



California Interscholastic Federation

State Office 470 South Patterson Avenue, Santa Barbara, California 93111

(805) 964-4724

Thomas E. Byrnes
Commissioner

Robert E. Steuart
Associate Commissioner

CALIFORNIA STATE CIF TRACK MEET

Friday, June 5, and Saturday, June 6, 1981

TO: COACHES OF MEN'S AND WOMEN'S TRACK TEAMS, ATHLETIC DIRECTORS,
CIF SECTION COMMISSIONERS, AND CIF FEDERATED COUNCIL MEMBERS

The Southern Section of the California Interscholastic Federation cordially invites you to participate in the 63rd Annual State High School Track and Field Meet to be held at Cerritos College, 11110 East Alondra Blvd., Norwalk, California 90650.

ADVANCE INFORMATION BULLETIN

I. DATES AND STARTING TIMES

Friday, June 5, 1981 -TRIALS- Field event trials will start at 1:00PM.
Running event trials will start at 5:00PM.

Saturday, June 6, 1981 -FINALS- Field event finals will start at 3:30PM.
Running event finals will start at 6:00PM.

NOTE: Competitors shall not leave school Thursday, prior to the close of school on that day, unless travel requires two days. Schools may petition to the Section CIF office for the additional day. Also, competitors will not be permitted to work out at Cerritos College any time within five (5) days prior to the State Track Meet. Any violation of the above may result in disqualification.

II. ADMINISTRATION AND SUPERVISION OF THE MEET

The meet will be under the direction and supervision of the CIF Southern Section; Ray Plutko, Commissioner. Representing the Commissioner, Dean Crowley, Administrative Assistant, CIF-SS, P.O. Box 488, Cerritos, California, (213) 860-2414. The Meet Manager will be Doug Smith. He may be contacted at Arcadia High School, 180 Campus Drive, Arcadia, California 91006, (213) 446-0131, Ext. 260. Arcadia High School and its track teams will serve as hosts.

III. ENTRIES

The State CIF Federated Council rules governing the number of entries per Section are as follows:

Southern	5	Sac-Joaquin	3	San Diego	3
Los Angeles	4	Central	3	Northern	1
North Coast	4	Central Coast	3	San Francisco/ Oakland	1

IV. REGISTRATION

Coaches and athletes shall check in and receive their credentials and packets at the Registration Desk, which will be in the foyer of the CIF (SS) Offices at 11011 E. Artesia Blvd., Cerritos. (The offices are located approximately $\frac{1}{2}$ mile south of the stadium.)

Registration Desk Hours:

Friday , June 5 - 10:00AM -7:00PM

Saturday, June 6 - 12 Noon - 5:00PM

NO CREDENTIALS OR PACKETS WILL BE AVAILABLE AT THE STADIUM AT ANY TIME!

V. COACHES' RIBBONS

One ribbon, good for both Friday and Saturday, will be issued to each men's and women's head coach. Absolutely no additional ribbon for assistant coaches, wives, managers, etc. will be given. Please keep these in your possession as duplicate ribbons will not be re-issued under any circumstances.

Admittance to the meet will be through the participant's gate at the southwest end of the stadium. These ribbons will identify you as a coach and will admit you to the stadium's west stands and athlete's warm-up area ONLY.

COACHES WILL NOT BE PERMITTED ON THE FIELD AT ANY TIME!

VI. PARTICIPANT'S RIBBONS

One ribbon, good for both Friday and Saturday, will be issued to each athlete. Do not lose as duplicate ribbons will not be re-issued under any circumstances.

Admittance to the meet will be through the participant's gate at the southwest end of the stadium. These ribbons will identify the athlete and admit them to the stadium's west stands and athlete's warm-up area ONLY!

VII. PARKING

Coaches and athletes are asked to park along Falcon Road and in the lots located south of the school. Entrance to this area is from Studebaker Road. The parking area adjacent to the field house is strictly for officials; absolutely no others will be admitted to this area.

Free parking for all spectators is available in the lots immediately north of the stadium. Entrance to these lots will be allowed only from Alondra Blvd.

VIII. DRESSING QUARTERS

There will be no dressing rooms or lockers available for either men or women at the stadium. The management requests that all athletes dress at home or at their hotel or motel. Athletes may use the rest room facilities in the field house.

IX. UNIFORMS

All athletes competing in the State Meet trials and finals must wear their high school uniform. No other uniform may be worn at any time (practice, competition or on the Victory Stand). Wearing a college or other organization sweat shirt or T-shirt could result in disqualification.

