



C I F / R E E B O K

C A L I F O R N I A   H I G H   S C H O O L

C R O S S   C O U N T R Y   C H A M P I O N S H I P S

A D V A N C E   I N F O R M A T I O N   B U L L E T I N



November 28, 1987

WOODWARD PARK  
HWY.41 & AUDUBON  
FRESNO, CALIFORNIA

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1.   MANAGEMENT

The CIF/Reebok California High School Cross-Country Championships shall be managed by the State CIF which will have final authority and responsibility for the Championships.

2.   MEET DIRECTORS

Meet directors, employed by the State CIF to oversee championship meet operations are available to assist participating schools. All questions on meet specifics should be addressed to:

<u>BILL GRIFFIN</u>	<u>DEE DE WITT</u>	<u>STEVE WARD</u>
Meet Director	Assistant Co-Meet	Assistant Co-Meet
Madera High School	Director	Director
200 S. "L" St.	(209) 432-9073	(209) 299-7211
Madera, CA 93637	evenings	
(209) 675-4500 x300		
(209) 674-0853 (Home)		

3.   DATE & SITE

Saturday, November 28, 1987 - Woodward Park, Fresno, CA

*Note: Competitors will not leave school on the day preceding the competition prior to the close of the school day unless travel requires two days. If travel requirements warrant, schools may petition their section CIF office for the additional day. Violation of this regulation may result in disqualification.*

4.   CLASSIFICATION SYSTEM

The CIF/Reebok Cross Country Championships shall be conducted in three divisions for both boys and girls - Divisions I, II, III. CIF Section Commissioners are responsible for insuring that schools entering the Championships meet the following enrollment criteria:

Division I	-	Large Schools	-	1601 and above
Division II	-	Medium Schools	-	801 to 1600
Division III	-	Small Schools	-	0 to 800





The procedures adopted by the State CIF Competition Committee to determine enrollment by C-BED figures shall be utilized for the State Cross Country Championships . Three-year schools shall double 10th grade enrollment and then add that number to the 11th and 12th enrollment figures for a total. Single Gender schools enrollment shall be doubled.

# 5. TIME SCHEDULES

Division I	- Boys Introductions	10:50 a.m.
	- Boys Race	11:00 a.m.
	- Boys Individual Awards (1st - 10th place)	11:30 a.m.
Division I	- Girls Introductions	11:40 a.m.
	- Girls Race	11:50 a.m.
	- Girls Individual Awards (1st - 10th Place)	12:30 p.m.
Division I	- Boys Team Championship & Runner Up Awards	12:40 p.m.
Division II	- Boys Introductions	12:50 p.m.
	- Boys Race	1:00 p.m.
	- Boys Individual Awards (1st - 10th Place)	1:30 p.m.
Division I	- Girls Team Championship & Runner Up Awards	1:40 p.m.
Division II	- Girls Introductions	1:50 p.m.
	- Girls Race	2:00 p.m.
	- Girls Individual Awards (1st - 10th Place)	2:40 p.m.
Division II	- Boys Team Championship & Runner Up Awards	2:50 p.m.
Division III	- Boys Introductions	3:00 p.m.
	- Boys Race	3:10 p.m.
	- Boys Individual Awards (1st - 10th Place)	3:30 p.m.
Division II	- Girls Team Championship & Runner Up Awards	3:40 p.m.
Division III	- Girls Introduction	3:50 p.m.
	- Girls Race	4:00 p.m.
	- Girls Individual Awards (1st - 10th Place)	4:30 p.m.



Division III - Boys Team Championship & 4:50 p.m.  
 Runner Up Awards  
 Division III - Girls Team Championship & 5:00 p.m.  
 Runner Up Awards

# 6. COURSE AND RUNNING SURFACE

- a. All races will be 5000 meters
- b. The course is in Woodward Park on hard packed dirt trails with some grass and asphalt. It has mild ups and downs over rolling hills with one steep short hill.
- c. Many major cross-country meets have been run on this course. (Kinney Meet, State J.C., Regional and District N.C.A.A. Meets).
- d. No spikes are allowed on this course.
- e. Alternate course is on the asphalt roads in Woodward Park.
- f. Meet will be run - RAIN OR SHINE!!! There is a rain course available at Woodward Park if conditions warrant its use.

