



CENTRAL COAST SECTION CROSS COUNTRY

Organizational Meeting
August 9, 2017



- I. Welcome & Introductions
- II. Approval of Agenda
 - A. Additions to Agenda
 - B. Approval of Agenda
- III. Review of Tournament Guide Dates
 - A. Meet: Saturday, November 11, 2017 (rain out date Tues. Nov. 14th)
 - B. State Meet Date: November 25, 2017, Woodward Park, Fresno
 - C. Evaluation Meeting: Tuesday, November 28, 2017, 7:00pm

IV. CCS Meet

- A. Rules Review:
- B. Review CCS X/C By-laws
- C. Site: Toro Park, Salinas
Meet Director: Steve Filios & Friends
Seeding: Mark McConnell
Timing & Results: Sean Laughlin
- D. CBEDS
- E. CCS At-large times
- F. Participating School Sheet – check for accuracy
- G. 2017 Schedule of Meets
 1. Approved CCS Invitationals
 2. Crystal Springs Schedule/Policies
 3. Toro Park Schedule/Policies
 4. League Meets-review
- H. Proposed CCS Meet time schedule

<u>Division</u>		<u>Time</u>		<u>Time</u>
Division III	Girls	10:00 am	Boys	10:35 am
Division IV	Girls	11:10 am	Boys	11:45 am
Division V	Girls	12:20 pm	Boys	12:55 pm
Division I	Girls	1:30 pm	Boys	2:05 pm
Division II	Girls	2:40 pm	Boys	3:15 pm

- I. Review rain-out procedures. Reps make sure your contact phone numbers are listed on today's sign in sheet. These are the numbers used when notifying reps of a rain out. Note: farthest reps are called first

J. TORO PARK

1. August 26th Workday
2. Parking procedures/admission
3. Safety concerns: EMT and Trainers
4. Restrooms
5. Trash
6. Admission
 - a. **Please remind runners, parents, and other interested folks that there is an entrance charge for the CCS Cross Country Meet.**
 - b. Admission for Coaches/Athletes
 - c. No supervision pass gate list
7. Other Items
 - a. Warmup & warm down – no runners on course after start of race/suggested warm-up areas
 - b. Award Procedures – after each division
 - c. T-shirt availability- **7 days ahead** OR at the meet as supplies last.
 - d. Results posting
 - e. Certificates of Participation
 - f. Other items of concern
8. CIF State meet
 - a. Entry numbers for 2017

V. 2018-19 Season

- A. Summer dates
- B. Dead Period/Practice
- C. Start date 2018-19
- D. CIF Calendar (no changes)

VI Items added to agenda

VII. Adjournment



**CIF/CENTRAL COAST SECTION
CONFERENCE & LEAGUE ALIGNMENT BY SPORT
2017-2018**

CENTRAL CONFERENCE (47)

BVAL	24 schools
SCVAL	14 schools
WCAL	9 schools

NORTHERN CONFERENCE (47)

PAL	19 schools
PSAL	15 schools
WBAL	13 schools

SOUTHERN CONFERENCE (39)

MBL	15 schools
MTAL	16 schools
SCCAL	8 schools

ASSOCIATE MEMBERS (18):

Ace Charter	Denali – Summit Public Schools	Monterey Bay Academy
Alto International School	East Palo Alto Academy	Roberto Cruz Leadership Academy
Apostles Lutheran	East Palo Alto Phoenix Academy	St. Abraham’s Classic Christian Academy
BASIS Independent Silicon Valley	Everest Public	Summit Public HS-Rainer
CEIBA College Prep Academy	German International School of Silicon Valley	Summit Public HS-Tahoma
Cristo Rey San Jose	Luis Valdez Leadership Academy	Waldorf HS of the Peninsula

Note: Independent teams (highlighted in green) have not been confirmed for 2017-2018

