



CIF/Central Coast Section  
**2026 TRACK & FIELD CHAMPIONSHIPS**  
**Participant Information Bulletin**



This Bulletin was e-mailed to all member-schools on or about April 12, 2026  
 Contact: Xolan Brown [xbrown@cifccs.org](mailto:xbrown@cifccs.org) or Steve Filios - Email: [sfilios@cifccs.org](mailto:sfilios@cifccs.org)

**ATTENTION ATHLETIC DIRECTORS:**

Please route this bulletin to your HEAD VARSITY TRACK & FIELD COACH, and make sure that you and your coach have read the [TRACK & FIELD BYLAWS](#) which are posted on under the "Playoff Information & Bylaws" tab of the [Track & Field webpage](#) of the [CCS website](#).

**CCS TRACK & FIELD LIAISON:** XOLAN BROWN [xbrown@cifccs.org](mailto:xbrown@cifccs.org)

**MEET DIRECTOR:** STEVE FILIOS [sfilios@cifccs.org](mailto:sfilios@cifccs.org)

**EVALUATION MEETING:** TUESDAY, JUNE 2, 2026 @ 4:00pm

**CHAMPIONSHIPS DATES / SITE**

ROUND	DATE	TIME	SITE
Semifinals	Saturday, May 16 <sup>th</sup>	Field Events: 9:30 am; Track Events: 10:00 am	Gilroy High School
Finals	Saturday, May 23 <sup>rd</sup>	Field Events: 3:00 pm; Track Events: 4:45 pm	Gilroy High School

Note: Semifinal time schedule may be affected if extra heats/competitors are added due to at-large qualifiers

RUNNING EVENTS				FIELD EVENTS		
Semifinals: Sat, May 16	Finals: Sat, May 23	Gender	EVENT	Semifinals: Sat, May 16	Finals: Sat, May 23	EVENT
10:00	4:45	Girls	4x100 M Relay	10:00	3:00	Girls Pole Vault
10:20	4:50	Boys				
10:40	5:00	Girls	1600 M	10:00	3:05	Girls Discus
11:00	5:10	Boys				
11:20	5:25	Girls	100/110 M Hurdles	9:30	3:10	Boys Long Jump
11:40	5:35	Boys				
-	5:45	Para/Am	400 M	9:30	3:15	Girls Long Jump
12:00	5:50	Girls				
12:20	5:55	Boys				
12:40	6:05	Girls	100 M	10:15	3:20	Boys Shotput
12:55	6:10	Boys				
-	6:15	Para/Am				
1:15	6:20	Girls	800 M	-	4:20	Wheelchair Shotput
1:30	6:30	Boys				
1:45	6:40	Girls	300 M Hurdles	-	5:00	Unified Shotput
2:00	6:50	Boys				
-	7:00	Unified	4 x100 M Relay	1:50	5:30	Boys Pole Vault
2:20	7:10	Girls	200 M	2:00	5:35	Boys Discus
2:35	7:15	Boys				
-	7:20	Para/Am				
2:50	7:25	Girls	4x800 M Relay	2:00	5:40	Boys High Jump
3:20	7:40	Boys				
-	7:55	Unified	100 M	2:05	5:40	Girls Triple Jump
3:50	8:05	Girls	3200 M	2:10	5:45	Boys Triple Jump
4:20	8:25	Boys				
4:50	8:40	Girls	4x400 M Relay	2:15	5:55	Girls Shotput
5:20	8:50	Boys				

**IMPLEMENT CERTIFICATION**

Semifinals: Sat, May 16: 9:00-10:15 & 1:00-2:15

Finals: Sat, May 23: 2:00-3:20 & 4:35-5:55

**IMPORTANT NOTICE TO ALL PARTICIPANTS AND COACHES**

The CIF-Central Coast Section is well aware that many other school and non-school activities (AP tests, SAT/ACT tests, proms, plays, holidays, senior trips, religious days, etc.) may occur during CCS Play-offs. The CCS tries to avoid as many conflicts as possible; however, with so many activities available for today's student-athlete, it is not reasonable to assume that all such activities can be taken into account, and thus, CCS Play-off events will go on as originally scheduled. Participants and coaches are therefore expected to plan in advance for such possible scheduling conflicts and make those difficult choices as to which events will take precedence for that individual. Generally, although it is ultimately the personal choice of the student-athlete and/or his/her parent(s), an academic activity should take precedence over an extra-curricular event.

