

1983 CCS CROSS COUNTRY CHAMPIONSHIPS
REGION AND SECTION
ADVANCE INFORMATION BULLETIN

TO: Athletic Directors, Cross Country Coaches
League Commissioners and News Media

FROM: CCS Office

RE: 1983 CCS Cross Country Championships

LOCATIONS:

REGION I	Crystal Springs, Belmont
" II	" " "
" III	" " "
" IV	" " "
SECTION	Crystal Springs, Belmont
NOR-CAL	Sierra College, Rocklin

DIRECTORS:

REGION I	GPSS/NPL/PAL/WCAL	Dooley/Daskarolis/Alvarado/Fambrini
II	DAL/SCVAL/STAL	Thornberg/Daner/Jones
III	MHAL/WVAL	Iverson/Harnatz
IV	MEAL/MBL	Chamberlin/Asplund
SECTION	DAL/PAL/WCAL	Thornberg/Dooley/Fambrini
NOR-CAL	Ann Simpson, Oakmont	SAC-JOQUIN

SANCTION: CENTRAL COAST SECTION, CIF

CIF BY-LAWS
307 and 506(b)

CIF By-Law 307 states: "No CIF team shall participate in inter-scholastic or approved competition with any other team unless the CIF team is under supervision as required by the California Administrative Code Title V or CIF By-Law 506(b)."

CIF By-Law 506(b) states: "Who may coach: (a) All public school teams must be coached by a person who meets the requirements of the California Education Code and California Administrative Code Title V. (b) In case of non-public school, a person engaged by that school on a yearly contract basis as a regular member of the school teaching staff and certified by the administrator of that school as competent for the position held."

RULES FOR
COMPETITION: 1983 National Federation of State High School Association Cross Country Rules will be enforced.

ADMISSION: No charge.

AWARDS

Region Competition
8 Plaques - 1st & 2nd each Region (boys)
8 Plaques - 1st & 2nd each Region (girls)
120 Certificates - 1st - 15th places, each Region (Var. G & G)

Section Competition
8 Trophies
15 Medals - 15 places (Varsity-boys)
15 Medals - 15 places (Varsity-girls)

The 1983 Section Meet will follow the same format as last season, i.e.: the Varsity Girls will run at 3:00 pm and the Varsity Boys will follow at 3:30 pm.

QUALIFYING TO SECTION, TEAM & INDIVIDUAL

Teams will qualify to Section Meet as follows:

- REGION I - 4 teams of not more than seven runners (Boys & Girls)
- REGION II - 4 teams " " " " " " (Boys & Girls)
- REGION III - 4 teams " " " " " " (Boys & Girls)
- REGION IV - 4 teams " " " " " " (Boys & Girls)

Individuals not on a qualifying team and placing in the top 10 percent of the finishing runners in each Region Meet will qualify to the Section Meet. Entries will be rounded off to the next highest integer (i.e.: if there are 71 finishers - eight (8) individuals who are not on a qualifying team could qualify.)

The following procedure has been adopted for qualifying runners from the Region to the Section Meet:

Region Meet Directors are to mail Region Meet results to the Central Coast Meet Director (Ed Fennelly) to verify those runners who have qualified for the Section Meet.

QUALIFYING TO NOR-CAL FROM CCS

Three (3) teams of not more than seven (7) runners and six (6) individuals not on a qualifying team in both Boys and Girls Divisions.

TEAM CONDUCT

Coaches are reminded to supervise and demand proper conduct from their athletes. See attachment

TOILETS

There will be portable toilets available near the finish line.

WATER:

Drinking water is available.

PHONE:

There is a public pay phone located by the tennis courts.

UNIFORMS & FOOT-WEAR

Rule 9-4

Teams

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SECTION 5 UNIFORMS

ART. 1 . . . The cross-country uniform consists of a minimum of a school issued jersey and shorts, which are not objectionable, and shoes, which may be supplied by the contestant. In triangular and quadrangular or invitational meets, the games committee may determine the number of entries per team; but in no case may it be more than 12.

ART. 2 . . . A shoe is a covering for the foot. It must have an upper and definitely recognizable sole and heel. The upper must be designed so that it can be fastened securely to the foot. The sole and heel may contain grooves, ridges. The use of ballet type slippers, gymnastics slippers or sweat socks does not meet the requirements of the rule.

ART. 3 . . . Each team member shall wear the same color and design school uniform (jersey and trunks). When other apparel is worn under the jersey by more than one team member (two or more), that apparel must be the same color.

ART. 4 . . . A competitor must wear the assigned contestant number, when numbers are used.

No spikes will be allowed on the course.