# 7. ENTRIES

The State CIF Federated Council rules governing the number of entries per section are as follows:

<u>SECTIONS</u>	<u>TEAMS</u> <u>(Each Division)</u>	<u>INDIVIDUALS</u> <u>(Each Division)</u>
CENTRAL SECTION	2	5
CENTRAL COAST	2	5
NORTH COAST	2	5
NORTHERN SECTION	2	5
OAKLAND SECTION	1	5
SAC JOAQUIN	2	5
SAN DIEGO	2	5
SAN FRANCISCO	1	5
SOUTHERN SECTION	5	5
Totals:	19 teams-boys	45 boys
	19 teams-girls	45 girls
	per division	per division

*Qualifications from sectional competition to the State Cross Country Meet is based upon individual place finish. If an individual places in the top five but is also a member of a team which qualifies, the number of individuals allowed per section would be reduced by the same amount.*

Entries must be called in no later than Saturday, November 21 by each CIF Section's authorized representative. (Refer to page 8 for specific representative of each section). Official entry forms must be mailed no later than November 21.



*Note: A team consists of 5 to 7 runners. Section Commissioners: Please fill your allocation of entries in case of declinations by qualified team or individuals.*

8. UNIFORMS

All athletes competing in the Cross Country Championships must wear their high school uniform. Uniforms of all team members must be identical.

9. OFFICIAL RULES

1987 National Federation Cross-Country Rules (located in Track and Field Rule Book) are official and will be enforced.

Rule 307 of the By-Laws will be enforced: "All individual runners and teams must be accompanied by a certified person from the school district."

10. RESTROOMS AND LOCKER ROOMS

Restrooms are located throughout the park, P.E. Facilities will be available at Clovis West High School (3 blocks from the park). Please bring your own towels.

11. COACHES PACKETS

The Coach of all qualified teams and individuals may pick up their packets on Friday, November 27, 1987 at Woodward Park from 3:00 p.m. to 5:00 p.m. and the Ramada Inn, Meet Headquarters, from 7:00 p.m. to 10:00 p.m. OR at Woodward Park after 9:00 a.m. on Saturday, November 28, 1987. Only the Coaches names that appear on the section qualifying entry form will be allowed to receive that school's packet.

12. SCORING PROCEDURES

- (a) Each coach will receive a special color-coded name tag for each runner. Each tag will have pertinent information on it. The tags must be worn by each runner and will be removed in the finish chute at the conclusion of each race. If you find any information on the tag that is not correct, contact the Meet Director at once.

ADMISSION CHARGES

Adults	-	\$4.00
Students/Children	-	\$2.50

- (b) Meet results will be posted after each awards ceremony. Copies of typed results will be available to each school after each awards ceremony. (Two to each school)
- (c) Scoring will be in compliance with the 1987 National Federation Rules. (5 score and 2 displace)

13. PARKING AND CONCESSIONS

- (a) Please park in designated areas marked by color of Parking Pass.
- (b) A concession stand will be available at the park.
- (c) CIF/REEBOK will have a souvenir concession stand open from 9:00 a.m. until 3:00 p.m. They will have T-shirts, Sweat shirts, Pins, and other cross country material on sale. Supply is limited to those on hand.

14. AWARDS

- (a) TEAM AWARDS - Plaques for champion and runner up/team medals 1st through 7th for championship team and runner up.
- (b) INDIVIDUAL AWARDS - Individual medals 1st through 10th runner, each division.
- (c) PLAQUES will be awarded to individual champions in each division (boys and girls).
- (d) CERTIFICATES will be awarded to all participants.

15. HOSPITALITY COACHES AND PRESS ROOM

Friday night (11/27/87), RAMADA INN from 7:00 p.m. to 10:00 p.m. Place to meet other coaches, runners and press. Refreshments will be available and team packets can be picked up at that time.

16. SOUVENIR PROGRAM

A quality souvenir program will be available for purchase at Woodward Park. The program will include photos and information on the outstanding athletes in the State.

Help is requested: Coaches are asked to send photos and other information on your top qualifiers to Ron Fremont c/o State CIF Office - 2282 Rosecrans Ave., Fullerton, CA 92633.



