



2025 San Diego Section Track & Field Championships

The following information has been prepared in part by the 2025 Track and Field Management Committee and the 2025 Track and Field Advisory Committee.

Management Committee

Championship Director: Mike Cummings

Division 1: Meet Director - Andrew Corman Site Coordinator - Chris Jacobs

Division 2: Meet Director - Dan Geiger Site Coordinator - John Hutsel

Division 3: Meet Director - Mike Cummings Site Coordinator - Thomas Whitcomb

Section Championships: Meet Director - Mike Cummings Site Coordinator - Shan Forehand

Officials Chair – Gary MacDonald

1. **MANDATORY COACHES' MEETING**

There will be a **mandatory** in person coaches' meeting at 7:00 pm., **Thursday, May 15, 2025 at Canyon Hills High School's Media Center.** At least one coach from your school must attend this meeting.

Included on the agenda will be:

- Discussion of check-in procedure for facility admission and for event participation.
- Disqualification discussion.
- Appeals procedure.
- Other policies and procedures.
- Athlete and coach's wristbands will be handed out.
- Questions and answers.

CIF Championship Forms: Head coaches must complete the following forms before the mandatory zoom meeting.

These google doc forms can be found on the CIF Website [Track & Field \(Boys & Girls\)](#)

- [Coaches information sheet](#)
- Relay entry sheet for each relay team entered. **Only update this sheet if you are changing relay names.**

2. **DATES AND SITES**

The 205 CIFSDS Track & Field Championships will be divided into three (3) divisions at three (3) different sites for Divisional Championships and one site for Section Championships. The dates, times and locations are listed below:

Divisional Championships - Saturday, May 17, 2025

| | | |
|------------|-----------------------------|--|
| Division 1 | Del Norte High School | 10:00/11:00 am. - Girls' and Boys' Field/Track |
| Division 2 | University City High School | 10:00/11:00 am. - Girls' and Boys' Field/Track |
| Division 3 | Valley Center High School | 10:00/11:00 am. - Girls' and Boys' Field/Track |

Section Championships - Saturday, May 24, 2025

| | |
|------------------------|---|
| Mt. Carmel High School | 9:00/11:00 am. - Girls' and Boys' Field/Track |
|------------------------|---|

3. **ADMISSION**

Each team participating in the championships will be given participant wristbands equal to the number of qualifiers plus six coaches. All qualified athletes and coaches will be admitted by wristbands through the participants' gates.

Divisional wristbands for participants and coaches will be handed out at the Thursday coaches meeting.

Section Finals Wristbands for participants and coaches will be available at the participants' gate starting at:

7:15 a.m.

COACHES WILL NOT BE PERMITTED IN THE COMPETITION AREA UNLESS CALLED BY MEET MANAGEMENT. VIOLATION MAY RESULT IN DISQUALIFICATION OF ATHLETE(S) OR TEAMS.

Spectators: Paperless tickets will be made available through San Diego Section Partner: GoFan. All spectators must purchase a general admission ticket. There are only two playoff ticket ranges: Adult – Defined as anyone over 18 years old and Student/Senior – Student defined as anyone age 5 through 18; Senior defined as anyone age 60 or over.

Divisional Championships Adult - \$10.00 Student/Senior - \$7.00
Section Championships Adult - \$10.00 Student/Senior - \$7.00

Admission Times:

Divisional Championships: Saturday, May 17, 2025

Participant Gate 8:30 a.m. Spectator Gate 9:00 a.m.

Section Championships: Saturday, May 24, 2025

Participant Gate 7:30 a.m. Spectator Gate 8:00 a.m.

4. QUALIFYING – LEAGUE/CONFERENCE MEETS INTO THE DIVISIONAL CHAMPIONSHIPS

Each division will have twenty seven (27) entries in each of the fourteen (14) individual events. There will be eighteen (18) entries in each of the three (3) relay events.

Each league/conference will receive one (1) automatic entry (The league/conference champion in each event).

Each athlete or relay team who achieves the [qualifying standard](#) at **their league/conference finals**, will be automatically entered. If there are still openings short of the minimum 27 entries per individual event and 18 entries in the relays, the Seeding Committee will select the best of all at-large nominees submitted in order to reach 27 or 18 entries. Note: In the verticals, it may be less than 27 if a clear break occurs.

