

league finals in each event will also advance for a total of 32 automatic qualifiers. An alternate list will be made up of the next three- six marks. Each school is allowed up to five entries per event, per gender, with the possibility of an additional at-large entry as well.

There are minimum standards for the following events (if we do not reach 32 athletes, the heats will be altered):

Triple Jump-	Boys 35 feet	Girls 27 feet
3200 meters-	Boys 10:45	Girls 13:15

Extra Entry: All extra entries must be submitted through the google doc link below. All submissions are due by Friday May 8th, 10:00pm. Late submissions will not be looked at. A submission does not guarantee entry into the meet.

<https://forms.gle/q7JKVKk4TFwEvZDw9>

Number of Running Event Qualifiers from Prelims to Finals

The first-place winner in each of the four heats in all races except for the 800 and 1600 will advance to the finals. In addition, the four fastest non-winning times will also advance to finals.

In the 800, the top 2 finishers of each of the 3 heats and the next 6 fastest times will qualify, for a total of 12 runners. In the 1600, the top 3 finishers of each of the 2 heats and the next 6 fastest times will qualify, for a total of 12 runners. The 3200 meter will be a final only on May 21.

An alternate list will be made with the next three best marks.

The varsity 4x200 will be run as exhibition events at the City Prelims and will not be scored. We will take the top 8 entries in the 4x200. Teams may only qualify with a mark obtained at their league championships. All entries will be done through MileSplit. This event will take place between the 200m and 1600 relay.

The varsity 4x800 will be a scoring event, with the top 2 teams in each gender qualifying for the State meet. The 4x800 will take place at the finals as the first event on May 21 and will be a final only. To qualify, this event must be run at your league meet. The league champion, if they meet the league championship qualifying standard, will qualify. We will fill the remaining spots, up to 16, based on best times from the league meet results.

Pole Vault Championships

The pole vault will be a final only. The pole vault championship will take place on Thursday, May 21 at Birmingham Community Charter High School. Check-in will be at 10:00am and the event will begin at 11:00pm with the Varsity Girls and concluding with the Varsity Boys. Opening heights will be determined after the league results have been received. All athletes must have verifiable marks that meet the standards of qualification to participate.

Minimum height standards- Varsity Girls 6-6 and Varsity Boys 9-0.

Qualifying Meet for Discus

Athletes must have met the minimum mark during the regular 2026 season at a sanctioned meet. The mark must be verifiable online (re. Athletic.net or MileSplit.com). The minimum qualifying distance for the girls discus is 100 feet and the minimum qualifying distance for the boys is 135 feet. Entries must be submitted to meet management prior to May 12, 2026.

Site and time of the Discus championship is TBD.

Finals, Thursday, May 21 – Birmingham Community Charter High School

Gates Open 12:00 p.m.

Meet results will be posted on ExtraMileTiming.com

Opening Ceremonies 4:30 p.m.

Running Events 5:00 p.m.

Field Events

IS Girls Long Jump	Report 12:30	Begin 1:00 p.m. - Pit 1
IS Boys Long Jump	Report 12:30	Begin 1:00 p.m. - Pit 2
IS Girls Shot Put	Report 12:30	Begin 1:00 p.m.
IS Boys High Jump	Report 12:30	Begin 1:00 p.m.
IS Boys Shot Put	Report 1:00	Begin 1:30 p.m.
IS Girls High Jump	Report 1:00	Begin 1:30 p.m.
Boys High Jump	Report 1:00	Begin 1:30 p.m.
Girls High Jump	Conclusion of Boys High Jump	
Girls Long Jump	Report 1:30	Begin 2:00 p.m. - Pit 1
Boys Long Jump	Report 1:30	Begin 2:00 p.m. - Pit 2
Boys Shot Put	Report 1:30	Begin 2:00 p.m.
Girls Shot Put	Conclusion of Boys Shot Put	
Girls Triple Jump	Conclusion of Girls Long Jump	
Boys Triple Jump	Conclusion of Boys Long Jump	

*Jumping pits are subject to change

***** These are estimated report and start times. Athletes are responsible for checking-in to the event on time as called on the loudspeaker at the meet.**

Participants and Coaches Credentials

Each athlete, coach and manager must have his/her own wristband for admission. No exceptions will be made. Upon check-in coaches will be given a list of athletes that will be supplied with a wristband, upon inspection and noting any changes they will turn that signed list in and wristbands will be issued. **Each school is permitted to have 2 coaches for each gender. All other coaches must pay, no coaching passes will be accepted at the finals.**

Relay Rosters

All schools will be required to enter their relay names for their relays in the CIF-Los Angeles City Section Prelims meet. The deadline for entering the names is Tuesday, May 12th at 10:00 a.m.

Invites to the meet will be sent out on Saturday May 9th.

The same eight names must be used for Prelims and Finals.

No substitutions/additions will be allowed. The deadline will be strictly enforced.