17. MEDIA INFORMATION

PRESS CREDENTIAL: Members of the news media displaying proper press/photo credentials will be admitted free of charge.

Members of the media wishing more information are asked to contact the Cross Country Sports Information Director:

Dave Dodson

(209) 875-4072 (Home)

(209) 875-7121 Ext. 206 (Work)

18. LODGING

Host Headquarters:

\*\*\*RAMADA INN (209) 224-4040 Rates \$42.00 single  
324 East Shaw Avenue \$48.00 double  
Fresno, CA 93710 \$ 7.00 rollaway

Others available within 5 to 10 minute drives to Woodward Park:

\*\*\*COURTYARD by Marriott (209) 221-6000  
140 East Shaw Avenue Rates: \$48.00 Guest Room  
Fresno, CA 93760 (Fri-Sat)  
\$60.00 Suite

GOLDEN PENNY (209) 439-6500 Rates: \$23.98 single (tx incl)  
6090 N. Blackstone \$32.70 dbl (2-4) "  
Fresno, CA 93726 55 rooms available

\*\*\*MOTEL 6 (209) 221-0800 Rates: \$19.95 single  
4245 N. Blackstone Avenue 26 rooms available  
Fresno, CA 93726 \$25.95 2 persons  
\$ 4.00 ea add'l adult

\*\*\*RODEWAY INN (209) 222-5641 Rates: \$36.00 single  
4061 N. Blackstone Avenue \$36.00 double  
Fresno, CA 93726 \$ 6.00 rollaway

\*\*\*SMUGGLER'S INN (209) 226-2200 Rates: \$60.00 single  
3737 N. Blackstone \$60.00 double  
Fresno, CA 93726

\*\*\*TRAVELERS INN (209) 431-3557 Rates: \$28.29 (2 persons)  
6730 N. Blackstone (tx included)  
Fresno, CA 93710 \$30.47 (2 persons)  
(tx included)

\*\*\*WATERTREE INN (209) 222-4445 Rates: \$44.00 single(plus tx)  
4141 N. Blackstone \$48.00 (2 persons)  
Fresno, CA 93726 \$50.00 (2 beds)  
\$52.00 (3 persons)  
\$56.00 (4 persons)

ALL STAR INN (209) 222-2431 Rates: \$30.47 (2 persons)  
4080 N. Blackstone \$37.01 (4 persons)  
Fresno, CA 93726 46 rooms available

Accommodations available for those who wish to fly in:

HOLIDAY INN (209) 252-3611 Rates: \$42.51 (1-5 persons)  
5090 E. Clinton tax incl. - rollaway  
Fresno, CA 93726 extra - Indoor Rec  
Center - pool

PICCADILLY INN - AIRPORT (209) 251-6000  
5115 E. McKinley Rates: \$43.60 (1-4 persons)  
Fresno, CA 93726 120 rooms available

