

TO: Cross Country Coaches of Regions I, II, III, and IV of the Central Coast Section.

FROM: 1970 CCS Meet Director-Ed Costa, El Camino High School, So. San Francisco

SUBJECT: Qualifying to the Section Meet

PLACE: The CCS Finals for Cross Country will be held at the Golden Gate Park Course

DATE: Wednesday, November 25, 1970

TIME: Starting at 3:00 p.m.

WHO QUALIFIES FOR THE REGION MEET:

Region I	3 Large Schools, and 2 Small Schools
Region II	5 Large Schools, and 2 Small Schools
Region III	5 Large Schools, and 3 Small Schools
Region IV	2 Large Schools, and 5 Small Schools

ORDER AND TIME OF RACES

<u>RACE NUMBER</u>	<u>TEAM/DIVISION</u>	<u>TIME</u>
1	Small School Frosh-Soph	3:00 p.m.
2	Large School Frosh-Soph	3:10 p.m.
3	Small School Varsity	3:20 p.m.
4	Large School Varsity	3:30 p.m.
5	Junior Varsity	3:40 p.m.
6	Frosh	3:50 p.m.

Each Region will qualify the number of J.V. and Frosh teams equal to the number of large school varsity teams. Each Region will also qualify the individuals who are in the top 10% of the runners but not on one of the qualifying teams. Each team will be limited to seven (7) runners.

COURSE: The course is 2.5 miles of grass, dirt paths and some asphalt. This is the same course used for the Center Meets.

AWARDS: SMALL SCHOOLS: 1st, 2nd, and 3rd place trophies- Varsity only, medals for top 10 Varsity runners, ribbons top ten runners in Frosh-Soph division.

LARGE SCHOOLS: 1st, 2nd, 3rd, and 4th place trophies-Varsity only, medals for the top 15 runners in Varsity, ribbons top fifteen runners in Frosh-Soph division.

GENERAL: Come dressed. Be on time and ready to run. The time schedule will be followed exactly. Spikes will not be allowed on the course. There is not to be anyone on the course 30 minutes prior to the first race, this will be 2:30 p.m.

If you have any questions feel free to contact me at school: 589-6272 or at home 341-3616.