



CALIFORNIA INTERSCHOLASTIC FEDERATION AND C.I.F. PROTECTION FUND

STATE OFFICE 470 SOUTH PATTERSON AVENUE, SANTA BARBARA, CALIFORNIA 93111
WILLIAM W. RUSSELL
Executive Secretary

805-964-4724
ROBERT E. STEUART
Administrative Assistant

ADVANCE INFORMATION BULLETIN ON FIRST STATE C.I.F. CHAMPIONSHIP TRACK AND FIELD MEET FOR GIRLS

Bakersfield, Saturday, June 1, 1974

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

The State CIF Federated Council has approved a Girls' Championship Track and Field Meet to be hosted by the CIF Central Section and the Kern County Union High School District in Bakersfield on Saturday, June 1, 1974. The meet will be conducted at the Bakersfield College track facility.

The State CIF Federated Council has approved the recommendation of an Ad Hoc Girls' Track Meet Committee composed of Phyllis Blatz, Karen Young, Carl Berra and Bill Russell, relative to the order of events for the girls' track meet.

Nine of the ten CIF Sections have indicated that they will submit an entry in each of the events to be conducted at the girls' track meet. The Bakersfield College track has nine lanes. One entry per event is permitted to each of the nine CIF Sections entering the meet. Preliminaries will not be held; each track event will be a final competition. Three places will be scored (5-3-1) and appropriate awards will be presented for the winners of first, second and third place in each event. In field event competition, preliminaries will be held with four contestants qualifying for the finals. The 8-lb. shot put will be official for the girls' shot put competition.

Both the finals of the Boys' CIF Championship Track and Field Meet and the Girls' CIF Championship Track and Field Meet will be held on Saturday evening, June 1, 1974.

FIELD EVENTS

The times for the boys' and girls' field event competition on Saturday, June 1, is as follows:

<u>Time</u>	<u>Event</u>	<u>Time</u>	<u>Event</u>
5:15 p.m.	Boys' Pole Vault	6:15 p.m.	Boys' Discus
5:45 p.m.	Girls' Long Jump	6:45 p.m.	Boys' Long Jump followed by
5:45 p.m.	Girls' Shot Put		Boys' Triple Jump
6:15 p.m.	Girls' High Jump	7:45 p.m.	Boys' Shot Put
		7:45 p.m.	Boys' High Jump

(OVER)

TRACK EVENTS

The finals for both the boys' and girls' track events will be held Saturday evening, June 1, with the first event on the program to be the girls' 80-yard hurdles at 7 p.m., to be followed by the girls' 440-yard relay event at 7:10. The boys' 440-yard relay event will be conducted at 7:15, with the program continuing with boys' events and girls' events being interspersed throughout the evening's program and concluding at approximately 10 o'clock Saturday evening. The next to the last event on the evening's program will be the girls' 880-yard medley relay, and the final event will be the boys' mile relay.

The following events will be conducted in the Girls' CIF Championship Track and Field Meet:

Long Jump	440-Yard Relay	220-Yard Dash
8-lb. Shot Put	880-Yard Run	Mile Run
High Jump	100-Yard Dash	880-Yard Medley Relay
80-Yard Hurdles	440-Yard Dash	

DGWS rules for track and field will govern the girls' track meet.

It is the responsibility of each CIF Section to submit its entry list to the management of the girls' track meet in Bakersfield. The meet management is preparing an entry blank and will forward same to the CIF Sections for their use in submitting the Section entries. Entrants must be qualified by participation in the CIF Section Championship Track and Field Meet for Girls, if such a meet is conducted; if a CIF Section does not conduct a CIF Championship Track and Field Meet for Girls, the Section entries to the State CIF Track Meet for Girls must be qualified through participation in a meet to be conducted by the CIF Section for the purpose of qualifying to the State meet.

