



FORMAT – 2026 TRACK & FIELD Division 5

TO: Sac-Joquin Section schools that participate in Track & Field
FROM: Will DeBoard, Assistant Commissioner
DATE: April 1, 2026

2026 CIF SAC-JOQUIN SECTION DIVISION V TRACK & FIELD CHAMPIONSHIP

A. Date & Location:

1. Trials - Wednesday, May 13, 2026 @ Riverbank High School
2. Finals – Saturday, May 16, 2026 @ Hughes Stadium

B. Meet Director:

Monte Wood of Riverbank High School
Email: mwood@riverbankusd.org

C. Track Facilities:

1. Nine lane all-weather track and runways.
2. Pyramid spikes only; pyramid spikes must be 1/4 inch or shorter and will be checked by the clerk.
3. Pyramid spikes will be on sale per National Federation rules.
4. There are no available locker room facilities at Riverbank HS; please come dressed for competition.

D. Coaches/Competitors' Gate:

1. Meet information and wristbands will be distributed to head coaches only at the main gate.
2. All coaches and athletes must have a wristband to enter the stadium.
3. Coaches or athletes that do not have wristbands will have to pay admission.
NO EXCEPTIONS!

4. It is the coach's responsibility to get the wristbands to both your early and late arriving athletes prior to their entry.
5. Athletes and parents will not be allowed to pick up wristbands. They will be told to contact their coach.
6. Each school will be provided with six wristbands for school-certified coaches.
7. Each athlete will be provided with a wristband.

E. Entries:

(From League to Divisional)

1. Number of qualifiers from leagues to the Division IV-V meet are as follows:
Division V: MLL - 4, SAL - 4, SDL - 4, SVC - 4, TVL - 4, CVCL/NPAC/SMAL – 2, CCAA/MVL – 2.
 - A. All ties for the final qualifying spot must be broken.
 - B. There will be only one alternate per event per league.
 - C. Only one relay team per school per event.
2. In addition, any athlete, in the finals of any league qualifying event, who meets or exceeds the divisional at-large qualifying mark in that event automatically qualifies to a berth in the Division I Meet regardless of finishing mark or place. **NOTE:** Only FAT times are acceptable for at-large qualifying.
3. Top 9 qualifiers (12 qualifiers in the 800M) by place (heat winner) and mark will move to the championship finals.
4. 3,200-meter run: This event will be run as a **final only**, for the trials, via alley start. The top 32 runners by time from **all** divisions will qualify to Masters for a final-only event there as well.
5. 4x800 Relay: Each league will qualify two fewer 4x800 relay teams as it does for any other event. This event will be run as a **final only** via alley start. The top 16 teams by time from **all** divisions will qualify to Masters for a final-only event there as well.
6. 1600m: This event will be run as a final only, at Divisional Finals.

F. FIELD EVENT SCHEDULE – Wednesday, May 13, 2026

Field Event	Reporting Time	Report Time	Scratch Time	Starting Time
Girls' Pole Vault		Noon	12:45 p.m.	1:00 p.m.
Boys' Pole Vault		3:00 p.m.	3:45 p.m.	4:00 p.m.
Boys' High Jump		Noon	1:00 p.m.	1:00 p.m.
Girls' High Jump		3:00 p.m.	3:45 p.m.	4:00 p.m.
Girls' Long Jump		1:00 p.m.	1:45 p.m.	2:00 p.m.
Unified Long Jump		3:00 p.m.	3:45 p.m.	4:00 p.m.
Boys' Long Jump		4:00 p.m.	4:45 p.m.	5:00 p.m.
Boys' Triple Jump		1:00 p.m.	1:45 p.m.	2:00 p.m.
Girls' Triple Jump		3:00 p.m.	3:45 p.m.	4:00 p.m.
Girls' Discus		1:00 p.m.	1:45 p.m.	2:00 p.m.
Boys' Discus		3:30 p.m.	4:15 p.m.	4:30 p.m.
Boys' Shot Put		1:00 p.m.	1:45 p.m.	2:00 p.m.
Unified Shot Put		3:30 p.m.	4:15 p.m.	4:30 p.m.
Girls' Shot Put		4:00 p.m.	4:45 p.m.	5:00 p.m.

