



FORMAT – 2024 TRACK & FIELD Division 4/5 Championships

TO: Sac-Joquin Section schools that participate in Track & Field
FROM: Will DeBoard, Assistant Commissioner
CC: Michael S. Garrison, Commissioner
DATE: March 30, 2024

2024 CIF SAC-JOQUIN SECTION DIVISION IV-V TRACK & FIELD CHAMPIONSHIP

A. Date & Location:

1. Trials - Wednesday, May 8, 2023 @ Riverbank High School
2. Finals - Friday, May 10, 2024 @ Riverbank High School

B. Meet Director:

Monte Wood of Riverbank High School
Email: mwood@riverbank.k12.ca.us

C. Track Facilities:

1. Nine lane all-weather track and runways.
2. Pyramid spikes only; pyramid spikes must be 1/4 inch or shorter and will be checked by the clerk.
3. Pyramid spikes will be on sale per National Federation rules.
4. There are no available locker room facilities at Riverbank HS; please come dressed for competition.

D. Coaches/Competitors' Gate:

1. Meet information and wristbands will be distributed to head coaches only at the main gate.
2. All coaches and athletes must have a wristband to enter the stadium.
3. Coaches or athletes that do not have wristbands will have to pay admission.
NO EXCEPTIONS!

4. It is the coach's responsibility to get the wristbands to both your early and late arriving athletes prior to their entry.
5. Athletes and parents will not be allowed to pick up wristbands. They will be told to contact their coach.
6. Each school will be provided with six coaches' wristbands, which will be good for both days of the meet.
7. Each athlete will be provided with a wristband, which will be good for both days of the meet.

E. Entries:

(From League to Divisional)

1. Number of qualifiers from leagues to the Division IV-V meet are as follows:
Division IV: GSL - 4, GEL - 4, SVC - 4, WAC - 4.
Division V: MLL - 4, PVL - 4, SAL - 4, SDL - 4, TVL - 4, CVCL/NPAC/SMAL – 2, CCAA/MVL – 2.
 - A. All ties for the final qualifying spot must be broken.
 - B. There will be only one alternate per event per league.
 - C. Only one relay team per school per event.
2. In addition, any athlete, in the finals of any league qualifying event, who meets or exceeds the divisional at-large qualifying mark in that event automatically qualifies to a berth in the Division IV-V Meet regardless of finishing mark or place. Note: Only FAT times are acceptable for at-large qualifying. See Item V on for the divisional at-large qualifying mark standards. (Divisional Competition)
3. Alternates to trials may replace athletes from their own league who withdraw. If the league alternate is not present then the next alternate available by rank in their division may be inserted.
4. Nine qualifiers by mark will qualify for the finals.
5. The D4 and D5 winners, along with the next three (3) best marks will qualify to the Masters Meet.
6. In addition, any athlete, in the finals of any divisional event, who meets or exceeds any Sac-Joaquin Section Masters at-large qualifying mark automatically qualifies to a berth in the Masters Meet regardless of finishing mark or place. *See Item V on Page 9 for the Masters at-large qualifying mark standards.*
7. 4x800 Relay: Each league will qualify the same number of 4x800 relay teams as it does for any other event. This event will be run as a **final only**, on Wednesday, via alley start. Each division will qualify the same number to Masters for a final-only event there as well.

F. FIELD EVENT SCHEDULE – Wednesday, May 8, 2024

Field Event	Reporting Time	Report Time	Scratch Time	Starting Time
Girls' D4 & D5 Pole Vault		1:00 p.m.	1:45 p.m.	2:00 p.m.
Boys' D4 & D5 High Jump		2:00 p.m.	2:45 p.m.	3:00 p.m.
Girls' D4 Triple Jump (East Pit)		2:00 p.m.	2:45 p.m.	3:00 p.m.
Boys' D5 Triple Jump (West Pit)		2:00 p.m.	2:45 p.m.	3:00 p.m.
Girls' D5 Shot Put		2:00 p.m.	2:45 p.m.	3:00 p.m.
Boys' D4 Discus		2:00 p.m.	2:45 p.m.	3:00 p.m.
Girls' D5 Triple Jump (East Pit)		3:30 p.m.	4:15 p.m.	4:30 p.m.
Boys' D4 Triple Jump (West Pit)		3:30 p.m.	4:15 p.m.	4:30 p.m.
Girls' D4 Shot Put		3:30 p.m.	4:15 p.m.	4:30 p.m.
Boys' D5 Discus		3:30 p.m.	4:15 p.m.	4:30 p.m.