FALL SPORTS

CROSS COUNTRY								
BVAL			WBAL		WCAL		PAL	
MT. HAMILTON	SANTA TERESA	WEST VALLEY	Castilleja (G)	Archbishop Mitty	Aragon	Mills		
Andrew Hill	Branham	Del Mar	Crystal Springs	Arch. Riordan (B)	Burlingame	Oceana		
Evergreen Valley	Independence	Gunderson	Eastside Col. Prep	Bellarmino (B)	Capuchino	San Mateo		
Leland	James Lick	Lincoln	Harker	Junipero Serra (B)	Carlmont	Sequoia		
Piedmont Hills	Leigh	Live Oak	King's Academy	Presentation (G)	El Camino	South San Francisco		
Santa Teresa	Oak Grove	Mt. Pleasant	Menlo School	St. Francis	Half Moon Bay	Terra Nova		
Silver Creek	Pioneer	Overfelt	Mercy-Burlingame(G)	St. Ignatius	Hillsdale	Westmoor		
Westmont	Prospect	San Jose	Mercy-SF (G)	Sacred Heart Cath.	Jefferson	Woodside		
Willow Glen	Sobrato	Yerba Buena	ND-Belmont (G)	Valley Christian	Menlo-Atherton			
			Notre Dame-SJ (G)					
			Pinewood					
			Priory					
			Sacred Heart Prep					
SCCAL		SCVAL		MBL		MTAL		
Aptos	DeAnza	El Camino	Gabilan	Pacific	Coastal	Mission Trail		
Harbor	Cupertino	Gunn	Alisal	Christopher	Anzar	Carmel		
Mt. Madonna	Fremont	Los Altos	Everett Alvarez	Gilroy	G.B.Kirby	Gonzales		
San Lorenzo Vly	Homestead	Milpitas	No. Monterey County	Monterey	Marina	Greenfield		
Santa Cruz	Los Gatos	Mtn. View	North Salinas	Monte Vista Chris.	Oakwood	King City		
Scotts Valley	Lynbrook	Palo Alto	Notre Dame-Sal.	Pajaro Valley	Pacific Collegiate	Pacific Grove		
Soquel	Monta Vista	Santa Clara	Palma	Seaside	Trinity Christian	Santa Catalina(G)		
St. Francis SCP	Saratoga	Wilcox	Salinas	Watsonville	York School	Soledad		
			San Benito			Stevenson		
PSAL								
Alma Heights	Design Tech	Downtown College Prep	Downtown College Prep-Alum Rock					
Kehillah Jewish	KIPP San Jose Collegiate	Latino College Prep	Liberty Baptist					
Mid Peninsula	Mountain View Academy	North Valley Baptist	Nueva					
San Francisco Christian	Shasta-Summit PS	Summit Prep	Thomas More					
University Prep Academy								

CENTRAL COAST SECTION
Division Placement - Boys Cross Country
for 2017 (based on 2016-17 CBEDS)

<i>Enrollment</i>	<i>School</i>	<i>Enrollment</i>	<i>School</i>	<i>Enrollment</i>	<i>School</i>
	<u>Division I</u>		<u>Division III</u>		<u>Division V</u>
					<i>0-500 enrollment</i>
3300	Bellarmine *	1565	Westmont	500	KIPP
3183	Milpitas	1484	Sobrato	486	Stevenson School
3073	Independence	1482	St. Ignatius	440	Latino College Prep
2916	San Benito (Hollister)	1473	Prospect	428	Summit Prep
2866	Evergreen Valley	1464	Soledad	395	University Prep Academy
2749	Alisal	1459	Aptos	379	Downtown College Prep
2620	Salinas	1430	Mt. Pleasant	339	Anzar
2547	Everett Alvarez	1427	Hillsdale	524	Pacific Collegiate
2545	Silver Creek	1409	Pajaro Valley	318	Nueva School
2406	Menlo-Atherton	1382	Burlingame	276	Priory School
2403	Homestead	1355	South San Francisco	265	Eastside College Prep
2328	Monta Vista	1350	Archbishop Riordan *	252	St. Francis CCC
2297	Cupertino	1344	Saratoga	243	Crystal Springs Uplands
2210	Sequoia	1339	El Camino	215	Kehillah Jewish
2206	Santa Teresa	1310	Sacred Heart Cath.	204	Pinewood
2167	Piedmont Hills	1285	Monterey	203	The York School
2150	Carlmont	1263	Mills	181	Georgiana Bruce Kirby
2091	Los Altos	1208	Del Mar	154	Oakwood
2068	North Salinas	1203	Capuchino	153	Jewish Community
2037	Santa Clara	1165	No. Monterey Co.	128	Alma Heights
2019	Fremont	1160	Live Oak	115	Mid Peninsula
1998	Los Gatos	1155	Greenfield	104	Trinity Christian
1988	Palo Alto	1127	Soquel	90	San Francisco Christian
1969	Watsonville		<i>23 schools</i>	59	Mt. Madonna
	<i>24 schools</i>			58	More, Thomas
				27	Liberty Baptist
					<i>25 schools</i>
	<u>Division II</u>		<u>Division IV</u>		
1964	Lincoln	1122	James Lick		
1954	Wilcox	1119	Seaside		
1912	Mountain View	1115	Gunderson		
1901	Oak Grove	1108	Jefferson		
1894	Gunn	1100	San Jose High		
1884	Andrew Hill	1037	King City		
1882	Leland	1033	Santa Cruz		
1833	Christopher	976	Terra Nova		
1797	Yerba Buena	975	Half Moon Bay		
1793	Woodside	911	Harbor		
1780	St. Francis	903	Carmel		
1750	San Mateo	819	San Lorenzo Valley		
1748	Archbishop Mitty	818	Scotts Valley		
1747	Lynbrook	802	Monte Vista Christian		
1725	Willow Glen	781	Harker		
1718	Leigh	766	Gonzales		
1696	Junipero Serra *	706	Palma *		
1634	Pioneer	622	Sacred Heart Prep		
1623	Overfelt	603	Pacific Grove		
1611	Branham	601	The King's Academy		
1601	Westmoor	598	Oceana		
1599	Gilroy	586	Marina		
1598	Valley Christian	572	Menlo		
1593	Aragon		<i>23 schools</i>		
	<i>24 schools</i>				