**QUALIFYING/ENTRIES:**

**A. FROM LEAGUE FINALS TO CCS SEMIFINALS MEET** (see [TRACK & FIELD BYLAWS](#): Section 3.)

1. After removing all scratches and inserting all alternates, League Representatives must submit their **League Finals Results & Final League Entries**, by **9:00 am** on the **Tuesday morning prior to the CCS Qualifying Meet**, **directly to Mark McConnell: [racetimer@aol.com](mailto:racetimer@aol.com)**;
2. Once **League Entries** are submitted for the CCS Semi's, alternates will not replace scratched athletes.
3. Allocations of **League Entries** to the CCS Semi's are allocated as per the CCS Track & Field Bylaws and were updated by CCS Meet Management in January 2026 (see chart below).

2026 LEAGUE ENTRIES					
LEAGUE	BOYS	GIRLS	LEAGUE	BOYS	GIRLS
BVAL	7	7	SCCAL	2	2
PAL	5	5	SCVAL	5	6
PCAL	6	6	WBAL	2	2
PSAL	2	2	WCAL	3	2

4. **At-Large Entries** will be admitted in accordance with [TRACK & FIELD BYLAWS](#): **Section 3.E.1. and 2.** If an athlete does not automatically qualify for the CCS Semifinals but his/her mark from their performance at the final League event at the Varsity level which qualifies athletes to the CCS Semifinals is equal to or better than the average of the last-place qualifying mark to the CCS Finals from the three [3] most recent years, then that athlete will be added to the CCS Semi-Final competition. This provision is for all events, including relays.

**2026 CCS AT-LARGE ENTRY STANDARDS**

Boys:					
100	10.98	110HH	15.29	LJ	21'05.25
200	22.29	300IH	40.62	TJ	43'01.75
400	49.89			HJ	6'0
800	1:58.12	4x100R	42.81	PV	13'02
1600	4:21.52	4x400R	3:27.62	Shot Put	50'03
3200	9:27.32	4x800R	8:09.67	Discus	146'05

Girls:					
100	12.64	100HH	15.75	LJ	16'11
200	25.69	300LH	46.54	TJ	37'07.75
400	58.45			HJ	5'0
800	2:17.23	4x100R	49.78	PV	10'02
1600	5:04.69	4x400R	4:03.75	Shot Put	35'02.5
3200	11:27.11	4x800R	9:56.31	Discus	111'04

**B. UNIFIED DIVISION ENTRIES:**

Unified events are to be contested at the league level in the same manner as all other events at the league meet that qualifies student-athletes for the CCS Championships. Entries from the league are to be forwarded **directly to Mark McConnell: [racetimer@aol.com](mailto:racetimer@aol.com)** using the Hytek event codes that are listed in the Unified Track & Field Program pages of this document.

**C. WHEELCHAIR/AMBULATORY DIVISION ENTRIES:**

Coaches of athletes meeting the standards as listed in this Bulletin may submit their entries for the CCS Championships by submitting entries to Jeff Myers, CCS Inclusive Sports Coordinator for Track & Field at [jeff.myers@gilroyunified.org](mailto:jeff.myers@gilroyunified.org) by **May 10, 2026** using the forms found on the Playoff & Information tab of the [CCS Track and Field webpage](#).

