

1985 C.C.S. CROSS COUNTRY MEET

INFORMATION BULLETIN

DATE: November 13, 1985

TO: COACHES OF QUALIFYING TEAMS OR INDIVIDUALS

FROM: MEET DIRECTORS: Don Dooley San Mateo High 348-8050(s) 593-8992(h)  
Bill Daskarolis Aragon High 342-7980(s) 657-7592(h)  
Rick Fambrini Serra High 345-8207(s) 344-5819(h)  
Greg Alvarado Jefferson High 992-4050(s) 574-3369(h)

SUBJECT: 1985 SECTION CROSS COUNTRY MEET INFORMATION

MEET DATE: Tuesday, November 26th. If the weather conditions make it impossible to run on the Crystal Springs Course, the meet will be moved to a rain course located on the campus of the College of San Mateo and the following procedure will be used:

- a. The Section Meet Director will call the Region Meet Directors and the C.C.S. 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" at Crystal Springs OR that it has been moved to C.S.M.
- 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 C.C.S. office after 10:00 A.M. the morning of the scheduled meet and before leaving for Crystal Springs to determine whether the Meet is "ON" at Crystal Springs or has been moved to C.S.M.

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 - 5 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)

Five individuals not on a qualifying team from each Region will qualify to the Section Meet.

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.

ING  
CAL  
C.C.S.:

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

RING:

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 and 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 IMMEDIATELY!!
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, 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.
3. 14 certificates shall be awarded to the 1st and 2nd place teams in both Girls and Boys Divisions.

STARTING  
POSITIONS:

1. Positions for individuals and teams will be determined by random selection with Ed Fennelly doing the drawing. Region placement will be taken into consideration for the position of the individual qualifiers.
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. If the rain course is used, a triple starting line will be used with 15 yards separating each (a single file line will be used with the breakdown being three on the front, followed by two each on the other two lines. Region directors are to help in this area!).
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.

SPIKES:

Spikes are not allowed.

UNIFORMS:

Runners must be dressed in identical proper team uniforms - jersey and shorts. The 1985 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.

AT'L.  
RULE:

P. 56, 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. (No triangular and quad)
- 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 inch. 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.

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 homes, 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. Cooperate!
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 enveloped and starting position sheet.

Lastly, if you see Coach Bob Rush and Coach Rich Harris, be sure to thank them for their invaluable contribution to our efforts.

1985 C.C.S. PARTICIPATING SCHOOLS

1. APTOS (AP)	21. LIVE OAK (LO)	41. SO. SAN FRANCISCO (SSR)
2. BELLARMINE (BEL)	22. LOS GATOS (LG)	42. ST. IGNATIUS (SI)
3. BRANHAM (BR)	23. MENLO ATHERTON (MA)	43. ST. FRANCIS (SF)
4. BURLINGAME (B)	24. MILLS (MIL)	44. TERRA NOVA (TN)
5. CARLMONT (CR)	25. MILPITAS (MPT)	45. VALLEY CHRISTIAN (VC)
6. CARMEL (C)	26. MITTY (AM)	46. WATSONVILLE (WAT)
7. CASTILLEJA (CAS)	27. MONTA VISTA (MV)	47. WESTMONT (WMT)
8. DEL MAR (DM)	28. MOUNTAIN VIEW (MTV)	48. WESTMOOR. (WMR)
9. FREMONT (F)	29. NORTH MONTEREY COUNTY (NMC)	49. WILLOW GLEN (WG)
10. GILROY (GIL)	30. NOTRE DAME (ND)	50. WOODSIDE (WOD)
11. GUNDERSON (GUN)	31. PACIFIC GROVE (PG)	
12. GUNN (G)	32. PALO ALTO (PA)	
13. HALF MOON BAY (HMB)	33. PIEDMONT HILLS (PG)	
14. HARBOR (HAR)	34. PRESENTATION (PR)	
15. HILLSDALE (HIL)	35. SANTA CRUZ (SC)	
16. HOMESTEAD (HOM)	36. SANTA TERESA (ST)	
17. LEIGH (LEI)	37. SARATOGA (SAR)	
18. LELAND (LEL)	38. SERRA (SER)	
19. LICK (L)	39. SILVER CREEK (SC)	
20. LINCOLN (AL)	40. SOQUEL (SQ)	

STARTING POSITIONS

GIRLS VARSITY

BURLINGAME	19
GILROY	6
GUNDERSON	5
GUNN	10
HALF MOON BAY	11
LEIGH	9
LELAND	2
LIVE OAK	13
LOS GATOS	17
MENLO ATHERTON	14
MILLS	20
MITTY	18
MOUNTAIN VIEW	21
PIEDMONT HILLS	16
ST. FRANCIS	1
SOQUEL	8
WATSONVILLE	4
REG. I INDIVIDUALS	12
REG. II INDIVIDUALS	3
REG. III INDIVIDUALS	7
REG. IV INDIVIDUALS	15