\*\*\*See attached page for directional maps

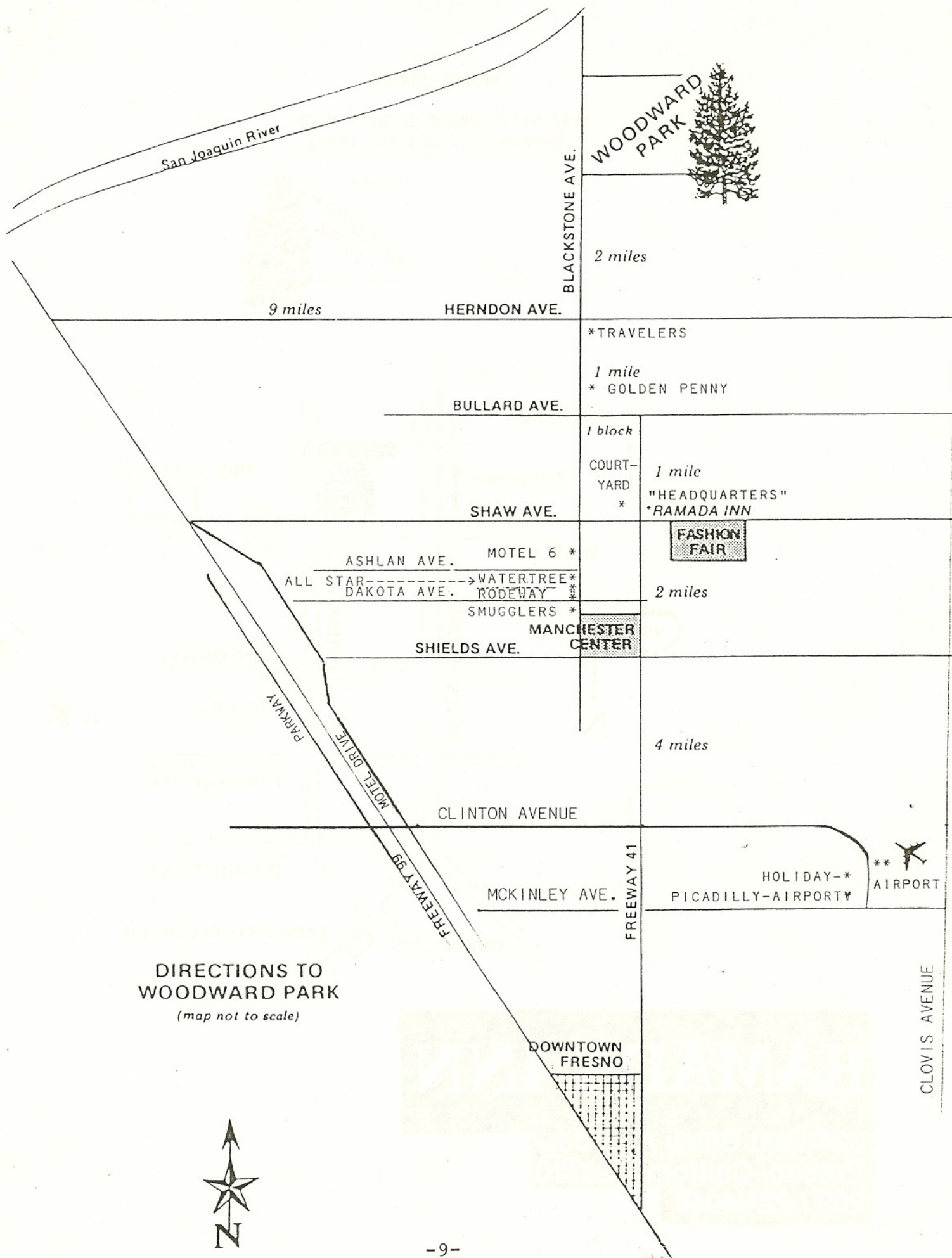


CIF/REEBOK STATE CROSS COUNTRY CHAMPIONSHIP  
WOODWARD PARK, FRESNO - 1987

ENTRY INFORMATION RESPONSIBILITIES

SECTION	MEET DIRECTOR	ADDRESS	#HOME/*WORK	SITE	DATE
Central	Ed Huston	Mt. Whitney High School 900 S. Conyer, Visalia 93277	(209)733-0363# (209)625-6602*	Mooney Grove Visalia, CA	11/20/87
Central Coast	Ed Fennelly	451 W. 20th Avenue San Mateo, CA 94403	(415)592-2596# (415)345-6842*	Crystal Springs Course	11/21/87
Los Angeles City					
Nroth Coast (Div. I)	Ralph Turrentine	Fort Bragg High School 300 Danz St. Fort Bragg, CA 95437	(707)964-5356* (707)964-6481#	Ft. Bragg	11/21/87
North Coast (Div. II)	Peter Brewer	Castro Valley High School 19460 Santa Marie Ave. Castro Valley, CA 94546	(415)537-5910* (415)689-5719#	Haywayrd H.S. 1633 East Ave. Hayward, CA 94541	11/21/87
North Coast (Div.III)	Helen Lehman	El Cerrito High School 540 Ashbury El Cerrito, CA 94530	(415)525-0234* (none given)#	Lafayette Reservoir or Point Pinole	11/21/87
Northern	Bob Wall	512 Lakewood Way Susanville, CA 96130	(916)257-3477# (916)257-2141*	Shasta College	11/ 7/87
Oakland	Louis K. Jones	1025-2nd Avenue Oakland, CA 94606	(415)836-3109# (415)836-8311*	Joaquin Miller Park, Oakland	11/18/87
Sac-Joaquin (Div. I)	Rob Laxson	Woodland High School 21 N. West St. Woodland 95695	(916)666-1540# (916)662-4678*	Sierra College	11/13/87
Sac-Joaquin (Div.II)	Jim Myers	El Dorado High School 561 Canal St. Placerville, CA95667	(916)622-0768# (916)622-3634*	Sierra College	11/13/87
Sac-Joaquin (Div.III)	Tony O'Geen	Bret Harte High School P.O. Box 208 Altaville, CA 95221	(209)736-0394# (209)736-2507*	Sierra College	11/13/87
San Diego	Wayne Layton	Santana High School 9915 Magnolia Avenue Santee, CA 92071	(619)445-2154# (619)448-5500*	Lindo Lakes Lakeside, CA	11/20/87
San Francisco	Anne Heinline	1250 LaSalle Avenue San Francisco, CA 94124	(415)482-4448# (415)565-9618*	Golden Gate Park	11/18/87
Southern	Dean Crowley	Asso. Comm-CIF So. Section 11011 Artesia Blvd. Cerritos, CA 701	(213)699-5652# (213)860-2414*	Mt. San Antonio College	11/14/87