The assigned competitor's number shall be attached to the back of the shirt.

X. ACCUTRACK TIMING AND PHOTOS

An experienced crew of technicians will provide Accutrack service with photographs showing place and time of contestants. The photographs will be reviewed by the Head Finish Judge. A second back-up system of Accutrack equipment will also be utilized. Hand-held watches will be used to record times only in the event of Accutrack failure.

XI. TRAINERS AND FACILITIES

Mr. Tony Russo, head trainer for the 1984 U.S. Olympic team, will lead a staff of trainers who will be available at all times during the meet. Mr. Russo and his staff will be located next to the track in the athlete's warm-up area. Also available will be the complete training facilities of Cerritos College located just south of the stadium.

XII. SCORING

Scoring in all events will be:

XII. SCORING (continued)

1st place	-	10 points	4th place	-	4 points
2nd place	-	8 points	5th place	-	2 points
3rd place	-	6 points	6th place	-	1 point

Points will be scored only on the basis of Saturday's competition

XIII. AWARDS

Coaches are requested to instruct their athletes to cooperate with officials by reporting to the Victory Stand immediately at the conclusion of their event. The runners will be escorted down a chute from the finish line to the awards area. Field event place winners will be escorted by the event official from their area to the Victory Stand immediately upon verification of results by the Head Field Judge.

Medals for all place winners will be presented immediately following each event. Where ties occur, contestants involved will toss a coin for immediate presentation of the medal. Losers of the toss will receive their medal by mail. Team championship trophies will be presented to the winning schools' men's and women's team fifteen minutes after the final event of Saturday.

XIV. OFFICIAL MEET PROGRAM

In order to produce a quality program which includes photographs and information on the outstanding athletes in each CIF Section, schools are requested to mail such to Mr. Larry Zucker, Program Editor, at the CIF (SS) Office, 11011 E. Artesia Blvd., Cerritos, California 90701. Information must be received by Friday, May 1 to insure that it will be included.

XV. PRESS

Cerritos Stadium has excellent accommodations for members of the press. There is a large enclosed press box at the top of the stands on the west side. All reporters will be seated on the first two levels. The press box will be open to only those members of the press with the proper credentials and other selected officials. All others will be turned away.

Mrs. Maggie Helms, Press Secretary for the CIF (SS) Office, will be handling all press credentials. Publications desiring credentials for their reporters should make their requests by mail to the CIF (SS) Office, 11011 Artesia Blvd., Cerritos, California 90701, ATTN: Mrs. Helms, or by calling Mrs. Helms at (213) 860-2414.

XV. PRESS (continued)

State Meet credentials for reporters must be picked up at the
State Press Offices. None will be available at the stadium at any
time. Offices will be open:

Friday, June 5 - 10:00AM - 7:00PM
Saturday, June 6 - 12 Noon - 5:00PM

XVI. TRACK CONSTRUCTION

Cerritos Stadium has a 400 meter track with nine 48 inch lanes of A.C.I. all weather surfacing. The long jump, triple jump, pole vault runways and the high jump take-off pad are also A.C.I. Maximum length of spikes on the running surfaces is 1/4 inches. Shoes will be checked by individual officials. The shot put and discus circles are concrete.

XVII. TIME SCHEDULES

TRIALS (Friday)

FIELD EVENTS

1:00 - Women's Discus	5:30 - Men's Pole Vault
4:00 - Men's Discus	7:00 - Men's Shot Put
4:00 - Women's Shot Put	7:00 - Women's Long Jump
4:00 - Men's Long Jump	7:00 - Men's High Jump
4:00 - Women's High Jump	7:00 - Men's Triple Jump

TRACK EVENTS

5:00 - Womens 100 m. Low Hurdle Heat #1	6:54 - Men's 400 m. Run Heat #1
5:03 - Womens 100 m. Low Hurdles Heat #2	6:58 - Men's 400 m. Run Heat #2
5:06 - Women's 100 m. Low Hurdles Heat #3	7:02 - Men's 400 m. Run Heat #3
5:11 - Women's 400 m. Relay Heat #1	7:07 - Women's 200 m. Dash Heat #1
5:16 - Women's 400 m. Relay Heat #2	7:10 - Women's 200 m. Dash Heat #2
5:21 - Women's 400 m. Relay Heat #3	7:13 - Women's 200 m. Dash Heat #3
5:26 - Men's 400 m. Relay Heat #1	7:16 - Men's 200 m. Dash Heat #1
5:31 - Men's 400 m. Relay Heat #2	7:19 - Men's 200 m. Dash Heat #2
5:36 - Men's 400 m. Relay Heat #3	7:22 - Men's 200 m. Dash Heat #3