A league (after voting in favor) may petition to have an athlete byed into the Divisional Championships if the league feels that the athlete's mark was adversely affected due to a situation at the venue that was out of the athlete's control. The **league rep** must submit the petition via a google doc form by 6:00 pm. on Saturday, May 10th. The commissioner will review and rule on the request. All decisions are final and the ruling may not be appealed. Disqualifications, illness, or poor performance (Including no heights and no marks) are not valid reasons for a bye into CIF Prelims.

All times must be electronic. In the event that a timing error occurs and no results are available. Meet management will meet with the coaches involved and determine the best time to re-run the race.

No individuals may be listed in more than four individual events.

No school may enter more than one relay team per event.

5. WHEELCHAIR/AMBULATORY ENTRY INFORMATION.

If you have athletes who will be competing in one of the wheelchair/ambulatory events at the CIF Championships starting on Saturday, May 17th, please use the following link to enter them. [2025 CIFSDS Wheelchair/Ambulatory Entry Form](#)

Note: if you have more than one athlete who will be competing you will have to fill out a form for each athlete. The entry deadline is Saturday, May 10th at 6:00 pm.

6. UNIFIED TEAM ENTRY INFORMATION.

If you have **Unified Athletes** who will be competing in one of the **unified events** at The Section Championships on Saturday, May 24th, please contact **Valeria Separa Ruiz** at Valerie.Ruiz@sweetwaterschools.org.

7. DIVISIONAL CHAMPIONSHIP ENTRY RESPONSIBILITY

The league representatives or his/her designee will be responsible for submission of entries from their league/conference to the Seeding Committee. Individual coaches are responsible for the submission of entries to their advisory committee representative.

8. ENTRY DEADLINE

The deadline for entry into the 2025 San Diego CIF Track and Field Divisional Championships will be Saturday, May 10th at 6:00 pm. The league/conference rep or his/her designee must post their league or conference results on athletic.net. All CIF entries will be pulled from the league championships results that are posted on athletic.net. Questions, contact Mike Cummings at cummings.mi@vcpusd.org.

9. RUNNING EVENT HEATS IN THE DIVISIONAL CHAMPIONSHIPS

There will be three (3) heats in the Divisional Championships in all events except the 800m/1600m and the 4x100m/4x400m relays where there will be two (2) heats and the 3200m and 4x800m relay where there will be one (1) heat. In some situations the meet management committee may change the number of Divisional Championships heats to accommodate the number of entries. The field will be divided by talent into heats. The lane assignments for these entries will be done by time and seeded into heats using breakpoints. The top 9 times will be seeded into the third (fast) heat, the next 9 into the second heat, and the remaining 9 into the first heat. In the 800m/1600m, the top 14 will be seeded into the 2nd heat and the remaining 13 will be seeded into the 1st heat. All heats will be seeded slow to fast.
NOTE: This may result in more than one athlete from a school in the same heat.

10. FIELD EVENT FLIGHTS IN THE DIVISIONAL CHAMPIONSHIPS

Horizontal events: Entrants will be placed and listed in two (2) flights of thirteen to fourteen (13-14) athletes. Competitors will compete in inverse order according to qualifying marks at the league/conference level. Each competitor will be allowed three (3) preliminary trials. After the preliminary trials, the top 10 athletes will be reordered according to their preliminary marks and they will receive 3 additional attempts.

Vertical events: The vertical events will be conducted "5 alive" (until the field drops below 10) with the athletes competing in inverse order according to qualifying marks at the league/conference level.

11. SCRATCHES AND ALTERNATES IN THE DIVISIONAL CHAMPIONSHIPS: Should an athlete or relay team be unable, or choose not to enter an event for which they have qualified, the following procedures are to be followed: Coaches are to scratch the athlete using the [athletic.net scratch system](http://athletic.net/scratch/system). The Divisional Championships scratch deadline is Wednesday, May 14th at 8:00 pm. Replacements will be made by meet management from a list of alternates only when entries for the event concerned drops below 27, 18 for the relays. Note: After the Wednesday scratch deadline, Divisional Championships heat sheets will be produced. For any scratches that occur after the Wednesday scratch deadline, alternates will be added, but heats will not be reseeded. There will be three (3) alternates on race day for race day scratches.

