



## \$10 Pre-Participation Sports Exam for San Diego Unified Student Athletes

Screenings include all elements required to participate in sports for the 2025-26 school year.

### Check-In Times

8 a.m.	Football (last names starting with A-M)
8:30 a.m.	Football (last names starting with N-Z)
9 :30 a.m.	Badminton, baseball, basketball, cheerleading
10 a.m.	Cross country, field hockey, flag football
10:30 a.m.	Golf, lacrosse, soccer, softball
11 a.m.	Swimming and diving, tennis, track and field, volleyball
11:45 a.m.	Water polo, wrestling

### What to Bring

- School identification card
- Completed San Diego Unified health history form (available Monday, June 9th at [homecampus.com/login](https://homecampus.com/login) - **must be signed by parent/guardian**)
- Corrective eyewear if needed

### Payment

The optional/voluntary screening **is \$10 cash** and only for California Interscholastic Federation (CIF)-sanctioned sports participants. For more information, please contact your high school athletic trainer or athletic director.

(050525)

### Event Details

**When:** Saturday, June 14, 2025

**Time:** 8 a.m. – noon

Mira Mesa High School  
10510 Marauder Way  
San Diego, CA 92126

Come dressed in athletic clothing and park in the Mira Mesa High School parking lot located directly off of Mira Mesa Blvd. Volunteers will direct you to the check-in area. Expect long lines and potential delays, you could be here for up to 2 hours.

**Parents/Guardians:** If you are unable to attend, sign and complete forms and send with your child.