D. FROM SECTION SEMIFINALS TO FINALS: See [TRACK & FIELD BYLAWS](#): Section 4.

E. FROM SECTION FINALS TO CIF STATE MEET

1. The top three (3) placers in each event in the Boys and Girls Divisions qualify for the State CIF Track & Field Meet at Veterans Memorial Stadium on the campus of Buchanan High School in Clovis, CA on May 29th & May 30th, 2026 ***with the following exceptions:***
  - a. 4x800 Relay: top two (2) placers will advance,
  - b. Unified Events: only the first place finisher will advance,
  - c. Wheelchair/Para-ambulatory events: athletes who meet the guidelines listed on the [CIF Track & Field webpage](#) AND successfully complete their event at the CCS Championships will be entered for consideration into the CIF State Meet.
2. There is no provision for granting hardship exemption from competing in the Section Semifinals and Finals Meets. **AN ATHLETE MUST COMPETE IN THE CCS MEETS IF ATHLETE IS TO ADVANCE TO THE CIF STATE MEET.**
3. **AT-LARGE ENTRIES:** An athlete shall earn an At-Large entry into the CIF State Meet if his/her mark at the **Section Finals** is equal to or better than the average of the 9th-place qualifying marks to the CIF State Meet Finals from the three (3) most recent years (*CIF By-Law 2802*). See [CIF Track and Field website](#) for [State CIF At-large Entries](#). *Exception: 4x800 Relay.*
4. Coaches who have athletes qualifying for the State Meet should refer to the State CIF website ([www.cifstate.org](http://www.cifstate.org)) to download a copy of the [CIF State Meet Advance Information Bulletin](#).  
**Note:** Any athlete who qualifies for the CIF State Meet but plans to scratch any event must notify the CCS Meet Director at any time **prior to the completion of the CCS Championship Meet** in order to complete their scratch and alert any potential alternate. **THE CIF STATE MEET HAS AN HONEST EFFORT RULE REQUIRING ATHLETES TO COMPETE IN EVERY EVENT IN WHICH THEY ARE ENTERED!**

**SCRATCHES:**

- A. **CCS FINALS:** If any qualifier is unable to compete in the **CCS Finals**, the Director should be notified as soon as possible so the alternate can be notified. Alternates will be inserted into the lane or flight vacated by the athlete he/she is replacing. **No alternate list will be accepted at the Semifinal Meet.**
- B. **CCS FINALS to CIF STATE MEET:** If any State CIF Meet qualifier is unable to compete at the State Meet, his/her coach MUST notify the CCS Meet Director **prior to the conclusion of the CCS Meet. No alternates will be allowed after the entries are submitted to the CIF State Meet Director (CCS entries for the CIF State Meet are due on Saturday evening).** **Please be aware that the CIF State Meet has an honest effort rule that requires athletes to compete in every event in which they are entered. Any violation will result in disqualification from all events entered.**

**ELIGIBLE ATHLETES:**

No athlete will be allowed to compete who is not accompanied by a certified coach of the school which he/she is representing.

**COACHES**

- All student athletes **must be accompanied by a coach** that meets the criteria as addressed in **CIF Bylaws 308 & 506**. Students who are not accompanied by a coach meeting these requirements at any CIF contest **WILL BE CONSIDERED INELIGIBLE** and will not be allowed to compete.
- Coaches should sign in and pick up team packets, containing heat sheets and other critical Meet information at the "Participants' Gate" upon arrival at the venue.
- Athletes will not be allowed on the field unless they are actually competing. Coaches are not allowed on the field unless they are officiating an event. Non-compliance with this rule may result in disqualification. **Coaches who are officiating field events or performing other Meet responsibilities are not to actively "coach" while in the field area.**
- **Coaching boxes for long and triple jump coaches will be provided in the north endzone of the field adjacent to the long and triple jump runways. Athletes entered in the long and/or triple jump will be issued a wristband by the head long/triple jump official to give to the athlete's school certified coach for access to the coaching box.**
- It is the responsibility of the coach to also serve as school supervisory personnel and to prevent and correct any inappropriate behavior of their students or spectators.

**EXTREME HEAT AND AIR QUALITY**

The CCS Track & Field Championships are conducted in accordance with the [CIF Extreme Heat and Air Quality Policy](#).

**RULES FOR COMPETITION**

The current **National Federation Track & Field Rules**, plus modifications adopted by the CIF and/or CCS will be used.