12. DIVISIONAL CHAMPIONSHIP HEAT SHEETS: Will be posted on the CIF website on Thursday, May 15th

13. SCORING IN THE DIVISIONAL CHAMPIONSHIPS

There will be scoring to nine (9) places in the Divisional Championships for all individual and relay events for both boys and girls. Scoring shall be: 10 - 8 - 6 - 5 - 4 - 3 - 2 - 1 - 0.5. Scoring for the para events shall be 2 - 1 - 1 - 1 with a maximum of 6 points for any athlete.

14. AWARDS IN THE DIVISIONAL CHAMPIONSHIPS

CIFSDS trophies shall be given to the championship and runner-up teams for boys and girls. Individual CIFSDS medals will also be given to the top six individuals and relay teams in all final events immediately following the event concerned. Athletes are to proceed directly to the awards area.

15. QUALIFYING FROM THE DIVISIONAL CHAMPIONSHIPS INTO THE SECTION CHAMPIONSHIPS

A total of 18 athletes from the three Divisional Championships will qualify for the Section Championships. The top 2 athletes/relay teams in each division in each event will qualify for the Section Championships. The remaining 12 spots will be filled by the best marks from any division. At any time, in the Section Championships, there will be a minimum of 2 athletes/relay teams from each division. Tie breaker rules will be used to separate any ties. Timing to the 1000th of a second in the running events, Second best mark for the horizontal field events, and NFHS tie breaking rules for the vertical field events.

16. RUNNING EVENT HEATS IN THE SECTION CHAMPIONSHIPS

There will be two (2) heats of nine (9) for each event in the Section Championships. Exception: In the 1600m, 3200m, and 4x800m there will be one (1) heat of eighteen (18). In all lane races the top 9 marks from either Division I, II, or III will be seeded into the "Fast Heat" (2nd heat). The next best 9 marks from either division will be seeded into the 1st heat. In the 1600m, 3200m, and 4x800m there will be one heat of 18.

17. FIELD EVENT FLIGHTS IN THE SECTION CHAMPIONSHIPS

Horizontal events: There will be two (2) flights of nine (9) for each event in the Section Championships. Each competitor will be allowed three (3) preliminary trials. After the preliminary trials, the top 10 athletes will be reordered according to their preliminary marks and they will receive 3 more attempts. **Vertical events:** There will be one (1) flight of eighteen (18).

18. SCRATCHES AND ALTERNATES IN THE SECTION CHAMPIONSHIPS

Should an athlete or relay team be unable, or choose not to enter an event for which they have qualified, the following procedures are to be followed: Coaches are to scratch the athlete using the [athletic.net scratch system](#). The Section Championships scratch deadline is Wednesday, May 21ST at 8:00 pm. Replacements will be made by meet management from a list of alternates from CIF divisionals. Note: For any scratches that occur after the Wednesday scratch deadline, alternates will be added, but heats will not be reseeded. On meet day there will be three (3) alternates per event. Exception: The vertical events may not have any alternates

19. MEET DAY SCRATCHES IN THE SECTION CHAMPIONSHIPS

Should an athlete or relay team scratch on meet day, the following will take place: If the scratch is from one of the top 2 divisional entrants and that division only has two entrants, the next best athlete/team from that division will be entered. For all other scratches, the next best mark overall will be entered.

20. SECTION CHAMPIONSHIP HEAT SHEETS – will be posted on the CIF website on Thursday, May 22.

21. SCORING IN THE SECTION CHAMPIONSHIPS

There will be scoring to sixteen (16) places in The Section Championships for all individual and relay events for both boys and girls. Scoring shall be: 20 - 18 - 16 - 14 - 12 - 10 - 9 - 8 - 7 - 6 - 5 - 4 - 3 - 2 - 1 - 0.5. Scoring for the para events shall be: 2 - 1 - 1 - 1 with a maximum of 6 points for any athlete.