All of the above field events will conduct trials and finals on May 8

G. RUNNING EVENT SCHEDULE – Wednesday, May 8, 2024

Track Events	Scratch Time	Event Time
Girls' 4 x 800M Relay	2:15	2:30
Boys' 4 x 800M Relay	2:30	2:45
Girls' D4 4 x 100M Relay, Heat 1	2:45	3:00
Girls' D4 4 x 100M Relay, Heat 2	2:45	3:04
Girls' D5 4 x 100M Relay, Heat 1	2:53	3:08
Girls' D5 4 x 100M Relay, Heat 2	2:53	3:12
Girls' D5 4 x 100M Relay, Heat 3	2:53	3:16
Boys' D4 4 x 100M Relay, Heat 1	3:05	3:20
Boys' D4 4 x 100M Relay, Heat 2	3:05	3:24
Boys' D5 4 x 100M Relay, Heat 1	3:13	3:28
Boys' D5 4 x 100M Relay, Heat 2	3:13	3:32
Boys' D5 4 x 100M Relay, Heat 3	3:13	3:36
Girls' D4 100M HH, Heat 1	3:27	3:42
Girls' D4 100M HH, Heat 2	3:27	3:46
Girls' D5 100M HH, Heat 1	3:35	3:50
Girls' D5 100M HH, Heat 2	3:35	3:54
Girls' D5 100M HH, Heat 3	3:35	3:58
Boys' D4 110M HH, Heat 1	3:47	4:02
Boys' D4 110M HH, Heat 2	3:47	4:06
Boys' D5 110M HH, Heat 1	3:55	4:10
Boys' D5 110M HH, Heat 2	3:55	4:14

Track Events	Scratch Time	Event Time
Boys' D5 110M HH, Heat 3	3:55	4:18
Girls' D4 400M, Heat 1	4:08	4:23
Girls' D4 400M, Heat 2	4:08	4:27
Girls' D5 400M, Heat 1	4:16	4:31
Girls' D5 400M, Heat 2	4:16	4:35
Girls' D5 400M, Heat 3	4:16	4:39
Boys' D4 400M, Heat 1	4:28	4:43
Boys' D4 400M, Heat 2	4:28	4:47
Boys' D5 400M, Heat 1	4:36	4:51
Boys' D5 400M, Heat 2	4:36	4:55
Boys' D5 400M, Heat 3	4:36	4:59
Girls' D4 100M, Heat 1	4:48	5:03
Girls' D4 100M, Heat 2	4:48	5:07
Girls' D5 100M, Heat 1	4:56	5:11
Girls' D5 100M, Heat 2	4:56	5:15
Girls' D5 100M, Heat 3	4:56	5:19
Boys' D4 100M, Heat 1	5:08	5:23
Boys' D4 100M, Heat 2	5:08	5:27
Boys' D5 100M, Heat 1	5:16	5:31
Boys' D5 100M, Heat 2	5:16	5:35
Boys' D5 100M, Heat 3	5:16	5:39
Girls' D4 800M, Heat 1 (alley)	5:28	5:43
Girls' D5 800m, Heat 1 (alley)	5:33	5:48
Boys' D4 800M, Heat 1	5:38	5:53
Boys' D5 800M, Heat 1	5:43	5:58
Girls' D4 300M LH, Heat 1	5:48	6:03
Girls' D4 300M LH, Heat 2	5:48	6:07
Girls' D5 300M LH, Heat 1	5:56	6:11
Girls' D5 300M LH, Heat 2	5:56	6:15
Girls' D5 300M LH, Heat 3	5:56	6:19
Boys' D4 300M IH, Heat 1	6:08	6:23
Boys' D4 300M IH, Heat 2	6:08	6:27
Boys' D5 300M IH, Heat 1	6:16	6:31
Boys' D5 300M IH, Heat 2	6:16	6:35
Boys' D5 300M IH, Heat 3	6:16	6:39
Girls' D4 200M, Heat 1	6:29	6:44
Girls' D4 200M, Heat 2	6:29	6:48
Girls' D5 200M, Heat 1	6:37	6:52
Girls' D5 200M, Heat 2	6:37	6:56

