



2008-2009

**SPRING SPORTS
PLAYOFF
BULLETIN**



**BOYS & GIRLS
TRACK & FIELD**

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COACH:

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

Thank you.

Bob McGuire

Trakmcguire@aol.com

(714) 970-8783

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

PRELIMINARIES

SATURDAY, MAY 16 - 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 jack.recla@svusd.org

DIVISION II - Moorpark High School, Moorpark

Meet Manager: Rob Dearborn (805) 517-2160 rdearborn@mrpk.org

DIVISION III - Estancia High School, Costa Mesa

Meet Manager: Hal Harkness (714) 529-6938 halharkness@yahoo.com

DIVISION IV - Carpinteria High School, Carpinteria

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

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

CHAMPIONSHIP FINALS

SATURDAY, MAY 23 @ 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 29 @ Cerritos College Stadium Open 3:30pm

Meet Manager: Bob McGuire (714) 970-8783

Girls Discus and Boys Shot Put - 4:30pm

All other field events - 5:30pm

All running events - 6:00pm

STATE MEET

FRIDAY and SATURDAY, June 5 & 6 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.

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

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 - shortest 9 qualifying marks; Flight 2 - next best group of qualifying marks; etc. to Last Flight - group of nine with best qualifying marks.

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

There will be a maximum of six (6) heats in any event. If there are more than 54 entrants, those 55 and lower will be listed as alternates. However, every attempt should be made to determine if anyone 55 or lower is a "League Champion" and if so, that person(s) must be placed in a heat automatically and someone else displaced.

There will be a maximum of four (4) heats in the boys/girls 800's regardless of the number of entries. (Divide entries by 4). Races shall be run in three (3) alleys for the first turn. The fastest runner shall be placed in alley #2, the next in alley #3 and then alley #1, etc.

DISCUS, SHOT PUT:

- Report Time: All competitors check in when event is called.
- Warm up Time: 15 minutes warmup period immediately prior to each flight's competition.
- Athletes must provide their own shots.
- 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 one hour before the scheduled start time. Warm up will begin at that time.

DIVISIONAL CHAMPIONSHIPS

* The time schedule is an approximate schedule. Races will run in sequence without delay. Alternates must check-in with the Clerk of Course prior to their event being called. The alternates need to report ready to run when the event is Clerked.

RUNNING EVENTS

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

Girls 400m Relay	1:00	Boys 800m	4:00
Boys 400m Relay	1:15	Girls 300m LH	4:15
Girls 1600m	1:35	Boys 300m IH	4:25
Boys 1600m	2:00	Girls 200m	4:40
Girls 100m HH	2:20	Boys 200m	4:50
Boys 110m HH	2:40	Girls 3200m (D1&4)	5:05
Girls 400m	2:55	Girls 3200m (D2&3)	5:20
Boys 400m	3:10	Boys 3200m (D1&4)	5:35
Girls 100m	3:25	Boys 3200m (D2&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. All competitors in the high jump and pole vault should report one (1) hour prior to the starting times listed below. Athletes in the long jump, triple jump, shot put and discus shall check in by division at (1) Field Event Clerk, and (2) Event Judge. It is not necessary for all competitors to check in prior to start of Division 4. In those event, divisional calls will be approximately one (1) hour apart to include a fifteen (15) minute warm-up.

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 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.

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: Athletes must provide their own shots. 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

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: Athletes must provide their own shots. 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 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 May. The Preliminary races will be held on Friday, June 5, 2009, and the Finals on Saturday, June 6, 2009. Field event Prelims will start on Friday with check-in at 1:45; running event Prelims will start at 5:00 pm. Finals in field events will check-in at 3:15 p.m.; running events will start at 6:00 pm. 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 2009 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 DYESTATECAL.COM ON TUESDAY, MAY 12, 2009.**

