

Post Season Qualifying Procedures

- **League Finals**

All eight schools in our league will compete in this meet. Below you will find the minimum qualifying marks for each event. Use these marks as your minimum goals for the year. For Varsity, the top 9 qualifying times coming into this meet will be placed in the seeded event (“A” heat). The winner will be the only automatic qualifier. The 2nd & 3rd place position must meet a minimum-qualifying standard, which has been set by the CIF and is listed below. There is also an opportunity for any athlete, regardless of finish place, to secure a position at CIF if they meet the “At-Large” qualifying standard. Also, a person can qualify for CIF regardless of which heat they are placed in – we are simply taking the three best competitors.

Qualifying Standards to compete at League Finals

Event	Girls Varsity	Girls Frosh/Soph	Boys Varsity	Boys Frosh/Soph
100 Meters	13.99	14.49	11.89	12.49
200 Meters	28.99	29.99	24.49	25.99
400 Meters	68.99	70.99	56.99	59.99
800 Meters	2:45	2:50	2:10	2:20
1600 Meters	6:10	6:20	5:00	5:20
3200 Meters	13:45	14:30	11:00	12:00
100 LH / 110 HH	19.0	20.0	19.0	20.0
300 LH / IH	55.0	58.0	46.0	50.0
High Jump	4’6”	4’2”	5’6”	5’0”
Long Jump	14’0”	13’0”	18’0”	16’0”
Triple Jump	29’0”	27’0”	37’0”	34’0”
Shot Put	29’0”	25’0”	40’0”	36’0”
Discus	85’0”	75’0”	110’0”	85’0”

CIF Qualifying Standards for 2nd & 3rd Place Finisher at League Finals

Event	Div. 3 Boys -FAT	Div. 3 Boys - HT	Div. 3 Girls-FAT	Div. 3 Girls- HT
100 Meters	11.64	11.4	13.44	13.2
200 Meters	23.54	23.3	27.54	27.3
400 Meters	53.34	53.1	64.74	64.5
800 Meters	2:05.14	2:04.9	2:35.14	2:34.9
1600 Meters	4:42.14	4:41.9	5:42.14	5:41.9
3200 Meters	10:31.14	10:30.9	12:45.04	12:44.8
100 HH / 110 HH	17.54	17.3	18.64	18.4
300 LH / IH	44.84	44.6	52.14	51.9
400m Relay	45.54	45.3	53.64	53.4
1600m Relay	3:42.14	3:41.9	4:32.14	4:31.9
High Jump	5-06		4-07	
Long Jump	19-03		14-06	
Triple Jump	37-03		29-06	
Shot Put	41-00		27-00	
Discus	112-00		85-00	

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Qualifying Standards for At-large Entries

Event	Div. 3 Boys		Div. 3 Girls	
	FAT	HT	FAT	HT
100 Meters	11.01	10.7	12.49	12.2
200 Meters	22.19	21.9	25.56	25.3
400 Meters	50.50	50.2	61.21	60.9
800 Meters	2:00.36	2:00.1	2:22.26	2:22.0
1600 Meters	4:24.98	4:24.7	5:16.32	5:16.0
3200 Meters	9:39.52	9:39.2	11:24.38	11:24.1
100 HH / 110 HH	15.77	15.5	16.36	16.1
300 LH / IH	41.76	41.5	48.63	48.3
400m Relay	43.86	43.6	51.09	50.8
1600m Relay	3:31.46	3:31.2	4:10.68	4:10.4
High Jump	5-09		4-10	
Long Jump	20-08		16-02	
Triple Jump	41-05		33-01	
Shot Put	47-02		33-11	
Discus	142-07		106-09	

*FAT = Fully Automatic Timing

- **CIF Prelims**

This year the CIF Prelims for Division 3 will be held at Yorba Linda High School on Saturday, May 4th. The other three divisions in the Southern Section hold their prelims at different sites on this weekend. This is a large meet consisting of the top three athletes in each event from all of the leagues in Division 3 of the Southern Section of CIF. The top nine times or marks from this meet qualify for the **CIF Division 3 Championships** (they take the winner of each heat and the next fastest times to total nine in the running events, and the top 9 performers in the field events).

- **Southern Section CIF Finals**

All four divisions compete on the same day and at the same site, which this year is at Moorpark High School in Moorpark on Saturday, May 11th. For each event there is one competition for each of the four divisions. So the top 9 individuals from each division, and only their division, will compete against each other - striving for the coveted Divisional Championship title. Medals go to the top six in each event. The top nine overall marks from all four divisional finals combined will advance to the **Masters Meet** (top 12 in the 800, 1600, 3200m, and field events). This is a little confusing because at this meet we have two different things going on:

1. There is the isolated competition of the 9 individuals for each Division; the other Divisions have nothing to do with how these individuals rank after the competition. There will be a Division 1 Champion, a Division 2 Champion, and so on.
2. After all four Divisions have competed, then the officials look at the times and marks from all four Divisions to determine who had the top 9 (or 12) times or marks overall, these 9 (or 12) individuals have qualified to compete in the Masters Meet!

- **Southern Section State Qualifying Meet (Masters)**

This meet takes place on Saturday afternoon and takes no more than 3 hours from start to finish. It will take place at Moorpark High School on Saturday, May 18th. It consists of the top 9 (or 12) athletes in the Southern Section competing for the top six places to qualify for the **State Prelims**. Athletes who finish higher than 6th place at this meet can also qualify for the State Prelims if they meet the State Meet at large qualifying standard.

- **State Preliminaries**

Because of the size of the Southern Section, we are allotted more entries into this meet than the other nine Sections of the state. This is where all of the other Sections of our State come together for the first time to compete. This takes place on a Friday night (May 24th), at Veteran's Memorial Stadium in Clovis and the top nine times or marks advance to **State Finals** the next day.

Post Season Qualifying Procedures

- **State Finals**

This year the finals will be on Saturday evening, May 25th, again at Veteran's Memorial Stadium in Clovis. It is a great honor to make it this far. Medals go to the top six places, but everyone who makes it here is a winner. To make it here you are amongst the top nine competitors from the state's 1500 schools.