22. AWARDS IN THE SECTION CHAMPIONSHIPS

CIFSDS trophies shall be given to the championship and runner-up teams for boys and girls. Individual CIFSDS medals will also be given to the top nine (9) individuals and relay teams in all final events immediately following the event concerned. Athletes are to proceed directly to the awards area.

23. QUALIFYING FROM THE SECTION CHAMPIONSHIP INTO THE STATE PRELIMS

The top three (3) athletes or relay teams overall from any of the heats/flights of every event automatically qualify for the state prelims. Exception: The top two (2) 4x800m relay teams automatically qualify.

In addition to our three (3) automatics, all athletes or relay teams from any of the heats/flights who meet or better the [state auto mark](#) also qualify for the state prelims.

24. STATE MEET SCRATCHES: Coaches who know their athlete or relay team will be scratching from a State Prelim event or the 3200 (no State Prelims) for which they qualify are to notify the CIFSDS Management Committee no later than the conclusion of the Section Championships in order to retain the San Diego Section full complement of entries into the State Meet. [State meet scratch forms](#) are available at the coaches corner. **There are no alternates for the state meet.**

NOTE: The state meet has an HONEST EFFORT RULE - Competitors who have qualified for and been entered into more than one event must honestly participate in the qualifying and final round in each event for which the athlete is entered in or the athlete will be barred from further competition in the meet. See state bulletin for complete wording.

ADDITIONAL DIVISIONAL AND SECTION CHAMPIONSHIP INFORMATION:

25. LANE ASSIGNMENT ORDER

800m, 1600m, 3200m, and 4x800m relay - Field divided into three (3) alleys.

All other races – Field divided into heats and seeded into lanes 5-6-4-7-3-8-2-9-1 with 5 being the fastest time.

26. 1600 RELAY STAGGER

The San Diego Section will conduct the 1600m relay with a three-turn stagger.

27. **COMPOSITION OF RELAY TEAMS**

Up to eight individuals may be listed as entries on the relay entry sheet; any four of whom may compete. Only those who actually compete will be considered official entries. Any substitutions must come from those names on the relay entry sheet. Names of individuals must be updated no later than Wednesday, May 14th at 8:00 PM for the divisional championships and Wednesday, May 21st at 8:00 PM for the section championships. Updates can be made using the same process as the [athletic.net scratch system](#)

28. **STARTING HEIGHTS AND INCREMENTS**

[Divisional Championships](#) Posted on CIF Website on Thursday, May 15th.

[Section Championships](#) Posted on CIF Website on Thursday, May 22nd.

29. **CHECK-IN AND CHECK-OUT**

Track event athletes must report to the Track Clerk of Course no later than **ten (10) minutes prior to the start of the event**. **ABSOLUTELY NO EXCEPTIONS FOR ANY REASON WILL BE MADE. ATHLETES NOT CHECKED IN, WILL NOT BE ALLOWED TO PARTICIPATE.**

Field-event athletes must check in with the Field Event Official no later than **ten (10) minutes prior to the start of the event, not the flight**. **ABSOLUTELY NO EXCEPTIONS FOR ANY REASON WILL BE MADE. ATHLETES NOT CHECKED IN, WILL NOT BE ALLOWED TO PARTICIPATE.**

All field event athletes must check out with the Head Judge of their event if they wish to leave for another event. Upon returning to the event, the athlete must check back in with the Head Judge (not to exceed 30 minutes). In vertical jumps, the bar will not be held up by an athlete who has checked out. **ATHLETES MUST ENTER THE FIELD ONLY THROUGH OFFICIAL ENTRANCE GATES.**

Note: Once an athlete has reported to a field event venue and has been checked in, he/she may not leave that venue while still alive in the competition except to check-in for another event or use the restroom. **Viewing video replay shall not take place during this period.** In addition, athletes competing in field events may not cross the track to confer with coaches in the stands.

30. **ATHLETES ON FIELD**

No athletes shall be permitted on the track or field unless in competition or awaiting the immediate commencement of their event. Athletes are to leave the track or field directly after the completion of their event or presentation of their award. Field event competitors who cross the track to confer with coaches or anyone else may be disqualified.

NOTE: No electronic devices of any kind will be allowed in the competition areas. Failure to comply may result in disqualification from the event.

