



FORMAT – 2026 MASTERS TRACK & FIELD

TO: Sac-Joaquin Section schools that participate in Track & Field
FROM: Will DeBoard, Assistant Commissioner
DATE: April 16, 2026

2026 CIF SAC-JOQUIN SECTION MASTERS TRACK & FIELD FINALS

A. Date & Location:

Finals - Saturday, May 23, 2026 @ Folsom High School

B. Meet Director:

Steve and Tracy Kinoshita

E-mail: thekinos@sbcglobal.net

C. Track Facilities:

1. 10 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. Please come dressed for competition.
5. Tents are ONLY allowed 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. No tents are allowed in front of the press box.
6. Busses drop off teams in front of the stadium and follow signs for parking.

D. Coaches/Competitors' Gate:

1. Meet information and wristbands will be distributed to certified and AD-approved coaches only at competitors' gate at the visitor's entrance by the fieldhouse.
2. All coaches and athletes must have a wristband to enter the stadium.

3. Coaches or athletes who 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. Coaches from participating schools will receive a quantity of wristbands based upon the information submitted by their athletic director. If no information is received from the athletic director, the school will receive 2 coaches' wristbands.
7. Each athlete will be provided with a wristband. No replacement bands will be issued.

E. Entries:

(From Divisionals to Masters)

1. The top 10 placers by mark at Divisional Finals will qualify in each event to Masters Finals. In the 800, that is 12 qualifiers. In the 1,600 and 3,200, that is 24 qualifiers.
2. In addition, any athlete in the divisional finals who meets or exceeds the state at-large qualifying mark automatically qualifies to a berth in the Masters Meet regardless of finishing mark or place.
3. Alternates from divisionals to trials: There will be NO alternates from divisionals to Masters Finals.

F. FIELD EVENT SCHEDULE – Saturday, May 23, 2026

Field Event	Reporting Time	Scratch Time	Starting Time
Boys' Pole Vault	Noon	12:30 p.m.	1:00 p.m.
Girls' Pole Vault	3 p.m.	3:30 p.m.	4:00 p.m.
Girls' High Jump	Noon	12:30 p.m.	1:00 p.m.
Boys' High Jump	3:00 p.m.	3:30 p.m.	4:00 p.m.
Boys' Long Jump	Noon	12:30 p.m.	1:00 p.m.
Girls' Long Jump	2:00 p.m.	2:30 p.m.	3:00 p.m.
Unified Long Jump	4:30 p.m.	5:00 p.m.	5:30 p.m.
Girls' Triple Jump	Noon	12:30 p.m.	1:00 p.m.
Boys' Triple Jump	2:00 p.m.	2:30 p.m.	3:00 p.m.
Girls' Shot Put	1:00 p.m.	1:30 p.m.	1:00 p.m.
Boys' Shot Put	2:00 p.m.	2:30 p.m.	3:00 p.m.
Unified Shot Put	5:45 p.m.	6:15 p.m.	6:45 p.m.
Boys' Discus	Noon	12:30 p.m.	1:00 p.m.
Girls' Discus	2:00 p.m.	2:30 p.m.	3:00 p.m.

All of the above field events will conduct trials and finals on May 23

G. RUNNING EVENT SCHEDULE – Saturday, May 24, 2025

Track Events	Scratch Time	Event Time
Girls' 4 x 800M Relay	TBD	TBD
Boys' 4 x 800M Relay	TBD	TBD
Unified 4 x 100M Relay	4:45	5:00
Girls' 4 x 100M Relay	5:00	5:15
Boys' 4 x 100M Relay	5:08	5:23
Girls' 1600M	5:19	5:34
Boys' 1600M	5:28	5:43
Girls' 100M HH	5:44	5:59
Boys' 110M HH	5:54	6:09
Girls' 400M	6:04	6:19
Boys' 400M	6:11	6:26
Unified 100M	6:19	6:34
Girls' 100M	6:25	6:40
Boys' 100M	6:29	6:44
Girls' 800M	6:38	6:53
Boys' 800M	6:46	7:01
Girls' 300M LH	6:57	7:12
Boys' 300M IH	7:04	7:19
Girls' 200M	7:14	7:29
Boys' 200M	7:23	7:36
Girls' 3200M	7:29	7:44
Boys' 3200M	7:46	8:01
Girls' 4 x 400M Relay	8:04	8:19
Boys' 4 x 400M Relay	8:14	8:29

H. Sportsmanship:

1. The basis of all competitive interaction in the Masters 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.

I. Registration:

1. Coaches and competitors must first check in at the competitors' gate (visitors' entrance) 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 their athletes are properly attired in compliance with rules for 2026. Questions can be addressed to the games committee.

