

# Do you know the way to Dual Meets, Invitationals, CIF?

Maybe you have just come out for track and field or you are a seasoned veteran. Whoever you are, you might be a little confused by the sport. There are invitationals, there are dual meets. There are varsity meets, frosh/soph meets, junior varsity meets and qualification meets. There are league championships, county championships, and CIF championships. What does it all mean?

Let's start with the basics. During the regular season, there are basically two types of meets, invitationals and dual/ tri meets. Within these two groups, there are other subgroups. We will start with dual meets where athletes compete either at the Varsity or Junior Varsity level. These are competitions between two different teams such as Buena and Rio Mesa. Buena is in the Pacific View League which includes Channel Islands, Oxnard, Pacifica, Rio Mesa, and Ventura. Team scoring for each level and event is 5 points for 1st, 3 points for 2nd, and 1 point for third. In the relays only 1st place earns 5 points. The team with the best dual meet record against other Pacific View League teams will become the Pacific View League championship team.

Invitationals take on many forms. The basic premise of an invitational is that you are invited. There are usually at least 4 teams and some invitationals host 40 or more teams. There are different types of invitationals. Some may focus on class only (freshmen against freshmen, sophomores against sophomores, etc) races and events. Others might focus on specific events such as a Distance Classic or a Throwers Meet. Still others have very strict qualification standards, allowing only the elite of the elite to compete while another meet might let in any caliber of athlete. Some invitationals are scoring while some are just set up for individual competition. Some invitationals, such as the Ventura County Championships and Arcadia, may have two different levels of competition going on during the day. At these two meets, they have an Open session earlier in the day and an Invitational session in the evening.

All right, so you understand the difference between an invitational and a dual meet. But how do you get to CIF? The Road to CIF is paved through the Pacific View League Finals. First of all, in order to qualify for CIF, you must qualify in the **varsity division** of the Pacific View League Finals. In order to compete in the varsity division, you must have achieved certain qualifying marks throughout the season. At the PVL Finals, you must finish in the Top 3 in an event. Second and third place finishers must also meet a qualifying standard.

Once you finish in the top 3 and meet the qualifying standard, you get to go to CIF Prelims. That is held the week after League Finals and all of the other qualifiers in your division meet at a common site to compete for CIF Finals spots. To make the finals, you must have one of the top 9 marks in your event at Prelims.

At Finals, the top 9 compete against each other for 6 CIF medals. You may also qualify to go to the Masters' Meet at Finals. A Masters' Meet qualifier must be one of the top 9 marks in all 4 Divisions of CIF (top 12 for distances and field events). You may win your division but not qualify for Masters'.

The purpose of the Masters' Meet is to determine who goes to the State Meet. Those top 9 (12) qualifiers compete head to head the week after CIF Finals. The top 6 finishers at the Masters' Meet qualify for the California State Meet, along with those outside of the top 6 who have met the state at-large standard.

At the State Meet, the Southern Section gets 6 entries per event out of the total 27 entries throughout the state. On Friday, those 27 entries race to see who qualifies for the coveted 9 finals spots. On Saturday, those top 9 spots compete for 6 state medals and the chance to be California Individual State Champion!

## **PACIFIC VIEW LEAGUE TRACK AND FIELD ORDER OF EVENTS**

### Running Events:

1. Girls 400m Relay
2. Boys 400m Relay
3. Girls 1600m Run
4. Boys 1600m Run
5. Girls 100m HH
6. Boys 110m HH
7. Girls 400m Dash
8. Boys 400m Dash
9. Girls 100m Dash
10. Boys 100m Dash
11. Girls 800m Run
12. Boys 800m Run
13. Girls 300m IH
14. Boys 300m IH
15. Girls 200m Dash
16. Boys 200m Dash
17. Girls 3200m Run
18. Boys 3200m Run
19. Girls 1600m Relay
20. Boys 1600m Relay

### Field Events (boys and girls)

- Long Jump
- Triple Jump
- High Jump
- Shot Put
- Discus

## 2020 PVL Qualifying Standards

<b>Girls FR/SO</b>	<b>Girls VAR</b>	<b>Event</b>	<b>Boys FR/SO</b>	<b>Boys VAR</b>
54.99	52.25	4 X 100	47.99	45.25
14.49	13.99	100	12.49	11.89
29.99	28.99	200	25.99	24.49
70.99	68.99	400	59.99	56.99
2:50.00	2:45.00	800	2:20.00	2:10.00
6:20.00	6:10.00	1600	5:20.00	5:00.00
14:30.00	13:45.00	3200	12:00.00	11:00.00
20.00	19.00	100/110H	20.00	19.00
58.00	55.00	300H	50.00	46.00
4:39.99	4:19.99	4X400	3:49.99	3:34.99
13'00"	14'00"	Long Jump	16'00"	18'00"
27'00"	29'00"	Triple Jump	34'00"	37'00"
4'02"	4'06"	High Jump	5'00"	5'06"
7'00"	8'00"	Pole Vault	9'00"	11'00"
25'00"	29'00"	Shot Put	36'00"	40'00"
75'00"	85'00"	Discus	85'00"	110'00"

## 2020 CIF-SS TRACK AND FIELD

### MINIMUM STANDARDS FOR 2ND AND 3RD PLACE IN LEAGUE FINALS - 2020

	D3-BOYS	D3-BOYS	D3-GIRLS	D3-GIRLS
EVENT	FAT	HT	FAT	HT
100	11.54	11.3	13:34	13.1
200	23.44	23.2	27.34	27.1
400	53.24	53.0	1:04.34	1:04.1
800	2:06.04	2:05.8	2:35.54	2:35.3
1600	4:41.24	4:41.0	5:40.44	5:40.2
3200	10:30.54	10:30.3	12:45.04	12:44.8
110/100HH	17.24	17.0	18.54	18.3
300IH/LH	44.04	43.8	51.94	51.7
400R	45.04	44.8	53.14	52.9
1600R	3:41.04	3:40.8	4:31.04	4:30.8
HJ		5-08		4-06
PV		9-00		7-00
LJ		19-08		15-00
TJ		38-08		29-06
SHOT		41-10		25-06
DISCUS		115-05		84-00

### QUALIFYING STANDARDS FOR AT-LARGE AND FREELANCE ENTRIES - 2020

	D3-BOYS	D3-BOYS	D3-GIRLS	D3-GIRLS
EVENT	FAT	HT	FAT	HT
100	10.95	10.7	12.38	12.1
200	22.29	22	25.33	25.0
400	50.70	50.4	58.71	58.4
800	1:59.39	1:59.1	2:20.91	2:20.6
1600	4:25.29	4:25.0	5:12.65	5:12.4
3200	9:38.73	9:38.5	11:21.76	11:21.5
110/100H	15.38	15.1	15.71	15.4
300IH/LH	40.97	40.7	47.13	46.8
400R	43.47	43.2	49.70	49.4
1600R	3:27.96	3:27.7	4:06.29	4:06.0
HJ	6-00		5-01	
PV	12-08		9-06	
LJ	21-00		16-11	
TJ	42-04		34-11	
SHOT	48-01		33-06	
DISCUS	145-08		107-06	