



Confidence/Commitment/Sportsmanship

September 1990

## PRESS RELEASE

Contact: Bill Lamson  
(408) 441-9505

### 1990 Central Coast Section, CIF Boys & Girls Cross Country Championships

The Central Coast Section announces championship meet information for the 1990 CCS/CIF Boys and Girls Cross Country Championships.

SITE: Crystal Springs course

#### DATES/

TIMES: Wednesday, November 7, 1990 (Division III Sub-Section Meet)

1:15	Boys' Heat 1	2:45	Girls' Heat 1
2:00	Boys' Heat 2	3:30	Girls' Heat 2

(Rain-out) Thursday, November 8, 1990

Saturday, November 10, 1990 (Section Meet)

10:30	Boys' Div. I	12:45	Girls' Div. II
11:15	Girls' Div. I	1:30	Boys' Div. IV
12:00	Boys' Div. II	2:15	Girls' Div. IV

(Rain-out) Tuesday, November 13, 1990

Wednesday, November 14, 1990 (Section Meet)

2:30	Boys' Div. III
3:30	Girls' Div. III

(Rain-out) Thursday, November 15, 1990

#### DECLARATION

DEADLINE: Friday, October 5, 1990 is the deadline date for submitting the Division Placement Declaration Form. (Form is in the Appendix of the 1990-91 Tournament Guide)

#### ENTRY

DEADLINE: Saturday, November 3, 1990 is the deadline date for submitting the Official Entry Form

#### QUALIFYING

INFORMATION: Individuals, and Teams of not more than seven runners qualify to the Section/Sub-Section Meet as follows:

1. All schools participating in their respective league meets shall qualify for the next level of competition scheduled for schools in their Division.
2. Sub-Section Meet: The top seven (7) teams, and the top four (4) individual finishers from each heat, plus the next four (4) fastest individuals qualify for the Section Meet.

October 15, 1990

To: Division III Schools

Topic: Division III Sub-section Meet Information

From: Hal Daner, Doc Iverson, Paul Jones, Mark McConnell

This is an early information sheet to all Division III schools regarding the sub-section meet scheduled for Wednesday, November 7, 1990. The site is Crystal Springs and the time schedule is as follows:

1:00 -- Coachs' Meeting

1:15 -- Heat 1 Boys

2:00 -- Heat 2 Boys

2:45 -- Heat 1 Girls

3:30 -- Heat 2 Girls

If there is a rain out, the Division III meet will be held on Thursday, November 8, at Crystal Springs. The same time schedule will be used.

You must indicate your desire to participate in the sub-section meet. This should be done at your league meet on the form provided by the C.C.S.

Note: Mark plans to computerize our tags and needs your team rosters before your league meet. Please send your roster to Mark on or before November 1, 1990.

Mark McConnell

c/o Soquel H.S

401 Old San Jose Rd

Soquel, Ca. 95073

The C.C.S. office will inform us a day or two before the meet as to heat and starting line positions for participating schools. We will inform League Chairmen, and coaches should contact them for heat placement information.

Heats will begin on time and all runners, coaches and spectators must be off the course by 1:00. Any interference with a race may result in disqualification for your school. Please remind your team and spectators that use of the course is a privilege and to respect the neighbors' property and obey the restrictions on smoking and pets. All teams are expected to police their area before leaving the course.

Meet Particulars: \* All teams will be inspected for compliance with the uniform rule. Please read the Federation Rule Book or contact the C.C.S. office.

- \* Three runners from each team can be on the front line of the starting box, the rest behind the back line.
- \* If your team becomes incomplete during the race, please notify the scoring table immediately!
- \* Please turn your quick score envelopes and finish tags as quickly as possible after the race.
- \* Seeding - as per C.C.S By-laws

1. The top seven (7) teams and the top four (4) individual finishers from each heat, plus the next four (4) fastest individuals qualify to the C.C.S Championship Meet on Wednesday, November 14, 1990.
2. Hopefully complete results will be available to the League Chairman at the completion of the meet.
3. If you have any questions please contact:

Hal Daner	Doc Iverson	Paul Jones	Mark McConnell
(H) 415 964-9996	(H) 408 723-1232	(H) 415 329-0426	(H) 408 427-0242
(W) 415 354-8266	(W) 408 298-0260	(W) 415 329-3862	(W) 408 429-3919

## CIF/REEBOK

1990 CCS/REEBOK CROSS COUNTRY CHAMPIONSHIPS

October 18, 1990

ATTENTION ATHLETIC DIRECTORS: Please route a copy of this bulletin to your Head Cross Country Coach and make sure you and he/she have read the Cross Country section of your 1989-90 CCS Tournament Guide.

