Spring, Track-N-Field.

For both CIF-SDS prelims and finals: ABSOLUTELY NO ALTERNATES OTHER THAN THOSE DESIGNATED AS SUCH BY MEET OFFICIALS WILL BE CONSIDERED FOR ENTRY.

State Prelims: Coaches who know their athletes will be scratching from a State Prelim event or the 3200 (no State Prelims) for which they qualify are to notify the CIFSDS Management Committee no later than the conclusion of the CIFSDS Finals Meet in order to retain the San Diego Section full complement of entries into the State Meet.

27. **RUN-OFFS**

Should there be a need to break a tie in determining who advances from a prelim heat to the finals, there will be a run-off conducted at the conclusion of the preliminary meet unless the coaches involved agree to flip a coin or a coach involved withdraws an entry. The run-off shall be conducted within 30 minutes of the conclusion of the last running event of the meet. If a tying athlete does not report to the track within 10 minutes of being called, but the other tying athlete so reports, then the reporting athlete will advance by default to the next level of competition. Individual coaches are responsible for knowing that a tie exists and being aware that there will be a run-off. Note: In finals run-offs and jump-offs will only be used to determine advancement to The State Prelims.

28. **Timing Error**

In the event that a timing error occurs and no results are available. Meet management will meet with the coaches involved and determine the best time to re-run the race.

29. **IMPLEMENT WEIGH-INS**

All shots and discs must be weighed in and measured prior to the event. Athletes are limited to two (2) implements per event that may be brought to the event site. All brass shots must meet diameter requirements. Beginning times for weigh-in and measuring are: 7:45 a.m. for Prelims and 8:45 a.m. for Finals.

30. **SUPERVISION**

State CIF Rule 307 requires compliance with California Administrative Code Title 5. The code stipulates that athletes must be supervised by a certified member of a school district. Therefore, no athlete will be permitted to compete without this supervision requirement. Coaches are advised to make note of this in regards to athletes who arrive to compete before the rest of the team.

31. **APPEALS**

Appeals forms will be available at The Coaches Corner for both prelims and finals.. These appeal forms are to be completed and forwarded to a meet official within 30 minutes after the conclusion of the event. The appeal will be forwarded to the Referee (track or field event) for decision. Appeals from the Referee's decision will be heard by the Appeals Committee. Unauthorized, unofficial use of video equipment in rendering decisions is prohibited. NOTE: There will be no appeal based upon judgment decision. PLEASE DO NOT VERBALLY PROTEST OR APPEAL YOUR CONCERNS. FILL OUT AN APPEAL FORM, AND TURN IT IN TO A MEET OFFICIAL.

Coaches should be aware that actions of their athletes may be applicable under our "ETHICS IN SPORTS" Policy which could result in a athlete's disqualification from present and future meets.

32. **JURY OF APPEALS**

The Jury of Appeals will hear appeals from a decision by the Meet Referee if lodged by the coach of the team concerned. Such appeals should be lodged immediately following a decision from the original appeal but in no case later than 15 minutes after the conclusion of the last running event. THE DECISION OF THE JURY OF APPEALS IS FINAL AND MAY NOT BE APPEALED TO A HIGHER AUTHORITY AT A LATER DATE.

33. **SECTION FINALISTS WHO ADVANCE TO STATE PRELIMS**

The top three (3) individuals and the top three (3) relay teams from the "A" heat or flight will qualify into state prelims. In addition, any athlete not in the top 3 in the "A" heat or flight who meets or beats the State Automatic Mark will qualify for the STATE MEET.

NOTE: State CIF event times are posted on the State CIF web site: [www.cifstate.org](http://www.cifstate.org).