* Single-gender schools – enrollment doubled

CENTRAL COAST SECTION
Division Placement - Girls Cross Country for 2017
 (based on 2016-17 CBEDS)

<i>Enrollment</i>	<i>School</i>	<i>Enrollment</i>	<i>School</i>	<i>Enrollment</i>	<i>School</i>
	<u>Division I</u>		<u>Division III</u>		<u>Division V</u>
3183	Milpitas	1484	Sobrato		<i>0-500 enrollment</i>
3073	Independence	1482	St. Ignatius	500	KIPP
2916	San Benito (Hollister)	1473	Prospect	494	Castilleja *
2866	Evergreen Valley	1464	Soledad	486	Stevenson School
2749	Alisal	1459	Aptos	456	Santa Catalina *
2620	Salinas	1430	Mt. Pleasant	440	Latino College Prep
2547	Everett Alvarez	1427	Hillsdale	428	Summit Prep
2545	Silver Creek	1409	Pajaro Valley	406	Notre Dame-Salinas *
2406	Menlo-Atherton	1382	Burlingame	395	University Prep Academy
2403	Homestead	1355	South San Francisco	379	Downtown College Prep
2328	Monta Vista	1344	Saratoga	339	Anzar
2297	Cupertino	1339	El Camino	339	Pacific Collegiate
2210	Sequoia	1310	Sacred Heart Cath.	318	Nueva School
2206	Santa Teresa	1285	Monterey	276	Priory School
2167	Piedmont Hills	1278	Notre Dame-SJ *	265	Eastside College Prep
2150	Carlmont	1263	Mills	252	St. Francis CCC
2091	Los Altos	1208	Del Mar	243	Crystal Springs Uplands
2068	North Salinas	1203	Capuchino	215	Kehillah Jewish
2037	Santa Clara	1165	No. Monterey Co.	204	Pinewood
2019	Fremont	1160	Live Oak	203	The York School
1998	Los Gatos	1155	Greenfield	181	Georgiana Bruce Kirby
1988	Palo Alto	1127	Soquel	154	Oakwood
1969	Watsonville	1122	James Lick	153	Jewish Community
1964	Lincoln	1119	Seaside	128	Alma Heights
	<i>24 schools</i>		<i>24 schools</i>	115	Mid Peninsula
				104	Trinity Christian
				90	San Francisco Christian
				59	Mt. Madonna
				58	More, Thomas
				27	Liberty Baptist
					<i>27 schools</i>
	<u>Division II</u>		<u>Division IV</u>		
1954	Wilcox	1115	Gunderson		
1912	Mountain View	1108	Jefferson		
1901	Oak Grove	1100	San Jose High		
1894	Gunn	1037	King City		
1884	Andrew Hill	1033	Santa Cruz		
1882	Leland	976	Terra Nova		
1833	Christopher	975	Half Moon Bay		
1797	Yerba Buena	911	Harbor		
1793	Woodside	903	Carmel		
1780	St. Francis	874	Notre Dame-Belmont *		
1750	San Mateo	819	San Lorenzo Valley		
1748	Archbishop Mitty	818	Scotts Valley		
1747	Lynbrook	802	Monte Vista Christian		
1725	Willow Glen	781	Harker		
1718	Leigh	766	Gonzales		
1634	Pioneer	744	Mercy-SF *		
1623	Overfelt	734	Mercy-Burlingame *		
1611	Branham	622	Sacred Heart Prep		
1601	Westmoor	603	Pacific Grove		
1599	Gilroy	601	The King's Academy		
1598	Valley Christian	598	Oceana		
1593	Aragon	586	Marina		
1565	Westmont	572	Menlo		
1520	Presentation *		<i>23 schools</i>		
	<i>24 schools</i>				