All of the above field events will conduct trials and finals on May 13

G. RUNNING EVENT SCHEDULE – Wednesday, May 14, 2025

Track Events	Scratch Time	Event Time
Girls' 4 x 800M Relay	3:45	4:00
Boys' 4 x 800M Relay	4:00	4:15
Unified 4 x 100M Relay	4:15	4:30
Girls' 4 x 100M Relay, Heat 1	4:15	4:34
Girls' 4 x 100M Relay, Heat 2	4:15	4:37
Girls' 4 x 100M Relay, Heat 3	4:15	4:40
Boys' 4 x 100M Relay, Heat 1	4:27	4:43
Boys' 4 x 100M Relay, Heat 2	4:27	4:46
Boys' 4 x 100M Relay, Heat 3	4:27	4:50
Girls' 100M HH, Heat 1	4:40	4:55
Girls' 100M HH, Heat 2	4:40	5:00
Girls' 100M HH, Heat 3	4:40	5:05
Boys' 110M HH, Heat 1	4:55	5:10
Boys' 110M HH, Heat 2	4:55	5:15
Boys' 110M HH, Heat 3	4:55	5:20
Girls' 400M, Heat 1	5:10	5:25

Track Events	Scratch Time	Event Time
Girls' 400M, Heat 2	5:10	5:29
Girls' 400M, Heat 3	5:10	5:34
Boys' 400M, Heat 1	5:23	5:38
Boys' 400M, Heat 2	5:23	5:42
Boys' 400M, Heat 3	5:23	5:46
Unified 100M	5:30	5:50
Girls' 100M, Heat 1	5:35	5:53
Girls' 100M, Heat 2	5:35	5:56
Girls' 100M, Heat 3	5:35	5:59
Boys' 100M, Heat 1	5:47	6:02
Boys' 100M, Heat 2	5:47	6:06
Boys' 100M, Heat 3	5:47	6:10
Girls' 800M, Heat 1	6:00	6:15
Girls' 800M, Heat 2	6:00	6:20
Boys' 800M, Heat 1	6:15	6:30
Boys' 800M, Heat 2	6:15	6:35
Girls' 300M LH, Heat 1	6:30	6:45
Girls' 300M LH, Heat 2	6:30	6:49
Girls' 300M LH, Heat 3	6:30	6:53
Boys' 300M IH, Heat 1	6:42	6:57
Boys' 300M IH, Heat 2	6:42	7:01
Boys' 300M IH, Heat 3	6:42	7:05
Girls' 200M, Heat 1	6:55	7:10
Girls' 200M, Heat 2	6:55	7:14
Girls' 200M, Heat 3	6:55	7:18
Boys' 200M, Heat 1	7:07	7:22
Boys' 200M, Heat 2	7:07	7:26
Boys' 200M, Heat 3	7:07	7:30
Girls' 3200M	7:18	7:33
Boys' 3200M	7:32	7:47
Girls' 4 x 400M Relay, Heat 1	7:45	8:00
Girls' 4 x 400M Relay, Heat 2	7:45	8:08
Girls' 4 x 400M Relay, Heat 3	7:45	8:16
Boys' 4 x 400M Relay, Heat 1	8:09	8:24
Boys' 4 x 400M Relay, Heat 2	8:09	8:32
Boys' 4 x 400M Relay, Heat 3	8:09	8:40

J. Sportsmanship:

1. The basis of all competitive interaction in the Division IV-V meet is a commitment to the CIF Sac-Joaquin Section Code of Ethics and to true sportsmanship which describes a meet athlete as "...a person who can take a loss or defeat without complaint or victory without gloating, and who treats his/her opponents with fairness, courtesy, and respect."
2. Coaches and athletes are reminded that Sections 503.3 and 503.4 of the CIF Sac-Joaquin Section Constitution will be enforced.

K. Registration:

1. Coaches and competitors must, upon arrival, check in at the main gate prior to the meet.
2. Track athletes must check in with the Clerk of the Course located at the Northwest area of the track adjacent to the start of the 100 meters.
3. Field athletes must register with the event official at the venue when called.
4. Coaches must certify at competitors' gate that his/her athletes are properly attired in compliance with rules for 2026. Questions can be addressed at pre-meet conference.

L. Uniforms and Jewelry:

Uniform shall conform to National Federation Rule 4-3 (Competitor's Uniform) and Sac-Joaquin Section Constitution. All athletes competing must wear their school issued uniform and sweats at all times. No other uniform or clothing may be worn during warm-ups or competition. National Federation Rule 4-3-3 regarding wearing jewelry has been removed from the rules for track and field competition. As in previous years, the wearing of a medical alert with the alert visible continues and is encouraged for purposes of risk minimization. Violations of the above rules will result in disqualification from an event.