- A. WARM-UP:** Athletes will warm up in the designated warm-up area on the field adjacent to the stadium. Athletes will not be allowed on the track prior to reporting to the Clerk-of-the-Course. Only athletes actually involved in competition will be allowed on the stadium field and must return to the designated area upon completion of their event.
- B. CALLS FOR EVENTS:** Competitors must check in with the clerk of the course or the field-event judge no later than **30 minutes** prior to the published start time for that event. Any athlete not reporting on time will be scratched.
- C. INSPECTORS/UMPIRES:** As per NFHS rules, Inspectors/umpires will be positioned on the track to watch for lane, relay zone, interference and hurdle, (i.e. lead arm and trail leg) infractions.
- D. USE OF ELECTRONIC DEVICES:** As per NFHS rules, the use of electronic communication devices is permitted during the meet in unrestricted areas. However, the infield of the stadium and the competition area of the throwing events have been designated restricted area. **No electronic devices may be in use in these restricted areas.** This includes the use of cell phones. After checking in competitors will be required to remain in the restricted area except to use the restroom until they complete their event.
- E. CONTESTANTS DOUBLING:**  
If a contestant is entered in a track event and a field event at the same time, he/she should first sign out AND be excused by the field event judge, then report to the Clerk-of-the-Course. Coaches may check-in their athletes for running events while the athlete is competing in a field event. Athletes must report back to the field event immediately after completion of the running event. He/she will be allowed 10 minutes to recover before resuming competition in the field event.
- F. TIES** will be resolved in accordance with the National Federation Rules Book, or in the case of vertical jumping events, by pre-determined jump-off procedures. Ties in running events at the Trials will be settled by a run-off on the following Monday, at a site and time to be decided by the Meet Director.
- G. FINISH:** F.A.T. systems will be used to determine the order of finishes in all running events.
- H. SCORING:** Scoring will be: 10, 8, 6, 5, 4, 3, 2, 1 in all events.
- I. DRESSING:** Locker rooms will NOT be available.
- J. ALL FOODS**, including seeds, are strictly prohibited on the track and in the infield. **Water** is the only liquid permitted on the track or infield.

**UNIFORMS:**

**As per National Federation Rules, and as modified by the State CIF:**

**National Federation Uniform Rules** will be strictly enforced. All athletes competing must wear their SCHOOL ISSUED or SCHOOL APPROVED UNIFORM AND SWEATS AT ALL TIMES. No other uniform or clothing may be worn during warm-up, competition or on the awards stand. Failure to do so could result in disqualification from an event.

**EQUIPMENT CHECK:**

- A.** All pole vaulters will be required to have their vaulting poles checked by the event judge to ensure tape restrictions are not violated. Coaches MUST also validate their athlete's weight on the coaches' sign-in sheet.
- B.** High jumpers will be checked by the event judge to ensure their shoes conform to legal standards.
- C.** All shotput and discus competitors will certify their implements at the certification table prior to the start of their event, as per the certification time schedule listed in this bulletin.
- Implements that do not meet all specifications of weight, size, diameter, etc. will be confiscated until the events are completed.
  - Girls will compete with the 4-kilo shot.
- D.** All athletes will be checked prior to being allowed to compete to ensure that no spikes are greater than 1/4"
- E.** All batons must conform to NFHS specifications. Batons may be provided by Meet Management.
- F.** Starting blocks will be provided, and only those blocks may be used.

**SEEDING PROCEDURES & ADVANCEMENT TO FINALS:**

Seeding procedures and advancement to finals will be conducted as per Sections 4 & 6 of the CCS [TRACK & FIELD BYLAWS](#).

**APPEALS:****A. HARDSHIP APPEALS:**

1. Hardships may only be considered for qualification from the League qualifying meet to the CCS Semifinals.
2. Hardship only applies to an illness/accident that is non-sports related;
3. The athlete must be under a medical doctor's care;
4. Any request for hardship must be presented to the League Meet Director, IN WRITING, before the start of the athlete's first race;
5. The athlete must have posted a previous mark that is better than the last qualifier's mark;
6. The hardship hearing will be held on the second working day following the request for hardship;
7. Appeals shall be conducted according to the respective League's Bylaws.
8. A run-off, for races restricted by lanes, will be held two [2] days before the next scheduled meet. The site will be determined by the League.

**B. THE JURY OF APPEALS:**

**Semifinals and Finals** - The Meet Director shall appoint a jury of appeals with approval of the CCS Office. Appeals will be addressed immediately, and are final, with no further action to follow.

