



**CIF/Central Coast Section
2016 CROSS COUNTRY CHAMPIONSHIPS
Participant Information Bulletin**

This Bulletin was e-mailed to all member-schools on or about October 15, 2016

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ATTENTION ATHLETIC DIRECTORS:

Please route this bulletin to your HEAD VARSITY CROSS COUNTRY COACH, and make sure that you and your coach have read the [CCS CROSS COUNTRY BYLAWS](#)

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MEET MANAGEMENT TEAM: [DIRECTIONS & PARKING](#)

CCS STAFF LIAISON: Steve Filios, Assistant Commissioner

Email: sfilios@cifccs.org Phone: (408) 224-2994

MEET DIRECTOR: Bill Daskarolis, Aragon High School,

Email: bdasko@comcast.net Phone: (510) 657-7592

CHAMPIONSHIP MEET DATE:

SATURDAY, NOVEMBER 12, 2016

@ Crystal Springs Cross Country Course, Belmont

TIMES SCHEDULE:

DIVISION IV	Boys 10:00 am	Girls 10:35 am
DIVISION V	Boys 11:10 am	Girls 11:45 am
DIVISION I	Boys 12:20 pm	Girls 12:55 pm
DIVISION II	Boys 1:30 pm	Girls 2:05 pm
DIVISION III	Boys 2:40 pm	Girls 3:15 pm

An awards presentation will take place immediately after completion of each division.

Rain-out Date: Tuesday, November 15th – In accordance with the CCS Cross Country Bylaws, any decision to postpone the Meet due to inclement weather will be made by the Meet Director and CCS Staff as close as possible to 6 am on the day of the meet. League representatives will be notified immediately by phone and shall be responsible for notifying their respective League's coaches.

ENTRY INFORMATION

League Representatives must e-mail the CCS Cross Country Entry Form with their Leagues' official results and entries, including names of both Team and Individual Qualifiers **on or before:**

MONDAY, NOVEMBER 7th, 2016, 12 noon to:

- o Mark McConnell @ racetimer@aol.com,
- AND
- o Steve Filios @ sfilios@cifccs.org

EVALUATION MEETING: TUESDAY, NOVEMBER 29, 2016, @ 7:00pm – CCS Office**IMPORTANT NOTICE TO ALL PARTICIPANTS AND COACHES:**

The CIF-Central Coast Section is well aware that many other school and non-school activities (AP tests, SAT/ACT tests, proms, plays, holidays, senior trips, religious days, etc.) may occur during CCS Play-offs. The CCS tries to avoid as many conflicts as possible; however, with so many activities available for today's student-athlete, it is not reasonable to assume that all such activities can be taken into account, and thus, CCS Play-off events will go on as originally scheduled. Participants and coaches are therefore expected to plan in advance for such possible scheduling conflicts and make those difficult choices as to which events will take precedence for that individual. Generally, although it is ultimately the personal choice of the student-athlete and/or his/her parent(s), an academic activity should take precedence over an extra-curricular event.

CHECK-IN & SCORING PROCEDURE:

- All coaches must check in at the clerk of the course's table to pick up their Meet packets. This packet will include assigned bib numbers safety pins, electronic scoring chips, starting positions and a course map. Please insure that runners do not crumple bibs.
- The chip timing system will be used to provide immediate results, identify qualifying teams and individuals to the State CIF Meet. A Lynx back-up system will also be used.
- All runners will have pre-assigned chips and bibs with safety pins in each school's meet packet. The numbers are to be worn on the front of the jersey. The runners each have corresponding timing chips, one attached to each shoe. Directions on this procedure will be given at packet pick-up.
- Year and/or spelling corrections and substitution of a runner may be done as usual at packet pick-up.
- The finish corral will have mat-like sensors. The runners are to run across all mats and continue running approximately 10 feet beyond the last mat to where finish officials will be located. Once the runners have run past all the mats, they may disperse and walk. They do not have to stay in finish order.
- As runners disperse, they will be asked to remove the timing chips from their shoes and return them before leaving the corral. There will be no collection of bibs. Each school will be billed \$25 for each lost or non-returned chip (\$50 per runner).
- Coaches are reminded to stay away from the finish corral as their athletes finish -- **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 posted at the meet, and available on the CCS website (www.cifccs.org) or follow us on [Twitter](https://twitter.com/cifccs) (@cifccs).

EMERGENCY FORMS/EMERGENCY MEDICAL CARE

College of San Mateo, the managing body of the Crystal Springs Course requires that **each athlete have a hard paper copy of their medical release which is signed by a parent or guardian and in their coaches' possession at the Central Coast Section Championships** ***Electronic medical forms are not acceptable.*** Coaches will be required to provide proof of possession of their athletes' medical release forms during the check in procedure. Schools not in compliance will not be allowed to compete.

Medical care will be available for emergencies only. Athletic trainers will be on the course to respond to injuries or medical emergencies during races. All medical emergencies should be referred to them. The trainers will NOT be available for taping or massaging of athletes.

DIRECTIONS: Crystal Spring Cross Country Course, Belmont

Take I-280 to Hwy. 92 (toward San Mateo); follow Hwy. 92 to the Ralston Ave. exit; at the exit ramp light, turn LEFT onto Ralston Ave.; turn RIGHT on Hallmark, and follow to course site about a mile on the right hand side, up the hill from Hallmark Park (between Comstock Cir. and Wakefield Drive).