1. League champion in 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.

2009 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	11.24	11.0	13.04	12.8	11.54	11.3	13.24	13.0	11.54	11.3	13.24	13.0	11.74	11.5	13.64	13.4
200	22.94	22.7	27.14	26.9	23.54	23.3	27.34	27.1	23.34	23.1	27.14	26.9	24.04	23.8	28.14	27.9
400	52.14	51.9	1:01.54	1:01.3	51.94	51.7	1:02.54	1:02.3	52.84	52.6	1:03.54	1:03.3	55.54	55.3	1:06.34	1:06.1
800	2:02.54	2:02.3	2:26.14	2:25.9	2:03.14	2:02.9	2:30.14	2:29.9	2:06.14	2:05.9	2:35.14	2:34.9	2:15.14	2:14.9	2:40.14	2:39.9
1600	4:35.14	4:34.9	5:35.14	5:34.9	4:40.14	4:39.9	5:45.14	5:44.9	4:45.14	4:44.9	5:45.14	5:44.9	5:10.14	5:09.9	6:10.14	6:09.9
3200	10:05.14	10:04.9	12:10.14	12:09.9	10:15.14	10:14.9	12:45.14	12:44.9	10:40.14	10:39.9	12:55.14	12:54.9	11:25.14	11:24.9	14:00.14	13:59.9
110HH/100HH	15.94	15.7	17.34	17.1	16.54	16.3	17.54	17.3	16.54	16.3	17.74	17.5	20.14	19.9	20.14	19.9
300IH/300LH	42.14	41.9	49.74	49.5	42.24	42.0	51.44	51.2	44.14	43.9	52.14	51.9	48.74	48.5	55.04	54.8
400 Relay	44.34	44.1	51.54	51.3	45.14	44.9	52.54	52.3	45.94	45.7	53.54	53.3	47.54	47.3	56.54	56.3
1600 Relay	3:35.14	3:34.9	4:15.14	4:14.9	3:34.14	3:33.9	4:25.14	4:24.9	3:40.14	3:39.9	4:25.14	4:24.9	3:55.14	3:54.9	4:50.14	4:49.9
High Jump		5-11		4-09		5-09		4-09		5-08		4-08		5-06		4-08
Pole Vault		11-09		8-00		11-03		7-06		10-00		7-06		8-0		7-00
Long Jump		20-10		16-03		20-02		15-03		19-06		15-03		19-03		14-10
Triple Jump		42-03		33-00		41-03		32-00		39-00		31-06		35-00		29-00
Shot Put		45-00		32-00		44-00		31-06		43-00		30-06		37-00		27-00
Discus		135-00		102-00		130-00		95-00		115-00		90-00		105-00		75-00

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) 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) | 3. Grade level | 5. Mark for the event |
| 2. Full name of the athlete | 4. School | 6. Date/Type of meet |

No petitions will be accepted after Noon on Wednesday, May 6. Freelance schools may call the Division IV Meet Manager on Monday, May 11 between the hours of 2:00pm and 4:00pm to verify acceptance of the entry.