**TRAINER**

Trainers will be available to address injured athletes and to assist with taping but should not be expected to supply medical materials (tape, bandages, etc.) for any athletes.

**MEET OFFICIALS:**

As per unanimous agreement of the CCS Track & Field Committee, field events judges will be provided by assigning responsibilities to Leagues. An updated list of assignments for both the Semifinals and Finals will be provided to the CCS Meet Management team by the League Representatives.

*League responsibilities for providing Field Event judges and other Meet personnel as reviewed and confirmed at the Organizational Meeting in January.*

<b><u>Event:</u></b>	<b><u>League Responsibility</u></b>
LONG JUMP:	PCAL - Girls & Boys
HIGH JUMP:	SCVAL - Girls & Boys
DISCUS:	BVAL – Girls & Boys
POLE VAULT:	WCAL - Girls / PCAL – Boys
SHOT PUT:	SCCAL - Girls & Boys
TRIPLE JUMP:	PSAL - Girls / PAL – Boys
Clerk of the Course:	WBAL
Turn Judges/Inspectors:	BVAL(2); WCAL(1); PAL(2); SCVAL(2); WBAL(1); PSAL(1); PCAL (1)
Hurdles:	WCAL
Implement Certification:	PAL

**ALL LEAGUES SHALL PROVIDE THEIR OWN CREWS AND EQUIPMENT NECESSARY TO CARRY OUT THEIR RESPONSIBILITIES.**

Any League not providing personnel **45** minutes prior to the start of its assigned event shall be fined \$100.

**SPORTSMANSHIP** For complete rules, see **CCS [TRACK & FIELD BYLAWS](#) Section 12.**

- **Each Principal** is required by the CCS Board of Managers to meet with any team/individual from his/her school participating in the CCS Tournament to review CCS Sportsmanship Information. See the CCS **[TOURNAMENT GUIDE APPENDIX](#)** for **[REQUIRED PRE-GAME SPORTSMANSHIP MEETING INFORMATION SHEET](#)**.
- **Any player or coach who is ejected from a CCS Tournament contest for FLAGRANT MISCONDUCT or for UNSPORTSMANLIKE BEHAVIOR will be disqualified from all remaining contests in that sport that season.**
- Athletes are not permitted to use outside props or equipment (such as footballs, frisbees, etc.) in or around the start/finish line or awards area. Celebratory props of any kind are prohibited within the competition area. All athletes are expected to "Pursue Victory with Honor" and follow the CIF Codes of Conduct.

**RESULTS**

Complete results will be posted on the [Track & Field webpage](#) of the [CCS website](#) after the semifinals and finals. **Live results will be available** on live.athletic.net.

**AWARDS:**

At the CCS FINALS, awards will be presented **immediately following the completion of each event**. Track athletes are asked to report directly from the finish line to the awards area for their medals. Field event athletes will be escorted to the awards area immediately following the completion of their event.

**PARTICIPANT CERTIFICATES**

Participant Certificates are available on the [CCS Track & Field page](#) of the [CCS website](#).

**ADMISSION & PARKING**

Adult Admission	General Admission: <i>Senior Citizens, High School Students, &amp; Children 6 and older</i>	Children <i>5 and under</i>
<b>\$13.60</b>	<b>\$6.25</b>	<b>Free</b>
<b>Only online tickets will be accepted and will be made available through <a href="#">GoFan</a>.</b>		



**CCS Track & Field Semis  
May 16, 2026**

- **ONLY** CCS and State-CIF Passes will be honored.
- All participants (in uniform) will be admitted at no charge. A maximum of five (5) coaches will be admitted with their team free of charge at the "Participants' Gate."
- As per actions of the CCS Board of Managers, no other gate lists will be accepted.



**CCS Track & Field Finals  
May 23, 2026**

**PARKING:** Gilroy HS will be charging \$5 for parking.

**COMMEMORATIVE T-SHIRTS & PATCHES**

CCS Championships T-shirts and Patches may be ordered using the [CCS Team Merchandise Form](#) which is posted under the "Playoffs" tab of the [CCS website](#). While supplies last, T-shirts, patches, hats, sweatshirts, and other commemorative items will be available at the Meet site. No other merchandise may be sold without CCS approval. Credit cards will be accepted for purchase of merchandise. CCS Commemorative merchandise is also available at the [CCS Online Merchandise Store](#).