Track Events	Scratch Time	Event Time
Girls' D5 200M, Heat 3	6:37	7:00
Boys' D4 200M, Heat 1	6:49	7:04
Boys' D4 200M, Heat 2	6:49	7:08
Boys' D5 200M, Heat 1	6:57	7:12
Boys' D5 200M, Heat 2	6:57	7:16
Boys' D5 200M, Heat 3	6:57	7:20
Girls' D4 4 x 400M Relay, Heat 1	7:25	7:40
Girls' D4 4 x 400M Relay, Heat 2	7:25	7:45
Girls' D5 4 x 400M Relay, Heat 1	7:35	7:50
Girls' D5 4 x 400M Relay, Heat 2	7:35	7:55
Girls' D5 4 x 400M Relay, Heat 3	7:35	8:00
Boys' D4 4 x 400M Relay, Heat 1	7:50	8:05
Boys' D4 4 x 400M Relay, Heat 2	7:50	8:10
Boys' D5 4 x 400M Relay, Heat 1	8:00	8:15
Boys' D5 4 x 400M Relay, Heat 2	8:00	8:20
Boys' D5 4 x 400M Relay, Heat 3	8:00	8:25

H. FIELD EVENT SCHEDULE – Friday, May 10, 2024

Field Event	Reporting Time	Report Time	Scratch Time	Starting Time
Unified Shot Put		1:00 p.m.	1:45 p.m.	2:00 p.m.
Unified Long Jump		1:30 p.m.	2:15 p.m.	2:30 p.m.
Boys' D4/D5 Pole Vault		1:00 p.m.	1:45 p.m.	2:00 p.m.
Girls' D4/D5 High Jump		2:00 p.m.	2:45 p.m.	3:00 p.m.
Boys' D5 Long Jump (West Pit)		2:00 p.m.	2:45 p.m.	3:00 p.m.
Girls' D4 Long Jump (East Pit)		2:00 p.m.	2:45 p.m.	3:00 p.m.
Boys' D4 Shot Put		2:00 p.m.	2:45 p.m.	3:00 p.m.
Girls' D5 Discus		2:00 p.m.	2:45 p.m.	3:00 p.m.
Girls' D5 Long Jump (West Pit)		3:30 p.m.	4:15 p.m.	4:30 p.m.
Boys' D4 Long Jump (East Pit)		3:30 p.m.	4:15 p.m.	4:30 p.m.
Boys' D5 Shot Put		3:30 p.m.	4:15 p.m.	4:30 p.m.
Girls' D4 Discus		3:30 p.m.	4:15 p.m.	4:30 p.m.

All of the above field events will conduct trials and finals on May 10

I. RUNNING EVENT SCHEDULE – Friday, May 10, 2024

Track Events	Scratch Time	Event Time
Unified 4 x 100 M Relay	4:40	4:50
Girls' D4 4 x 100M Relay	4:45	5:00
Girls' D5 4 x 100M Relay	4:45	5:04
Boys' D4 4 x 100M Relay	4:55	5:08
Boys' D5 4 x 100M Relay	4:55	5:12
Girls' D4/5 1600M	5:05	5:13
Boys' D4/5 1600M	5:10	5:21
Girls' D4 100M HH	5:15	5:30
Girls' D5 100M HH	5:15	5:35
Boys' D4 110M HH	5:20	5:40
Boys' D5 110M HH	5:20	5:45
Girls' D4 400M	5:35	5:50
Girls' D5 400M	5:40	5:55
Boys' D4 400M	5:45	6:00
Boys' D5 400M	5:50	6:05
Unified 100M	5:55	6:10
Girls' D4 100M	6:00	6:15
Girls' D5 100M	6:05	6:20
Boys' D4 100M	6:10	6:25
Boys' D5 100M	6:15	6:30
Girls' D4 800M	6:20	6:35
Girls' D5 800M	6:25	6:40
Boys' D4 800M	6:30	6:45
Boys' D5 800M	6:35	6:50
Girls' D4 300M LH	6:45	7:00
Girls' D5 300M LH	6:50	7:05
Boys' D4 300M IH	6:55	7:10
Boys' D5 300M IH	7:00	7:15
Girls' D4 200M	7:05	7:20
Girls' D5 200M	7:10	7:25
Boys' D4 200M	7:15	7:30
Boys' D5 200M	7:20	7:35
Girls' D4/D5 3200M	7:25	7:40
Boys' D4/D5 3200M	7:40	7:55
Girls' D4 4 x 400M Relay	7:55	8:10
Girls' D5 4 x 400M Relay	8:00	8:15
Boys' D4 4 x 400M Relay	8:05	8:20
Boys' D5 4 x 400M Relay	8:10	8:25

J. Sportsmanship:

1. The basis of all competitive interaction in the Division IV-V meet is a commitment to the CIF Sac-Joaquin Section Code of Ethics and to true sportsmanship which describes a meet athlete as "...a person who can take a loss or defeat without complaint or victory without gloating, and who treats his/her opponents with fairness, courtesy, and respect."
2. Coaches and athletes are reminded that Sections 503.3 and 503.4 of the CIF Sac-Joaquin Section Constitution will be enforced.

