



FORMAT – 2026 TRACK & FIELD

TO: Sac-Joaquin Section schools that participate in Track & Field
FROM: Will DeBoard, Assistant Commissioner
DATE: April 11, 2026

2026 CIF SAC-JOQUIN SECTION DIVISIONAL TRACK & FIELD CHAMPIONSHIPS

A. Date & Location:

1. Finals – Saturday, May 16, 2026 @ Hughes Stadium

B. Meet Directors:

John and Jacqueline Wooding, Jori Herman

E-mail: jwooding@muhsd.org/jawooding@muhsd.org/jorih@vacavilleusd.org

C. Track Facilities:

1. Nine lane all-weather track and runways.
2. Spikes must be 1/4 inch or less and will be checked by clerk. No needles or Christmas tree spikes allowed.
3. Spikes will be on sale per National Federation rules.
4. There are no dressing facilities at Hughes Stadium; please come dressed for competition.
5. Tents will not be allowed in front of the press box. All tents must be placed on the top rows of the stadium. This is out of consideration for spectators, participants and coaches.
Please adhere to the request from the Section office and meet management.

D. Coaches/Competitors' Gate:

1. Meet information and wristbands will be distributed to head coaches only at competitors' gate at the north entrance of the stadium.
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. The Section office will contact athletic directors for their board-approved and certified coaches to be placed on the list for wristbands and entry.
7. Each athlete will be provided with a wristband, which is good for the day of the meet.

E. Entries:

(From Divisional Trials to Finals)

1. Number of qualifiers from each divisional trials to the Divisional championships will be nine. The nine fastest times and top marks in each event advance to Saturday's Finals.
 - A. All ties for final qualifying spot must be broken. Only nine may qualify by placement.
 - B. Only one relay team per school per event.
2. There are no at-large qualifiers from Divisional Trials to Divisional Finals.
3. Top nine qualifiers (12 qualifiers in the 800M) by mark will move to the Divisional Finals.
4. The top 10 championship finalists will qualify by mark to the Masters Meet. If a Masters qualifier will not compete at Masters, they must be scratched by the scratch deadline to allow for the next best mark from trials advances in their place.
5. There are no at-large qualifying marks to advance to Masters.
6. 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**, at the divisional trials, via alley start. The top 16 teams by time from **all** divisions will qualify to Masters Finals there as well.

F. FIELD EVENT SCHEDULE

BOYS AND GIRLS LONG JUMP – Check-in: 9 am; competition begins: 9:30 am.

BOYS AND GIRLS TRIPLE JUMP – To follow Long Jump

Long Jump order will be D5/4/3/2/1.

Triple Jump order will be D3/2/1/5/4.

BOYS SHOT PUT – Check-in: 8 a.m.; competition begins at 8:30 a.m. In Division order 1/2/5/4/3

GIRLS SHOT PUT – Check-in: 2 p.m.; competition begins at 2:30 p.m. In Division order 1/2/5/4/3

BOYS DISCUS – Check-in: 8 a.m.; competition begins at 8:30 a.m. In Division order 5/4/3/2/1

GIRLS DISCUS – Check-in: 2 p.m.; competition begins at 2:30 p.m. In Division order 5/4/3/2/1

Field Event	Check-In	Scratch Time	Starting Time
GIRLS POLE VAULT (Runways 1 and 2)			
A Pit	9:30 a.m.	9:45 a.m.	10:30 a.m.
B Pit	9:30 a.m.	9:45 a.m.	10:30 a.m.
BOYS POLE VAULT (Runways 1 and 2)			
A Pit	1:30 p.m.	1:45 p.m.	2:00 p.m.
B Pit	1:30 p.m.	1:45 p.m.	2:00 p.m.
BOYS HIGH JUMP (Runways 1 and 2)			
A Pit	9:30 a.m.	9:45 a.m.	10:30 a.m.
B Pit	9:30 a.m.	9:45 a.m.	10:30 a.m.
GIRLS HIGH JUMP (Runways 1 and 2)			
A Pit	1:30 p.m.	1:45 p.m.	2:00 p.m.
B Pit	1:30 p.m.	1:45 p.m.	2:00 p.m.

***** FIELD EVENT SCHEDULE SUBJECT TO CHANGE *****

G. RUNNING EVENT SCHEDULE (Divisional Order: 5/4/3/2/1)

NOTE: The listed times are approximate. Races will run in sequence without delay following awards.

Track Events	Scratch Time	Event Time
Girls 400M Relay	10:05 a.m.	10:20 a.m.
Boys 400M Relay	10:35 a.m.	10:50 a.m.
Girls 1600M	11:05 a.m.	11:20 a.m.
Boys 1600M	11:45 a.m.	12:00 p.m.
Girls 100M High Hurdles	12:25 p.m.	12:40 p.m.
Boys 110M High Hurdles	12:55 p.m.	1:10 p.m.
Girls 400M	1:25 p.m.	1:40 p.m.
Boys 400M	1:55 p.m.	2:10 p.m.
Girls 100M	2:25 p.m.	2:40 p.m.
Boys 100M	2:45 p.m.	3:00 p.m.
Girls 800M	3:05 p.m.	3:20 p.m.
Boys 800M	3:35 p.m.	3:50 p.m.
Girls 300M Low Hurdles	4:05 p.m.	4:20 p.m.
Boys 300M Intermediate Hurdles	4:35 p.m.	4:50 p.m.
Girls 200M	5:05 p.m.	5:20 p.m.
Boys 200M	5:35 p.m.	5:50 p.m.
Girls 1600M Relay	6:05 p.m.	6:20 p.m.
Boys 1600M Relay	6:45 p.m.	7:00 p.m.