In order to be eligible to enter the State CIF Track and Field Meet for Girls, the contestant must have been a member of her high school track and field team which was conducted under CIF rules. Schools which do not conduct their girls' interscholastic track and field teams under CIF rules are not eligible to enter the State CIF Championship Track and Field Meet for Girls.

Additional information will be sent to all CIF member schools at a later date.


WILLIAM W. RUSSELL
State CIF Commissioner



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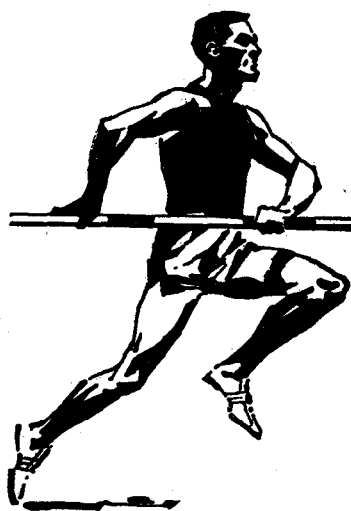
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WILLIAM W. RUSSELL
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CALIFORNIA STATE C.I.F. TRACK MEET

Friday, May 31, and Saturday, June 1, 1974

ADVANCE INFORMATION



TO: TRACK COACHES, ATHLETIC DIRECTORS, SECTION
COMMISSIONERS, AND C.I.F. FEDERATED COUNCIL
MEMBERS

The Central Section of the California Interscholastic Federation cordially invites you to participate in the 56th Annual State High School Track and Field Meet to be held at the Memorial Stadium, Bakersfield College, 1801 Panorama Drive, Bakersfield, California.

I. DATES:

Friday, May 31, 1974 -- Trials -- boys only -- Note: Friday trials will start at 5:00 p.m. to allow teams to stay within the State rule of not being away from school for more than one day. Competitors shall not leave school Thursday, prior to the close of school on that day; any violation will result in disqualification. Competitors will not be permitted to work out at any time within five (5) days in advance of the State Track Meet at Bakersfield Memorial Stadium; any violation will result in disqualification.

Saturday, June 1, 1974 -- Finals -- boys and girls.

TRIALS (Friday) (Boys only)

II. SCHEDULE:

5:00 - High Jump, Long Jump followed by
Triple Jump, Shot Put, Discus, Pole
Vault (All Qualifying Competition)

6:00 - 440 yd. Relay, Heat #1

6:10 - 440 yd. Relay, Heat #2

6:20 - 440 yd. Relay, Heat #3

6:25 - 880 yd. Run, Heat #1

6:30 - 880 yd. Run, Heat #2

6:35 - 880 yd. Run, Heat #3

6:40 - 100 yd. Dash, Heat #1

6:45 - 100 yd. Dash, Heat #2

6:50 - 100 yd. Dash, Heat #3

7:00 - 120 High Hurdles, Heat #1

7:05 - 120 High Hurdles, Heat #2

7:10 - 120 High Hurdles, Heat #3

7:20 - 440 yd. Dash, Heat #1

7:25 - 440 yd. Dash, Heat #2

7:30 - 440 yd. Dash, Heat #3

7:40 - 220 yd. Dash, Heat #1

7:45 - 220 yd. Dash, Heat #2

7:50 - 220 yd. Dash, Heat #3

8:00 - 180 yd. Low Hurdles, Heat #1

8:05 - 180 yd. Low Hurdles, Heat #2

8:10 - 180 yd. Low Hurdles, Heat #3

(Over)

8:15 - Mile Run, Heat #1
 8:25 - Mile Run, Heat #2
 8:35 - Mile Run, Heat #3

8:45 - Mile Relay, Heat #1
 8:55 - Mile Relay, Heat #2
 9:05 - Mile Relay, Heat #3

FINALS (Saturday)
 (Boys and Girls)

FIELD EVENTS

5:15 - Boys' Pole Vault
 5:45 - Girls' Long Jump
 5:45 - Girls' Shot Put
 6:15 - Girls' High Jump