M. Electronics:

1. Communicating with a competitor through the use of any device, including electronically, during a race or trial, is prohibited. The use of a watch worn around the wrist is not considered an aid for racing.

Note1: The use of an electronic device for medical purposes is allowed provided a physician's note describing the need is presented to the meet director/referee.

Note2: Smartwatches are allowed for pacing purposes **only** during a running event. If seen to be used as a communication device the athlete is subject to the penalties below.

2. Electronic devices may only be used in unrestricted areas and coaching boxes, providing the location does not interfere with the progress of the meet as determined by the meet referee.
 - a. Electronic devices shall not be used to transmit information to the competitor during the race or trial.
 - b. Electronic devices shall not be used for any review of an official's decision.

- c. No athlete shall wear audio (microphone) or video (camera) device during a race or trial or in restricted areas. (This includes meta glasses.)

PENALTIES

1. A competitor shall be disqualified from the event/meet.
2. Team personnel (coach, manager, etc.) shall be disqualified from further participation in the meet.

N. Athletes' Area/Warm-ups:

1. Athletes may sit in any bleacher area. Tents & Canopies will be allowed in the upper rows of the west bleachers and In the east bleachers. Tents and canopies must not block the view from the press box situated at the top of the home stands
2. Warm up areas are on the grass areas south of the gym. Wristbands must be worn in the warm-up areas.

No warm-ups will be allowed on the track or on the track infield. No warm-ups on any artificial turf surfaces on campus.

3. Field athletes will be allowed to warm up at their venues when meet director declares event open and officials arrive, approximately one hour before the event begins.

No warm-ups at any field event venues without the designated official present and meet director's declaration.

O. Awards/Scoring:

1. Medals to the first four places in each finals (Unified, 3200, 4x800).
2. Team championship banners and second place plaques in both boys' and girls' divisions.
3. The awards for running events will be distributed at the finish line. Disputed medals will be held until the dispute is resolved.
4. Scoring (Finals only) will be as follows:

First Place	- 10 points	Fifth Place	- 4 points
Second Place	- 8 points	Sixth Place	- 3 points
Third Place	- 6 points	Seventh place	- 2 points
Fourth Place	- 5 points	Eighth place	- 1 point

P. Appeals:

1. All appeals must be submitted in writing to the meet referee under procedures as outlined in National Federation Rule 2-3-5.
2. There will be a designated appeals area. Under no circumstances are coaches allowed on the infield. Any violation of this rule will result in immediate disqualification of the athlete.

Q. Electronic Timing (FAT):

1. Finish Lynx will be used for all running events.

2. Races will not be held up for the review of a previous race.
3. Reviews of Finish Lynx finish will be by the review committee.
4. Coaches of athletes in contested races are welcome to view the photo but will not be allowed to vote on the review.

R. **Seeding:**

1. Seeding for both trials and finals will follow the format.
2. League representatives: Send your complete league meet results to Craig Wilson at redcaptiming@gmail.com before noon on Saturday, May 9, 2026. **THESE ENTRIES MUST BE IN HYTEK BACKUP FILE.**

Steps:

- A. Back up the complete meet file.
 - B. Enter in ALL relay teams and/or send them as a list with the file.
(Maximum of 8 competitors may be listed per relay team)
 - C. Send it as an attachment to the above address.
 - D. Please leave a phone number where you may be reached, if any problems arise.
 - E. Submit Hytek backups with every athlete's first and last names along with their grade in school. (including relay only athletes)
 - F. Names or relay athletes must be submitted by the deadline and by league representatives only.
 - G. Note whether league meet was hand timed or fully automatic (FAT).
3. Submitted results for each competitor must include ALL of the following information: Last name, first name; grade in school; school affiliation; event and qualifying mark. **NOTE:** Failure to include complete entry information will exclude the athlete from the program.
 4. Persons e-mailing results must include a phone number and an e-mail address where they can be reached throughout the weekend.
 5. Seedings will be available at www.cifsjs.org on Monday.