#### 34. RELAY TEAM UNIFORMS

In order to facilitate judging in the relay events, the following rule will be in force for the 2016 San Diego CIF Track and Field Prelims and Finals: "All FOUR MEMBERS OF EACH RELAY TEAM MUST WEAR IDENTICAL UNIFORMS." This includes jerseys and shorts, and if worn, visible underclothing such as T-shirts, tights, etc. Any visible undergarments must be of the same color. Relay teams without full compliance by all four members will not be eligible to participate and will be disqualified if found to be in violation after competing in the relay concerned.

#### 35. OTHER UNIFORM REMINDERS

- a. School authorized jersey and shorts must be worn.
- b. Bodysuits may be worn.
- c. Nothing is to be worn over jersey or shorts, including sweat pants, in the field event.
- d. Visible undergarments worn under the jersey must be of a single color.
- e. No hats, caps, or bandanas. Sweat-bands and hair nets will be permitted.
- f. No taping of fingers or hands in discus or pole vault. Gloves are not permitted..
- g. An athlete may be disqualified for altering a uniform. (Excessive tying or taping of the back of a jersey or cutting a uniform in order to bare the midriff are examples of altered uniforms.)

Note: Advertisement of any kind is not to be worn on any visible clothing item-this includes socks.

National Federation rule 4-1 pertaining to uniforms will be strictly enforced. All athletes competing must wear **THEIR SCHOOL ISSUED UNIFORM AND SWEATS AT ALL TIMES**. No other uniform or clothing may be worn during competition or on the Victory Stand.

#### 36. TRACK AND FIELD SURFACES

Mt. Carmel High School: Track/Runways–Tartan; Shot Put/Discus Rings–Cement

NOTE: Only 3/16" needle spikes will be permitted on the track and runways. NO PYRAMID SPIKES WILL BE PERMITTED. Shoes, spikes, and bags will be inspected at the gate and at site of event. Athletes will not be permitted to participate on the artificial surfaces without approved spikes. Athletes will be disqualified in all events in which they were later determined to be in violation.

NOTE: Outside individual or team practice will not be allowed at the Mt. Carmel facility from May 12 through May 27. Violators will be disqualified from CIF competition.

#### 37. STARTING BLOCKS

Starting blocks will be provided. No other blocks may be brought to the meet.

#### 38. TIMING SYSTEMS

Fully automatic timing and back-up systems will be employed in all races to determine the time and placement of finishers in both Prelims and Finals. Should both systems fail in one or more heats of a race, official results of all heats in that race shall be the hand-held times. Back-up timers and judges will also be employed. Hip numbers will be provided to all runners. NOTE: There will be no utilization of unauthorized, unofficial video equipment for rendering decisions. If both systems should fail, finish time officials will be instructed not to talk to anyone except meet officials until final decisions are made.

#### 39. DRESSING FACILITIES

THERE WILL BE NO DRESSING FACILITIES AVAILABLE FOR ATHLETES AT MT. CARMEL HIGH SCHOOL. ALL CONTESTANTS SHOULD ARRIVE DRESSED TO COMPETE.

#### 40. STEREOS, WALKIE-TALKIES, UMBRELLAS, AND TENTS

For obvious reasons, no stereos (even those with head phones) may be brought through any gate. Coaches are advised to forewarn their people. Walkie-talkies will not be admitted due to possible interference with meet management and security. No umbrellas or tents will be permitted anywhere in the stadium. Canopies, ipods/mp3s with head phones are permitted in the stands only.

41. PASSES

Permitted: State CIF Life passes, CIFSDS Life Passes, CIFSDS media passes, CIFSDS/ State Courtesy Cards, participant passes.

Not Permitted: Scouting cards, faculty passes, school passes, league passes, district passes, other section passes, or coaches' passes

42. CONCESSIONS

- a. T-shirts – The Kukulski Bros.
- b. Food – Mt. Carmel High School

43. MISCELLANEOUS

- a. All National Federation rules will apply unless otherwise stated in the Green Book or this bulletin. Coaches are held responsible for the contents of this publication as well as all information given at the mandatory coaches' meeting on May 18<sup>th</sup>.
- b. Reminder to coaches and league representatives: Only marks made in league/conference finals can be considered for automatics or at-large consideration
- c. Meet management reserves the right to change any venue or other aspect of facility usage wherein issues of safety or meet logistics are concerned.