^ Single-gender schools – enrollment doubled

CSM CRYSTAL SPRINGS CROSS COUNTRY COURSE BELMONT CA

FINAL SCHEDULE 2017

SEPTEMBER	TIME	RACE NAME	RACE DIRECTOR(E-Mail)
Fri, Sep 1, '17	3:15	Serra, Westmoor, Mercy, NDB. Presentation	rdimaggio@serrahs.com
Sat, Sep 2, '17	9:00	2017 NDNU ARGO Invite	jinunes@ndnu.edu 925-980-9755 cell
Tue, Sep 5, '17	3:00	Aragon-San Mateo High Scimage	fhunt39@SBCglobal.net
Wed, Sep 13, '17	4:00	CSUS Relay Jamboree	acaruana@crystal.csus.org 650-465-2054 cell
Sat, Sep 16, '17	11:00	CSM Invite*	Not a firm date
Tues Sep 19 17	3:30	PSAL #1 *	nayres@almaheights.org
Mon, Sep 25, '17	3:30	Small School League Race #1	zkowal@charlesarmstrong.org
Wed Sep 27 17	3:30	PSAL #2 *	nayres@almaheights.org
OCTOBER			
Mon, Oct 2, '17	3:30	Small School League Race #2	zkowal@charlesarmstrong.org
Tue, Oct 3, '17	2:30	SCVAL Preview Race	kirk.flatow@gmail.com
Wed, Oct 4, '17	4:00	Terman Invitational	heypalermo@aol.com 650-740-3872
Thu, Oct 5, '17	3:00	WBAL League #1	acaruana@crystal.csus.org 650-465-2054
Sat, Oct 7, '17	9:00	Serra Invitational	rdimaggio@serrahs.com
Tue, Oct 10, '17	3:30	PSAL #3*	nayres@almaheights.org
Thu, Oct 12, '17	3:30	Small School League Race 3	zkowal@charlesarmstrong.org
Fri, Oct 13, '17	3:00	WBAL MS Championship	nayres@almaheights.org
Tue, Oct 17, '17	3:30	PSAL #4*	nayres@almaheights.org
Wed, Oct 18, '17	3:15	Aragon Center Meet*	fhunt39@SBCglobal.net
Sat, Oct 21, '17	10:00	PAC West (Holy Names Host)	hlopez@hnu.edu 925-324-1143
Mon, Oct 23, '17	3:30	Small School League #4	zkowal@charlesarmstrong.org
Tue, Oct 24, '17	2:30	PAL #3	farnsworthp@cabrillo.k12.ca.us 650-773-3274
Wed, Oct 25, '17	4:00	ADAL League	heypalermo@aol.com
Thu, Oct 26, '17	3:30	PSAL Championships*	nayres@almaheights.org
Fri, Oct 27, '17	2:00	PAL #3 Rainout date	farnsworthp@cabrillo.k12.ca.us
Sat, Oct 28, '17	11:00	NIRCA Regional *	doug.jordan@clubrunning.org
Mon, Oct 30, '17	12:30	BVAL*	ckirk@sjusd.org 408-838-1655 cell
Tue, Oct 31, '17	1:30	SCVAL	kirk.flatow@gmail.com
NOVEMBER			
Wed, Nov 1, '17	2:00	WCAL	rdimaggio@serrahs.com
Fri, Nov 3, '17	2:30	WBAL League Championships	acaruana@crystal.csus.org 650-465-2054 cell
Sat, Nov 4, '17	12:45	PAL Championships	farnsworthp@cabrillo.k12.ca.us
Mon, Nov 6, '17	3:30	Small School League Championships	zkowal@charlesarmstrong.org

Proposed Schedule #21
Revised 08/08/17

Bob Rush
116 Wycombe Avenue
San Carlos CA 94070-1843
Home/Office 650-595-3619
Mobile 415-730-8299
rushrunner@gmail.com

Peter Tapia - Emergency Medical Services
P.O. Box 833 phone 415-722-8876
Penngrove CA 94951-0833
peter@specialmedicalaid.com

Andreas Wolf-AD CSM

650-574-6462
wolf@smccd.edu
Karjari Burns CSM Coach
kburns49@gmail.com

It will be a requirement to have a CSM approved Emergency Medical Service on site to have **ANY** competition on the course. Be sure to make arrangements made with Peter Tapia above well in advance.

Do not use Hallmark Park garbage containers!!! All Cardboard and plastic bottles must be carried out.