The Cross Country Committee discussed the "identical uniforms" rule, the problems it has caused the Cross Country Chairman and Section Meet Director and how to resolve these problems. It was the consensus of the Committee that the following policies should be published in the 1983 Advance Information Bulletin:

- a) Xerox the rule from the rule book and underline the most pertinent points.
- b) Uniforms will be inspected at the starting line. Runners not in conformance with the rules will be disqualified.
- c) It is the responsibility of all runners to be at the starting line and to prepare themselves for uniform inspection 15 minutes prior to the start of the event.
- d) It is the responsibility of any coach who has any doubt about the legality of his/her runners' uniforms to ask the CCS Cross Country Committee Chairman, Mr. Ed Fennelly, to rule on the legality of the uniform(s) 30 minutes prior to the start of the event.
- e) It is the responsibility of any coach questioning the legality of an opposing team(s) uniform to so question the CCS Cross Country Chairman, Mr. Ed Fennelly, and obtain a ruling 30 minutes prior to the start of the event.
- f) The CCS Cross Country Chairman's ruling will be final. After a runner has been allowed to start that runner is considered legal and under no circumstances can he/she be disqualified for violation of the "identical uniforms" rule. The Chairman will use his discretion in ruling on faded uniforms, slight differences in the piping and/or manufactures logos, etc.

PRE-MEET
WARM-UP

Jogging the course before the meet is permitted. The course must be cleared prior to the first race.

REGION I

DIRECTORS

Don Dooley
San Mateo High School
506 No. Delaware St.
San Mateo 94401
348-8050 (s)

Bill Daskarolis
Aragon High School
900 Alameda de las Pulgas
San Mateo 94402
342-7980 (s)

Greg Alvarado
Jefferson High School
6996 Mission St.
Daly City 94014
992-4050 (s)

Rick Fambrini
Serra High School
451 W. 20th Ave.
San Mateo 94403
345-0991 (s)

SITE

Crystal Springs, Belmont

DISTANCE

3.0 miles

DATE

Tuesday, November 15, 1983

TIME

3:00 pm Varsity Girls
3:30 pm " Boys

REGION II

DIRECTORS:

Hal Daner
Gunn High School
780 Arastradero Road
Palo Alto 94306
855-8431 (s)

Verne Thornberg
Lynbrook High School
1280 Johnson Ave.
San Jose 95129
255-6321 (s)

SITE

Crystal Springs, Belmont

DISTANCE

3.0 miles

DATE: Wednesday, November 16, 1983

TIME: 2:30 pm Varsity Girls
3:30 pm " Boys

REGION III

DIRECTORS:

Eric Iverson
Del Mar High School
1224 Del Mar Ave.
San Jose 95128
298-0260 (s)

Willie Harmatz
Los Gatos High School
20 High School Ct.
Los Gatos 95030
354-2730 (s)

SITE:

Crystal Springs, Belmont

DISTANCE:

3.0 miles

DATE:

Wednesday, November 16, 1983

TIME :

2:30 pm Varsity Girls
3:00 pm " Boys

REGION IV

DIRECTORS:

Richard Chamberlin
Pacific Grove High School
615 Sunset Drive
Pacific Grove 93950
646-6585 (s)

Duane Asplund
Live Oak High School
1505 E. Main St.
Morgan Hill 95037
779-8357 (s)

SITE:

Crystal Springs, Belmont

DISTANCE

3.0 miles

DATE

Wednesday, November 16, 1983

TIME:

3:30 pm Varsity Girls
3:50 pm " Boys

SECTION

DIRECTORS:

Don Dooley, Rick Fambrini, Verne
Thornberg and

Ed Fennelly
Riordan High School
175 Phelan Avenue
San Francisco 94112
586-8710

SITE:

Crystal Springs, Belmont

DISTANCE:

3.0 miles

DATE:

Tuesday, November 22, 1983

TIME:

3:00 pm Varsity Girls
3:30 pm Boys

SECTION NOTE:

- 1) Starting Line Position: The place on the starting line for team and individuals will be determined by a double draw. The first draw will be for Region placement and the second draw conducted by Mr. Ed Fennelly, Cross Country Chairperson, and Section Director, will be for Starting Line Position. There will be nineteen boxes. Three athletes from each team and one individual athlete from a non-qualifying team will line up in front and the remaining team members will line up on the second line five yards behind the front line.
- 2) The "rain-out procedure" for the Section Meet was reviewed and it was agreed to implement it this year with emphasis being placed on item D) of the procedures. The procedure is:

- a) The Section Meet Director will call the Region Meet Directors and the CCS office before 10:00 am the morning of the meet if the weather is the least bit doubtful. He will inform those individuals the meet is "ON" or "OFF".
 - b) The Region Meet Directors will phone their respective League Representatives with the above information.
 - c) The League Representatives will call their respective coaches with the above information.
 - d) It is the responsibility of each coach who has not been contacted by the above method to call the CCS office after 10:00 am the morning of the scheduled meet and before leaving for Crystal Springs to determine whether the Meet is "ON" or "OFF".
- 3) Ceremony: There will be a short awards ceremony at the conclusion of the meet.