6:15 - Boys' Discus
 6:45 - Boys' Long Jump to be followed by
 Boys' Triple Jump
 7:45 - Boys' Shot Put
 7:45 - Boys' High Jump

TRACK EVENTS

7:00 - Girls' 80 yd. Hurdles
 7:10 - Girls' 440 yd. Relay
 7:15 - Boys' 440 yd. Relay
 7:20 - Girls' 880 yd. Run
 7:30 - Boys' 880 yd. Run
 7:40 - Girls' 100 yd. Dash
 7:50 - Boys' 100 yd. Dash
 8:10 - Boys' 120 yd. High Hurdles
 8:20 - Boys' Two-mile Run

8:35 - Girls' 440 yd. Dash
 8:45 - Boys' 440 yd. Dash
 8:55 - Girls' 220 yd. Dash
 9:05 - Boys' 220 yd. Dash
 9:20 - Boys' 180 yd. Low Hurdles
 9:30 - Girls' Mile Run
 9:40 - Boys' Mile Run
 9:50 - Girls' 880 yd. Medley Relay
 10:00 - Boys' Mile Relay

III. TRACK CONSTRUCTION:

Bakersfield Memorial Stadium has nine-48" lanes for full track. Running surface of the track is Tartan. The High Jump, Pole Vault, Long Jump, and Triple Jump areas are also of Tartan. For the running events and these field events, spikes longer than 1/4" will not be allowed. "Brush" type spikes will not be allowed. Spikes will be available at the Meet. Discus and Shot Put rings are of brushed concrete.

IV. ENTRIES:

The State C.I.F. Federated Council rules governing the number of entries per section are effective for the Meet as follows:

	Girls	Boys		Girls	Boys		Girls	Boys
Southern	1	5	Sac Joaquin	1	3	San Diego	1	2
Los Angeles	1	4	Central	1	3	Northern	1	1
North Coast	1	4	Central Coast	1	3	San Francisco	0	1
						Oakland	1	1

V. ADMINISTRATION AND SUPERVISION OF MEET:

The Meet will be under the management of the C.I.F. Central Section with Carl Berra serving as Meet Director. He will be assisted by Jack Trout, Assistant Principal at Bakersfield High School, with Bakersfield, East Bakersfield, Foothill, Highland, North, South and West High Schools serving as hosts. These schools are located in the Bakersfield Metropolitan area. The Meet Director may be contacted at (805) 327-2751.

VI. REGISTRATION:

Coaches and athletes shall check in and receive their credentials at the Registration Desk, which will be located in the foyer of the Bakersfield College gymnasium adjacent to the Memorial Stadium.

On Friday and Saturday the desk will be open from 1 p.m. to 4 p.m.

VII. DRESSING QUARTERS:

Dressing rooms will be available at the Bakersfield gymnasium. Towels will be furnished, but athletes will be responsible for their own valuables. Coaches will be permitted in the dressing and training rooms with their athletes, but will not be permitted on the stadium track or field with their athletes. We suggest that coaches and guests who want to be near their athletes prior to competition, sit on the north side of the stadium.

VIII. ATHLETES' AREA:

There will be a warm-up area west of the stadium. Warm-ups in the stadium will not be allowed. A staging area for all contestants will be in warm-up area. The Clerk of Course will meet all contestants at this point. All athletes who are waiting to compete must be in the warm-up area or seated in the section on the north side of the stadium.

IX. MANAGERS:

For those schools bringing a manager, the coach shall request a participant pass for the manager when registering. Managers and coaches will not be permitted on the field.

X. UNIFORMS:

All athletes competing in the State Track trials and finals must wear their school uniform track uppers to which will be attached his competitor's number. Shoes must be worn by all competitors.

XI. BOYS ELIMINATED IN TRIALS:

Each competitor in the State Track Meet trials and finals must have a ticket. Each competitor will be given a participant ticket for both Friday and Saturday. Each contestant is responsible for his own ticket. Duplicates will not be issued.