You will not have to schedule practices on this schedule, however, you are not allowed to have

practice of any type on the day in which competition is taking place. No exceptions. It will be the coaches responsibility to check this schedule and be sure that you don't arrive on a race day. You will not be allowed on the course anywhere.

When holding practice of any type on the course, you are required to have in your possession, **on the course**, an emergency **medical kit and emergency medical cards for all athletes.**

On race days, the head coach must have in his/her possession a medical card for each athlete or they can't compete.

Only EMT Peter Tapia or his desanee is authorized to call 911 in an emergency. If anyone else calls 911 Mr. Tapia has to be notified.

Teams using the course for practice, are requested to make a contribution to the course to offset the additional use of the course.

COACHES & RACE DIRECTORS:READ THE ABOVE MESSAGE You will be held responsible for its content!

Central Coast Section
2016/2017 CROSS COUNTRY AT-LARGE TIMES

If:

- your school runs your league finals at Toro Park XC Course AND
- you or your team are not automatic qualifiers to the CCS Meet AND
- you or your team run the following individual or team times or better (listed below for your school's division) at your final League event which qualifies athletes to the CCS Meet,

then you or your team will qualify as an at-large entrant to the CCS meet:

<u>Individual</u>			<u>Team</u>		
	<u>Boys</u>	<u>Girls</u>		<u>Boys</u>	<u>Girls</u>
Div 1	17:42	21:53	Div 1	86:42	107:37
Div 2	17:47	21:36	Div 2	87:21	105:37
Div 3	17:53	21:53	Div 3	87:48	107:40
Div 4	18:08	22:31	Div 4	88:22	110:21
Div 5	19:25	23:32	Div 5	94:53	116:17

If:

- your school runs your league finals at Crystal Springs XC Course AND
- you and/or your team are not automatic qualifiers to the CCS Meet AND
- you or your team run the following individual or team times or better (listed below for your school's division) at your final League event which qualifies athletes to the CCS Meet,

then you or your team will qualify as an at-large entrant to the CCS meet:

<u>Individual</u>			<u>Team</u>		
	<u>Boys</u>	<u>Girls</u>		<u>Boys</u>	<u>Girls</u>
Div 1	17:24	21:34	Div 1	85:25	105:58
Div 2	17:29	21:17	Div 2	86:04	103:58
Div 3	17:35	21:36	Div 3	86:31	106:01
Div 4	17:50	22:12	Div 4	87:15	108:42
Div 5	19:07	23:13	Div 5	93:36	114:38

If:

- your school runs your league finals at Pinto Lake XC Course AND
- you and/or your team are not automatic qualifiers to the CCS Meet AND
- you or your team run the following individual or team times or better (listed below for your school's division) at your final League event which qualifies athletes to the CCS Meet,

then you or your team will qualify as an at-large entrant to the CCS meet:

<u>Individual</u>			<u>Team</u>		
	<u>Boys</u>	<u>Girls</u>		<u>Boys</u>	<u>Girls</u>
Div 1	16:45	20:51	Div 1	82:58	103:28
Div 2	16:50	20:34	Div 2	83:37	101:28
Div 3	16:56	20:51	Div 3	84:04	103:31
Div 4	17:11	21:30	Div 4	84:48	106:12
Div 5	18:28	22:28	Div 5	91:09	112:08

CIF

2017 XC Team Entries

2017 BOYS	Division I	Division II	Division III	Division IV	Division V
Central	3	2	2	2	2
Central	2	3	2	3	3
Coast					
Los Angeles	2	1	1	0	1
North Coast	2	3	4	3	5
Northern	0	0	1	3	1
Oakland	1	0	0	0	0
Sac-Joaquin	3	3	3	2	2
San Diego	2	4	4	3	3
San Francisco	1	0	0	0	0
Southern	7	7	7	7	7
TOTAL	23	23	24	23	24

2017 GIRLS	Division I	Division II	Division III	Division IV	Division V
Central	3	2	2	3	2
Central	2	3	3	3	2
Coast					
Los Angeles	2	1	1	0	1
North Coast	2	3	4	4	6
Northern	0	0	1	2	1
Oakland	1	0	0	0	0
Sac-Joaquin	3	3	3	2	2
San Diego	2	4	3	2	3
San Francisco	1	0	0	0	0
Southern	7	7	7	7	7
TOTAL	23	23	24	23	24



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CIF/Central Coast Section Cross Country Bylaws



