

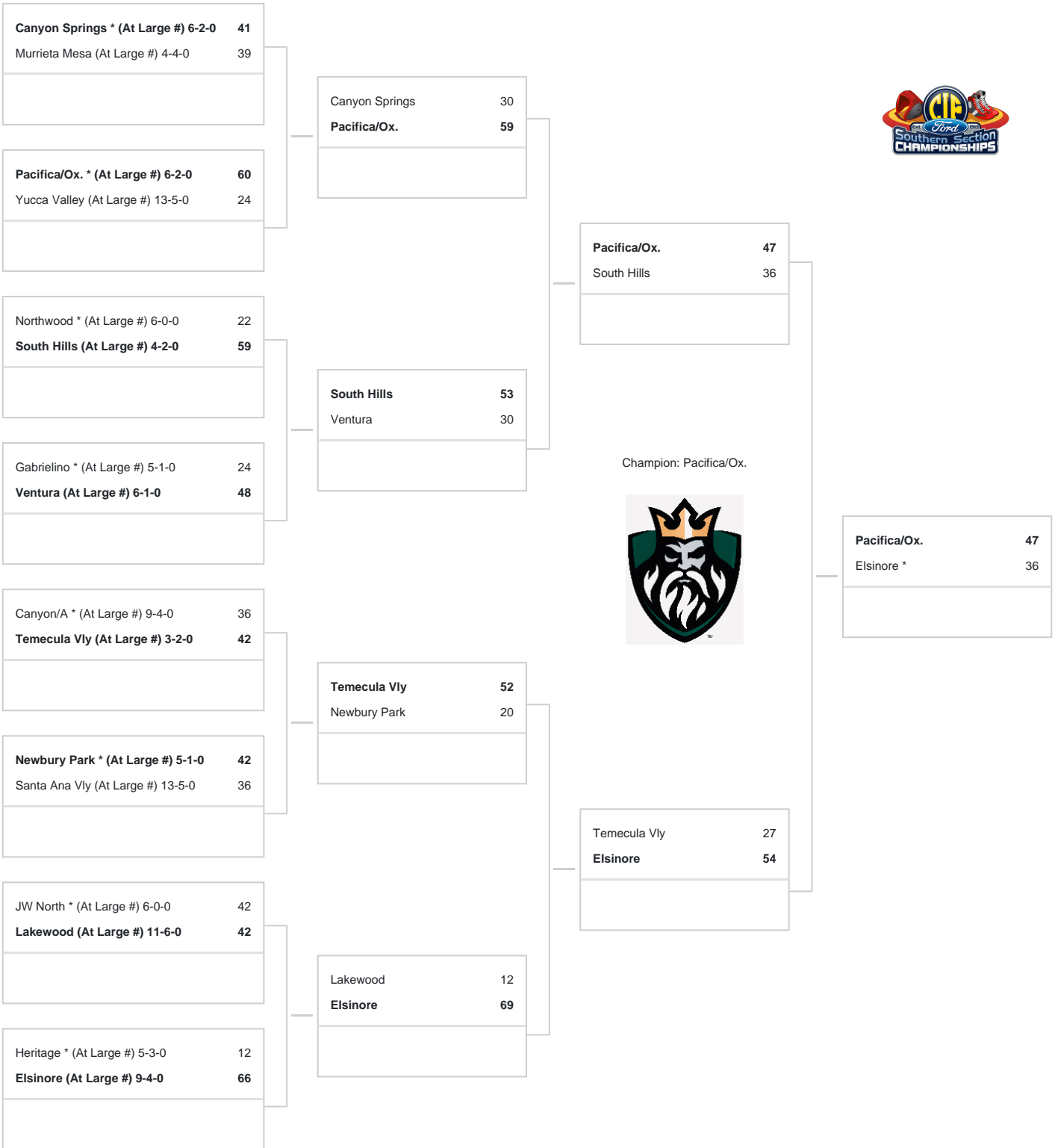
# 2026 CIF SOUTHERN SECTION FORD DIVISION 3 GIRLS DUAL MEET CHAMPIONSHIPS

**Round 1**  
01/31/2026  
11:00 AM

**Quarter Final**  
01/31/2026

**Semi Final**  
01/31/2026

**Final**  
02/05/2026  
07:00 PM



GIRLS DIVISION 3 PRELIMINARY ROUNDS will be held at Lakewood High School on Saturday, January 31. THE CHAMPIONSHIP MATCH will take place Thursday, February 5, 2026, at the site of the school ranked highest in the final poll. PER NFHS RULES, A RANDOM DRAW WAS HELD AT THE CIF OFFICE ON 1/28/25 TO DETERMINE THE STARTING WEIGHT CLASS. THE STARTING WEIGHT CLASSES WILL BE 145 1ST RND, 155 2ND RND, 170 SEMIFINAL RND, 190 FINAL RND. REMINDER: ALL COACHES, AT WEIGH INS, ARE REQUIRED TO SHOW PROOF OF THEIR WRESTLERS' ASSESSMENT IN THE TRACKWRESTLING WEIGHT MANAGEMENT PROGRAM. We reserve the right to adjust the draw sheet as a result of information which would update any final league standings. Draw results available on our website @ [www.cifss.org](http://www.cifss.org).