K. Registration:

1. Coaches and competitors must, upon arrival, check in at the main gate prior to the meet.
2. Track athletes must check in with the Clerk of the Course located at the Northwest area of the track adjacent to the start of the 100 meters.
3. Field athletes must register with the event official at the venue when called.
4. Coaches must certify at competitors' gate that his/her athletes are properly attired in compliance with rules for 2024. Questions can be addressed at pre-meet conference.

L. Uniforms and Jewelry:

Uniform shall conform to National Federation Rule 4-3 (Competitor's Uniform) and Sac-Joaquin Section Constitution. All athletes competing must wear their school issued uniform and sweats at all times. No other uniform or clothing may be worn during warm-ups or competition. National Federation Rule 4-3-3 regarding wearing jewelry has been removed from the rules for track and field competition. As in previous years, the wearing of a medical alert with the alert visible continues and is encouraged for purposes of risk minimization. Violations of the above rules will result in disqualification from an event.

M. Athletes' Area/Warm-ups:

1. Athletes may sit in any bleacher area. Tents & Canopies will be allowed in the upper rows of the west bleachers and In the east bleachers. Tents and canopies must not block the view from the press box situated at the top of the home stands
2. Warm up areas are on the grass areas south of the gym. Wristbands must be worn in the warm-up areas.
No warm-ups will be allowed on the track or on the track infield. No warm-ups on any artificial turf surfaces on campus.
3. Field athletes will be allowed to warm up at their venues when meet director declares event open and officials arrive, approximately one hour before the event begins.
No warm-ups at any field event venues without the designated official present and meet director's declaration.

N. Awards/Scoring:

1. Medals to the first four places in each finals.
2. Medals for all track events will be awarded on the second day of competition at the awards table located behind the timer's booth on the field.
3. Medals for each field event will be awarded at the event venue upon the completion of competition of that event.
4. Team championship banners and second place plaques in both boys' and girls' divisions.
 - A. Division IV will be comprised of the GSL, GEL, SVC and WAC.
 - B. Division V will be comprised of the MLL, PVL, SAL, SDL, TVL, CCAA, MVL, CVCL, NPAC and SMAL.
5. Scoring will be as follows:

First Place	- 10 points	Fourth Place	- 4 points
Second Place	- 8 points	Fifth Place	- 2 points
Third Place	- 6 points	Sixth place	- 1 point

O. Appeals:

1. All appeals must be submitted in writing to the meet referee under procedures as outlined in National Federation Rule 2-3-5.
2. There will be a designated appeals area. Under no circumstances are coaches allowed on the infield. Any violation of this rule will result in immediate disqualification of the athlete.

P. Electronic Timing (FAT):

1. Finish Lynx will be used for all running events.
2. Races will not be held up for the review of a previous race.
3. Reviews of Finish Lynx finish will be by the review committee.
4. Coaches of athletes in contested races are welcome to view the photo but will not be allowed to vote on the review.

Q. Seeding:

1. Seeding for both trials and finals will follow the format outlined in the Sac-Joaquin Section Constitution for track and field.
2. League representatives: Send your complete league meet results to Craig Wilson at redcaptiming@gmail.com before noon on Saturday, May 4, 2024.

Steps:

- A. Back up the complete meet file.
- B. Enter in ALL relay teams and/or send them as a list with the file.
(Maximum of 6 competitors may be listed per relay team)
- C. Send it as an attachment to the above address.
- D. Please leave a phone number where you may be reached, if any problems arise.

- E. Submit Hytek backups with every athlete's first and last names along with their grade in school. (including relay only athletes)
 - F. Names or relay athletes must be submitted by the deadline and by league representatives only.
 - G. Note whether league meet was hand timed or fully automatic (FAT).
3. Submitted results for each competitor must include ALL of the following information: Last name, first name; grade in school; school affiliation; event and qualifying mark. NOTE: Failure to include complete entry information will exclude the athlete from the program.
 4. Persons e-mailing results must include a phone number and an e-mail address where they can be reached throughout the weekend.
 5. Seedings will be available at www.cifsjs.org on Monday.