- | | | |
|---------------------------------------------------|--------------------------------------------------|--------------------------------------------|
| 1. SCHEDULED MEETINGS | 5. QUALIFYING - SECTION TO STATE | 9. ELIGIBLE ATHLETES |
| 2. MEET DATES / SITES | 6. RULES | 10. SPORTSMANSHIP |
| 3. DIVISION PLACEMENT | 7. APPEALS | 11. USE OF COURSE |
| 4. QUALIFYING - LEAGUE TO SECTION | 8. AWARDS | 12. TOURNAMENT INFORMATION |

Section 1. SCHEDULED MEETINGS

- A. *Organization:* **WEDNESDAY, AUGUST 9, 2017, 7:00 PM, @ the CCS office**
 B. *Evaluation:* **TUESDAY, NOVEMBER 28, 2017, 7:00 PM, @ the CCS office**

Section 2. MEET DATES / SITES

- A. The Section Meet is scheduled for: **SATURDAY, NOVEMBER 11, 2017.**
*If the Meet is to be called because of inclement weather, the decision will be made as close as possible to 6:00 AM on the day of the Meet. The rain-out date **TUESDAY, NOVEMBER 14, 2017.***
The meet order will be set by the CCS office
- B. The CCS Commissioner and/or staff shall be responsible for all contracts for sites used during the CCS Play-offs. The CCS Commissioner and/or staff have sole authority to schedule or cancel sites, as well as full discretion as to the assignment or re-assignment of teams to times and sites throughout the CCS Play-offs. The CCS Commissioner and/or staff have the final authority in any disputes over sites or times of play, and the decision of the CCS Commissioner is not subject to appeal, due to the immediacy of running the Tournament for the good of the whole. Neutral sites are not a policy of the CCS and should not be expected in any rounds of play. Sites will be assigned by the CCS for the good of the Tournament.
- C. League entries, from League Qualifying Meets, are to be submitted electronically by League Representatives, via email as described in the CCS Cross Country Participant Information Bulletin and also as posted on the CCS web site before: **NOON, on MONDAY, NOVEMBER 6, 2017**
1. League representatives must submit their final League entries including names of both Team and Individual Qualifiers after removing all scratches and inserting all alternates.
 2. Once League entries are submitted, individual alternates will not replace scratched athletes.

Section 3. DIVISION PLACEMENT

The previous year's grade 9-12 CBEDS figures, as listed below, will be used to adjust the size of each division insuring that each division, except Division V, has the same number of schools. Division V will be set at 500 and below.

- If more than one school has the same enrollment at the "point of division," all schools with that enrollment would be placed in the higher of the two divisions.
- If the number of schools was not a multiple of four, the "extra" school(s) would be placed beginning in the higher divisions.
- When determining the divisions, the CCS staff will utilize a list of enrollments without school names attached to insure objectivity.

Section 4. QUALIFYING FROM LEAGUE TO SECTION

- A. *Qualifying from the League Meets to the Section Meet will be accomplished as follows:*
1. The top half (rounding up) of complete teams competing in each League **Championship** Meet advance to the Section Meet.
 2. All Leagues are guaranteed at least one (1) team in each Division that they have represented in their League.
 3. If a team does not automatically qualify for the Section Meet at its League Championship Meet, it will qualify as an At-Large Entry if it meets the following condition:
 - a. The combined time for a team's top five (5) runners (team time) at its League Championship Meet Finals is less than the average of the median team time for 1997 and subsequent years at the Section Meet for the Division in which the team competes.
- B. Each League qualifies the top three (3) individuals **from their League Championship Meet** (not on a qualifying team).

1. If an individual does not automatically qualify for the Section Meet at its League Championship Meet, he/she will qualify as an At-Large Entry if he/she meets the following condition:
 - a. An individual's time at his/her League Championship Meet Finals is less than the average of the median individual time for 1997 and subsequent years at the Section Meet for the Division in which the individual competes.
- C. When two (2) or more basic Leagues join together to form supplemental Leagues, the following shall apply:
 1. When supplemental Leagues are formed, and each of the two (2) or more Leagues currently have Automatic Qualifiers to the CCS Tournament, the new supplemental Leagues shall retain the total of their previous Automatic Qualifiers [e.g., Leagues A and B each have three (3) Automatic Qualifiers. When the new supplemental Leagues are formed, combining A and B, they will have a total of six (6) Automatic Qualifiers].
 2. The League Board of Managers having governance authority over the supplemental Leagues shall determine in its bylaws how those Automatic Qualifiers will be allocated from the supplemental Leagues. In the absence of a basic League tournament to determine Section qualifiers, the basic League MUST allocate an automatic berth to each of the supplemental League Champions.
- D. HARDSHIP APPEALS**
 1. Hardships may only be considered for qualification from League to the CCS Meet;
 2. Hardships only applies to an illness/accident that is non-sports related;
 3. The athlete must be under a medical doctor's care;
 4. Any request for hardship must be presented to the League Meet Director, IN WRITING, before the start of the athlete's race in the League meet;
 5. The athlete must have posted a previous mark in that season at an official meet on the course that is being used for that athlete's league meet that is better than the last individual qualifier's mark;
 6. The hardship hearing will be held on or before the second working day following the request for hardship;
 7. Appeals shall be conducted according to the respective League's By-Laws.
 8. If approved, the athlete will be added to the field of individual qualifiers from that league into the CCS Meet.