2009 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	10.93	10.6	12.32	12.0	11.01	10.7	12.43	12.1	11.11	10.8	12.56	12.3	11.38	11.1	12.64	12.4
200	22.18	21.9	25.10	24.8	22.12	21.8	25.43	25.1	22.52	22.2	25.57	25.3	22.89	22.6	26.44	26.2
400	50.07	49.8	57.73	57.4	50.04	49.8	58.73	58.4	50.53	50.2	58.86	58.6	51.81	51.5	1:00.32	1:00.0
800	1:57.69	1:57.4	2:18.61	2:18.3	1:58.88	1:58.6	2:20.49	2:20.2	1:59.96	1:59.7	2:20.69	2:20.4	2:02.82	2:02.5	2:26.31	2:26.0
1600	4:20.70	4:20.4	5:07.26	5:07.0	4:22.62	4:22.3	5:06.44	5:06.2	4:25.57	4:25.3	5:11.41	5:11.1	4:35.63	4:35.3	5:24.68	5:24.4
3200	9:29.58	9:29.3	11:13.64	11:13.4	9:32.37	9:32.1	11:13.38	11:13.1	9:44.60	9:44.3	11:28.86	11:28.6	9:59.58	9:59.3	11:56.67	11:56.4
110HH/100HH	14.88	14.6	15.33	15.0	14.95	14.7	15.52	15.2	15.46	15.2	15.55	15.3	16.29	16.0	16.88	16.6
300IH/300LH	39.89	39.6	45.47	45.2	39.98	39.7	46.28	46.0	40.85	40.6	47.52	47.2	42.65	42.4	47.92	47.6
400 Relay	43.01	42.7	48.75	48.5	43.18	42.9	49.62	49.3	43.35	43.1	49.59	49.3	44.88	44.6	51.59	51.3
1600 Relay	3:25.87	3:25.6	4:00.20	3:59.9	3:25.76	3:25.5	4:02.33	4:02.0	3:27.59	3:27.3	4:04.53	4:04.2	3:35.94	3:35.7	4:12.73	4:12.4
High Jump		6-04		5-01		6-01		5-01		6-02		5-01		5-11		5-00
Pole Vault		13-08		9-10		13-06		10-02		12-09		9-10		11-06		8-02
Long Jump		21-07		17-01		21-02		16-10		20-11		16-06		20-04		16-01
Triple Jump		44-00		36-00		43-10		35-00		43-00		34-10		42-00		33-05
Shot Put		50-10		37-00		52-00		37-11		49-07		35-06		45-03		32-02
Discus		152-06		118-01		161-01		123-03		148-03		113-04		127-00		94-10

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 800, 1600, 3200 and all field events 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 at Buchanan High School in Clovis on Friday and Saturday, June 5 and 6, 2009. "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 9, 2009 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. **Coaches of athletes scratching from an event are to notify Bob McGuire at his home phone (714) 970-8783 or by e-mail at trakmcguire@aol.com as soon as possible** The deadline for this notification is 4:00 pm on Tuesday, May 12, 2009.

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 Tuesday, May 12 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 or by e-mail at trakmcguire@aol.com as soon as possible but no later than 4:00 pm on Thursday, May 21, 2009.** 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. For scratches after the meet, notify Bob McGuire at his home phone (714) 970-8783 or by e-mail at trakmcguire@aol.com as soon as possible but no later than 4:00 pm on Thursday, May 28, 2009.** 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's will be run in three alleys with a one (1) turn stagger; the 1600's and the 3200's will be run in 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 4-3-1b7 page 25 and Rule 3-2-4j page 15)

National Federation Rule 4-3-3, 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 3/16" EXCEPT at Cerritos College. It is important to note that ONLY the 1/4 inch pyramid spikes will be allowed to be used on the Cerritos College track and field facility. Pin spikes will not be allowed. 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

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 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 three (3) 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

GENERAL INFORMATION - FIELD EVENTS

AT CERRITOS COLLEGE: No food, drink (other than 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 26.

Shots must be provided by student-athletes. Management will not provide shots. **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 4-3-3, 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 their event.** 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. 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 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, the competitor with the fewest number of trials for the height at 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 twelve (12) 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 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.

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 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 five (5) will advance to the State Meet. Athletes must provide their own shots. Meet Management will not provide shots. Marks made in the preliminaries do not carry over to the Championship Finals. Records set in the Prelims will count. **The shot and discus sectors will be 34.92 degrees.**

Long Jump and Triple Jump - Contestants will be divided into flights of nine (9). Athletes will have a 15 minute warm up period between flights. **Prelims:** Three (3) trials, nine advance. **Division Finals:** Four (4) trials, top twelve overall (all divisions combined) will advance. **Masters:** Three (3) preliminary trials. All athletes who achieve a fair mark in the prelims will have three (3) additional final jumps, to be taken in inverse order of prelim ranking. The top 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 two programs. Participation certificates can be downloaded from the CIF Southern Section website.

At the Championship Meet at Cerritos College, only a coach may 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.