XVII. TIME SCHEDULES (continued)

5:41 - Women's 800 m. Run Heat #1	7:27 - Women's 300 m. Low Hurdle Heat #1
5:46 - Women's 800 m. Run Heat #2	7:31 - Women's 300 m. Low Hurdle Heat #2
5:51 - Women's 800 m. Run Heat #3	7:35 - Women's 300 m. Low Hurdle Heat #3
5:56 - Men's 800 m. Run Heat #1	7:39 - Men's 300 m. Low Hurdle Heat #1
6:01 - Men's 800 m. Run Heat #2	7:43 - Men's 300 m. Low Hurdle Heat #2
6:06 - Men's 800 m. Run Heat #3	7:47 - Men's 300 m. Low Hurdle Heat #3
6:11 - Women's 100 m. Dash Heat #1	7:52 - Women's 1600 m. Run Heat #1
6:14 - Women's 100 m. Dash Heat #2	8:00 - Women's 1600 m. Run Heat #2
6:17 - Women's 100 m. Dash Heat #3	8:08 - Men's 1600 m. Run Heat #1
6:20 - Men's 100 m. Dash Heat #1	8:15 - Men's 1600 m. Run Heat #2
6:23 - Men's 100 m. Dash Heat #2	8:22 - Women's 1600 m. Relay Heat #1
6:26 - Men's 100 m. Dash Heat #3	8:29 - Women's 1600 m. Relay Heat #2
6:31 - Men's 110 m. High Hurdles Heat #1	8:36 - Women's 1600 m. Relay Heat #3
6:34 - Men's 110 m. High Hurdles Heat #2	8:43 - Men's 1600 m. Relay Heat #1
6:37 - Men's 110 m. High Hurdles Heat #3	8:49 - Men's 1600 m. Relay Heat #2
6:42 - Women's 400 m. Run Heat #1	8:55 - Men's 1600 m. Relay Heat #3
6:46 - Women's 400 m. Run Heat #2	
6:50 - Women's 400 m. Run Heat #3	

FINALS (Saturday)

FIELD EVENTS

3:30 - Women's Discus	6:00 - Men's Pole Vault
4:30 - Men's Long Jump	6:15 - Women's Long Jump
5:00 - Women's High Jump	7:00 - Men's High Jump
5:30 - Women's Shot Put	7:30 - Men's Shot Put
5:30 - Men's Discus	8:00 - Men's Triple Jump

XVII. TIME SCHEDULES (continued)

FINALS (Saturday)

TRACK EVENTS

6:00 - Women's 100 m. Low Hurdles	7:36 - Men's 400 m. Dash
6:06 - Women's 3200 m. Run	7:43 - Special Olympics Race
6:25 - Women's 400 m. Relay	7:48 - Special Olympics Race
6:32 - Men's 400 m. Relay	7:53 - Women's 200 m. Dash
6:39 - Women's 800 m. Run	7:59 - Men's 200 m. Dash
6:47 - Men's 800 m. Run	8:05 - Women's 300 m. Low Hurdle
6:55 - Women's 100 m. Dash	8:12 - Men's 300 m. Low Hurdle
7:01 - Men's 100 m. Dash	8:19 - Women's 1600 m. Run
7:07 - Men's 110 m. High Hurdles	8:30 - Men's 1600 m. Run
7:13 - Men's 3200 m. Run	8:40 - Women's 1600 m. Relay
7:29 - Women's 400 m. Dash	8:50 - Men's 1600 m. Relay

XVIII. COMPETING RULES AND REGULATIONS

The Track and Field Rule Book of the National Federation of State High School Associations will be the official guide for rules and regulations for both men and women, superseded only by State CIF rules and policies of the Federated Council.

Assignments to heat trials will be made on the basis of times made in the various CIF Sectional Final Meets. If two or more times are identical, the athlete with the highest place finish in the CIF Section Final Meet will be seeded higher. Section Commissioners and meet managers must be certain that all entries submitted to the State Meet are accompanied by times recorded in the CIF Section Final Meet. Yard times must be converted to metric times. (Please use chart on page 67 of your National Federation High School Rule Book.) Meet management will assume this has been done and will base the seeding accordingly. Marks in the field events made at the CIF Section Final Meets must also be submitted. Any entries submitted without a qualifying time or mark will, of necessity, be seeded last.