S. **Running Events:**

1. Qualified athletes must check in with the running event clerk prior to the scratch time. If the qualified athlete is not signed in 15 minutes prior to the event start time, that athlete will be scratched and replaced by the listed alternate athlete. Checked-in athletes must be at the staging area by the clerk at scratch time.
2. In the trials, there will be three heats to determine nine finalists, except for the 800 meters where there will be 12 finalists.
3. Finalists in each division will be the winner of each heat and the next fastest times to get to nine, except the 800 meters, where finalists will be the top two (2) in each heat and the next fastest times to get to 12.
4. In the event of a tie for the final qualifying spot, a runoff will be held to determine the qualifier for that spot at a time determined by the games committee.

5. The 800M trials will use a one-turn stagger.
6. The 800M and 3200M races will start in alleys. In the 800 trials, the winner in each heat automatically qualifies for the finals along with the remaining fastest times through all heats to make a total of 12 runners.
7. The 200M dash will be run on a turn.
8. The 400M dash will be run in staggered lanes around two turns.
9. The 1600M relay will use a three-turn stagger.

T. Field Events:

1. Qualified athletes may report directly to the field event site one hour prior to the event **IF** an event official is present and the meet director has declared the event open. Qualified athletes must sign in at the field event site from that point up until 15 minutes prior to the event start time. If the qualified athlete is not signed in 15 minutes prior to the event start time, that athlete will be scratched and replaced by a listed alternate athlete. Therefore, listed alternate athletes may also warm up in the event area. If an alternate is not inserted into the competition because the qualified athletes are all present, the alternate must leave the field event venue prior to the start of competition.
2. Nine (9) competitors will move from trials to Divisional Finals on May 16 at Hughes Stadium. If there is a tie for ninth, both will advance.
3. When there are large fields in the High Jump or Pole Vault, it is advisable for the referee or event official to establish continuing flights of five competitors (five-alive method). When the number of competitors remaining at a given height is fewer than nine, the five-alive method is abandoned and replaced by a continuous flight until the next height change.
4. During pole vault events, once competition has begun, the bar will be raised six (6) inches per round until seven competitors remain. At that time, the bar will be raised three (3) inches per round.
5. In the high jump, the bar will be placed four inches (4") below opening height. Ten minutes before competition begins, the bar will move to opening height.
6. During high jump events, once competition has begun, the bar will be raised two inches (2") per round until seven competitors remain. At that time, the bar will be raised one inch (1") per round.
7. **STARTING HEIGHTS FOR POLE VAULT AND HIGH JUMP:** Starting heights will be determined by Meet Management after all league finals entries are submitted. Starting heights can be seen online by Tuesday afternoon, on both the Sac-Joaquin Section and Bella Vista track and field websites.
8. Time limits for competitors to initiate a trial shall be one minute for all field events and will be enforced except for the following:
 - A. When three or fewer remain in the high jump or pole vault at the beginning of a bar height, the above time shall be increased to three minutes.

- B. When a single competitor, who has won the competition, remains in the high jump or pole vault, the allowed time shall be five minutes.
- 9. For throws and horizontal jumps competition, the head judge may change the order of competition of athletes who are excused to compete in another event in the preliminary or final rounds by any method. See Rule 6-2, art 3. Competitors who must check out of an event for another will be allowed to do so according to national and CIF regulations.
- 10. In the throws and horizontal jumps, all competitors receive four (4) attempts. Attempts from trials will not carry over to Divisional Finals.
- 11. At the Divisional Final, qualifiers will receive six attempts.
- 12. Field event athletes shall not cross the track to confer with coaches or spectators once the athletes have entered the infield.
- 13. In the trials for the throws and horizontal jumps, there will be two or three flights depending on the number of entries.

U. Weigh-in of Shot Puts and Disci:

- 1. All implements must be certified by inspectors. Implements will be impounded and brought to venues prior to the event. Implements failing inspection may be retrieved by coaches after the event finishes.
- 2. Weights and measures must be checked in the shed at the south end of the stadium from 1-4 p.m.

V. Equipment:

- 1. Competitors are responsible for their own equipment.
- 2. Only legally certified implements and certified meet equipment will be allowed in any competition area.

W. Competing Rules and Regulations:

- 1. The Track and Field Rule Book of the National Federation will be the official rules and regulations for all competitors and events.
- 2. Where applicable, CIF State and Section rulings or policies will supersede NFHS rules.

X. Admission:

1. Admission Fees for Trials and Finals:

Adults	\$10.00
Seniors (65+)/Military.....	\$8.00
Students (K-12).....	\$7.00
Children (age 5 and under).....	Free
Parking..	\$10.00 (stadium), \$5 (elsewhere)

Y. T-Shirts:

Meet T-shirts will be on sale near the main gate.