XII. SCORING:

Scoring in all events will be:

BOYS

1st Place - 6 points
2nd Place - 4 points
3rd Place - 3 points
4th Place - 2 points
5th Place - 1 point

GIRLS

1st Place - 5 points
2nd Place - 3 points
3rd Place - 1 point

XIII. AWARDS:

Mr. Aubrey Allen, Director of Athletics at North High School, Bakersfield, will be in charge of awards presentation. Trophies of all place winners, with the winner's name

XIII. AWARDS: (Continued)

engraved on his trophy, will be presented at the Victory Stand immediately following each event, furnished by the W. R. Moody Trophy Company of Burbank. Where ties occur, contestants involved will draw lots for immediate presentation of the trophy. Losers of the toss or draw will receive their trophy by mail. Coaches are requested to instruct their athletes to cooperate with officials by reporting to the Victory Stand immediately after each event. Girls will escort athletes to Victory Stand.

XIV. CLOSED CIRCUIT TV:

To assist the Meet management, closed circuit TV will be employed at the finish line. Instant replay will be available to the head judge of the finish for his review, if necessary, immediately following each running event. The decision of the judges is subject to review of the films by the Jury of Appeals.

XV. PRINTED MEET PROGRAM:

In order to make a fine program, photos and information on the outstanding athletes in each C.I.F. Section should be forwarded by school to the Meet Director, Carl Berra, 2000 - 24th Street, Bakersfield, California 93301 by May 1.

XVI. PRESS:

Memorial Stadium has excellent accommodations for members of the press located in front rows of the stadium near the finish line. Publications desiring ribbons and credentials for their reports covering the State C.I.F. Track Meet should make their applications for press credentials to Dan O'Neill, 2000 - 24th Street, Bakersfield, California 93301, phone: (805) 327-2751.

If enough time is allowed, ribbons can be mailed to those requesting them; otherwise, they can be picked up at the will-call window on the south side of the stadium.

XVII. LODGING:

The State C.I.F. Federated Council has designated the Bakersfield Inn, located at 1101 Union Avenue, Bakersfield, California, as their official headquarters for the State Meet and will house State C.I.F. Federated Council. The Convention Bureau of Greater Bakersfield has obtained special rates for the State Meet participants in the following motels:

Bakersfield Inn
1101 Union Avenue 93307
(805) 327-4671

\$ 7.00 per athlete per bed
5.60 per athlete per bed - triple
11.00 per coach - single - refurbished
16.00 per coach - double - refurbished

Hilton Inn
3535 Rosedale Highway 93308
(805) 327-0681

\$ 6.50 per athlete per bed
13.00 per coach - single
15.00 per coach - double

Black Angus Motor Hotel
333 Union Avenue 93307
(805) 323-2961

\$ 6.00 per athlete per bed
10.00 per coach - single
14.00 per coach - double

Holiday Inn
2700 White Lane 93304
(805) 832-3111

\$ 6.50 per athlete per bed
11.00 per coach - single
14.00 per coach - double

XVII. LODGING: (Continued)

Ramada Inn
2620 Pierce Road 93308
(805) 327-9651

\$ 6.00 per athlete per bed
12.00 per coach - single
15.00 per coach - double

Royale Palms
200 Union Avenue 93307
(805) 327-5901

\$ 9.00 per athlete per bed
(at least 2 to a room)
12.00 per coach - single
18.00 per coach - double
(2 persons, 2 beds)

These motels have excellent accommodations including eating facilities in or near the motel. You may want to stay elsewhere, but the above are suggested because of their convenience. If possible, Section Commissioners should make reservations as soon as possible, and then inform participating schools, when qualifiers are determined, where they will be housed; schools may make their own reservations if so approved by each C.I.F. Section.

