

CIF PRELIM INFORMATION

Check-In

The clerk of the course for running events will be at the eastern end of the stadium near the finish line. The field event clerk will be located at the western end of the track at the gate near the concessions building.

Stadium Infield

The infield is for competitors and officials only. **No coaches on the infield please! Coaches risk disqualification of their athlete if they are on the infield.** No athletes on the infield unless they are competing. The warm-up field is behind the bleachers.

Electronic Devices

No electronic devices will be allowed on the infield. This includes but is not limited to cell phones, video cameras, walkie-talkies, iPods, iPads, CD players, etc...

Canopies

Canopies may be set up in the warm-up area or at the top the backstretch bleachers. Please, no canopies or tents in the homestretch bleachers. The finish line section bleachers is reserved for coaches and ticket holding spectators. No athletes please.

High Jump and Pole Vault

BOYS HIGH JUMP: Start at 5' 4" and raise the bar in two inch increments.

BOYS POLE VAULT: Start at 7' 6" and raise the bar in six inch increments.

GIRLS HIGH JUMP: Start at 4' 6" and raise the bar in two inch increments.

GIRLS POLE VAULT: Start at 6' 6" and raise the bar in six inch increments.

Competitors will continue until nine (9) athletes remain. If there is a tie for ninth, a jump-off will be conducted to determine the ninth qualifier.

Pole Vault Weights

CIF pole vault weight verification forms will be available at the pole vault venue.

One pole vault coach will be allowed in the designated coaching box on the infield. The pole vault coach will receive a pass in the packet. The coach may not be anywhere else on the infield, only the designated coaching box. Coaches must arrive to the coaching box before the event starts.

Long and Triple Jumps

The girls long jump and triple jump will be conducted on the eastern runway outside of the first turn.

The triple jump boards are 24, 28 and 32 feet from the sand.

The boys long jump and triple jump will be conducted on the infield runway.

The triple jump boards are 24, 32 and 36 feet from the sand.

Competitors will jump in flights and receive 3 attempts. The top nine (9) will advance to the Finals.

Report Time: Competitors will check in when their flight 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 flight.

Shot Put and Discus

Competitors will throw in flights and receive 3 attempts. The top nine (9) will advance to the Finals.

Report Time: Competitors will check in when their flight 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 flight.

Competitors must provide their own implements. Weigh-ins will be behind the gym near the team check in table. The scale will be moved to the field clerk near the concession stand after 11:00.

Multi-Event Athletes

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 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 the pole vault, the athlete must jump at the new height. **The bar will not be lowered.**

Uniforms

All athletes must wear a regulation uniform as specified in National Federation Rule 4-3.

Relay Markers

Tennis ball halves will be provided by meet management. Please instruct you athletes to put the tennis balls on their inside lane line.

Spike Size

All athletes must have 3/16" or shorter spikes. Spikes may be needle or pyramid. Spikes will be on sale at the athlete gate for \$5 per package.

Trainer

The trainer is located on the grass outside the first turn. Please supply your own tape.

Results



2025 CIF-SS FORD
D4
Track & Field FINALS

Scan for



D4 Results