At the Master's Meet 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 \$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 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 are:

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

CANOPIES AND OTHER OVERHEAD COVERINGS WILL BE PERMITTED IN THE TOP ROW OF THE SPECTATOR BLEACHERS ONLY AT ESTANCIA HIGH SCHOOL. SPACE IS LIMITED AND ON A FIRST COME, FIRST SERVED BASIS ONLY.

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

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

FACILITY CLOSURES: As of May 8, 2009, 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.

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

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

ASICS TRABUCO HILLS INVITATIONAL BUS DRIVERS PARKING DIRECTIONS

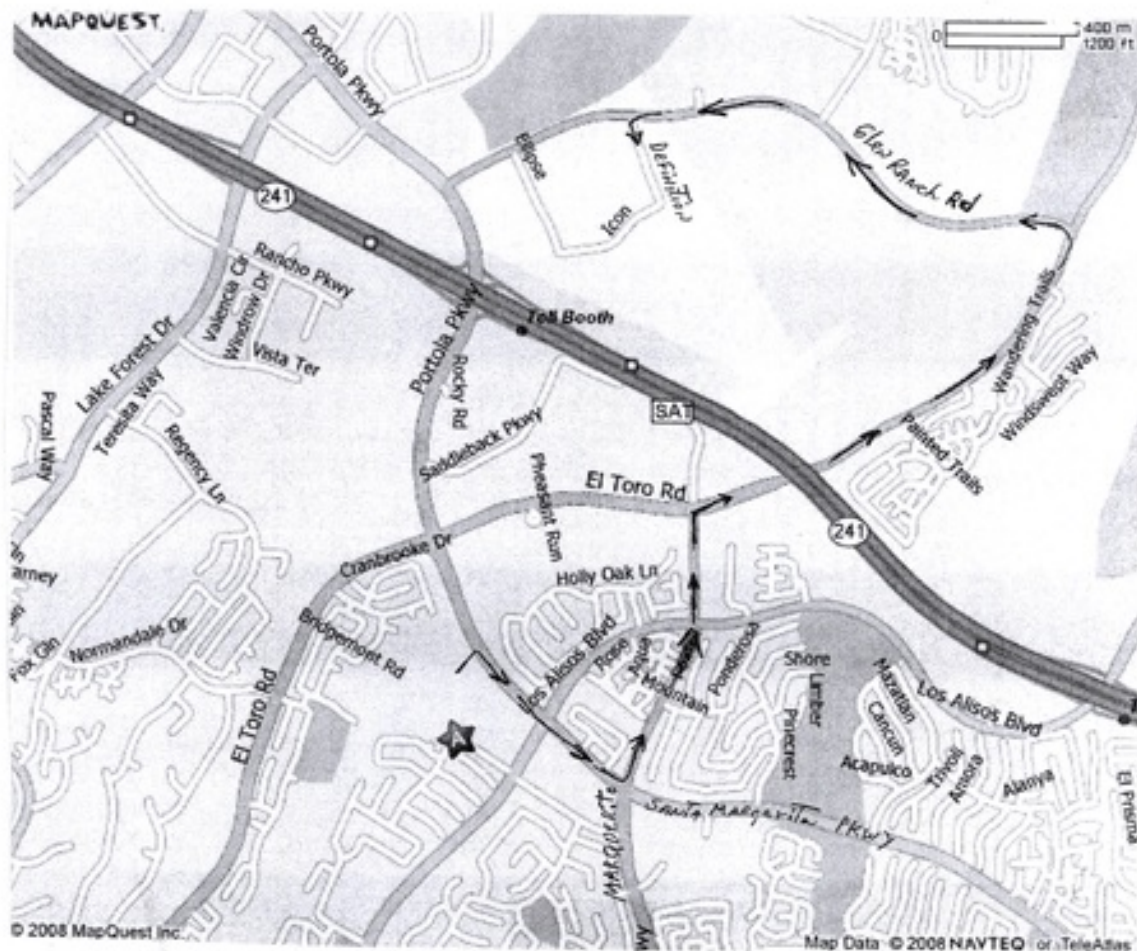
Exit Trabuco Hills – turn right onto Santa Margarita Pkwy.

