

DATES/LOCATION/BUS INFO:

Prelims: Tuesday, April 25th (3pm ALL EVENTS) FIELD: LJ/HJ/B Shot/G Disc (1ST round)...TJ/PV/G Shot/B Disc to follow

Finals: Thursday, April 27th (3pm field events/5:30pm running events. Time Sch. coming soon)

Location: Warren High School: 8141 DePalma St., Downey, CA 90241

Drop off: Buses enter the front lot and follow the cones to the O hall gate (near grass field).

Athletes and spectators enter stadium from front lot (near swimming pool)

Parking: If Buses need to park, go to rear lot after drop off and there will be spaced reserved for you. **Please let me know in advance if your bus needs to park.**

REGISTRATION:

Registration is currently open and **closes at midnight, Sunday, April 23rd** at www.ca.milesplit.com

5 entries per event

3 wildcard entries

VERIFIED MARKS ONLY

Please be considerate in 1600m/3200m races. Overlapped runners cause congestion and interference. Please be mindful that this is a VARSITY only meet for those in contention to qualify for CIF Prelims. Slower/Developing runners may be more suited for Conference Championships where there are unlimited entries.

NO DAY-OF ADDS

MEET DAY INFO and PROTOCOLS:

Spectator Admission: \$7 adults/\$5 students with school ID/Children under 12 free (both days)

Proceeds go to the conference to help with expenses

Athletes only on the infield

NO COACHES/PARENTS/NON-PARTICIPANTS on infield. Participating athletes only.

Advise athletes to stay clear of finish line area/starter area/and timing equipment

Canopies allowed at the top of bleachers only

Infield warm-up area, do not use baseball/softball fields

Grass basin near pool will be available for warm-up at Finals once Discus is over

Stadium restrooms available near concession stand

Visitor side bleachers closed

SEEDING:

Seeding will take place at our seeding meeting at Warren High School (Library).
Former SGVL League (Gateway) @ 4pm and former Suburban League (Mid-Cities) @ 5pm

This meeting is very important to guarantee proper heat and lane assignments.
Heats will be seeded equally.

QUALIFYING:

Field Events: Top 12 advance (3 attempts)

FINALS: 3 attempts to narrow field to 8, then 3 more attempts

Laned Races: Top 9 advance (heat winners automatically advance, next fastest to 9 places)

800m-3200m: Top 12 advance (heat winners automatically advance, next fastest to 9 places)

QUALIFYING TO CIF PRELIMS:

1st place winners automatically qualify

2nd and 3rd finishers must meet qualifying standards per CIF division (see cifss.org Playoff Bulletin for standards). These marks are based on the average mark for the last 3 years of the 27th finisher. (This will be discussed at the seeding meeting)

4th Place finishers must meet the AT-LARGE standard per CIF division (see cifss.org Playoff Bulletin for standards). These marks are based on the average mark for the last 3 years of the 9th finisher. (This will be discussed at the seeding meeting)

ORDER OF EVENTS FOR FINALS: (CIF ORDER)

Field Events:

1ST Round: Long Jump/High Jump/Discus

2nd Round: Triple Jump/Pole Vault/Shot

Running Events:

Mid-Cities	MC
Gateway	GW

LEAGUE	GENDE R	EVENT
MC	G	400m Relay

LEAGU E	GENDE R	EVENT
MC	G	800m

MC	B	400m Relay
GW	G	400m Relay
GW	B	400m Relay
MC	G	1600m
MC	B	1600m
GW	G	1600m
GW	B	1600m
MC	G	100m HH
GW	G	100m HH
MC	B	100m HH
GW	B	100m HH
MC	G	400m
MC	B	400m
GW	G	400m
GW	B	400m
MC	G	100m
MC	B	100m
GW	G	100m
GW	B	100m

MC	B	800m
GW	G	800m
GW	B	800m
MC	G	300m LH
GW	G	300m IH
MC	B	300m LH
GW	B	300m IH
MC	G	200m
MC	B	200m
GW	G	200m
GW	B	200m
MC	G	3200m
MC	B	3200m
GW	G	3200m
GW	B	3200m
MC	G	1600m Relay
MC	B	1600m Relay
GW	G	1600m Relay
GW	B	1600m Relay

TIME SCHEDULE OF EVENTS:

Coming Soon. This will be sent out by the end of the week.

CONCESSIONS:

Full concession stand will be offered. Coffee, hot chocolate, chicken/beef quesadillas, hot dogs, nachos, etc.

MEET MANAGEMENT:

Logistics/Information herein: Jay Waldron (WHS) 562.544.3373

CIF Qualifying Submission/Meet-Day Protocols: Ramon Miranda (WHS) 562.842.5115

Seeding/Hytek Submission: Bryan Leighliter (Gahr) 714.595.0995

Results: Finished Results