Coaches, it would be of tremendous help if you instructed your athletes to remain within the course area (inside the fence) until you left with them at the conclusion of the meet. Thank you for your cooperation.

NOR-CAL CROSS COUNTRY CHAMPIONSHIPS

DIRECTORS: Ann Simpson
Oakmont High School
1710 Cirby Way
Roseville 95678
(916) 782-3781

SITE: Sierra College, Rocklin

DATE: Saturday, November 26, 1983

TIME: 12:00 pm Varsity Girls
12:30 pm Varsity Boys

DISTANCE: 3.0 miles Girls
3.0 miles Boys

COMPLETE INFORMATION WILL BE AVAILABLE AT THE
CENTRAL COAST SECTION CHAMPIONSHIPS ON TUESDAY,
NOVEMBER 22, 1983.

CENTRAL COAST SECTION, CIF
124 West Latimer Avenue
Campbell, California 95008

TO: Section Cross Country Coaches
FROM: CCS Events Coordinator
RE: Use of Crystal Springs Course

Through the voluntary effort of a small group of our colleagues, our runners have the opportunity to use an excellent course.

All of us interested in continuing the use of the Course must insist on the following:

- 1) Keep completely away from the houses, lawns, driveways, tennis courts, water tanks, etc. of the nearby area. Please do not allow runners to use hoses, lawns or other private property of the homeowners. Even the courteous request of runners to use hoses, telephones, or lawns create problems. The runners do not realize that 35-40 meets are held on this Course each season.
- 2) Park only in authorized areas. Do not block private driveways.
- 3) Remove all trash from area.
- 4) No smoking is permitted. (Extreme fire danger)
- 5) Every host, sponsoring organization, team, coach, etc. has a clean up responsibility.

Each coach has the responsibility to review with his runners the above requirements. If we don't insist on these common sense items, we could lose the use of this excellent course.

1983 C.C.S. CROSS COUNTRY MEET

INFORMATION BULLETIN

DATE: November 8, 1983

TO: COACHES OF QUALIFYING TEAMS OR INDIVIDUALS

FROM: MEET DIRECTORS: Don Dooley, San Mateo High
Bill Daskarolis, Aragon High
Rick Fambrini, Serra High

SUBJECT: 1983 SECTION CROSS COUNTRY MEET INFORMATION

MEET DATE: Tuesday, November 22nd. If the meet has to be called due to weather, the following procedures will be used, and a new date will be set - probably Wednesday, November 23rd.

- a) The Section Meet Director will call the Region Meet Directors and the CCS office before 10:00 A.M. the morning of the meet if the weather is the least bit doubtful. He will inform those individuals the meet is "ON" or "OFF".
- b) The Region Meet Directors will phone their respective League Representatives with the above information.
- c) The League Representatives will call their respective coaches with the above information.
- d) It is the responsibility of each coach who has not been contacted by the above method to call the CCS office after 10:00 AM the morning of the scheduled meet and before leaving for Crystal Springs to determine whether the Meet is "ON" or "OFF".

PLACE: Crystal Springs Course in Belmont

TIME AND RUNNING ORDER: 1. 3:00 p.m. Girls
2. 3:30 p.m. Boys

QUALIFYING: Teams (of not more than seven runners each) and individuals will qualify to the Section Meet as follows:

Region I - 4 teams of not more than seven runners (Boys and Girls)
Region II - 4 teams of not more than seven runners (Boys and Girls)
Region III - 4 teams of not more than seven runners (Boys and Girls)
Region IV - 4 teams of not more than seven runners (Boys and Girls)

Individuals not on a qualifying team and placing in the top 10 percent of the finishing runners in each Region meet will qualify to the Section Meet. Entries will be rounded off to the next highest number (i.e., 63 finishers will mean seven (7) individuals qualify).

A reminder to Region Meet Directors to be sure to mail to Ed Fennelly a copy of your region results for verification of those teams and individuals who have qualified for the Section Meet.

QUALIFYING
TO NOR CAL
FROM C.C.S.:

Three (3) teams of not more than seven (7) runners and six (6) individuals not on a qualifying team in both Girls and Boys divisions.