Go past Los Alisos to Marquerite, turn left

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

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

Turn Left on Definition – park on Definition.



**2009 CIF Southern Section Toyota
Boys and Girls Track and Field
Division I (2650 and Above)
As of December 1, 2008**

ALPHA

Alhambra	3095	Montebello	3621
Aliso Niguel	2960	Murrieta Valley	3127
Alta Loma	2705	Ontario	2786
Anaheim	3136	Oxnard	3235
Arcadia	3623	Pacifica/Oxnard	3326
Arroyo Valley	3033	Palmdale	3298
Bell Gardens	3348	Paloma Valley	3148
Bloomington	3129	Paramount	4468
Buena	2672	Perris	2778
Burbank	2684	Poly/Long Beach	4407
Burroughs/Burbank	2764	Poly/Riverside	2879
Cabrillo/Long Beach	3469	Quartz Hill	3414
Cajon	2944	Rancho Cucamonga	2934
California	2930	Rancho Verde	3121
Canyon Springs	2745	Redlands	3358
Capistrano Valley	2967	Redlands East Valley	3504
Cathedral City	2851	Rialto	3369
Centennial/Corona	2741	Roosevelt	2848
Chaffey	3362	Royal	2735
Chaparral	3013	San Clemente	3364
Chino	2967	San Geronio	3159
Chino Hills	2908	Santa Ana	3474
Colton	3000	Santa Ana Valley	2668
Corona	3164	Santa Fe	2848
Crescenta Valley	2945	Santa Monica	3004
Dana Hills	3397	Santiago/Corona	4093
Diamond Bar	3239	Schurr	3180
Dominguez	2867	Serrano	2790
Downey	3714	Silverado	3772
El Rancho	3453	Temecula Valley	2719
El Toro	2754	Tesoro	2916
Esperanza	3120	Trabuco Hills	3190
Etiwanda	3447	Upland	3645
Fontana	4070	Valencia/Valencia	2768
Fountain Valley	3181	Valley View	2775
Glendale	3021	Ventura	2705
Great Oak	3125	Victor Valley	2663
Hesperia	3639	Vista Murrieta	3561
Highland	3256	Walnut	2914
Jordan	4181	Warren	3321
Katella	2689	West Covina	2878
King, M.L.	3039	West Ranch	2656
Knight	3187	Westminster	2652
La Quinta/La Qunita	2947	Wilson/Long Beach	4397
La Sierra	3201	Yucaipa	2845
Lakewood	4298		
Lancaster	3140		
Leuzinger	2844		
Los Alamitos	3170		
Los Osos	3162		
Lynwood	3361		
Marina	2870		
Miller, A.B.	3193		
Millikan	4131		
Mission Viejo	2870		
Montclair	3084		