R. Running Events:

1. Qualified athletes must check in with the running event clerk prior to the scratch time. If the qualified athlete is not signed in 15 minutes prior to the event start time, that athlete will be scratched and replaced by the listed alternate athlete. Checked-in athletes must be at the staging area by the clerk at scratch time.
2. There will be two or three heats to determine the nine finalists in each division.
3. Finalists in each division will be the winner of each heat and the next fastest times to get to eight.
4. In the event of a tie for the final qualifying spot, a runoff will be held to determine the qualifier for that spot at a time determined by the games committee.
5. The 800M trials will use a one-turn stagger.
6. The 800M, 1600M and 3200M final will start in alleys. In the 800 final, the top two finishers in each heat automatically qualify for the finals along with the remaining fastest times through all heats to make a total of 12 runners.
7. The 200M dash will be run on a turn.
8. The 400M dash will be run in staggered lanes around two turns.
9. The 1600M relay will use a three-turn stagger.
10. The 3200M races will be run with all racers, then separated by division for team scoring.
11. Coaches of track event athletes must remain outside the competition area of the track marked by the track boundary lines during competition. Athletes must remain in control of the clerk in the clerking venue or in control of the starters and umpires until the completion of their race/trial when athletes may leave the track venue to meet with their respective coaches.
12. 4x800 Relay: Each league will qualify the same number of 4x800 relay teams as it does for any other event. This event will be run as a **final only**, on Friday, via alley start. Each division will qualify the same number to Masters for a final-only event there as well.

S. Field Events:

1. Qualified athletes may report directly to the field event site one hour prior to the event **IF** an event official is present and the meet director has declared the event open. Qualified athletes must sign in at the field event site from that point up until 15 minutes prior to the event start time. If the qualified athlete is not signed in 15 minutes prior to the event start time, that athlete will be scratched and replaced by a listed alternate athlete. Therefore, listed alternate athletes may also warm up in the event area. If an alternate is not inserted into the competition because the qualified athletes are all present, the alternate must leave the field event venue prior to the start of competition.
2. Nine competitors by mark will move from trials to finals.
3. Time limits for competitors to initiate a trial shall be one minute for all field events and will be enforced except for the following:
 - A. When three or fewer remain in the high jump or pole vault at the beginning of a bar height, the above time shall be increased to three minutes.
 - B. When a single competitor, who has won the competition, remains in the high jump or pole vault, the allowed time shall be five minutes.
4. Competitors who must check out in the throws and horizontal jumps must complete all of their first three attempts by the end of their assigned flight. They may compete out of order in their flight by permission of the event official.
5. Field event athletes shall not cross the track to confer with coaches or spectators once the athletes have entered the infield.
6. "Five alive" will be used in the high jump and pole vault when determined necessary by the event official.
7. In the trials for the throws and horizontal jumps, there will be five flights of six competitors per flight with each competitor having three attempts.
8. In the finals for the throws, each competitor receives three attempts with all competitors being re-ordered by mark and having three more attempts to determine places.
9. In the finals for the horizontal jumps, each finalist shall receive three additional jumps. Marks from all six jumps shall be noted for place.
10. In the pole vault, coaches and competitors will be asked to certify the weight of the athlete and the legality of the pole by signing the entry sheet at the time of venue check-in.
11. During pole vault events, once competition has begun, the bar will be raised six inches (6") per round until one more than the number of places (6 competitors) remains. At that time, the bar will be raised three inches (3") per round.
12. In the high jump, at the beginning of the warm-ups, the bar will be placed four inches (4") below opening height. Ten minutes before competition begins, the bar will move to opening height.
13. During high jump events, once competition has begun, the bar will be raised two inches (2") per round until one more than the number of places (7 competitors) remains. At that time, the bar will be raised one inch (1") per round.

14. STARTING HEIGHTS FOR POLE VAULT AND HIGH JUMP: Starting heights will be determined by Meet Management after all league finals entries are submitted. Starting heights can be seen online by Tuesday afternoon, on both the Sac-Joaquin Section and Bella Vista track and field websites.