CCS Staff Liaison: Bill Lamson (408) 441-9505

MEET DIRECTOR (Section): Don Dooley San Mateo High 415-348-8050(S) 593-8992(H)

MEET DIRECTOR (Sub-section): Hal Daner

cc: League Commissioners, Meet Directors, News Media, Executive Comm.

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The following is provided for your information and/or assistance in regard to the 1989 Cross Country Championships:

### MEET DATES

<u>SUB-SECTION</u>	<u>DATE</u>	<u>TIME</u>	<u>RUNNING ORDER</u>
Division III	Wednesday, November 7	1:15	Boys' Heat 1
(Directors: Hal Daner, Paul Jones,		2:00	Boys' Heat 2
Doc Iverson & Mark McConnell)		2:45	Girls' Heat 1
		3:30	Girls' Heat 2

(Rain-out Day) Thursday, November 8 Same schedule as 11/7

<u>SECTION</u>	<u>DATE</u>	<u>TIME</u>	<u>RUNNING ORDER</u>
Divisions I, II & IV	Saturday, November 10	10:30	Boys' Div. I
		11:15	Girls' Div. I
		12:00	Boys' Div. II
		12:45	Girls' Div. II
		1:30	Boys' Div. IV
		2:15	Girls' Div. IV

(Rain-out Day) Tuesday, November 13

11:45	Boy's Div. I
12:30	Girl's Div. I
1:15	Boy's Div. II
2:00	Girl's Div. II
2:45	Boy's Div. IV
3:30	Girl's Div. IV

<u>SECTION</u>	<u>DATE</u>	<u>TIME</u>	<u>RUNNING ORDER</u>
Division III	Wednesday, November 14	2:30	Boy's
		3:30	Girl's

(Rain-out Day) Thursday, November 15 Same schedule as 11/14

### SITE

Crystal Springs

Directions: Highway 280 to Highway 92 (toward San Mateo), Highway 92 to Ralston Ave. exit  
Right on Ralston Ave. to Hallmark, Right on Hallmark to course site

**\*\*SPECIAL NOTES (BUSES):** -FOR THOSE ARRIVING LATER, PLEASE REMEMBER THAT OTHER RACES ARE ALREADY GOING ON!  
-DO NOT DOUBLE-PARK! -GO PAST THE LAST HOUSE ON THE RIGHT TO UNLOAD AND PARK!

**QUALIFYING** Please refer to Sections 4, 5 & 6 in the Cross Country section of the 1990-91 CCS Tournament Guide.

**NOTE:** It is important that all schools understand that in order to compete beyond the league meet, the Official Entry Roster Form must be submitted to your respective Directors by Saturday, November 3, 1990.

**SEEDING** Please refer to Section 7 in the Cross Country section of the 1990-91 CCS Tournament Guide.

**COACHES** There will be a brief coaches' meeting at 10AM on Saturday and 1PM on Wednesdays to cover any last minute details. Approximately ten minutes before the start of each Boys' race of Division II, and IV, respectively, there will be a brief meeting for any late-arriving coaches.

**CHECK-IN** Make certain that prior to the Coaches Meeting you have checked in at the scorer's table to pick up your Meet packet. This packet will include assigned numbers (to be worn on the chest), pins, starting positions sheet, and scoring envelopes.

**RULES** The 1990 National Federation Track and Cross Country Rules will govern all Sub-Section, Section and State meets. Particular attention needs to be given to the following:

- 1) Spikes -- Spikes are not allowed.
- 2) Rule 9-5.1 thru 9-5.4 -- Runners must be dressed in identical proper team uniforms - jerseys and shorts. The 1990 Nat. Federation Rule Book will be enforced. All teams must be in starting positions 5 minutes before the start of the race; meet referee and starter will check all team uniforms.