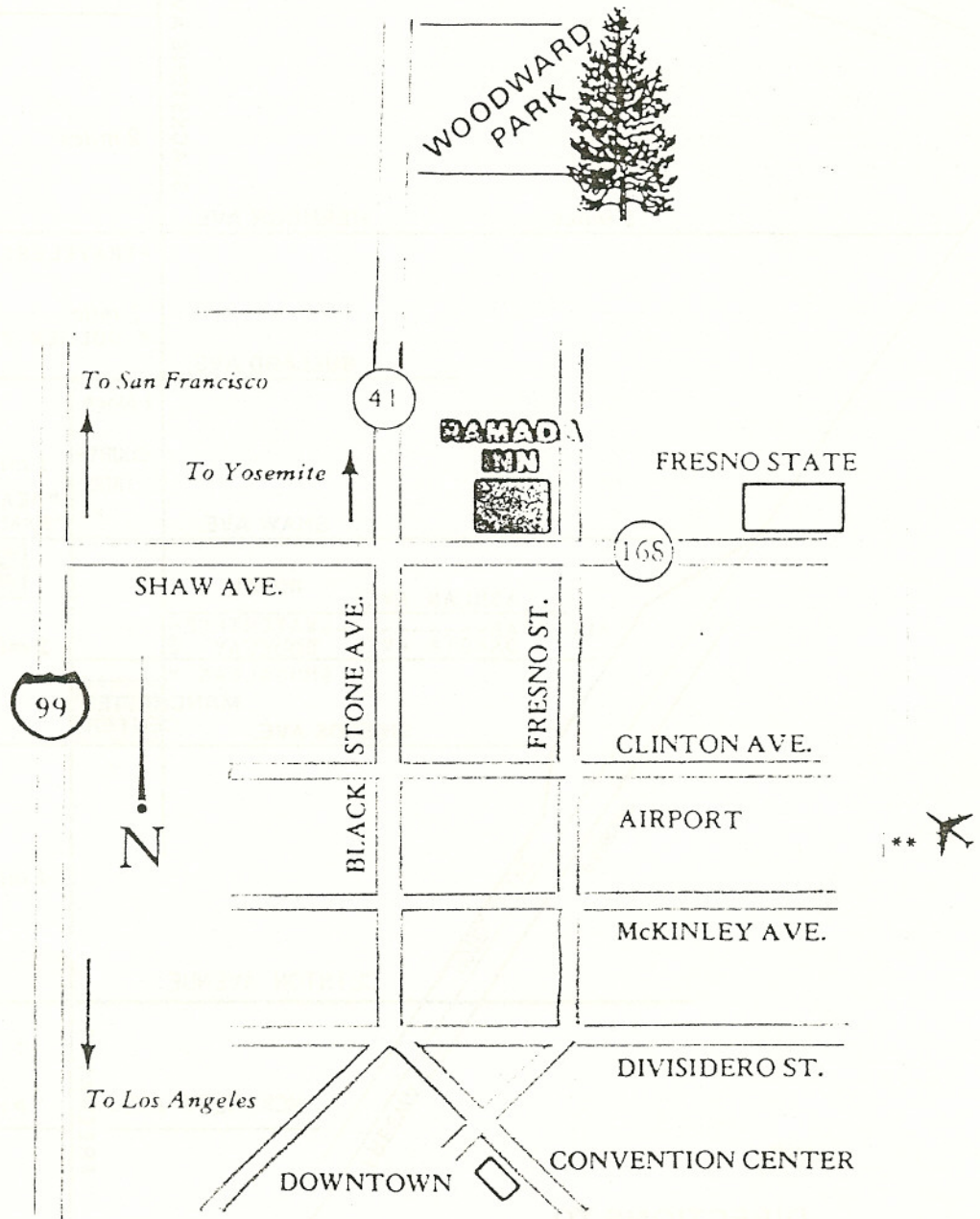






HEADQUARTERS

1987 STATE CROSS COUNTRY MEET  
(November 27 and 28, 1987)

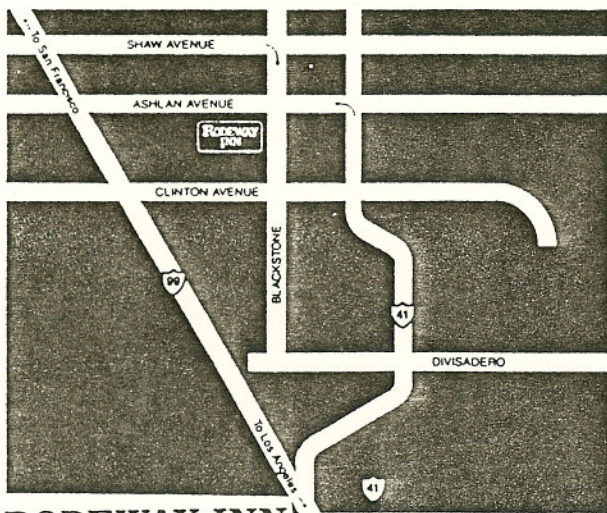


**RAMADA INN**

**324 East Shaw Avenue  
Fresno, California 93710  
209 / 224-4040**



# DIRECTIONAL MAPS - LODGING-FRESNO (Other than Headquarters)



## RODEWAY INN

From the South: Take FWY 99 Exit "Freeway 41 North" to "Ashlan Avenue" Exit and then left to Blackstone.  
From the North: Take FWY 99 Exit "Shaw Avenue" and then right on Blackstone.

We're located 90 miles from Yosemite and Kings Canyon National Parks, 5 miles from the Downtown Convention Center, 3 miles from Fresno State University, 3 miles from the Fresno Air Terminal. Adjacent to 3 major shopping centers.

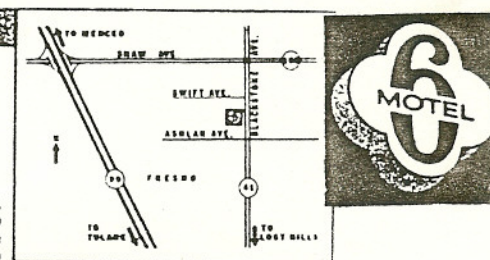
## FRESNO (North), CA

4245 N. Blackstone Avenue (93726)  
Hwy. 41, North  
PHONE: (209) 221-0800

### RATES Per Room

1 Person \$19.95  
2 Persons \$25.95  
Add'l Adult \$ 4.00 ea.

From Hwy. 99 (northbound), take Central Fresno, National Parks, 41 North exit. Proceed 4 miles to Shaw Ave., turn left on Shaw Ave. to Blackstone Ave. Turn left on Blackstone Ave. 4 blocks to motel. Hwy 99 (southbound) take Shaw Ave. exit east 5 miles to Blackstone, turn south 4 blocks 84 units, Pool, A/C. Gateway to Sequoia and Yosemite National Parks.



