



FORMAT – 2025 TRACK & FIELD

TO: Sac-Joaquin Section schools that participate in Track & Field
FROM: Will DeBoard, Assistant Commissioner
DATE: March 24, 2025

2025 CIF SAC-JOQUIN SECTION DIVISION I TRACK & FIELD CHAMPIONSHIP

A. Date & Location:

1. Trials - Tuesday, May 13, 2025 @ Folsom High School
2. Finals - Thursday, May 15, 2025 @ Folsom High School

B. Meet Director:

Steve Kinoshita
E-mail: thekinos@sbcglobal.net

C. Track Facilities:

1. Ten lane all-weather track and runways.
2. Spikes must be 1/4 inch or less and will be checked by clerk. No needles or Christmas tree spikes allowed.
3. Spikes will be on sale per National Federation rules.
4. There are no dressing facilities at Folsom High School; please come dressed for competition.
5. Tents will not be allowed in front of the press box. All tents must be placed on the top rows of the stadium. This is out of consideration for spectators, participants and coaches.
Please adhere to the request from the Section office and meet management.

D. Coaches/Competitors' Gate:

1. Meet information and wristbands will be distributed to head coaches only at competitors' gate at the visitors' side gate of the stadium.
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 wristbands for school-certified coaches only, 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 I meet are as follows:

DELTA - 8; SFL - 10; TCAL - 8

- A. All ties for final qualifying spot must be broken. Only 8/10 may qualify by placement.
 - B. There will be an alternate list based on performance; only one alternate 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 I Meet regardless of finishing mark or place. **NOTE:** Only FAT times are acceptable for at-large qualifying. *See Item V for the divisional at-large qualifying mark standards. (Divisional Competition)*
 3. Top 10 qualifiers (12 qualifiers in the 800M) by mark will move to the championship finals.
 4. The top nine championship finalists will qualify by place to the Masters Meet. If a Masters qualifier will not compete at Masters, they must be scratched by the scratch deadline to allow for the next best mark from trials advances in their place. **There are no alternates from Divisionals to Masters** (See Section V).
 5. 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 for the Masters at-large qualifying mark standards.*
 6. 4x800 Relay: Each league will qualify two fewer 4x800 relay teams as it does for any other event. This event will be run as a **final only**, on Tuesday, via alley start. The top 16 teams by time from **all** divisions will qualify to Masters for a final-only event there as well.

F. FIELD EVENT SCHEDULE – Tuesday, May 13, 2025

Field Event	Reporting Time	Scratch Time	Starting Time
Girls' Pole Vault	2:00 p.m.	2:45 p.m.	3:00 p.m.
Boys' High Jump	2:00 p.m.	2:45 p.m.	3:00 p.m.
Girls' Discus	2:00 p.m.	2:45 p.m.	3:00 p.m.
Girls' Triple Jump	2:00 p.m.	2:45 p.m.	3:00 p.m.
Boys' Shot Put	4:30 p.m.	5:15 p.m.	5:30 p.m.
Boys' Triple Jump	4:30 p.m.	5:15 p.m.	5:30 p.m.

All of the above field events will conduct trials and finals on May 13.