SCORING:

1. The double tag system will be used to:
 - (a) provide immediate results and to identify qualifying teams and individuals to Northern California Meet, and
 - (b) have a back-up system.
2. Each school will be given tags to be worn by each runner on the left pant leg, plus envelopes in which to place the handout finish tags that each runner will receive at the finish chute. Immediately after the race, fill out tags completely (First & Last name, school, and year in school), place the tags in the envelope, add up your score, and return them to the scorer's table. If your team becomes incomplete during the race be sure to indicate this on the envelope as well as notifying the Meet Director.
3. In case of team ties, scoring shall be resolved by comparing the 6th place finishers from the tying teams.

AWARDS:

1. Team trophies shall be awarded to places 1 to 4 in both Girls and Boys divisions.
2. Individual medals shall be awarded to places 1 to 15 in both Girls and Boys divisions. Medals will be handed to athletes as they leave the finish chute.

STARTING
ASSIGNMENTS:

1. Positions for individuals and teams will be determined by random selection with Ed Fennelly doing the drawing.
2. A double starting line with a 5-yard separation will be used. Three athletes from each team will line up in front and the remaining team members will line up on the second line.
3. If a qualifying team is not complete on the day of the meet, the coach must notify the meet director during the coaches' meeting. If a complete team starts the race but less than 5 finish, please inform the meet director immediately after completion of the race.

SPIKES:

Spikes are not allowed.

UNIFORMS:

Runners must be dressed in identical proper team uniforms - jersey and shorts. 1983 National Federation Rule Book rules will be enforced. All teams must be in starting position 5 minutes before the start of the race. The meet referee and starter will check all team uniforms.

PRE-MEET
WARM-UP:

Jogging the course before the meet is permitted. The course must be cleared prior to the first race.

COURSE
CONDUCT:

1. Park in authorized areas only. Do not block driveways for you may have your car towed away.
2. Stay completely away from houses, lawns and driveways of the nearby homes. Do not allow athletes to use hoses, lawns or other private property of the home owners.
3. There is a public telephone near the tennis courts.
4. No smoking.
5. No pets.
6. Remove all trash from your area. It's been good this fall because of your cooperation.
7. ENTER COURSE GATE ONLY FROM WALKWAY NEAR THE TENNIS COURTS.
8. No radios, frisbees or footballs on the course.
9. No coaches or athletes in the scoring shed or in the immediate area.
10. All runners and coaches must stay behind the ropes when the runners cross the top of the hill.
11. Buses must park on the right hand side of Hallmark, beyond the houses.
12. Remember, use of this course is a privilege and that FAILURE TO COMPLY WITH THE ABOVE WILL BE CAUSE FOR DISQUALIFICATION.

COACHES'
MEETING:

There will be a brief coaches' meeting to cover any last minute details at 2:30 p.m. Be sure that prior to this time you have checked in at the scorer's table to pick up your tags, scoring envelopes and starting position sheet.

SECTION 4 TEAMS

ART. 1 . . . A cross-country team shall consist of seven members unless otherwise agreed. In dual meets a maximum of 12 members may be entered but only the first seven on each team shall enter into the scoring.

SECTION 5 UNIFORMS

ART. 1 . . . The cross-country uniform consists of a minimum of a school issued jersey and shorts, which are not objectionable, and shoes, which may be supplied by the contestant.

ART. 2 . . . A shoe is a covering for the foot. It must have an upper and definitely recognizable sole and heel. The upper must be designed so that it can be fastened securely to the foot. The sole and heel may contain grooves, ridges or track spikes which are no longer than 1 in. The use of ballet type slippers, gymnastics slippers or sweat socks does not meet the requirements of the rule.

ART. 3 . . . Each team member shall wear the same color and design school uniform (jersey and trunks). When other apparel is worn under the jersey by more than one team member (two or more), that apparel must be the same color.

ART. 4 . . . A competitor must wear the assigned contestant number, when numbers are used.

SECTION 6 DISQUALIFICATIONS

ART. 1 . . . Any runner who false starts shall be disqualified.

ART. 2 . . . Any runner who interferes with another runner shall be disqualified. Interference is any action by a competitor which unfairly changes the course or natural running rhythm of another runner during a race. This may include bumping, tripping or running across a runner's path.

ART. 3 . . . Any participant who uses unsportsmanlike or unacceptable conduct shall be disqualified. Conduct which is unethical or dishonorable which includes action and/or language which will bring discredit to the individual or his/her school, disrespectfully addressing an official, using profanity, criticizing an opponent or an official or willful failure to follow the directions of a meet official are examples of unsportsmanlike or unacceptable conduct.

ART. 4 . . . A runner shall be disqualified if he or she is aided by a coach, teammate or anyone connected directly or indirectly with the competitor or team concerned. Such aid includes running alongside a runner