**2009 CIF Southern Section Toyota
Boys and Girls Track and Field
Division II (2100 - 2649)
As of December 1, 2008**

Adolfo Camarillo	2340	Moorpark	2364
Agoura	2110	Moreno Valley	2251
Antelope Valley	2122	Newbury Park	2433
Arlington	2183	Newport Harbor	2419
Arroyo	2333	Norco	2192
Arroyo Grande	2258	Norte Vista	2261
Ayala	2437	North, J.W.	2490
Baldwin Park	2461	North Torrance	2246
Beaumont	2140	Northwood	2204
Beckman	2175	Norwalk	2347
Beverly Hills	2396	Orange	2373
Canyon/Anaheim	2244	Pacific	2181
Canyon/Canyon Country	2641	Palm Springs	2222
Carter	2548	Pasadena	2633
Century	2538	Patriot	2361
Channel Islands	2533	Peninsula	2358
Claremont	2318	Pioneer Valley	2574
Coachella Valley	2565	Ramona	2180
Colony	2299	Redondo Union	2562
Compton	2367	Righetti	2527
Culver City	2151	Rio Mesa	2263
Cypress	2384	Rowland	2437
Damien (B)	2368	Saddleback	2277
Don Lugo	2305	San Gabriel	2429
Dos Pueblos	2286	San Jacinto	2291
Eastside	2332	San Marcos	2117
Edison	2596	Santa Barbara	2347
Eisenhower	2289	Santa Maria	2392
El Dorado	2537	Saugus	2428
El Modena	2255	Savanna	2183
Elsinore	2179	Seegerstrom	2235
Garden Grove	2247	Simi Valley	2445
Garey	2167	South Hills	2113
Glendora	2483	South Torrance	2244
Granite Hills	2245	Sultana	2515
Hart	2264	Summit	2389
Hemet	2408	Sunny Hills	2642
Hoover	2261	Thousand Oaks	2547
Hueneme	2260	Torrance	2195
Huntington Beach	2600	Troy	2568
Indio	2483	University	2305
Jurupa Valley	2403	Valencia/Placentia	2535
Kaiser	2494	Villa Park	2382
Kennedy	2381	Vista del Lago	2530
La Habra	2338	West Torrance	2136
La Mirada	2340	West Valley	2556
La Serna	2521	Western	2121
Lakeside	2285	Westlake	2454
Loara	2389	Whittier	2512
Los Altos	2152	Woodbridge	2152
Los Amigos	2204		
Loyola (B)	2448		
Mark Keppel	2386		
Mater Dei	2293		
Mayfair	2379		
Mira Costa	2390		

**2009 CIF Southern Section Toyota
Boys and Girls Track and Field
Division III (1040 - 2099)
As of December 1, 2008**

Alemany	1452	Littlerock	2005
Apple Valley	2017	Lompoc	1545
Artesia	1773	Lutheran/Orange	1327
Atascadero	1536	Magnolia	1984
Azusa	1585	Monrovia	1887
Banning	1191	Morningside	1239
Barstow	1916	Mountain View	1951
Bassett	1379	Muir	1269
Bellflower	2012	Nipomo	1213
Bishop Amat	1489	Nogales	2096
Bishop Montgomery	1203	Nordhoff	1049
Bolsa Grande	1773	Northview	1557
Bonita	1836	Notre Dame/Sherman Oaks	1199
Brea Olinda	2068	Oak Park	1332
Buena Park	2040	Ocean View	1571
Burrough/Ridgecrest	1697	Pacifica/Garden Grove	1993
Cabrillo/Lompoc	1613	Palm Desert	2047
Calabasas	1995	Palos Verdes	1878
Cathedral (B)	1302	Paso Robles	1942
Centennial/Compton	1324	Pioneer	1685
Cerritos	2071	Pomona	1575
Chaminade	1155	Rancho Alamitos	1835
Charter Oak	2076	Rim of the World	1552
Citrus Hill	1739	Rosary (G)	1382
Corona del Mar	1459	Rosemead	1997
Costa Mesa	1058	Rubidoux	1316
Covina	1399	San Bernardino	2095
Crespi (B)	1168	San Dimas	1396
Desert Hot Springs	1975	San Juan Hills (9-11)	1064
Desert Mirage	1787	San Luis Obispo	1470
Diamond Ranch	1864	San Marino	1137
Don Bosco (B)	1610	Santa Margarita	1696
Duarte	1162	Santa Paula	1517
El Monte	1961	Santiago/Garden Grove	2048
El Segundo	1230	Servite (B)	1774
Estancia	1263	Sonora	2066
Fillmore	1103	South El Monte	1515
Foothill	2071	South Pasadena	1549
Fullerton	2078	St. Francis (B)	1384
Gabrielino	1813	St. John Bosco (B)	2082
Gahr	1948	St. Joseph/Lakewood (G)	1720
Ganesha	1781	St. Lucy's (G)	1728
Gladstone	1675	Tahquitz (9-11)	1208
Glenn	1806	Temescal Canyon	1940
Godinez (9-11)	1570	Temple City	2000
Golden Valley	1982	Tustin	1754
Harvard-Westlake	1163	Wilson/Hacienda Heights	1827
Heritage (9-11)	1872	Yucca Valley	1649
Immaculate Heart (G)	1060		
Inglewood	1746		
Irvine	1850		
La Canada	1553		
La Puente	1714		
La Quinta/Westminster	1870		
Laguna Beach	1062		
Laguna Hills	1903		