G. RUNNING EVENT SCHEDULE – Tuesday, May 13, 2025

Track Events	Scratch Time	Event Time
Girls' 4 x 800 Relay	4:15	4:30
Boys' 4 x 800 Relay	4:30	4:45
Girls' 4 x 100M Relay, Heat 1	4:45	5:00
Girls' 4 x 100M Relay, Heat 2	4:45	5:04
Girls' 4 x 100M Relay, Heat 3	4:45	5:08
Boys' 4 x 100M Relay, Heat 1	4:58	5:12
Boys' 4 x 100M Relay, Heat 2	4:58	5:16
Boys' 4 x 100M Relay, Heat 3	4:58	5:20
Girls' 100M HH, Heat 1	5:10	5:25
Girls' 100M HH, Heat 2	5:10	5:30
Girls' 100M HH, Heat 3	5:10	5:35
Boys' 110M HH, Heat 1	5:25	5:40
Boys' 110M HH, Heat 2	5:25	5:45
Boys' 110M HH, Heat 3	5:25	5:50
Girls' 400M, Heat 1	5:40	5:55
Girls' 400M, Heat 2	5:40	5:59
Girls' 400M, Heat 3	5:40	6:03
Boys' 400M, Heat 1	5:52	6:07
Boys' 400M, Heat 2	5:52	6:11
Boys' 400M, Heat 3	5:52	6:15
Girls' 100M, Heat 1	6:04	6:19
Girls' 100M, Heat 2	6:04	6:23
Girls' 100M, Heat 3	6:04	6:27
Boys' 100M, Heat 1	6:16	6:31
Boys' 100M, Heat 2	6:16	6:35
Boys' 100M, Heat 3	6:16	6:39
Girls' 800M, Heat 1	6:28	6:43
Girls' 800M, Heat 2	6:28	6:48
Boys' 800M, Heat 1	6:38	6:53
Boys' 800M, Heat 2	6:38	6:58
Girls' 300M LH, Heat 1	6:50	7:05
Girls' 300M LH, Heat 2	6:50	7:10
Girls' 300M LH, Heat 3	6:50	7:15
Boys' 300M IH, Heat 1	7:05	7:20
Boys' 300M IH, Heat 2	7:05	7:25
Boys' 300M IH, Heat 3	7:05	7:30
Girls' 200M, Heat 1	7:20	7:35
Girls' 200M, Heat 2	7:20	7:39
Girls' 200M, Heat 3	7:20	7:43
Boys' 200M, Heat 1	7:32	7:47
Boys' 200M, Heat 2	7:32	7:51

Boys' 200M, Heat 3	7:32	7:55
Track Events	Scratch Time	Event Time
Girls' 4 x 400M Relay, Heat 1	8:00	8:15
Girls' 4 x 400M Relay, Heat 2	8:00	8:23
Girls' 4 x 400M Relay, Heat 3	8:00	8:31
Boys' 4 x 400M Relay, Heat 1	8:24	8:39
Boys' 4 x 400M Relay, Heat 2	8:24	8:46
Boys' 4 x 400M Relay, Heat 3	8:24	8:53

H. FIELD EVENT SCHEDULE – Thursday, May 15, 2025

Field Event	Reporting Time	Scratch Time	Starting Time
Unified Shot Put	1:30 p.m.	2:15 p.m.	2:30 p.m.
Unified Long Jump	2:00 p.m.	2:45 p.m.	3:00 p.m.
Boys' Pole Vault	2:00 p.m.	2:45 p.m.	3:00 p.m.
Girls' High Jump	2:00 p.m.	2:45 p.m.	3:00 p.m.
Boys' Discus	2:00 p.m.	2:45 p.m.	3:00 p.m.
Boys' Long Jump	2:30 p.m.	3:15 p.m.	3:30 p.m.
Girls' Shot Put	4:30 p.m.	5:15 p.m.	5:30 p.m.
Girls' Long Jump	4:30 p.m.	5:15 p.m.	5:30 p.m.

All of the above field events will conduct trials and finals on May 15

I. RUNNING EVENT SCHEDULE – Thursday, May 15, 2025

Track Events	Scratch Time	Event Time
Unified 4 x 100M Relay	4:45	5:00
Girls' 4 x 100M Relay	4:50	5:05
Boys' 4 x 100M Relay	4:55	5:10
Girls' 1600M	5:00	5:15
Boys' 1600M	5:08	5:23
Girls' 100M HH	5:20	5:35
Boys' 110M HH	5:24	5:39
Girls' 400M	5:34	5:49
Boys' 400M	5:39	5:54
Unified 100M	5:45	6:00
Girls' 100M	5:50	6:05
Boys' 100M	5:55	6:10
Girls' 800M	6:00	6:15
Boys' 800M	6:05	6:20
Girls' 300M IH	6:15	6:30
Boys' 300M LH	6:20	6:35
Girls' 200M	6:25	6:40
Boys' 200M	6:30	6:45
Girls' 3200M	6:35	6:50
Boys' 3200M	6:50	7:05
Girls' 4 x 400M Relay	7:05	7:20
Boys' 4 x 400M Relay	7:12	7:27