We now accept these cards for payment:



**PRACTICE AT CHAMPIONSHIP SITE(S):**

Special arrangements for team practice by participating schools at the competition site(s) are prohibited. Schools found in violation of this rule may be barred from further participation in the Section Meet.

**RADIO/TV LICENSING & MEDIA POLICIES**

CCS owns the broadcasting rights for all championship contests. Licensing is required. The NFHS Network will be providing both Live and On-Demand coverage of the Meet Finals on the [CCS/NFHS Network Portal](#).

*Unauthorized selling of photographs taken at CCS events is strictly prohibited.*





Gilroy High School

CCS Track & Field  
Championships  
May 16 & May 23, 2026

## CCS Wheelchair and Ambulatory Track and Field Division Contest Rules

### GENERAL GUIDELINES:

A Wheelchair and Ambulatory Division is scheduled for the 2026 CCS Track and Field Meets. Both Divisions will include participants from any League.

- The wheelchair/ambulatory racing and seated shot put events will be incorporated into the CCS meet by CCS staff.
- The athletes in the Wheelchair and Ambulatory Divisions will compete in separate races and field events from the traditional athletes.
- Athletes in each event will receive medals.
- Athletes will be able to set CCS meet records at the CCS meet only.

### ELIGIBILITY FOR PARTICIPATION IN THE WHEELCHAIR AND AMBULATORY DIVISIONS:

Only high school students eligible under the CIF and CCS Constitutions and Bylaws are eligible to compete.

- All applicable CIF and CCS rules and regulations will apply.
- Any high school student may be eligible to participate in the Wheelchair and Ambulatory Divisions with a documented permanent physical disability. Each athlete's physical disability must be verified by a licensed physician and maintained on permanent file at the school.
- Schools and athletes are responsible for all aspects of participation in the events. (See CIF Bylaw 503)

### ENTRY REQUIREMENTS:

**Participants must compete at their League meet qualifier and establish a qualifying mark and performance standard to be considered for participation at CCS event. (See below for qualification standards)**

### WHEELCHAIR AND AMBULATORY DIVISION QUALIFICATION STANDARDS:

Participants must meet the following standard for each event in order to submit an entry to the CCS meet. League meet personnel will be required to submit an official meet results document to verify the performance.

#### T&F Wheelchair Division Qualification Standards:

Event	Boys	Girls
100	:40	:45
200	1:20	1:30
400	2:00	2:30
Shot	2.8 M - 4K	2.2 M - 6lbs

#### T&F Para-Ambulatory Division Qualification Standards:

Event	Boys	Girls
100	:25	:30
200	:50	:55
400	1:50	1:55
Shot	4 M - 4K	4.4 M - 6lbs

100m, 200m, 400m WHEELCHAIR EQUIPMENT AND RACING STANDARDS:

Athletes will be expected to compete in their school's team uniform. Reasonable accommodations will be made when necessary. Resources for track and field equipment information can be obtained from the following link:

[www.challengedathletes.org](http://www.challengedathletes.org)

- Manual wheelchairs only for track events, which may be specialized racing chair or an all sport chair.
- The racing chair may have two large wheels (not to exceed 70cm in diameter) and one small wheel (not to exceed 50cm in diameter).
- The racing chair must be manually propelled by pushing on the wheels or the hand rims. The chair shall not be equipped with gears, levers or electronic steering.
- All participants must wear a racing helmet that is a hard protective shell and should meet the safety standards of the American National Safety Institute (ANSI).
- Shoes are not required, however protective socks are recommended.
- All participants must start each race event using racing gloves.
- Athlete's lower limbs(s) must be secured to the track chair. Any touch of the ground by a lower limb results in disqualification from the event.
- Competitors are responsible for the proper functioning of the competition chair and equipment. Athletes that experience an equipment failure may finish the event, however no event will be delayed or rescheduled if such an incident occurs.

LANE ACCOMMODATIONS FOR VISUALLY IMPAIRED OR CEREBRAL PALSEY AMBULATORY ATHLETES.