BOYS VARSITY

BELLARMINE	17
CARLMONT	18
DEL MAR	3
GILROY	12
GUNN	7
HOMESTEAD	4
LEIGH	2
LINCOLN	15
LOS GATOS	8
MONTA VISTA	11
MOUNTAIN VIEW	21
NORTH MONTEREY CTY	20
PACIFIC GROVE	16
SANTA CRUZ	9
ST. IGNATIUS	6
SERRA	19
WESTMONT	5
REG. I INDIVIDUALS	1
REG. II INDIVIDUALS	13
REG. III INDIVIDUALS	10
REG. IV INDIVIDUALS	14

Frank Bettencourt

Section Competition  
8 Trophies (1st thru 4th place - boys & girls)  
15 Medals - 15 places (Varsity-boys)  
15 Medals - 15 places (Varsity-girls)

- 14 Certificates - 1st & 2nd place teams (Varsity - boys)
- 14 Certificates - 1st & 2nd place teams (Varsity - girls)

The 1985 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	- teams " " " " " "	(Boys & Girls)

Five (5) individuals not on a qualifying team in each Region Meet shall qualify to the Section Meet.

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

Page 59

SECTION 9 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 1985 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 uniforms(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  
415) 348-8050 (s)  
415) 593-8992 (h)

Bill Daskarolis  
Aragon High School  
900 Alameda de las Pulgas  
San Mateo 94402  
415) 342-7980 XT 229 (s)  
415) 657-7592 (h)

Greg Alvarado  
Jefferson High School  
6996 Mission St.  
Daly City 94014  
415) 992-4050 (s)  
415) 574-3369 (h)

Rick Fambrini  
Serra High School  
451 W. 20th Ave.  
San Mateo 94403  
415) 345-0991 (s)

SITE

Crystal Springs, Belmont

DISTANCE

3.0 miles

DATE Tuesday, November 19, 1985

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

REGION II

DIRECTORS:

Hal Daner	Verne Thornberg
Gunn High School	Lynbrook High School
780 Arastradero Road	1280 Johnson Ave.
Palo Alto 94306	San Jose 95129
415) 855-8244 (s)	725-0613 (s)
415) 964-9996 (h)	379-0474 (h)

Rudy Montenegro  
Gunderson High School  
622 Gaundabert Ln.  
San Jose 95136  
998-6340 (s)  
275-9375 (h)

SITE Crystal Springs, Belmont

DATE: Tuesday, November 19, 1985

DISTANCE 3.0 miles

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

REGION III

DIRECTORS:

Jim Garrissere	Willie Harmatz
Oak Grove High School	Los Gatos High School
285 Blossom Hill Road	20 High School Ct.
San Jose 95123	Los Gatos 95030
225-9332 (s)	354-2730 (s)
226-9647 (h)	356-0453 (h)

SITE: Crystal Springs, Belmont

DISTANCE: 3.0 Miles

DATE: Wednesday, November 20, 1985

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

REGION IV

DIRECTORS:

Richard Chamberlin	John Whisler
Pacific Grove High School	Monterey High School
615 Sunset Drive	P.O. Box 1031
Pacific Grove 93950	Monterey 93940
646-6585 (s)	649-1004 (s)
372-2009 (h)	394-3823 (h)

Mark McConnell  
Soquel High School  
401 Old San Jose Road  
Soquel 95073  
429-3918 (s)  
427-0242 (h)

SITE: Crystal Springs, Belmont

DISTANCE

3.0 miles

DATE

Wednesday, November 20, 1985

TIME:

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

SECTION

Don Dooley, Rick Fambrini, Bill Daskarolis and:

DIRECTORS:

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

SITE:

Crystal Springs, Belmont

DISTANCE:

3.0 miles

DATE:

Tuesday, November 26, 1985

TIME:

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

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 envelope and starting position sheet.

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 fifteen 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 c) 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 being held at Crystal Springs or the alternate site - the College of San Mateo course. If it is to be held at the alternate site, the teams, individuals and coaches should report to the CSM gymnasium.
  - b) The League Representatives will call their respective coaches with the above information.
  - c) 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 schedules meet and before leaving for Crystal Springs to determine whether

the Meet is to be held at Crystal or CSM.

- 3) Ceremony: There will be a short awards ceremony at the conclusion of the meet.

Coaches, it will be of tremendous help if you will instruct your athletes to remain within the course area (inside the fence) until you leave 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 29, 1985

TIME: 12:00 pm Varsity Girls  
12:45 pm Varsity Boys

DISTANCE: 3.0 Miles Girls  
3.0 miles Boys

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COMPLETE INFORMATION WILL BE AVAILABLE AT THE  
CENTRAL COAST SECTION CHAMPIONSHIPS ON TUESDAY,  
NOVEMBER 25, 1985. RE: NOR-CAL CROSS-COUNTRY MEET

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CENTRAL COAST SECTION, CIF  
P. B. Box F (589 W. Fremont Ave.)  
Sunnyvale, California 94087 (408) 773-8777

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.