Heat Assignments in TRIALS

Heat One

1
6
7
12
13
18
19
24
25

Heat Two

2
5
8
11
14
17
20
23
26

Heat Three

3
4
9
10
15
16
21
22
27

XVIII. COMPETING RULES AND REGULATIONS (Continued)

Lane assignment for trial races run the full distance in lanes, the fastest competitor, as determined from Sectional Final Meets, will be placed in lane #5, next fastest in #6, next in #4, then #7, etc. In races not run the full distance in lanes, assignments will be drawn by lot by the Meet Management. Section entries will not be placed in the same heat when adjustments can be made without upsetting the heat assignment formula.

Lane assignment for final races will be determined by times from the trial heats following the formula found on page 66, situation ruling 311, in the National Federation Rule Book. For races run the full distance in lanes, the fastest first place finisher will draw lane #5, the second fastest first place will be in lane #6, with the third fastest first in lane #4. Then the fastest second place will be in lane #7, the second fastest second in lane #3, etc. In races not run the full distance in lanes, assignments will be drawn by lot. Entrants in the 3200 meter run will be seeded into rows with the fourteen (14) fastest times placed in the front row with each position determined by lot, and the remaining runners in a second row, also, with each position determined by lot.

Please note that all 800 races will use a two turn stagger and all 1600 and 3200 races will use a scratch start.

Qualifying from trials to finals will follow procedures as directed by the Federated Council and will be carried out by Meet Management and the Games Committee.

In the trials there will be three heats of nine (9) competitors in each heat, with the first three (3) finishers in each heat to qualify for the finals. In the 1600 meter runs, there will be two heats with the first five (5) finishers from each heat to qualify for the finals. Trials will not be conducted in the 3200 meter runs; all twenty-seven (27) entrants will run in the finals.

All competitors will be timed by the Accutrack. Advancement to the finals is by heat placement only.

Established reporting times, warm up times and starting heights for both the trials and finals are as follows;

REPORTING TIMES FOR TRIALS

12:00 - Women's Discus	4:30 - Men's Pole Vault
3:00 - Men's Discus	6:00 - Men's Shot Put
3:00 - Women's Shot Put	6:00 - Women's Long Jump
3:00 - Men's Long Jump	6:00 - Men's High Jump
3:00 - Women's High Jump	6:00 - Men's Triple Jump

XVIII. COMPETING RULES AND REGULATIONS (Continued)

REPORTING TIMES FOR FINALS

2:30 - Women's Discus	5:00 - Men's Pole Vault
3:45 - Men's Long Jump	5:30 - Women's Long Jump
4:00 - Women's High Jump	6:00 - Men's High Jump
4:30 - Men's Discus	6:30 - Men's Shot Put
4:30 - Women's Shot Put	7:15 - Men's Triple Jump

Athletes participating in field events must report directly to the event official. Athletes who report late will be scratched. Competitors who have a conflict with another field event should report to the other event's official prior to that event's reporting time. Otherwise the athlete will be scratched. If it is in conflict with a running event, the athlete must secure a release from the field event official and must report to the clerk of the course. Do not report directly to the starting line without first checking in with the clerk.

WARM-UP TIMES AND HEIGHTS

MEN'S POLE VAULT

MEN'S HIGH JUMP

WOMEN'S HIGH JUMP

<u>Trials</u>	<u>Finals</u>	<u>Trials</u>	<u>Finals</u>	<u>Trials</u>	<u>Finals</u>
4:30 - None	5:00 - None	6:00 - None	6:00 - None	4:00 - None	4:00 - None
4:45 - 12-9	5:15 - 13-0	6:15 - 6-0	6:15 - 6-2	4:15 - 4-8	4:15 - 4-1
5:00 - 13-3	5:30 - 13-6	6:30 - 6-2	6:30 - 6-4	4:30 - 4-10	4:30 - 5-0
5:15 - 13-9	5:45 - 14-0	6:45 - 6-4	6:45 - 6-6	4:45 - 5-0	4:45 - 5-2

Long jump and triple jump warm ups will start forty-five (45) minutes before competition begins. Shot put and discus warm ups will start one (1) hour prior to competition.