- An athlete (Visually Impaired) may need a change of lanes due to guide runner assistance. It is the responsibility of the coach to notify via email meet directors Steve Filios [sfilios@cifccs.org](mailto:sfilios@cifccs.org) and Jeff Myers [jeff.myers@gilroyunified.org](mailto:jeff.myers@gilroyunified.org).

SHOT PUT EQUIPMENT AND SEATED THROWING STANDARDS FOR WHEELCHAIR DIVISION:

Athletes will be expected to compete in their school's team uniform. Reasonable accommodations will be made when necessary. Resources for track and field equipment information can be obtained from the following link:

[www. http://www.teamusa.org/US-Paralympics/Community/Paralympic-Sport-Clubs/Current-Clubs](http://www.teamusa.org/US-Paralympics/Community/Paralympic-Sport-Clubs/Current-Clubs)

- Implements must be allowed by NFHS regulations. The 4K shot put will be used for boys and 6lbs shot put for girls.
- All seated athletes must put the shot from a "chair" (manual wheelchair, throwing chair, power wheelchair). Scooters and "standing chairs" will not be allowed. Chairs may be designed based on the needs of the athlete.
- Each seated athlete will receive 6 consecutive attempts.
- The uppermost part of the cushion/seat on any chair may not exceed 75cm measured from the ground. The seat of the chair must be square or rectangular and flat or sloped backward.
- The chair may not have any moving parts.
- No part of the throwing frame or wheelchair may be outside of the circumference of the circle.
- The chair may be considered an extension of the athlete's body. For example: Any part of the chair touching the top of the stop board is a foul.
- The athlete's body must remain in contact with the seat during the throw.

Tournament staff will be available to assist the athlete getting to the competition area as well as assisting the athlete in and out of the circle. Athletes are required to provide all equipment including throwing chairs.

FREQUENTLY ASKED QUESTIONS:**Who is eligible in the Wheelchair Division?**

All athletes with a permanent physical disability on file with the school and in grades 9-12 must meet the eligibility standards in the State CIF Constitution and Bylaws.

**Who is eligible in the Ambulatory Division?**

All athletes shall have a permanent orthopedic, neuromuscular or other physical disability. This would include Visually impaired, Cerebral Palsy, Dwarf and Amputees. Permanent orthopedic impairment shall be verified by a licensed physician and maintained on permanent file at the school. All athletes in grades 9-12 must meet the eligibility standards in the State CIF Constitution and Bylaws.

**Where can athletes compete?**

Wheelchair and Ambulatory athletes can compete at any CIF sanctioned meet. Athletes may also compete at Paralympic events and those marks will be accepted for the Section meet entries provided the races are FAT and the shot put performance can be officially documented.

**How does an athlete participate for their high school track and field team?**

The athlete must follow the same procedures at their school established for traditional athletes competing in track and field.

**Can athletes in wheelchairs compete against traditional athletes in the same race?**

Yes, in the 100m, 200m and 400m it is recommended that if this occurs the wheelchair athlete is designated to compete in an outside lane. Boys and Girls heats may be combined for competition and separated at the conclusion to determine places for each gender and/or division.

**Is this true for Shot put also?**

Yes, the athletes may be flighted with the traditional athletes. The athlete's choice of type of "throwing chair" may determine if this is possible or if the athlete needs to be flighted before or after the traditional athletes.

**Can athletes racing on the track receive assistance from coaches or other personnel?**

No, athletes may not receive assistance during the competition.

**Are the NFHS uniform rules in place for a Wheelchair or Ambulatory athlete?**

Yes, all uniform rules and regulations are in effect just as with traditional athletes. Any exceptions/modifications may need to be considered and presented to meet officials for clarification.