15. The high jump and pole vault are combined, then separated by division for team scoring.

16. Coaches' boxes or marked restricted areas will be used in field events. Coaches working with athletes must remain in the restricted area or boxes during competition. Athletes must remain in venues.

T. Weigh-in of Shot Puts and Disci:

1. All implements must be certified by inspectors. Implements will be impounded and brought to venues prior to the event. Implements failing inspection may be retrieved by coaches after the event finishes.

U. Equipment:

1. Competitors are responsible for their own equipment.
2. Only legally certified implements and certified meet equipment will be allowed in any competition area.

V. Masters Meet Qualifiers:

1. The divisional champions and the next three (3) placers by mark shall qualify to compete in the Masters Meet at Davis Sr. High School on Friday and Saturday, May 17 and 18, 2024. There will be no alternates from divisionals to Masters.
2. Any athlete, in the finals of any event, who meets or exceeds any at-large qualifying mark automatically qualifies to a berth in the Masters Meet regardless of finishing mark or place.
3. Coaches who will be scratching qualifiers to the Masters meet are asked to notify Craig Wilson of Red Cap Timing by Saturday, May 11 at noon.
4. At-large qualifying marks are based upon the average of the 9th place qualifying marks from the Masters Meet finals from the three most recent years. The at-large qualifying marks for 2024 are on the following page.

2024 At-Large Sac-Joaquin Section Qualifying Marks

(Only FAT times are acceptable)

From League to Division IV-V Meet

2024 At-Large Event	Qualifying Marks	2024 At-Large Event	Qualifying Marks
Boys 100M	11.22	Girls 100M	12.85
Boys 200M	22.88	Girls 200M	26.56
Boys 400M	52.39	Girls 400M	1:02.05
Boys 800M	2:03.84	Girls 800M	2:28.93
Boys 1600M	4:33.11	Girls 1600M	5:31.78
Boys 3200M	10:08.93	Girls 3200M	11:59.93
Boys 110M Hurdles	16.08	Girls 100M Hurdles	16.86
Boys 300M Hurdles	42.31	Girls 300M Hurdles	49.35
Boys 4x100M Relay	44.37	Girls 4x100M Relay	51.53
Boys 4x400M Relay	3:34.19	Girls 4x400M Relay	4:15.86
Boys High Jump	6-00	Girls High Jump	4-11
Boys Pole Vault	12-03	Girls Pole Vault	8-07
Boys Long Jump	21-00	Girls Long Jump	16-09
Boys Triple Jump	41-11	Girls Triple Jump	33-08
Boys Shot Put	45-05	Girls Shot Put	33-11
Boys Discus	130-03	Girls Discus	104-07

2024 At-Large Sac-Joaquin Section Qualifying Marks

(Only FAT times are acceptable)

From Divisional to Masters

2024 At-Large Event	Qualifying Marks	2024 At-Large Event	Qualifying Marks
Boys 100M	10.99	Girls 100M	12.37
Boys 200M	22.60	Girls 200M	25.56
Boys 400M	50.42	Girls 400M	59.25
Boys 800M	1:59.63	Girls 800M	2:20.11
Boys 1600M	4:28.13	Girls 1600M	5:17.40
Boys 3200M	9:30.27	Girls 3200M	11:12.86
Boys 110M Hurdles	15.58	Girls 100M Hurdles	15.53
Boys 300M Hurdles	40.80	Girls 300M Hurdles	47.26
Boys 4x100M Relay	43.34	Girls 4x100M Relay	49.44
Boys 4x400M Relay	3:27.22	Girls 4x400M Relay	4:07.11
Boys High Jump	6-01	Girls High Jump	5-01
Boys Pole Vault	13-10	Girls Pole Vault	10-05
Boys Long Jump	21-01	Girls Long Jump	16-11

Boys Triple Jump	43-09	Girls Triple Jump	36-02
Boys Shot Put	46-04	Girls Shot Put	36-02
Boys Discus	140-01	Girls Discus	109-01

W. Competing Rules and Regulations:

1. The Track and Field Rule Book of the National Federation will be the official rules and regulations for all competitors and events.
2. Where applicable, CIF State and Section rulings or policies will supersede NFHS rules.

X. Admission:

1. **Admission Fees for Trials and Finals:**

Adults.....	\$10.00
Seniors (65+)/Military.....	\$8.00
Students (K-12).....	\$7.00
Children (age 5 and under).....	Free

Y. T-Shirts:

Meet T-shirts will be on sale near the main gate.