**2009 CIF Southern Section Toyota
Boys and Girls Track and Field
Division IV (1 - 1039)
As of December 1, 2008**

Academy for Academic Excell.	402	Mayfield (G)	626	Vasquez	612
Alverno (G)	564	Milken Community	570	Verbum Dei (B)	680
Animo Leadership	518	Mojave	387	Victor Valley Christian	154
Antelope Valley Christian	75	Montclair Prep	272	Village Christian	532
Aquinas	370	Morro Bay	906	Village Glen	221
Archer (G)	570	New Roads	370	Villanova Prep	314
Arrowhead Christian	396	Nia Educational Charter	73	Vistamar	178
Bell-Jeff	320	Notre Dame Academy (G)	898	Webb	383
Bethel Christian/Riverside	33	Notre Dame/Riverside	589	West Valley Christian	89
Big Bear	927	Nuview Bridge	309	Western Christian	475
Bishop Diego	307	Oaks Christian	696	Westridge (G)	586
Bishop Union	709	Oakwood	312	Whitney	695
Blair	1016	Ojai Valley	125	Whittier Christian	717
Boron	151	Ontario Christian	536	Wildwood	213
Brentwood	464	Orcutt Academy (N) (9)	105	Windward	339
Brethren Christian	297	Oxford Academy	715	Woodcrest Christian	455
California City (9-10)	259	Pacific Hills	195	Xavier College Prep (9-11)	232
California Military(9-11)	159	Pacifica Christian	150		
Calvary Chapel/Downey	350	Paraclete	827		
Calvary Chapel/Santa Ana	671	Poly/Pasadena	372		
Calvary Murrieta	571	Price	73		
Campbell Hall	523	Providence	555		
Cantwell-Sacred Heart	619	Ramona Convent (G)	848		
Carpinteria	797	Ribet Academy	152		
Cate	265	River Springs	121		
Chadwick	356	Riverside Christian	295		
Cornerstone Christian/Camarillo	102	Riverside Prep (N) (9-11)	176		
Crean Lutheran South (9-11)	203	Rosamond	957		
Crossroads	496	Sacred Heart of Jesus (G)	730		
CSDR	165	Saddleback Valley Christian	215		
Death Valley Academy	30	Sage Hill	455		
Desert	391	Salesian (B)	750		
Desert Christian/Bermuda Dunes	98	San Gabriel Mission (G)	538		
Desert Christian/Lancaster	509	San Jacinto Valley Acad.	83		
Dunn	176	Santa Clara	410		
Excelsior Education Center	843	Santa Ynez	1019		
Flintridge Prep	409	Serra	575		
Flintridge Sacred Heart (G)	812	Shalhevet	190		
Hamilton	418	Shandon	100		
Hesperia Christian	138	Sherman Indian	307		
Holy Family (G)	570	Sierra Canyon(9-11)	162		
Holy Martyr's	240	Sierra Canyon	246		
Immanuel Christian	44	Silver Valley	544		
J Serra	915	South Bay Lutheran	35		
Kern Valley	660	St. Anthony	261		
Kilpatrick (B)	188	St. Bernard	377		
La Reina (G)	814	St. Bonaventure	608		
La Salle	731	St. Genevieve	487		
La Sierra Academy	307	St. Joseph/Santa Maria	643		
Liberty Christian	83	St. Margaret's	389		
Lighthouse Christian	48	St. Mary's Academy (G)	750		
Linfield Christian	412	St. Matthias (G)	542		
Lone Pine	126	St. Monica	584		
Los Angeles Adventist	104	St. Paul	676		
Los Angeles Baptist	603	Temecula Prep	167		
Louisville (G)	960	Templeton	807		
Lutheran/La Verne	172	Testimonial Christian	DNR		
Malibu	792	Thacher	DNR		
Maranatha	689	Trinity Lutheran	22		
Marlborough (G)	748	Trona	115		
Marshall Fundamental	1000	Twentynine Palms	935		
Mary Star of the Sea	499	Upland Christian	223		
Marymount (G)	824	Valley Christian/Cerritos	634		