**RESOURCES:**

Challenged Athletes Foundation (CAF)

<https://www.challengedathletes.org/>

UNITED STATES PARALYMPICS

<https://www.usopc.org/paralympic-resources>

## UNIFIED TRACK & FIELD

### Unified Track & Field Program

Units of two competitors team up to form a Unified track & field pair. The unit consists of:

- One special education student (“Unified Athlete”) and one general education student (“Unified Partner”). Recommended that both athletes are the same gender.
- Both students are from the same school.
- The **Unified Partner** must be eligible for competition per all CIF and CCS eligibility rules and cleared through their school’s athletic clearance process.
- **The Unified Athlete** is a student receiving Special Education services with an intellectual/developmental disability verified by the site administrator. And are eligible to participate as Unified Sports Athletes and cleared through their school’s athletic clearance process. A Unified Athlete is a student who is unable to participate on the traditional track team without the support of a Unified Partner.
- Each student within the unit competes in the assigned event establishing a time or distance. Events for the CCS Championships are the shot put, 100-meter dash, and the 400-meter relay. Leagues and member schools are welcome to offer additional events.
- Each established time or distance is combined for each unit or unified pair. Relay events are based on overall time/finish.
- Each unit or unified pair would qualify per the same procedures used for CIF and Section track & field competition based on their total combined distance or time.
- **National Federation Rule 4-3 pertaining to uniforms will be strictly enforced. All athletes competing must wear THEIR SCHOOL ISSUED/APPROVED UNIFORM AND SWEATS AT ALL TIMES. No other uniform or clothing may be worn during warm-up, competition, or on the Victory Stand. Hip numbers must be visible at all times.** Violations of the above rules will result in disqualification from an event.
- All NFHS Track & Field rules must be followed.

### Participation and Qualification

- If a Unified Partner participates on a Unified team, the Unified Partner may not compete in the same event in league, Section, or State Championship competition with general education students. For example, a general education student who participates in league competition in the 100-meter dash may not compete in the Unified 100-meter dash. The general education competitor would be eligible for the Unified shot put, if they are not an entry in the league shot put competition.
- A Unified Athlete is allowed to have a different Unified Partner for the shot put and the 100 so long as the unit remains intact throughout the regular and post-season.
- A Unified Partner dropping out of Unified competition during the post-season or focusing on another individual event after the unit has been established is not allowed.
- During running competition unified units would compete in the same race with lane assignments determined by meet management.
- **Unified events would be forwarded from the league to Section competition and to the State Championship via Hy-Tek. Event numbers are as follows:**
  - Event 37 – Girls Shot Put Unified – Finals
  - Event 38 – Boys Shot Put Unified – Finals
  - Event 39 – Girls 100-meter Unified – Finals
  - Event 40 – Boys 100-meter Unified – Finals
  - Event 41 – Girls 4 x 100-meter relay
  - Event 42 – Boys 4 x 100-meter relay

- Unified events are separated by gender. If, in any Unified competition, the Unified team is a mixture of genders, the competing team participates in the boys' event, per CIF Bylaw 300.B – Student Team.
- For Unified competition, some accommodations may be implemented to assist with the conduct of competition. Examples are: a person standing behind a competitor assisting them in the start of a race, and other accommodations as they may arise.

## EVENTS

### 100 Meter Dash

1. Two teammates will combine their times for a total time.
  - a. Unified teams will be placed next to each other in lanes. (i.e. Team A runs Lane 1 and Lane 2, Team B runs Lane 3 and 4, etc.)
  - b. Heating will be determined by the Unified teams combined total time.
  - c. Starting blocks and running spikes are optional.

### Shot Put

1. Two teammates will combine their distance for final score.
  - a. Unified teams complete three throws. Any order of competition is determined by meet management.
  - b. Traditional shot put implements will be used for all athletes. 5.443kg (12lb) weight for boys and 4kg (8.81lbs) for girls competition

### 4 X 100 Meter Relay

1. Two Unified Units would combine to form a Unified 4 X 100 meter relay team.
  - a. The units would consist of two Unified Athletes and two Unified Partners.
  - b. Any student may run in any position.

**CIF Sections, leagues, and member schools are welcome to offer additional events without advancement to the State Meet.**

## AWARDS

Times/Distances will be combined for a total unit time/ distance to establish placing. Unified teams will receive individual awards at the CCS Meet.

## POSTSEASON ADVANCEMENT

Unified entries declared at the league championship must remain intact for the remainder of the postseason competition. Substitutions are not allowed. For advancement from the CCS meet, Southern Section receives two entries per event, all other Sections (SJS, NCS, CCS, CS, SD, LA, NS, OAK, SF) receive one entry per event.