It is assumed that everyone will arrive by car or chartered bus. However, Bakersfield can be reached by Greyhound or Continental Bus Lines. Union Avenue can be reached by using Highway 99 exits at Brundage Lane or California Avenue and proceeding east for approximately two miles. Union Avenue joins Panorama Drive which leads to Bakersfield College.

XVIII. COMPETING RULES AND REGULATIONS:

The Track and Field Guide of the National Federation of State High School Associations will be the official rules and regulations for boys; and the DGWS rules will be the official rules for girls, both superseded by State C.I.F. rules and the following regulations.

Memorial Stadium has a quarter-mile track with nine 48" lanes. In the boys' preliminaries, there will be three heats of nine men each. From each heat, the first three boys will qualify, which provides nine competitors in each running event in the finals on Saturday. Girls' running events will consist of nine entries per event which will be run as finals in each event on Saturday.

For boys, assignments to heat preliminaries will be made by the Meet Director and Games Committee on the basis of times made in various C.I.F. Sectional Championship Meets. For girls' finals, lane assignments will be made according to the same procedures as for the boys' preliminaries. Section Commissioners and qualifying meet managers must be certain that all entries submitted to the state meet are accompanied by times recorded in the C.I.F. Section Final Meet. As your Section is entitled to a certain number of entries in the State Meet, each C.I.F. Section must see that its qualifying entries plus one in each race are individually timed. Any entries submitted without a qualifying time will, of necessity, be seeded last. Marks in the field events made at the C.I.F. Section Championship Meet must also be submitted.

The 180-yard Low Hurdles and the 220-yard Dash for both boys and girls will be run on a turn.

XVIII. COMPETING RULES AND REGULATIONS: (Continued)

Lane assignments for both boys and girls in both preliminaries and finals in races of 180 yards and further, will be drawn by lot by the Games Committee. In the flat races, the fastest boy or girl will be placed in lane #5, next fastest in #6, and the next in #4, then #7, etc.

Times recorded in straightaway 220's, one-turn 440's, or three-turn 880's will be weighed for seeding purposes.

HEAT ASSIGNMENTS IN PRELIMINARIES
(For Boys Only)

<u>HEAT ONE</u>		<u>HEAT TWO</u>		<u>HEAT THREE</u>	
1	13	2	14	3	15
6	18	5	17	4	16
7	19	8	20	9	21
12	24	11	23	10	22
	25		26		27

The 440-yard Dash will be run in staggered lanes and around two turns.

The boys' 4-man Mile Relay will be run in lanes for the first 440 yards. The second man may break for the pole when he takes the baton from his teammate, as long as he does not interfere with another contestant.

For both boys and girls, the 880 and mile runs will be started at the south straightaway. Lanes will be marked for a two-turn stagger. Runners may break for the pole when they come off the second curve and pass the indicators placed in each lane.

For girls only, the 880-yard Medley Relay will be run in this order: 220, 110, 110, 440 in lanes with a fourth member breaking for the pole. Eighty yard Low Hurdles will use a 30" hurdle.

The boys' two-mile run will start from scratch on a curved line at the south straightaway in two rows seeded according to qualifying times.

All competitors must use the starting blocks provided by the Meet Management.

All relay teams are required to use the official relay batons which will be provided by the Meet Management.

Boys qualifying in the Pole Vault and High Jump will be conducted at 5 p.m. on Friday. Competition will be continued until the field is reduced to approximately 12 competitors.

For warm-ups, the pole vault bar will be placed at 11'6" at 3:45 p.m.; at 12'6" at 4:20 p.m.; and at 5:00 p.m. official vaulting will commence at 13'3". For the pole vault finals, the bar will be set at 12'0" at 5:00 p.m. on Saturday, raised to 12'9" at 5:10 p.m., and the finals will commence at 5:15 p.m. with the bar at 13'6".

Girls' High Jump practice will start at 5:45 p.m. and the bar will be set at 4'0". The finals will begin at 6:15 p.m. with the bar being set at a 4'4" height.