44. CIFSDS RECORD BOOK UPDATE

CIF Record Book Information may be updated by school personnel through the CIFSDS Home Site under New CIFSDS Records tab. Please visit our website at [www.cifsd.org](http://www.cifsd.org) to log in. Please contact Vanessa Fowlkes at [vanessacifsd@gmail.com](mailto:vanessacifsd@gmail.com).

45. PLAYOFF PARTICIPATION PATCHES

Playoff participation patches can be purchased for \$10.00 each. School personnel orders can be placed on the CIFSDSHOME website and accessing the "Additional Forms" link. Non-school personnel can place an order on: [www.cifsd.org](http://www.cifsd.org), forms, miscellaneous forms, participation patch order form.

46. RUNNER-UP PATCHES

Championship/runner-up patches are special order items. School personnel orders can be placed on the CIFSDSHOME website and accessing the "Additional Forms" link. The cost is **\$10.00** each. Special order items may take up to (3) three weeks to arrive. Non-school personnel can place an order on: [www.cifsd.org](http://www.cifsd.org), forms, miscellaneous forms, championship/runner-up order form.

47. OFFICIAL CIF-SAN DIEGO SECTION CHAMPIONSHIP RINGS

Official CIF-San Diego Section Championship rings are now available from Jostens. Rings are available for participants, finalists, and champions. For information/orders, contact Mark Fitzner at 858-486-2020 or via e-mail at [mark.fitzner@jostens.com](mailto:mark.fitzner@jostens.com)

48. CIFSDS TRAVEL EXPENSE FORM

CIFSDS Travel Expense Form for reimbursement for State CIF Track and Field Meet on June 5 and June 6, 2015, in Fresno is attached to the coach's copy of this bulletin. Form must be completed and returned to CIFSDS office within ten (10) days following the meet.

Distribution:

Boys' and Girls' Varsity Track and Field Coach

Athletic Directors

Conference Presidents/Schedulers

Jim Cervený, Mike Cummings, Dennis McClanahan - Tournament Directors

Bob Hood, Gary McDonald - SDTSA

Jay Beltz – Officials Association

Steve Wavra

Byron Price- Running Events Referee

Al Dandridge- Field Events Referee

Roger Blake, Ron Nocetti-State CIF



**CIF Prelims 2017 Combined Boy's Division I and II  
Mt. Carmel High School Saturday, May 20, 2017**

Time	Event	Division	Heat	Time	Event	Division	Heat
2:00	Boy's 4 x 100 Relay	II	1	4:29	Boy's 300 IH	II	1
2:04	Boy's 4 x 100 Relay	I	1	4:32	Boy's 300 IH	I	1
2:08	Boy's 4 x 100 Relay	II	2	4:35	Boy's 300 IH	II	2
2:12	Boy's 4 x 100 Relay	I	2	4:38	Boy's 300 IH	I	2
2:16	Boy's 4 x 100 Relay	II	3	4:41	Boy's 300 IH	II	3
2:20	Boy's 4 x 100 Relay	I	3	4:44	Boy's 300 IH	I	3
2:26	Boy's 1600m	II	1	4:50	Boy's 200m	II	1
2:34	Boy's 1600m	I	1	4:53	Boy's 200m	I	1
2:42	Boy's 1600m	II	2	4:56	Boy's 200m	II	2
2:50	Boy's 1600m	I	2	4:59	Boy's 200m	I	2
3:00	Boy's 110 HH	II	1	5:02	Boy's 200m	II	3
3:03	Boy's 110 HH	I	1	5:05	Boy's 200m	I	3
3:06	Boy's 110 HH	II	2	5:13	Boy's 3200m	II	
3:09	Boy's 110 HH	I	2	5:30	Boy's 3200m	I	
3:12	Boy's 110 HH	II	3	5:47	Boy's 4 x 400 Relay	II	1
3:15	Boy's 110 HH	I	3	5:54	Boy's 4 x 400 Relay	I	1
3:21	Boy's 400m	II	1	6:01	Boy's 4 x 400 Relay	II	2
3:25	Boy's 400m	I	1	6:08	Boy's 4 x 400 Relay	I	2
3:29	Boy's 400m	II	2	6:15	Boy's 4 x 400 Relay	II	3
3:33	Boy's 400m	I	2	6:22	Boy's 4 x 400 Relay	I	3
3:37	Boy's 400m	II	3				
3:41	Boy's 400m	I	3		Field Events	Division	Site
3:47	Boy's 100m	II	1	2:00	Boy's High jump	II	North
3:50	Boy's 100m	I	1	2:00	Boy's High jump	I	South
3:53	Boy's 100m	II	2	2:00	Boy's Long Jump	II	North
3:56	Boy's 100m	I	2	2:00	Boy's Long Jump	I	South
3:59	Boy's 100m	II	3	2:00	Boy's Shot Put	I	West
4:02	Boy's 100m	I	3	2:00	Boy's Discus	II	
4:08	Boy's 800m	II	1	3:30	Boy's Pole Vault	II	East
4:13	Boy's 800m	I	1	3:30	Boy's Pole Vault	I	West
4:18	Boy's 800m	II	2	4:15	Boy's Triple Jump	II	North
4:23	Boy's 800m	I	2	4:15	Boy's Triple Jump	I	South
				4:15	Boy's Shot Put	II	West
				4:15	Boy's Discus	I	

**Note: Schedule may change due to possible extra heats**

**CIF Prelims 2017 Combined Girl's Division I and II  
Mt. Carmel High School Saturday, May 20, 2017**

Time	Event	Division	Heat	Time	Event	Division	Heat
9:00	Girl's 4 x 100 Relay	II	1	11:29	Girl's 300 LH	II	1
9:04	Girl's 4 x 100 Relay	I	1	11:32	Girl's 300 LH	I	1
9:08	Girl's 4 x 100 Relay	II	2	11:35	Girl's 300 LH	II	2
9:12	Girl's 4 x 100 Relay	I	2	11:38	Girl's 300 LH	I	2
9:16	Girl's 4 x 100 Relay	II	3	11:41	Girl's 300 LH	II	3
9:20	Girl's 4 x 100 Relay	I	3	11:44	Girl's 300 LH	I	3
9:26	Girl's 1600m	II	1	11:50	Girl's 200m	II	1
9:34	Girl's 1600m	I	1	11:53	Girl's 200m	I	1
9:42	Girl's 1600m	II	2	11:56	Girl's 200m	II	2
9:50	Girl's 1600m	I	2	11:59	Girl's 200m	I	2
10:00	Girl's 100 IH	II	1	12:02	Girl's 200m	II	3
10:03	Girl's 100 IH	I	1	12:05	Girl's 200m	I	3
10:06	Girl's 100 IH	II	2	12:13	Girl's 3200m	II	
10:09	Girl's 100 IH	I	2	12:30	Girl's 3200m	I	
10:12	Girl's 100 IH	II	3	12:47	Girl's 4 x 400 Relay	II	1
10:15	Girl's 100 IH	I	3	12:54	Girl's 4 x 400 Relay	I	1
10:21	Girl's 400m	I	1	1:01	Girl's 4 x 400 Relay	II	2
10:25	Girl's 400m	II	1	1:08	Girl's 4 x 400 Relay	I	2
10:29	Girl's 400m	I	2	1:15	Girl's 4 x 400 Relay	II	3
10:33	Girl's 400m	II	2	1:22	Girl's 4 x 400 Relay	I	3
10:37	Girl's 400m	I	3				
10:41	Girl's 400m	II	3		Field Events	Division	Site
10:47	Girl's 100m	I	1	9:00	Girl's High jump	II	North
10:50	Girl's 100m	II	1	9:00	Girl's High jump	I	South
10:53	Girl's 100m	I	2	9:00	Girl's Long Jump	II	North
10:56	Girl's 100m	II	2	9:00	Girl's Long Jump	I	South
10:59	Girl's 100m	I	3	9:00	Girl's Shot Put	I	West
11:02	Girl's 100m	II	3	9:00	Girl's Discus	II	
11:08	Girl's 800m	II	1	10:30	Girl's Pole Vault	II	East
11:13	Girl's 800m	I	1	10:30	Girl's Pole Vault	I	West
11:18	Girl's 800m	II	2	11:15	Girl's Triple Jump	II	North
11:23	Girl's 800m	I	2	11:15	Girl's Triple Jump	I	South
				11:15	Girl's Shot Put	II	West
				11:15	Girl's Discus	I	