31. **RUN-OFFS**

Should there be a need to break a tie in determining who advances from the divisional to the section meet, there will be a runoff conducted at the conclusion of the divisional meet unless the coaches involved agree to flip a coin or a coach involved withdraws an entry. The runoff shall be conducted within 30 minutes of the conclusion of the last running event of the meet. If a tying athlete does not report to the track within 10 minutes of being called, but the other tying athlete so reports, then the reporting athlete will advance by default to the next level of competition. Individual coaches are responsible for knowing that a tie exists and being aware that there will be a runoff.

32. **TIMING ERROR IN RUNNING EVENTS**

In the event that a timing error occurs and no results are available. Meet management will meet with the coaches involved and determine the best time to re-run the race.

33. **IMPLEMENT WEIGH-INS**

All shots and discs must be weighed in and measured prior to the event. Athletes are limited to **two (2)** implements per event that may be brought to the event site. All brass shots must meet diameter requirements. Beginning times for weigh-in and measuring are: 8:45 a.m. for Divisional Championships and 7:45 a.m. for Section Championships.

34. **SUPERVISION**

State CIF Bylaw 503. E requires compliance with California Administrative Code Title 5. The code stipulates that athletes must be supervised by a certified member of a school district. Therefore, no athlete will be permitted to compete without this

supervision requirement. Coaches are advised to make note of this in regards to athletes who arrive to compete before the rest of the team.

35. APPEALS

Appeals forms will be available at **The Coaches Corner** for both the divisional and section meets.. These appeal forms are to be completed and forwarded to a meet official within 30 minutes after the conclusion of the event. The appeal will be forwarded to the Referee (track or field event) for decision. Appeals from the Referee's decision will be heard by the Appeals Committee. Unauthorized, unofficial use of video equipment in rendering decisions is prohibited. NOTE: There will be **NO** appeal based upon a judgment decision. PLEASE DO NOT VERBALLY PROTEST OR APPEAL YOUR CONCERNS. FILL OUT AN APPEAL FORM, AND TURN IT INTO A MEET OFFICIAL.

Coaches should be aware that actions of their athletes may be applicable under our "ETHICS IN SPORTS" Policy which could result in an athlete's disqualification from present and future meets.

36. JURY OF APPEALS

The Jury of Appeals will hear appeals from a decision by the Meet Referee if lodged by the coach of the team concerned. Such appeals should be lodged immediately following a decision from the original appeal but in no case later than 15 minutes after the conclusion of the last running event. THE DECISION OF THE JURY OF APPEALS IS FINAL AND MAY NOT BE APPEALED TO A HIGHER AUTHORITY AT A LATER DATE.

37. RELAY TEAM UNIFORMS

In order to facilitate judging in the relay events, the following rule will be in force for the 2025 San Diego CIF Track and Field Divisional Championships and Section Championships: "All FOUR MEMBERS OF EACH RELAY TEAM MUST WEAR SIMILAR UNIFORMS." This includes jerseys and shorts, and if worn, visible under clothing such as T-shirts, tights, etc. Any visible undergarments must be of the same color. Relay teams without full compliance by all four members will not be eligible to participate and will be disqualified if found to be in violation after competing in the relay concerned.

38. OTHER UNIFORM REMINDERS

School issued or authorized singlet and shorts(briefs), or bodysuits must be worn.

No bandanas (includes all tied headwear) or hats will be permitted. Hats with a doctor's note are permitted.

No taping of fingers or hands in the pole vault. Gloves are not permitted..

An athlete may be disqualified for altering a uniform. (Excessive tying or taping of the back of a jersey or cutting of uniforms in order to bare the midriff are examples of altered uniforms.)

Note: Advertisement of any kind is not to be worn on any visible clothing item-this includes socks.

All athletes competing must wear **THEIR SCHOOL APPROVED UNIFORM AND SWEATS AT ALL TIMES**. No other uniform or clothing may be worn during competition or on the Victory Stand.