Section 5. QUALIFYING FROM SECTION TO STATE

- A. The number of team entries into the CIF State Championship Meet is based on a formula involving the following:
 1. An established baseline providing a minimum number of entries for each CIF Section; the established baseline for each Division competing in the CCS is as follows:

Division I:	Boys - 2; Girls - 2	Division IV:	Boys - 3; Girls - 3
Division II:	Boys - 3; Girls - 3	Division V:	Boys - 3; Girls - 2
Division III:	Boys - 2; Girls - 3		
 2. Additional/reduced entries may be allocated in subsequent years, based upon the most recent four (4)-year history of the Section team performance within each Divisional race;
 3. No CIF Section shall have more than seven (7) team entries in any Divisional race;
 4. A maximum of five (5) individuals, per criteria in each division, will qualify from Section to State meet finals as follows: If the division has 2 automatic qualifiers, the five must finish in the top 12. If the division has 3 automatic qualifiers, the five must finish in the top 14 and if the division has 4 automatic qualifiers, the five must finish in the top 16.
 5. If a State qualifier indicates that he/she will not compete in the State Meet, the next qualifying individual may be substituted as long as the respective scratch is declared and finalized by the end of the day at the Section meet. No such alternates will be allowed after entries have been submitted to the State CIF.

Section 6. RULES

- A. The 2016 **National Federation Track & Field and Cross Country Rules** will be followed, with the modification that NO SPIKES ARE ALLOWED ON THE COURSE!
- B. Coaches need to pay particular attention to **Rule 9-5-1 through 4** (Uniforms).
- C. Any school allowing an ineligible student-athlete, or more than seven (7) team members, to compete in the Section Meet is subject to disqualification from the Meet and from any other meets during the current season which are subsequent to the above infraction.
- D COACH MUST BE PRESENT**
Coaches are expected to be present at the Meet. All student-athletes competing in any CCS contest (scrimmages, alumni contests, pre-season, League and CCS Play-offs) must be accompanied by a coach that meets the following criteria, as addressed in CIF Bylaws 308 & 506:
 1. **MUST BE THE "REGULAR COACH"**
The coach of either a public or private school team or athlete must be the coach of record for that school for the current season and must comply with all requirements of CIF Bylaw 506.

- a. **PUBLIC SCHOOLS** - All public school teams must be coached by a person who meets the requirements of the California Ed. Code and the California Administrative Code Title V.
- b. **NON-PUBLIC SCHOOLS** - In the case of a non-public school, a person engaged by that school on a yearly contract basis as a regular member of the school coaching or teaching staff and certified by the administrator for that school as competent for the position held.

2. EMERGENCY SITUATIONS

In the case of an emergency ONLY, the principal of the school may designate an alternate coach, as long as it is done in writing prior to the contest and submitted to the League Commissioner for all pre-season and League contests and the CCS Commissioner for CCS Play-off contests. Any alternate coach MUST be an individual who meets all the conditions required in Section 6.E.-1a. (above) in the case of a public school, and Section 6.E.-1b. (above) in the case of a non-public school.

3. NO COACH PRESENT = STUDENT INELIGIBLE

Section 7. APPEALS

- A. Any Head Coach can report an infraction to the Meet Referee.
- B. The Meet Referee will investigate the infraction, using all possible resources before making a ruling.
- C. The ruling of the Referee is final, except in the case of a rule interpretation. Interpretations may be appealed to the Section office, in writing, within 48 hours.

Section 8. AWARDS

- A. 20 Team Trophies: Champion and Runner-Up Teams in all Divisions.
- B. 70 Medals for members of championship teams: 7 medals for each championship team (all girls and boys divisions).
- C. 70 Medals for Individuals: 1st- through 7th-place finishers, Girls and Boys, in all Divisions.