J. Sportsmanship:

1. The basis of all competitive interaction in the Division I 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 first check in at the competitors' gate before the meet.
2. Track athletes must register with the clerk of the course by their event's scratch time.
3. Field athletes must register with the event official at the venue by their event's scratch time.
4. Coaches must certify at competitors' gate that his/her athletes are properly attired in compliance with rules for 2025. Questions can be addressed to the games committee.

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 at all times. No other uniform or clothing may be worn during warm-ups or competition. (Note: Sweats are allowed during warmups) 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.
2. There will be a designated warm up corral on the infield. Warming up/cooling down for track events on the infield outside of the corral is not permitted and may result in disqualification.
3. Field athletes will be allowed to warm up at their venues when officials arrive, approximately one hour before the event begins.
4. No warm-ups are allowed at any field event venue without a designated official present.

N. Awards/Scoring:

1. Medals to the first four places in each championship final.
2. Team championship banners and second place plaques in both boys' and girls' divisions.
3. The awards for running events will be distributed at the finish line; the awards for field events will be distributed at the venue. Disputed medals will be held until the dispute is resolved.
4. Scoring (championship heats only) will be as follows:

First Place	- 10 points	Fifth Place	- 4 points
Second Place	- 8 points	Sixth Place	- 3 points
Third Place	- 6 points	Seventh place	- 2 points
Fourth Place	- 5 points	Eighth 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 2-3-3.
2. There will be a designated appeals area. Under no circumstances are coaches allowed in the timer area. Any violation of this rule may 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 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 10, 2025.

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 8 competitors may be listed per relay team)
 - C. List the alternate for each event, after scratches, by name and school.
 - D. Send it as an attachment to the above address.
 - E. Please leave a phone number where you may be reached, if any problems arise.
 - F. Submit Hytek backups with every athlete's first and last names along with their grade in school. (including relay only athletes)
 - G. Names of relay athletes must be submitted by the deadline and by league representatives only.
 - H. Note whether league meet was hand timed or fully automatic (FAT).
3. If results are not received in a timely manner, league qualifiers will be seeded as the last qualifiers in each event. This is not subject to appeal.
 4. Seedings will be available at www.cifsjs.org.

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. In trials there will be three heats to determine 10 finalists.
3. Finalists will be the winner of each heat and the next fastest times to get to 10 finalists.
NOTE: If more than 25 athletes qualify for a running event (because of at-large qualifying), there will be four heats with winners of each heat and the next four (4) fastest times advancing to the

championship finals.

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 trials, 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.

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. 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 would have to leave the field event site.
2. Ten (10) competitors will move from trials to finals.
3. When there are large fields in the High Jump or Pole Vault, it is advisable for the referee or event official to establish continuing flights of five competitors (five-alive method). When the number of competitors remaining at a given height is fewer than nine, the five-alive method is abandoned and replaced by a continuous flight until the next height change.
4. During pole vault events, once competition has begun, the bar will be raised six (6) inches per round until seven competitors remain. At that time, the bar will be raised three (3) inches per round.
5. In the high jump, the bar will be placed four inches (4") below opening height. Ten minutes before competition begins, the bar will move to opening height.
6. During high jump events, once competition has begun, the bar will be raised two inches (2") per round until seven competitors remain. At that time, the bar will be raised one inch (1") per round.
7. **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.
8. 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.
9. For throws and horizontal jumps competition, the head judge may change the order of competition of athletes who are excused to compete in another event in the preliminary or final rounds by any method. See Rule 6-2, art 3. Competitors who must check out of an event for another will be allowed to do so according to national and CIF regulations.
10. In the throws and horizontal jumps, all competitors receive three attempts.