39. TRACK AND FIELD SURFACES

Track/Runways –Urethane; Shot Put/Discus Rings –Cement

NOTE: **Only 3/16" needle spikes** will be permitted on the track and runways. NO PYRAMID SPIKES WILL BE PERMITTED. Shoes, spikes, and bags will be inspected at the gate and at the site of the event. Athletes will not be permitted to participate on the artificial surfaces without approved spikes. Athletes will be disqualified in all events in which they were later determined to be in violation.

NOTE: Outside individual or team practice will not be allowed at any of the championship facilities from May 6 through May 20. Violators will be disqualified from CIF competition.

40. STARTING BLOCKS

Starting blocks will be provided. No other blocks may be brought to the meet.

41. TIMING SYSTEMS

Fully automatic timing and backup systems will be employed in all races to determine the time and placement of finishers in both Prelims and Finals. Should both systems fail in one or more heats of a race, official results of all heats in that race shall be the hand-held times. Back-up timers and judges will also be employed. Hip numbers will be provided to all runners. NOTE: There will be no utilization of unauthorized, unofficial video equipment for rendering decisions. If both systems should fail, finish time officials will be instructed not to talk to anyone except meet officials until final decisions

are made.

42. DRESSING FACILITIES

THERE WILL BE NO DRESSING FACILITIES AVAILABLE FOR ATHLETES AT THE CHAMPIONSHIP VENUES. ALL CONTESTANTS SHOULD ARRIVE DRESSED TO COMPETE.

43. STEREOS, WALKIE-TALKIES, UMBRELLAS, AND TENTS

For obvious reasons, no stereos (even those with headphones) may be brought through any gate. Coaches are advised to forewarn their people. Walkie-talkies will not be admitted due to possible interference with meet management and security. No umbrellas or tents will be permitted anywhere in the stadium. Canopies, music with headphones are permitted in the stands only. Note: Depending upon weather conditions, meet management may allow field event participants to bring small umbrellas to the field event sites.

44. MISCELLANEOUS

All National Federation rules will apply unless otherwise stated in the Green Book or this bulletin. Coaches are held responsible for the contents of this publication as well as all information given at the mandatory coaches' meeting on May 14th.

Reminder to coaches and league representatives: Only marks made in league/conference finals can be considered for automatics or at-large consideration

Meet management reserves the right to change any venue or other aspect of facility usage wherein issues of safety or meet logistics are concerned.

45. PASSES

Permitted: State CIF Life passes, CIFSDS Life Passes, CIFSDS media passes, CIFSDS/ State Courtesy Cards, participant passes.

Not Permitted: Scouting cards, faculty passes, school passes, league passes, district passes, other section passes, or coaches' passes

46. CONCESSIONS (If offered)

- a. Championship Memoribilla: Northwest Designs INK.
- b. Concessions: D1/Del Norte, D2/University City, D3/Valley Center -Section Finals/Mt. Carmel

47. CIFSDS RECORD BOOK UPDATE

CIF Record Book Information may be updated by school personnel through the CIFSDS Home Site under New CIFSDS Records tab. Please visit our website at www.cifsd.org to log in. Please contact Mr. Ron Marquez at rmarquez@cifsd.org

48. PLAYOFF PARTICIPATION PATCHES

Playoff participation patches may be purchased for **\$20.00** each. Orders will be accepted via the CIFSDS Home site, please visit our website at <https://cif-sds.square.site/>.

49. ADDITIONAL CHAMPIONSHIP OR RUNNER-UP PATCHES

Additional Runner-up and Championship patches may be purchased for **\$20.00** each. Orders will be accepted via the CIFSDS Home site, please visit our website at <https://cif-sds.square.site/>.

50. ADDITIONAL FORMS

[Pole Vault Verification Form](#)

[Waiver to Compete Form](#)

[Long and Triple Takeoff Boards](#)

[Appeals Form](#)

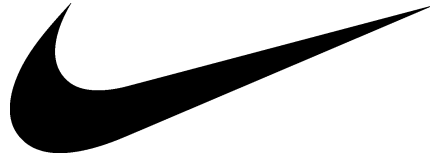
[Rules Clarification Form](#)

51. **TENTATIVE TIME SCHEDULES** - The time schedules are subject to change due to added heats/flights

[Divisionals](#)

[Sectionals](#)

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Head Coach, UCLA Women's Soccer



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