## Fresno, CA

Fresno  
140 East Shaw Avenue  
Fresno, CA 93703  
(209) 221-0000

### Attractions - Landmarks

Fresno State University  
Fresno Airport  
Fashion Fair Shopping Mall  
Yosemite National Park  
Sequoia National Park  
Kings Canyon National Park

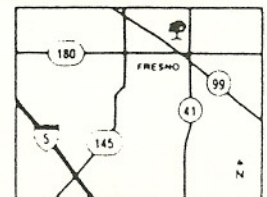
### Companies

Internal Revenue Service  
The Hartford Insurance  
Liberty Mutual  
Pacific Mutual

Rates: Sun-Hurs\* Fri-Sat FTSR\*\*

Guest Rm \$57 \$45 \$51  
Suite \$70 \$60 \$62

\* Additional charge for 2nd person during week days \*\* Long Term Stay Rates  
Consecutive days of 30 or more



Directions: Take Highway 99 to Highway 41 Exit Shaw Avenue Turn West

Transportation: Fresno Air Terminal 7 Miles. Taxi service available

Outdoor Pool

## FRESNO

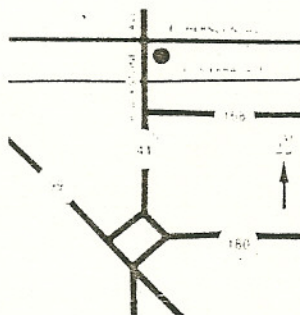
209/431-3557

Directions: On Blackstone Ave. (Hwy. 41) at Herndon Ave.

### Attractions:

\* Pool and spa  
\* Adjacent restaurants: Howard's Jack-in-the Box, Long John Silvers \* Two golf courses nearby \* Blocks from Fresno State University \* Parks \* Minutes from Air Terminal \* On direct route to downtown \* Foresters Underground Gardens \* Museum of Natural History \* Kearney Mansion \* On route to Yosemite and Sierras

146 Economy Rooms.

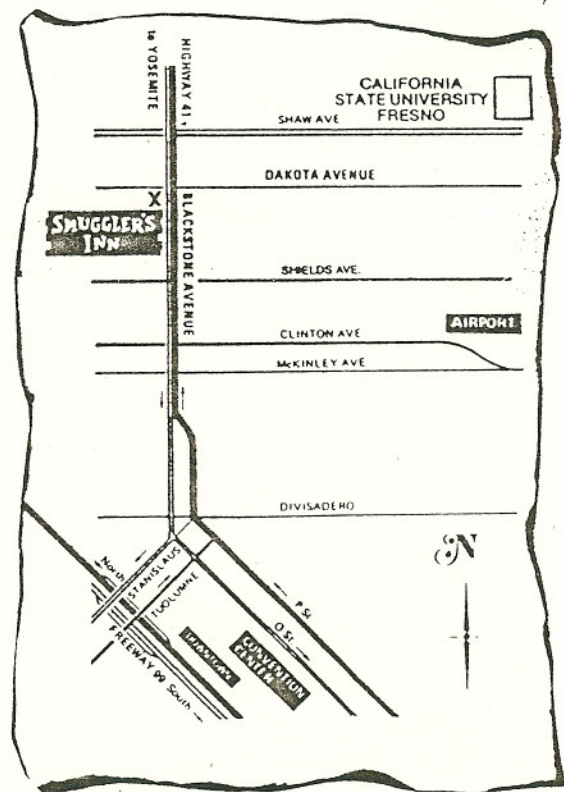
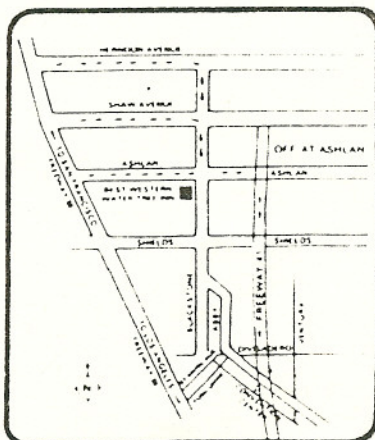


## Travelers

## WaterTree INN

4141 N. Blackstone, Fresno, CA 93726

Large, deluxe rooms featuring King or Queen beds, beautifully landscaped grounds and a lovely pool await you. We're conveniently located. On the road to Yosemite - the heart of Fresno, close to Manchester Shopping Mall.