11. The finalists are re-ordered and receive three additional attempts to determine final placing.
Marks from all six attempts shall be noted for place.
12. Field event athletes shall not cross the track to confer with coaches or spectators once the athletes have entered the infield.
13. In the trials for the throws and horizontal jumps, there will be two or three flights depending on the number of entries.

T. Weigh-in of Shot Put and Discus:

1. All implements must be certified by weights and measures.
2. Weights and measures will be open from 1-4 p.m. for the discus both days.
3. Weights and measures will be open from 1-4 p.m. for the shot put both days.

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.
3. Poles will be certified by the coach at the event venue; coach and athlete will sign the entrant's sheet.

V. Masters Meet Qualifiers:

1. The top nine championship finishers will qualify by place to the Masters meet at Folsom High School Friday and Saturday, May 23 and 24, 2025. **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 8th place qualifying marks from the Masters Meet finals from the three most recent years. The at-large qualifying marks for 2025 are listed below.

2025 At-Large Sac-Joaquin Section Qualifying Marks

(Only FAT times are acceptable)

From League to Division I Meet

2025 At-Large		2025 At-Large	
Event	Qualifying Marks	Event	Qualifying Marks
Boys 100M	11.16	Girls 100M	12.89
Boys 200M	22.85	Girls 200M	26.48
Boys 400M	51.64	Girls 400M	1:00.82
Boys 800M	1:59.60	Girls 800M	2:21.06
Boys 1600M	4:23.56	Girls 1600M	5:12.84
Boys 3200M	9:43.92	Girls 3200M	11:29.77
Boys 110M Hurdles	16.04	Girls 100M Hurdles	16.43
Boys 300M Hurdles	41.92	Girls 300M Hurdles	48.76
Boys 4x100M Relay	45.61	Girls 4x100M Relay	51.10
Boys 4x400M Relay	3:31.30	Girls 4x400M Relay	4:14.86

Boys High Jump	5-11	Girls High Jump	4-11
Boys Pole Vault	13-01	Girls Pole Vault	9-05
Boys Long Jump	20-10	Girls Long Jump	16-06
Boys Triple Jump	41-06	Girls Triple Jump	34-06
Boys Shot Put	45-06	Girls Shot Put	32-05
Boys Discus	133-03	Girls Discus	105-09

2025 At-Large Sac-Joaquin Section Qualifying Marks

(Only FAT times are acceptable)

From Divisional to Masters

2025 At-Large		2025 At-Large	
Event	Qualifying Marks	Event	Qualifying Marks
Boys 100M	10.96	Girls 100M	12.37
Boys 200M	22.50	Girls 200M	25.53
Boys 400M	50.60	Girls 400M	59.36
Boys 800M	1:57.62	Girls 800M	2:20.95
Boys 1600M	4:24.75	Girls 1600M	5:15.76
Boys 3200M	9:26.36	Girls 3200M	11:14.78
Boys 110M Hurdles	15.25	Girls 100M Hurdles	15.59
Boys 300M Hurdles	40.81	Girls 300M Hurdles	47.12
Boys 4x100M Relay	43.10	Girls 4x100M Relay	49.40
Boys 4x400M Relay	3:27.28	Girls 4x400M Relay	4:08.88
Boys High Jump	6-00	Girls High Jump	5-00
Boys Pole Vault	13-08	Girls Pole Vault	10-06
Boys Long Jump	21-051	Girls Long Jump	17-00
Boys Triple Jump	43-02	Girls Triple Jump	35-08
Boys Shot Put	47-11	Girls Shot Put	35-11
Boys Discus	142-01	Girls Discus	110-07

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
Parking at Folsom.....	\$5.00

Y. T-Shirts:

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