STARTING HEIGHTS FOR TRIALS AND FINALS

<u>MEN'S TRIALS POLE VAULT</u>	<u>MEN'S FINALS POLE VAULT</u>	<u>MEN'S TRIALS HIGH JUMP</u>	<u>MEN'S FINALS HIGH JUMP</u>	<u>WOMEN'S TRIALS HIGH JUMP</u>	<u>WOMEN'S FINALS HIGH JUMP</u>
13'4"	13'8"	6'2"	6'4"	5'0"	5'2"
13'8"	14'2"	6'4"	6'6"	5'2"	5'4"
14'0"	14'8"	6'6"	6'8"	5'3"	5'6"
14'4"	15'2"	6'7"	6'9"	5'4"	5'7"
14'8"	15'6"	6'8"	6'10"	5'5"	5'8"
Etc.	15'10"	6'9"	6'11"	5'6"	5'9"
	16'2"	Etc.	7'0"	Etc.	5'10"
	Etc.		Etc.		Etc.

XX. LODGING (Continued)

The following listed hotels or motels have excellent accommodation including eating facilities in or nearby. You may want to stay elsewhere, but those listed are suggested because of their convenience to Cerritos College. They are within five to ten freeway minutes.

As this is a very heavy tourist area, please make reservations as
as possible.

AZTEC BEST WESTERN MOTEL
7620 Beach Blvd.,
Buena Park, CA 90620
(714) 522-8433; toll free
number - 1-800-528-1234.
Full and separate kitchens;
pool; walking distance to
Knott's. Single - \$40;
Double - \$44.

BEST WESTERN BUENA PARK INN
8580 Stanton Ave.
Buena Park, CA 90620
(714) 828-5211; toll free
number - 1-800-528-1234.
Pool; walking distance to
Knott's. Single - \$32 to \$36;
Double - \$38 to \$42

BUENA PARK HOTEL
7675 Crescent Ave.,
Buena Park, CA 90620
(714) 995-1111; toll free
number - 1-800-421-2048.
Pool; coffee shop; penthouse
dining; lounge with nightly
entertainment and disco.
Single - \$52; Double - \$62.

Free
BUENA PARK TRAVELODGE
7640 Beach Blvd.,
Buena Park, CA 90620
(714) 522-8461; toll
free number - 1-800-255-3050.
Single - \$30 60 \$36
Double - \$38 60 \$44

GASLIGHT MOTEL
7777 Beach Blvd.,
Buena Park, CA 90620
(714) 522-8441; toll free
number - 1-800-421-4380
Single - \$26; Double - \$28

HOLIDAY INN PLAZA HOTEL
7000 Beach Blvd.,
Buena Park, CA 90620
(714) 522-7000; toll free
number - 1-800-238-8000
Full service hotel; dinner
house; cocktail lounge; 24-hr.
coffee shop; pool
Single - \$45 to \$50
Double - \$50 to \$55

QUALITY INN OF BUENA PARK
7555 Beach Blvd.,
Buena Park, CA 90620
(714) 522-7360; toll free
number - 1-800-228-5151
pool; sauna and jacuzzi;
Single - \$35
Double - \$40

COVERED WAGON MOTEL
7830 Crescent Ave.
Buena Park, CA 90620
(714) 995-0033; toll free
number - 1-800-252-2119
Single - \$24 to \$28
Double - \$28 - \$32

1 32.00
2 40.00 Panda Motor Inn
2200 So. Harbor
714-750-6208
750-5211

XX. LODGING (Continued)

FARM DE VILLE MOTEL
7678 Crescent Ave.
Buena Park, CA 90620
(714) 527-2201; toll free
number 1-800-252-2119
Kitchen units available;
pool; walking to Knott's
Single - \$28 to \$32
Double - \$34 to \$40

SADDLEBACK INN
12500 E. Firestone Blvd.,
Norwalk, CA 90650
(213) 868-0401
Coffee Shop;
Single - \$35
Double - \$39

XXI. ADMISSIONS POLICY

Admission prices for tickets will be as follows:

Friday, June 5

General Admission	\$4.00
Students (18 or under)	\$2.00

Saturday, June 6

General Admission	\$5.00
Students (18 or under)	\$2.00

State CIF Lifetime Gold passes will be the only pass accepted.
No other passes will be accepted. Gate personnel will be in-
structed accordingly.

Any questions regarding this meet should be directed to Dean
Crowley, CIF Southern Section Meet Director, (213) 860-2414.

Douglas E. Smith
Meet Manager
CIF Southern Section

Dean Crowley
Meet Director
CIF Southern Section

Thomas E. Byrnes
State CIF Commissioner