J. Sportsmanship:

1. The basis of all competitive interaction in the Divisional Championships 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 first check in at the competitors' gate (look for the SJS pop-ups across the street from the stadium) before the meet.
2. Track athletes must register with the clerk of the course by their event's scratch time.
3. Field athletes must register with the event official at the venue by their event's scratch time.
4. Coaches must certify at competitors' gate that his/her athletes are properly attired in compliance with rules for 2026. Questions can be addressed to the games committee.

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 at all times. No other uniform or clothing may be worn during warm-ups or competition. (Note: Sweats are allowed during warmups) 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.

2. There will be a designated warm up corral on the south end of the stadium. Warming up/cooling down for track events on the infield outside of the corral is not permitted and may result in disqualification.
3. Field athletes will be allowed to warm up at their venues when officials arrive, approximately one hour before the event begins.
4. No warm-ups are allowed at any field event venue without a designated official present.

O. Awards/Scoring:

1. Medals to the first four places in each divisional final.
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; the awards for field events will be distributed at the finish line. Disputed medals will be held until the dispute is resolved.
4. Scoring (championship heats 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 2-3-3.
2. There will be a designated appeals area. Under no circumstances are coaches allowed in the timer area. Any violation of this rule may 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 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 trials will follow the format.
2. Divisional Trials representatives: Send your complete meet results to Craig Wilson at redcaptiming@gmail.com as soon as you can after your meet is complete, but before noon on Thursday, May 14, 2026.

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. List the alternate for each event, after scratches, by name and school.
- D. Send it as an attachment to the above address.
- E. Please leave a phone number where you may be reached, if any problems arise.
- F. Submit Hytek backups with every athlete's first and last names along with their grade in school. (including relay only athletes)

G. Names or relay athletes must be submitted by the deadline and by league representatives only.

H. Note whether league meet was hand timed or fully automatic (FAT).

3. If results are not received in a timely manner, divisional qualifiers will be seeded as the last qualifiers in each event. This is not subject to appeal.
4. Seedings will be available at www.cifsjs.org.

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. Checked-in athletes must be at the staging area by the clerk at scratch time.
2. The 800M finals will use a one-turn stagger and have an alley start.
3. The 1600M and finals will start in alleys with the top 24 times to Masters Finals.
4. The 200M dash will be run on a turn.
5. The 400M dash will be run in staggered lanes around two turns.
6. The 1600M relay will use a three-turn stagger.
7. The top nine qualifiers by mark in most running races advance to next Saturday's Masters Meet. In the 800M, the top 12 placers by mark will advance to Masters. In the 1,600M and 3,200M, the top 24 placers by mark advance to Masters.

S. 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. 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. Marks from the Divisional Trials Meets will not carry over into Divisional Championships.
2. Nine competitors will move from Divisional Trials to Divisional Championships in the long jump, triple jump, shot put and discus. They will each receive a total of six (6) attempts at Divisional Championships. Each competitor will have three trials attempts, then the competition will be reordered by mark for three finals attempts. A competitor must have a legal mark in the first three attempts to qualify for finals.
3. In the pole vault and high jump, nine (9) competitors will advance from Divisional Trials to Divisional Championships. There will be an "A" flight of 18 participants consisting of the top 40% of qualifying marks and there will be a "B" Flight of 27 participants with the remaining marks. A competitor can qualify for Masters from either flight.
4. 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.
5. 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.
6. 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.
7. 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.

8. **STARTING HEIGHTS FOR POLE VAULT AND HIGH JUMP:** Starting heights will be determined by Meet Management after all divisional trials 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.
9. 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.
10. 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.
11. Field event athletes shall not cross the track to confer with coaches or spectators once the athletes have entered the infield.

T. Weigh-in of Shot Put and Discus:

1. All implements must be certified by weights and measures.
2. Weights and measures will be open from 8am-1pm for the shot put and discus.

U. 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.
3. Poles will be certified by the coach at the event venue; coach and athlete will sign the entrant's sheet.

V. Masters Meet Qualifiers:

1. The top 10 championship finishers in most running events will qualify by mark to the Masters meet at Folsom High School Saturday, May 23, 2026. In the 800M, the top 12 placers by mark will advance to Masters. In the 1,600M and 3,200M, the top 24 placers by mark advance to Masters.
2. The top 12 championship finishers in the field events will qualify by mark to the Masters meet at Folsom High School Saturday, May 23, 2026. All ties for 12th place in the field events will advance to Masters.
3. All competitors who meet the at-large qualifying mark for the CIF State Championships will automatically advance to Masters Finals. If there are more than 10 in any event, multiple heats will be run at Masters Finals.
4. Coaches who will be scratching qualifiers to the Masters meet are asked to notify Craig Wilson of Red Cap Timing by Sunday, May 17 at noon. A list of alternates will be published prior to Saturday's Masters Meet.

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 Divisional Championships:**

Adults.....	\$12.00
Seniors (65+)/Military.....	\$10.00
Students (K-12).....	\$9.00
Children (age 5 and under)	Free
Parking at Sac City.....	\$10.00

Y. **T-Shirts:**

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