**Note: Schedule may change due to possible extra heats**

**2017 CIF SDS Track & Field Finals Schedule  
Mt. Carmel High School Saturday, May 27, 2017**

**Running Events**

Time	Division	Event
12:30	A	Girl's 400 Relay
12:35	B	Girl's 400 Relay
12:44	A	Boy's 400 Relay
12:49	B	Boy's 400 Relay
12:58	A	Girl's 1600m
1:07	B	Girl's 1600m
1:17	A	Boy's 1600m
1:25	B	Boy's 1600m
1:37	A	Girl's 100 HH
1:41	B	Girl's 100 HH
1:49	A	Boy's 110 IH
1:53	B	Boy's 110 IH
2:01	A	Girl's 400m
2:05	B	Girl's 400m
2:13	A	Boy's 400m
2:17	B	Boy's 400m
2:25	A	Girl's 100m
2:29	B	Girl's 100m
2:37	A	Boy's 100m
2:41	B	Boy's 100m
2:49	A	Girl's 800m
2:54	B	Girl's 800m
3:02	A	Boy's 800m
3:07	B	Boy's 800m
3:15	A	Girl's 300 LH
3:19	B	Girl's 300 LH
3:27	A	Boy's 300 IH
3:31	B	Boy's 300 IH
3:39	A	Girl's 200m
3:43	B	Girl's 200m
3:51	A	Boy's 200m
3:55	B	Boy's 200m
4:03	A/B	Girl's 3200m
4:21	A/B	Boy's 3200m
4:39	A	Girl's 1600 Relay
4:47	B	Girl's 1600 Relay
4:57	A	Boy's 1600 Relay
5:05	B	Boy's 1600 Relay

**Field Events**

Time	Division	Event
10:00	A/B	Boy's Discus
10:00	A	Girl's Long Jump
10:10	B	Girl's Long Jump
10:30	A	Boy's High Jump
10:40	B	Boy's High Jump
11:00	A	Girl's Pole Vault
11:10	B	Girl's Pole Vault
11:30	A	Boy's Long Jump
11:40	B	Boy's Long Jump
12:30	A/B	Girl's Discus
1:00	A	Girl's High Jump
1:10	B	Girl's High Jump
1:15	A	Girl's Triple Jump
1:25	B	Girl's Triple Jump
1:30	A	Boy's Pole Vault
1:35	B	Boy's Pole Vault
2:00	A	Boy's Shot Put
2:10	B	Boy's Shot Put
2:45	A	Boy's Triple Jump
2:55	B	Boy's Triple Jump
3:15	A	Girl's Shot Put
3:25	B	Girl's Shot Put

**Note:** Team points will be awarded to 8 places: 10-8-6-5-4-3-2-1  
Medals will be given to 6 places

**CIFSDS TRACK & FIELD – 2017  
COACH VERIFICATION FORM**

**SCHOOL** \_\_\_\_\_ **DIVISION** \_\_\_\_\_

**BOYS GIRLS**  
(circle one)

**HEAD COACH** \_\_\_\_\_

**ASSISTANT COACHES**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

All teams must be coached by a person who meets the requirements of the California Education Code and the California Administrative Code Title V.