Any team qualifying for the state championships **must** submit their relay names to Vicky Lagos prior to leaving the city championships. **NO changes will be made after the finals.**

The link to the meet is:

<https://ca.milesplit.com/meets/745215-cif-los-angeles-city-section-prelims-2026>

All schools will be required to enter their relay names for the 4x100 4x200, 4x400, and 4x800 online at MileSplit.com. The deadline for entry is Tuesday May 12th at 10:00am. There will be no late registrations or changes. NO EXCEPTIONS.

This requires all schools to have at least a free account to login to on the website. Schools should go to MileSplit.com IMMEDIATELY and set up an account if they do not already have an account that is active and associated with their school. (See detailed instructions on page 7 of this document)

To set up an account:

1. If you do not already have an account, create a free one at <https://ca.milesplit.com/register>
2. Once your account is created go to <https://ca.milesplit.com/teams>
3. Find your team on the list, click on it, and click the claim team button.

Clerk of the Course

The clerk of the course will be located in the northeast corner of the stadium. Athletes will enter via the warm-up area onto the track only. **All running event** athletes or coaches must check in when their event(s) is called, prior to entering the field. Athletes/Coaches who fail to appear at the Clerk of the Course will be replaced by Alternates. Once an alternate enters the field with the group, no changes will be made. Field event participants will report directly to their area of competition, but not before the event is called.

Warm-Up Area

The warm-up area is located on the field north of the stadium. Only athletes and coaches with the appropriate wristband will be allowed on the warm-up area.

High Jump Competitors excused to compete in other events

Athletes may be excused for a maximum of thirty (30) minutes to participate in another event. Permission to leave must be granted by the Head High Jump Judge and the time the athlete left the event is to be noted on the Official Event Score Sheet.

An athlete may request the Head Event Official to complete his/her trials at the current height out of order or opt to return to the event with the number of trials remaining when he/she was excused. In both of the above cases, the competition will continue and he/she will re-enter at wherever the crossbar has been raised to during said excused absence.

It is the responsibility of the athlete to check in and out of the event.

Ticket Sales-all tickets must be purchased through GoFan

Prelims, Thursday, May 14 at Birmingham Community Charter High School

General Admission	\$12.00
Student (with ID)	\$ 8.00
Children 4 and under	Free

Finals, Thursday, May 21 at Birmingham Community Charter High School

General Admission	\$12.00
Student (with ID)	\$ 8.00
Children 4 and under	Free

2025-2026 L.A. City Section media and executive passes will be honored for admission, as well as State CIF and lifetime passes at the final. All passes will be accepted for the prelims.

Parking

Parking at Birmingham Community Charter High School will be in the parking lot off Victory Blvd and off of Haynes after 4 pm.

Awards

Awards will be given to all individuals and relay team members finishing in the top six places at finals. Awards will be given to the athletes at the conclusion of each event. Athletes are to stay on the field in the awards area upon completion of their event.

Spikes

Spikes must be 3/16 pyramid spikes. If you do not have a 3/16 pyramid spike you will be able to purchase them at the meet. Spikes will be strictly enforced on the Mondo track surface.

Shot Puts

Athletes must bring their own throwing implements. They must be weighed in prior to the competition. Only shots that have been verified and marked as such will be allowed to be used in the competition.

Appeals

Coaches may lodge a written appeal of a disqualification or other decision no later than thirty minutes upon conclusion of the race. Appeals must be submitted to the meet referee in the press box. Judgment decisions by meet officials may not be appealed. A three (3) person Jury of Appeals will be appointed to hear such appeals.

T-Shirts

Championship T-shirts will be available at the Prelims and Finals. Other championship apparel will also be available for purchase.

Glass and Other Dangerous Objects

No glass bottles of any kind will be allowed in the stadium. Only water will be allowed on the track, no food items permitted.

Concessions

Food and drink for purchase will be limited, please come prepared.

Practice at the Prelims & Finals Facility

Practice at the Prelims and Finals facilities is **NOT ALLOWED** at any time.

State Track Meet

The CIF California State Track and Field Championships will be held at Buchanan High School in Clovis on Friday, May 29 and Saturday, May 30. The first three places in the CIF Los Angeles City Section Finals will be entered in the State Meet in most events. In the 4x800, the top 2 teams will qualify. In the events of high jump and pole vault, the athlete must have cleared the opening state meet height at some point during the 2026 season, at a meet that can be verified, in order to represent the CIF Los Angeles City Section. Please read the State Advance Bulletin regarding the “**Honest Effort**” rule, as well as all other pertinent information. These are available at www.cifstate.org.

For assistance, please contact the Section Office at (818) 767-0800



CIF LA City Section- League Champion Standards

Event	Girls	Boys
100	13.5	11.5
200	28.0	24.0
400	1:07	55.0
800	2:40	2:09
1600	5:59	4:45
3200	13:30	10:30
110 Hurdles	19.9	18.9
300 Hurdles	55.0	46.9
4x100 Relay	54.5	46.5
4x400 Relay	4:40	3:46
4x800 Relay	12:00	9:30
High Jump	4-2	5-4
Pole Vault	6-6	9-0
Long Jump	14-0	17-9
Triple Jump	27-0	35-6
Shot Put	25-0	38-0