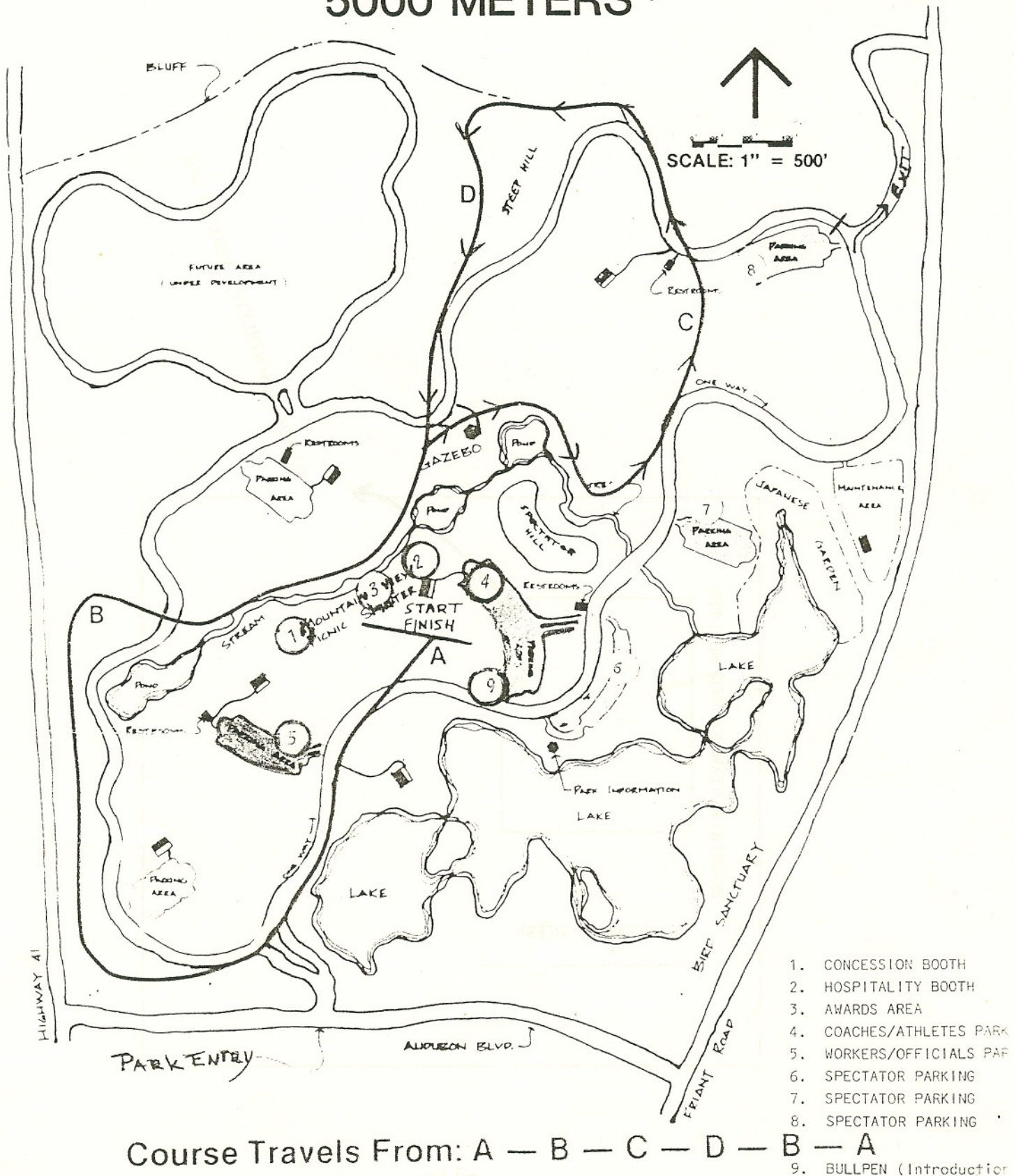


### TRAVEL DIRECTIONS:

Driving So. on Hwy. 99 — Take Shaw Ave. off ramp. Turn East to Blackstone, South on Blackstone to Inn.  
Driving No. on Hwy. 99 — Take Hwy. 41 North — off at Shields — turn West 1 block to Blackstone, Turn North 2 blocks to Inn.



# CIF/REEBOK STATE CROSS COUNTRY CHAMPIONSHIPS WOODWARD PARK FRESNO 5000 METERS



Course Travels From: A — B — C — D — B — A



MOUNTAIN VIEW SHELTER AREA ENLARGEMENT

