



ROGER L. BLAKE, EXECUTIVE DIRECTOR

# CALIFORNIA INTERSCHOLASTIC FEDERATION

CIF STATE OFFICE • 4658 DUCKHORN DRIVE • SACRAMENTO, CA 95834 • PH: 916-239-4477 • FX: 916-239-4478 • WWW.CIFSTATE.ORG

## 2016 CIF State Track Meet Prelims Time Schedule (Friday – June 3)

### Girls 4x100 Relay

Heat 1	6:15
Heat 2	6:21
Heat 3	6:27

### Boys 4x100 Relay

Heat 1	6:32
Heat 2	6:37
Heat 3	6:42

### Girls 1600 Meter Run

Heat 1	6:47
Heat 2	6:55

### Boys 1600 Meter Run

Heat 1	7:03
Heat 2	7:11

### Girls 100 Meter Hurdles

Heat 1	7:17
Heat 2	7:22
Heat 3	7:27

### Boys 110 Meter Hurdles

Heat 1	7:34
Heat 2	7:38
Heat 3	7:42

### Combined 400m Dash

Final	7:45
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### Girls 400 Meter Dash

Heat 1	7:50
Heat 2	7:55
Heat 3	8:00

### Boys 400 Meter Dash

Heat 1	8:06
Heat 2	8:11
Heat 3	8:16

### Girls 100 Meter Dash

Heat 1	8:22
Heat 2	8:27
Heat 3	8:32

### Boys 100 Meter Dash

Heat 1	8:37
Heat 2	8:42
Heat 3	8:47

### Girls 800 Meter Run

Heat 1	8:51
Heat 2	8:56
Heat 3	9:01

### Boys 800 Meter Run

Heat 1	9:06
Heat 2	9:11
Heat 3	9:16

### Girls 300 Meter Hurdles

Heat 1	9:20
Heat 2	9:25
Heat 3	9:30

### Boys 300 Meter Hurdles

Heat 1	9:35
Heat 2	9:40
Heat 3	9:45

### Girls 200 Meter Dash

Heat 1	9:50
Heat 2	9:55
Heat 3	10:00

### Boys 200 Meter Dash

Heat 1	10:05
Heat 2	10:10
Heat 3	10:15

### 60 Meter Dash (Traditional)

Final	10:20
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### 60 Meter Dash (Unified)

Final	10:25
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### Girls 4x400 Relay

Heat 1	10:31
Heat 2	10:38
Heat 3	10:45

### Boys 4x400 Relay

Heat 1	10:51
Heat 2	10:58
Heat 3	11:05

## 2016 CIF State Track Meet Prelims Field Events (Friday – June 3)

Event	Reporting Time	Event Time
Girls Discus	2:45pm	4:00pm
Girls LJ	3:45pm	5:00pm
Boys TJ	3:45pm	5:00pm
Girls HJ	3:45pm	5:00pm
Boys Discus	5:30pm	6:30pm
Boys Pole Vault	5:00pm	6:30pm
Girls Pole Vault	5:00pm	6:30pm
Girls Shot	5:00pm	6:30pm
Para Shot	6:00pm	7:00pm
Boys HJ	6:45pm	8:00pm
Boys LJ	7:00pm	8:00pm
Girls TJ	7:00pm	8:00pm
Boys Shot	8:00pm	9:00pm



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## FIELD EVENT CHAMPIONSHIPS (Saturday – June 4)

<u>EVENT</u>	<u>REPORTING TIME</u> (Report to Field Event Clerk of Course)	<u>STARTING TIME</u>
Girls' Discus	3:30 p.m.	4:30 p.m.
Girls' High Jump	5:00 p.m.	6:00 p.m.
Girls' Long Jump	5:00 p.m.	6:00 p.m.
Boys' Triple Jump	5:00 p.m.	6:00 p.m.
Girls' Pole Vault	5:15 p.m.	6:15 p.m.
Boys' Discus	5:30 p.m.	6:30 p.m.
Girls' Shot Put	5:30 p.m.	6:30 p.m.
Boys' High Jump	7:00 p.m.	8:00 p.m.
Boys' Long Jump	7:00 p.m.	8:00 p.m.
Girls' Triple Jump	7:00 p.m.	8:00 p.m.
Boys' Pole Vault	6:15 p.m.	7:15 p.m.
Boys' Shot Put	7:30 p.m.	8:30 p.m.

## TRACK CHAMPIONSHIPS (Saturday – June 4)

7:00	Girls'	400m Relay
7:10	Boys'	400m Relay
7:20	Girls'	1600m Run
7:30	Boys'	1600m Run
7:45	Girls'	100m High Hurdles
7:55	Boys'	110m High Hurdles
8:05	Girls'	400m Dash
8:15	Boys'	400m Dash
8:25	Combined 100m Dash (Wheelchair/Ambulatory)	
8:35	Girls'	100m Dash
8:45	Boys'	100m Dash
8:55	Girls'	800m Run
9:05	Boys'	800m Run
9:15	Girls'	300m LH
9:25	Boys'	300m IH
9:35	Combined 200m Dash (Wheelchair/Ambulatory)	
9:45	Girls'	200m Dash
9:55	Boys'	200m Dash
10:10	Girls'	3200m Run
10:25	Boys'	3200m Run
10:40	Girls'	1600m Relay
10:50	Boys'	1600m Relay