Section 9. ELIGIBLE ATHLETES

- A. All athletes must be in good standing with their League, school and the CCS in order to compete. No ineligible athletes will be allowed to compete.
- B. Any player or coach who is disqualified from a Tournament contest for FLAGRANT MISCONDUCT or UNSPORTSMANLIKE BEHAVIOR will be disqualified from all remaining contests in that sport that season, including Nor-Cal and State CIF competition.

Section 10. SPORTSMANSHIP

- A. The member schools of the CIF-Central Coast Section are committed to providing a sportsmanlike environment for students, coaches and spectators.

Our Sportsmanship Definition is:
A person who can take a loss or defeat without complaint, or victory without gloating and who treats his/her opponents with fairness, courtesy and respect.

- B. The following behavior is **unacceptable** at all CIF/CCS High School contests

- berating your opponent's school or mascot
- complaining about officials' calls (verbally or in gestures)
- berating opposing players
- artificial noise makers
- obscene cheers / gestures
- negative signs

- C. **Sportsmanship Contract:** To this end, each school is required to submit one (1) signed Sportsmanship Contract on or prior to September 15 of the school year. This contract confirms that the principal has verbally and through written communication addressed the importance of sportsmanship to his/her student body, faculty and community.
- D. **Each Principal** is required by the CCS Board of Managers to meet with any team or individual athlete(s) from his/her school participating in the Tournament to review CCS Sportsmanship Information. (**REQUIRED PRE-GAME SPORTSMANSHIP MEETING**)

Section 11. PRACTICE AT CHAMPIONSHIP SITES

No arrangements for practice at competition sites are allowed by the CCS once the site of the Tournament has been announced. See the "General Tournament Information" Section of the CCS Playoff Bylaws (below) for the specific policy. Schools found in violation of this rule may be barred from further participation in Section Play-offs.
 CCS Playoff Bylaws—General Information

PRACTICE AT COMPETITION SITES

No arrangements for practice at competition sites are approved by the CCS.

- A. If the site of a future contest is open to public use (i.e., municipal tennis courts, public golf courses, etc.), they may be used for practice, subject to the control and policies of the owner/operator. **NO SPECIAL PERMISSION MAY BE SOUGHT.**
- B. College and community sites **SHALL NOT BE USED** by any school team, except as noted above, or if the school has a contract throughout the season to use the site as its home facility.
- C. Use of another school's facility, once designated as a Tournament site, **SHALL NOT BE ALLOWED!** **PLEASE DO NOT ASK FOR ANY SUCH USE!**

NOTE: These prohibitions are necessary for two significant reasons:

- We do not wish to inconvenience our hosts by additional usage; AND
- Near-by schools, with easier access to a particular facility, have a distinct advantage over distant schools.

Failure to comply with these regulations may affect the school's further participation in that Tournament during the current year or in the future.

Section 12. TOURNAMENT INFORMATION

The CCS *Participant Information Bulletin* will be posted on the CCS web page and sent to all schools and the media approximately three (3) weeks prior to the Meet.

**OTHER IMPORTANT DOCUMENTS RELATED TO PLAYOFFS:****CCS PLAYOFF POLICY - Click here to see entire policy****SEASON LONG LEAGUE PLAY**

The sole purpose of CCS Playoffs is to provide a post-season championship event for its member school teams and athletes who have been engaged in season-long league play in a given sport.

- A. Section playoffs are to be conducted as the culminating activity for teams and/or individuals who have been engaged in season-long league play in a given sport.
- B. Schools or leagues which do not conduct a given sport on a recognized league basis for the majority of a given sport season will not be allowed to enter playoff competition. Exceptions to this general policy may be made by the Board of Managers as a result of a unique, short-term and specific circumstance beyond a school's control that directly causes the school to be unable to participate in that sport in season-long league play,
- C. In individual sports, (swimming, track & field, cross country, tennis, golf, gymnastics, badminton, wrestling), a student athlete must compete in at least ½ of the regularly-scheduled league meets in order to participate in the CCS playoffs in that sport. The specific qualification standards outlined in the CCS bylaws for each of these sports must be met in addition to this general minimum participation standard. Exceptions to this rule may be considered by the league **ONLY**
 - if there is a serious medical condition or hardship that is beyond the student's control and which clearly and solely causes their lack of participation in a minimum of ½ of their regularly-scheduled league contests OR
 - if the student has corrected a scholastic ineligibility in the most recent grading period which occurs after the first half of the league season is complete and which directly and solely causes their lack of participation in a minimum of ½ of their regularly-scheduled league contests.
 - if through internal team competition and ladder movement an athlete has not had the opportunity to participate in ½ the regular-scheduled league contests.

CCS SPORTSMANSHIP POLICY - Click here to see entire policy