\_\_\_\_\_  
Principal's signature

\_\_\_\_\_  
Date

**COACH WRIST-BANDS WILL NOT BE ISSUED UNTIL THIS FORM IS SUBMITTED. THIS FORM MUST INCLUDE THE SIGNATURE OF THE SCHOOL'S PRINCIPAL.**

Completed forms must be turned in at the mandatory coaches meeting on Thursday, May 18<sup>th</sup>.

**CIFSDS TRACK & FIELD – 2017**  
**Coaches' Information Sheet**  
Bring to the Thursday, May 18<sup>th</sup> mandatory coaches meeting.

School \_\_\_\_\_ League \_\_\_\_\_ Division \_\_\_\_\_

School Address \_\_\_\_\_  
Street City State Zip

School Phone \_\_\_\_\_ School Fax \_\_\_\_\_

Boys' Coach \_\_\_\_\_

School Address \_\_\_\_\_  
Street City State Zip

Work Phone \_\_\_\_\_ Work Fax \_\_\_\_\_

Home Phone \_\_\_\_\_ Home Fax \_\_\_\_\_

Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

Girls' Coach \_\_\_\_\_

School Address \_\_\_\_\_  
Street City State Zip

Work Phone \_\_\_\_\_ Work Fax \_\_\_\_\_

Home Phone \_\_\_\_\_ Home Fax \_\_\_\_\_

Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

# 2017 CIFSDS TRACK AND FIELD FINALS

## CIFSDS FINALS MEET SCRATCHES

If you have an athlete who will be scratching from an event at the CIFSDS Finals Meet, please complete the bottom portion of this form and fax (619) 334-4593 or scan and e-mail to [steviewavra@cox.net](mailto:steviewavra@cox.net) by 7 p.m. on Tuesday, May 23<sup>rd</sup> at 7pm.

Athlete's Name \_\_\_\_\_  
(Please print)

Division \_\_\_\_\_

Event \_\_\_\_\_

School \_\_\_\_\_

Coach \_\_\_\_\_  
(Please print)

Coach's Signature \_\_\_\_\_

Coach's e-mail \_\_\_\_\_

# 2017 CIFSDS TRACK AND FIELD PRELIMS

## CIFSDS PRELIM MEET SCRATCHES

If you have an athlete who will be scratching from an event at the CIFSDS Prelim meet, please complete the bottom portion of this form and fax to (619) 334-4593 or scan and email to [stevewavra@cox.net](mailto:stevewavra@cox.net) by 7 p.m. on Wednesday, May 17<sup>th</sup>.

Athlete's Name \_\_\_\_\_  
(Please print)

Division \_\_\_\_\_

Event \_\_\_\_\_

School \_\_\_\_\_

Coach \_\_\_\_\_  
(Please print)

Coach's Signature \_\_\_\_\_

Coach's e-mail \_\_\_\_\_

# 2017 CIFSDS RELAY ENTRY SHEET – Girls\_\_\_\_Boys\_\_\_\_

PLEASE COMPLETE AND TURN IN at the Mandatory coaches meeting on Thursday, May 18<sup>th</sup>  
RELAY WRISTBANDS WILL NOT BE ISSUED UNTIL THIS FORM IS SUBMITTED

SCHOOL \_\_\_\_\_

COACH NAME (Printed)\_\_\_\_\_

COACH'S SIGNATURE \_\_\_\_\_

## 4 X 100 ENTRIES

	NAME	GRADE
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
ALT.	_____	_____
ALT.	_____	_____

## 4 X 400 ENTRIES

	NAME	GRADE
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
ALT.	_____	_____
ALT.	_____	_____