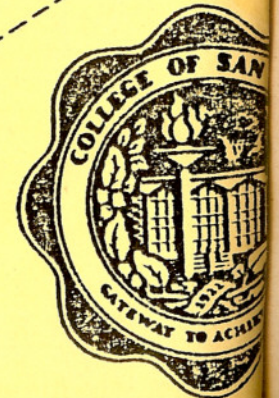
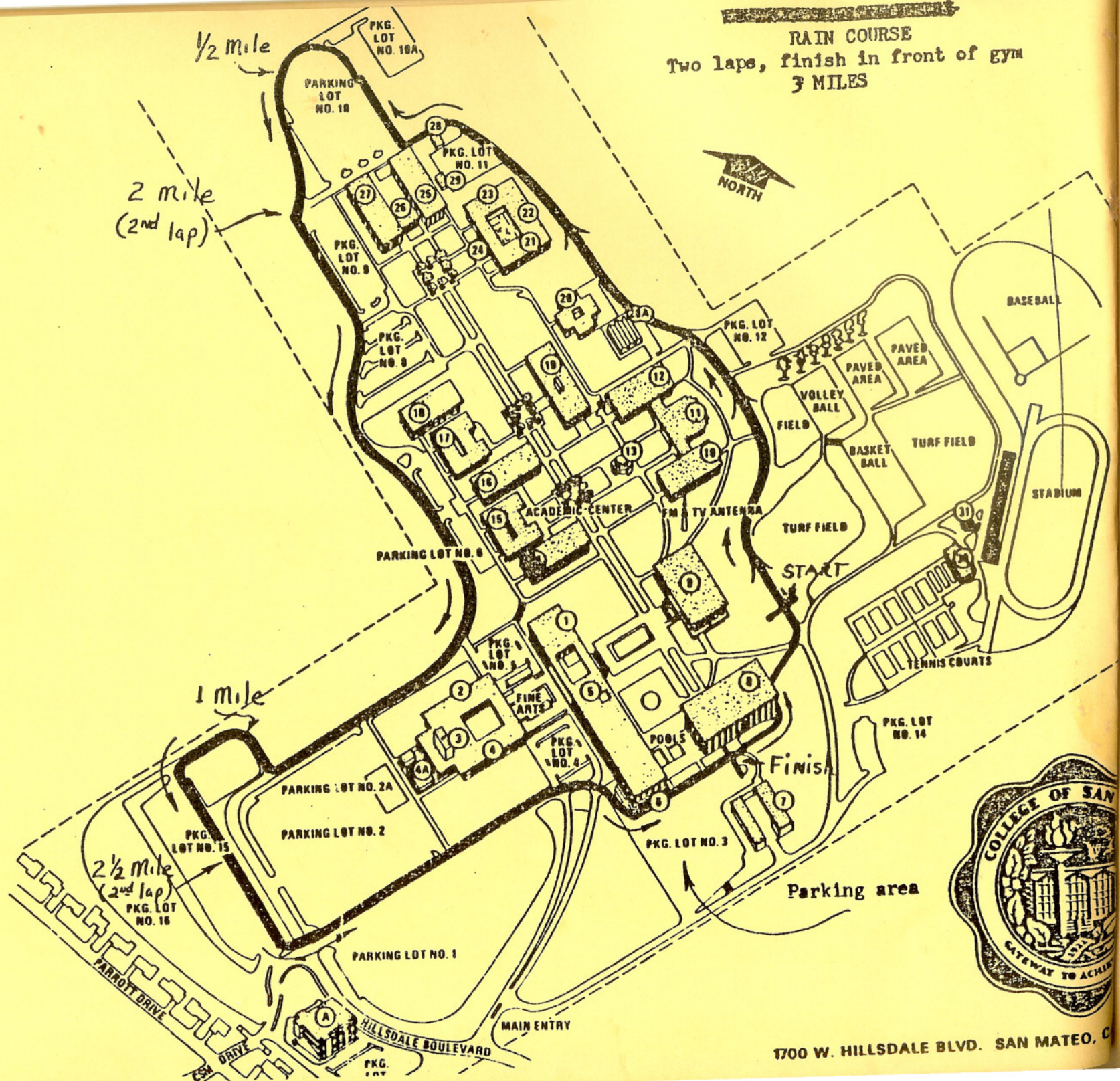
All of us interested in continuing the use of the course must insist on the following:

- 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) Enter course gate only from walkway near the tennis courts.
- 3) No radios, frisbees, or footballs on the course.
- 4) No coaches or athletes in the scoring shed or in the immediate area.
- 5) All runners and coaches must stay behind the ropes when the runners cross the top of the hill.
- 6) Park only in authorized areas. Do not block private driveways. Buses must park on the right hand side of Hallmark, beyond the houses.
- 7) Remove all trash from area.
- 8) No smoking is permitted. (Extreme fire danger)
- 9) Every host, sponsoring organization, team, coach, etc. has a clean up responsibility.

Remember, use of this course is a privilege and that failure to comply with the above could be cause for losing the use of this excellent facility.

Lastly, if you see Coach Bob Rush and Coach Rich Harris be sure to thank them for their invaluable contribution to our efforts.

**RAIN COURSE**  
Two laps, finish in front of gym  
**3 MILES**



1700 W. HILLSDALE BLVD. SAN MATEO, CA