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 23, 2009
TO: Boys and Girls Track Coaches
FROM: Rainer Wulf, Assistant Commissioner
SUBJECT: Advanced Placement Testing During the 2009 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 2009 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 2009 EXAM SCHEDULE

<u>WEEK 1</u>	<u>MORNING</u> 8:00 a.m.*	<u>AFTERNOON</u> 12:00 p.m.*	
May 4	Government and Politics: United States	Government and Politics: Comparative** French Language**	
May 5	Computer Science A** Computer Science AB** Spanish Language**	Statistics	
May 6	Calculus AB** Calculus BC**	Chinese Language and Culture	
May 7	English Literature German Language**	French Literature** Japanese Language and Culture**	
May 8	U.S. History	European History Studio Art (Portfolios Due)	
<u>WEEK 2</u>	<u>MORNING</u> 8:00 a.m.*	<u>AFTERNOON</u> 12:00 p.m.*	<u>AFTERNOON</u> 2:00 p.m.*
May 11	Biology** Music Theory**	Physics B** Physics C: Mechanics**	Physics C: Electricity & Magnetism+
May 12	Environmental Science** Chemistry**	Psychology	
May 13	Italian Language and Culture** English Language**	Art History	
May 14	Macroeconomics** World History**	Microeconomics	
May 15	Spanish Literature** Human Geography**	Latin Literature ** Latin: Vergil* *	

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

**Coordinators should order late-testing exams for students who would like to take exams that are scheduled for the same slot.

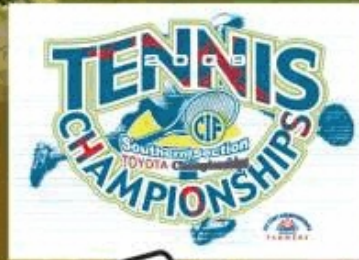
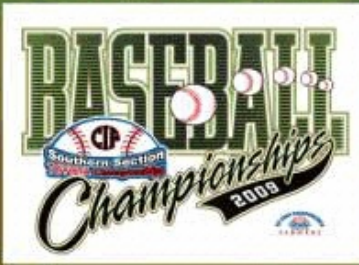
+This exam must begin between 2 and 3 p.m. In Alaska, the exam must begin between 1 and 2 p.m.

ELIGIBILITY LIST:

The CIF Southern Section Eligibility List can be found on our website, www.cifss.org, under forms and on the forms disk which was included in your Fall Packet. Please locate this form, fill it out, have it signed and return it to the office as soon as possible. Thank you.



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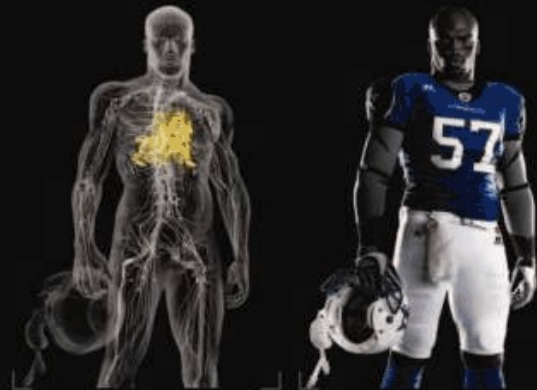
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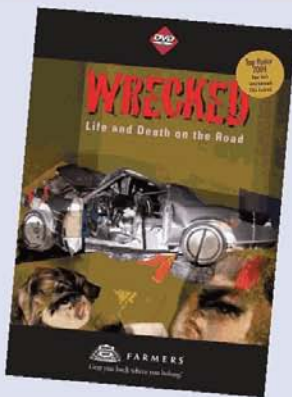
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