PARKING INFORMATION:

Parking is available on street. **PLEASE TAKE CARE NOT TO PARK IN DRIVEWAYS.**

- ***SPECIAL NOTE (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!**

ADMISSION:

Note: All participants (in uniform) will be admitted at no charge. A maximum of four (4) coaches will be admitted with their team. Course gate opens at 8:00 AM.

Adult Admission	General Admission: <i>Senior Citizens, High School Students, & Children 6 and older</i>	Children <i>5 and under</i>
\$10	\$5	Free

PRE-MEET / WARMING UP:

Jogging the course prior to the Meet is permitted. The course must be cleared and will be closed to warm-ups prior to the start of the first race. Warm-Up areas will be available, as designated by the Meet Director.

STARTING POSITION:

- Starting positions for the individuals and teams will be determined by random drawing.
- A double starting line, with a 5-yard separation, will be used. Three (3) 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.

COURSE CONDUCT:

- Please stay out of the fenced-off areas. Climbing in trees is prohibited.
- There is an EXTREME fire hazard in this area, and SMOKING is prohibited.
- PETS (leashed or unleashed) ARE NOT ALLOWED ON THE COURSE.
- BICYCLES ARE NOT ALLOWED ON THE COURSE.
- Each team is responsible for cleaning up the area it has occupied during the day. ***Please remove all trash and recycling (including all plastic water bottles and cardboard boxes) from the course AND Hallmark Park. This saves room in the dumpster and is good for the environment.***
- Radios, frisbees or footballs should not be taken onto the course.
- Throwing rocks and/or other similar types of objects is prohibited.
- Coaches & athletes are reminded to stay out of the scoring area.
- All spectators and coaches must stay behind the ropes and/or chalk markings. Do not assist your runners on the course by running with them. This is considered unsportsmanlike.
- COACHES MUST STAY OFF THE RUNNING COURSE.

TEAM ENCAMPMENTS & TEAM MEMBERS' PERSONAL BELONGINGS

Team Encampments are available throughout the course on a first come basis. The clerk of the course will provide you with a trash bag for clean up. We are guests here at Crystal Springs and leaving this venue better than we found it is both an expectation and a requirement. Neither the CCS, nor the host site is responsible for your team member's personal property. Teams should NOT assume that there will be "full time" supervision of team areas; therefore, it is incumbent upon teams to make their own arrangements for safeguarding their personnel's valuables. We strongly recommend that you do not leave ANY valuables (especially electronics) unattended while on the course. If you do so, you are doing so at your own risk.

PRACTICE AT CHAMPIONSHIP SITE:

Practice at the championship site must be in accordance with the Crystal Springs policies and guidelines.

AWARDS

An awards ceremony will take place **IMMEDIATELY** after the conclusion of the boys race of each division. To be a participant in this wonderful ceremony, please make sure your athletes are at the awards area ASAP after the race.

- TEAM AWARDS – Trophies for champion & runner-up. Medals to each member of the championship team.
- INDIVIDUAL AWARD – Individual medals 1st through 7th runner for each division
- PARTICIPANT CERTIFICATES - are available for coaches and athletes on the [CCS Cross Country page](#) of the CCS website.

RACE RESULTS

Live results will be available courtesy of Record Timing (<http://www.sml1.com/recordtiming/>) race results will also be posted promptly on the results board near the finish line/storage shack as well as after the meet on the [CCS website](#) or follow us on [Twitter](#) (@cifccs).

SPORTSMANSHIP:

- Each Principal is required by the CCS Board of Managers to meet with any team from his/her school participating in the CCS Tournament to review CCS Sportsmanship Information. See CCS [General Playoff Bylaws](#) for REQUIRED PRE-GAME SPORTSMANSHIP MEETING INFORMATION SHEET.
- Any player or coach who is disqualified from a Tournament contest for flagrant misconduct or unsportsmanlike behavior shall be disqualified from all remaining contests in that sport that season, including the State CIF Championships.

COMMEMORATIVE T-SHIRTS, HATS & PATCHES

While supplies last, CCS Championship T-shirts may be ordered online using the T-Shirt/Patch Order Form which can be found on the [CCS Cross Country webpage](#). While supplies last commemorative items including: T-shirts (\$15), Patches (\$15), Hats (\$15) and Sweatshirts (\$30), will be available at the Meet site. No other merchandise may be sold without CCS approval. Credit cards will be accepted at selected sites for purchase of merchandise

We now accept these cards for payment:

**RADIO/TV LICENSING & MEDIA POLICIES**

CCS owns the broadcasting rights for all championship contests. Licensing is required. To ensure the coordination of appropriate paperwork and fees, interested broadcast media must contact the CCS Assistant Commissioner [Steve Filios](#) well before any game to inform of their intent to broadcast.

Unauthorized selling of photographs taken at CCS events is strictly prohibited. In accordance with CIF and CCS contractual agreements, at no time may photographs be sold to the general public, participating schools, or families of student-athletes.

CIF STATE CHAMPIONSHIPS:

SATURDAY, NOVEMBER 26, 2016 @ WOODWARD PARK, FRESNO, CA

CCS Teams and Individuals will qualify for the CIF State Cross Country Meet in accordance with the [CIF State Cross Country Meet Handbook](#).