J. 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.

K. Electronics:

1. Communicating with a competitor through the use of any device, including electronically, during a race or trial, is prohibited. The use of a watch worn around the wrist is not considered an aid for racing.

Note1: The use of an electronic device for medical purposes is allowed provided a physician's note describing the need is presented to the meet director/referee.

Note2: Smartwatches are allowed for pacing purposes **only** during a running event. If seen to be used as a communication device the athlete is subject to the penalties below.

2. Electronic devices may only be used in unrestricted areas and coaching boxes, providing the location does not interfere with the progress of the meet as determined by the meet referee.

a. Electronic devices shall not be used to transmit information to the competitor during the race or trial.

b. Electronic devices shall not be used for any review of an official's decision.

c. No athlete shall wear audio (microphone) or video (camera) device during a race or trial or in restricted

areas. (This includes meta glasses.)

PENALTIES

1. A competitor shall be disqualified from the event/meet.

2. Team personnel (coach, manager, etc.) shall be disqualified from further participation in the meet.

L. Athletes' Area/Warm-ups:

1. Athletes may sit in any bleacher area.

2. The corral in the infield is designated as the track athletes' warm-up areas. No warm-ups on the track.

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.

M. Awards/Scoring:

1. Medals will be awarded to the top four finishers in each final and each individual who qualifies for the State Meet by reaching the state at-large automatic qualifying mark.
2. Medals in disputed events will be held until the dispute is resolved.
3. An awards ceremony will follow each event on the infield next to finish area. The top four in each event will be honored.

N. 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.

O. 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.

P. State Meet Qualifiers:

1. The top three (3) placers in each final shall qualify for the State Meet to be held May 29 and 30 at Buchanan High School in Clovis. In the event a qualifier chooses not to compete in the State Meet, the fourth-place finisher shall be the Section alternate.
2. At the awards ceremony, athletes will verify whether or not they will participate in the State Meet.

Q. Running Events:

1. Qualified athletes must check in with the running event clerk prior to the event scratch time. If the qualified athlete is not signed in 15 minutes prior to the event start time, that athlete will be scratched. Checked-in athletes must be at the staging area by the clerk at scratch time.
2. The 800M trials will use a one-turn stagger.
3. The 800M, 1600M and 3200M final will start in alleys.
4. The 200M dash will be run on a turn.

5. The 400M dash will be run in staggered lanes around two turns.
6. The 1600M relay will use a three-turn stagger.
7. The 4x800 relay will be run as a final at the beginning of the meet.

R. 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.
2. Twelve (12) competitors will move from Divisional Finals to Masters 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 inches (6") per round until seven competitors remain. At that time, the bar will be raised three inches (3") 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 seven or fewer 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.
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 cannot cross the track at any time to confer with a coach or spectator once the athlete has entered the infield.

S. Weigh-in of Shot Put and Discus:

1. All implements must be certified by weights and measures. Weights and measures will be located in the marked fieldhouse.
2. Weights and measures will be open from 11:00-2:00 p.m. for the discus and shot put.

T. 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 by coaches and athletes signing the entrants' sheet.

U. Meet Information/Seedings:

Information can be viewed on-line at the Sac-Joaquin Section website (www.cifsjs.org) on Monday, May 18.

V. 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.

W. Admission Fees for Trials and Finals:

Adults	\$12.00
Seniors (65+)/Military.....	\$10.00
Students (K-12).....	\$9.00
Children (age 5 and under).....	Free

X. Parking

Folsom High School will charge \$5 per vehicle to park in the school parking lot.

Y. At-Large State CIF Meet Qualifying Marks:

1. At-large qualifying marks are based upon the average of the 9th place qualifying marks to the State Meet finals from the three most recent years. The at-large qualifying marks for 2026 are listed online.
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 State Meet regardless of finishing mark or place.

Z. State Meet Site Prohibition:

Competitors will not be permitted to work out at the State Championship venue (Buchanan High School) any time within five days prior to the state track meet. Any violation of the workout rule may result in disqualification.