**COURSE CONDUCT** The following are important guidelines of which coaches, athletes and spectators are reminded--ignoring any of the following could jeopardize our opportunity to use this fine facility in the future:

- 1) Park automobiles, busses, vans, etc. in authorized areas only. DO NOT BLOCK DRIVEWAYS!!! BUSES MUST PARK ON THE RIGHT HAND SIDE OF HALLMARK DR. - DOWN THE STREET, BEYOND ALL HOUSES.
- 2) Remember this is a residential area -- coaches, athletes, and spectators should stay away from the private homes, their lawns, fences, driveways, etc.
- 3) Please stay out of the fenced-off area near the water tank.
- 4) There is a public pay phone located near the tennis courts.
- 5) There is an EXTREME fire hazard in this area; therefore, NO SMOKING will be allowed in the area.
- 6) NO PETS (leashed or unleashed) ARE ALLOWED.
- 7) Clean up the area you and your team have occupied before you leave the area. Thanks for your cooperation.
- 8) USE ONLY THE WALKWAY NEAR THE TENNIS COURTS FOR ENTRANCE INTO THE COURSE!!!
- 9) No radios, frisbees, or footballs should be taken onto the course, and please refrain from throwing rocks.
- 10) Coaches & athletes are reminded to stay out of the scoring shed and the immediate area surrounding it.
- 11) All spectators and coaches must stay behind the ropes and/or chalk markings when the runners cross the top of the hill. Do not assist your runners on the course by running with them, etc., particularly in the general area of cardiac/agony hill. This is considered unsportsmanlike, and you put yourself and everyone connected with the meet in an embarrassing position.  
BASICALLY, COACHES SHOULD STAY OFF THE RUNNING COURSE.

**PRE-MEET** Jogging the course before the meet is permitted. The course must be cleared prior to the starting of the first race.

**SCORING** The double tag and chest number system will be used to provide immediate results, identify qualifying teams and individuals to the State CIF meet, and to provide a back-up system.

There will be pre-assigned chest numbers and safety pins in each school's meet packet which you will pick up prior to the meet. These numbers are to be worn on the front of the jersey. They will have a tear-off bottom portion with a pre-printed name tag. This tear-off portion will be collected at the finish line. **DO NOT REMOVE THE NAME TAG FROM THIS PORTION AND DO NOT SWITCH NUMBERS. (FAILURE TO COMPLY WITH THESE DIRECTIONS COULD COST YOU A QUALIFYING POSITION.)**

Please check the spelling of your name, year in school, and school you represent for possible errors.

Fill out the finish tag the athlete receives as he/she proceeds through the chute. Fill out the tag completely: i.e., first and last name, school name, and year in school. Place the tag in the scoring envelope, add up your score, record the total points in appropriate space, and return the entire envelope to the scorer's table.

IF YOUR TEAM BECOMES INCOMPLETE DURING THE RACE, PLEASE BE SURE TO INDICATE THIS ON THE ENVELOPE FIRST, THEN REPORT IT IMMEDIATELY TO THE MEET DIRECTOR!!!

Coaches are reminded to stay away from the chute area as their athletes are finishing --WE NEED YOUR COOPERATION!

In case of tied teams, the tie shall be broken by comparing the 6th place finishers of the tied teams.

Official results of the Section Meet will be completed and mailed to the participating schools following the meet.

AWARDS

See Tournament Guide Section 9.

Certificates shall be awarded to the individuals of both the 1st and 2nd place teams in all Divisions and for both Girls and Boys teams.

ELIGIBLE

See Tournament Guide Section 10!!!!

ATHLETES

NO INELIGIBLE ATHLETE (FOR WHATEVER REASON) SHALL BE ALLOWED TO COMPETE.

STARTING

Starting positions for the individuals and teams will be determined by random drawing. Sub-Section

POSITION

placement will be taken into consideration in the case of the individual qualifiers.

A double starting line, with a 5 yard separation will be used. Three runners from each team will line up on the front line of the starting box, and the remaining team members will line up on the second line. 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 five (5) finish, PLEASE ...

INFORM THE MEET DIRECTOR IMMEDIATELY!

GOOD LUCK TO ALL COACHES AND CROSS COUNTRY ATHLETES!!!!!!