XVIII. COMPETING RULES AND REGULATIONS: (Continued)

Boys' High Jump practice on Friday will start at 4:15 p.m. and the competitive starting height will be 5'10". For the High Jump finals, the bar will be set at 5'10" at 7:15 p.m. The finals will start at 7:45 p.m. with the bar set at 6'0".

Established starting heights for both boys and girls for the preliminaries and finals are as follows:

BOYS				GIRLS
PV Qualifying	PV Finals	HJ Qualifying	HJ Finals	HJ Finals
13'3"	13'6"	5'10"	6' 0"	4' 4"
13'9"	14'0"	6' 0"	6' 2"	4' 6"
14'3"	14'6"	6' 2"	6' 4"	4' 8"
14'6"	14'10"	6' 4"	6' 6"	4'10"
14'9"	15'2"	6' 5"	6' 7"	4'11"
	15'6"	6' 6"	6' 8"	5' 0"
			6' 9"	5' 1"
			6'10"	5' 2"

Boys' qualifying trials will be conducted on Friday in the Long Jump, Triple Jump, Shot Put, and Discus. Contestants will compete in accordance with their marks made in the C.I.F. Sectional Championship Meets, with the performer with the best recorded mark competing last. The competitors will be placed in groups of three, each competitor takes two trials before the next group takes their trials. After all groups have taken their first two trials, each group will toss their third (final) trial. The best twelve contestants will qualify for the competition on Saturday. Marks made in the qualifying competition will not carry over or be counted in the Saturday competition. On Saturday, each of the contestants will be allowed three trials in the preliminaries, with the six best performances qualifying for the finals, in which three additional trials will be allowed. Points will be scored only on the basis of Saturday competition.

Girls' Long Jump and Shot Put will be conducted on Saturday. Contestants will compete in accordance with their marks made in the C.I.F. Sectional Championship Meets with the performer with the best recorded mark competing last. Each contestant will be allowed three trials in the preliminaries, with the four best performances qualifying for the finals in which three additional trials will be allowed.

All discs and shots must be weighed and stamped both Friday and Saturday at the weighing station. This will be located at the staging area on the practice field. Either a wood or rubber discus may be used, provided it meets specifications. Implements will be checked closely.

Shot Put and Discus rings are of concrete. Pole Vault, Long Jump and High Jump runways are Tartan and track shoes with 1/4" or less spikes must be used.

XIX. ADMISSIONS POLICY:

Admission prices for trials, Friday, May 31.

\$1.00 for Students

\$1.50 for Adults

Admission prices for finals, Saturday, June 1.

\$1.50 for Students

\$2.50 for Adults

XIX. ADMISSIONS POLICY: (Continued)

Admission tickets will be provided for each school's representatives:

One each for boys' and girls' head track coaches for each school entered, and one for each competitor. Complimentary passes are not issued. C.I.F. Section passes and C.I.F. League passes will not be honored. C.I.F. Lifetime passes will be honored. All gate personnel will be instructed accordingly.

Carl Berra
Area Commissioner
Central Section C.I.F.
Meet Director

APPROVED BY:

William W. Russell
State CIF Commissioner
Date: March, 1974 (2,500)

Note: See next page for diagram of Memorial Stadium, Bakersfield, indicating areas where running events will be started and finished, and field events will be conducted.



STATE TRACK and FIELD CHAMPIONSHIPS

	Start	Finish	Start	Finish
80 yd. Hurdle	C	D	440 yd. Relay	D
100 yd. Dash	B	D	880 yd. Run	D
120 yd. High Hurdle	A	D	880 yd. Medley Relay	D
220 yd. Dash	F	D	Mile Run	D
180 yd. Low Hurdles	E	D	Mile Relay	D
440 yd. Dash	D	D	Two-mile Run	D

Staging Area G
Clerk of Course H

