



This Bulletin was e-mailed to all member-schools on or about October 7, 2019  
 Contact: Steve Filios - Email: [sfilios@cifccs.org](mailto:sfilios@cifccs.org)  
 (408) 224-2994



**ATTENTION ATHLETIC DIRECTORS:**

Please route this bulletin to your HEAD VARSITY CROSS COUNTRY COACH, and make sure that you and your coach have reviewed the [Cross Country webpage](#) of the CCS Website including [the CCS CROSS COUNTRY BYLAWS](#)

**MEET MANAGEMENT TEAM:**

**CCS STAFF LIAISON:** Steve Filios, Assistant Commissioner  
 Email: [sfilios@cifccs.org](mailto:sfilios@cifccs.org) Phone: (408) 224-2994

**MEET DIRECTOR:** Bill Daskarolis  
 Email: [bdasko@comcast.net](mailto:bdasko@comcast.net) Phone: (510) 657-7592

**CHAMPIONSHIP MEET DATE: SATURDAY, NOVEMBER 16, 2019**  
**@ Crystal Springs Cross Country Course, Belmont**

**TIME SCHEDULE:**

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

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

*Rain-out contingency: 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**, which can be found on the [Cross Country webpage](#) of the CCS website, with their Leagues' official results and entries, including names of both Team and Individual Qualifiers **on or before:**

**MONDAY, NOVEMBER 11th, 2019 @ 12 noon to:**

- Mark McConnell @ [racetimer@aol.com](mailto:racetimer@aol.com),
- AND
- Steve Filios @ [sfilios@cifccs.org](mailto:sfilios@cifccs.org)

**EVALUATION MEETING: TUESDAY, DECEMBER 3, 2019 @ 7:00pm**

**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.

**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.**

- o **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, &amp; Children 6 and older</i>	Children <i>5 and under</i>
<b>\$10</b>	<b>\$5</b>	<b>Free</b>

**CHECK-IN & SCORING PROCEDURE:**

- o The school coach must check in at the clerk of the course's table to pick up their Meet packets. This packet will include pre-assigned bibs with chips attached, safety pins and a course map. Please insure that runners do not crumple bibs. The bibs are to be worn on the front of the jersey.
- o The school coach must be in attendance to check in their athlete and/or team and are expected to remain at the course throughout the race(s) in which their athlete and/or team competes. All student-athletes competing in any CCS contest must be accompanied by a coach that meets the criteria addressed in CCS and CIF Bylaws: **NO COACH = NO COMPETE**
  - o **MUST BE THE "REGULAR COACH**
  - o *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 Bylaws.*
  - o **PUBLIC SCHOOLS** - *All public school teams must be coached by a person who meets the requirements of the California Education Code and the California Administrative Code Title V.*
  - o **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.*
  - o **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 the CCS Commissioner for CCS Play-off contests. Any alternate coach MUST be an individual who meets all the conditions required in 3.-A.(1) above in the case of a public school; and 3.-A.(2) above in the case of a non-public school.*
- o The chip timing system will provide immediate results and identify qualifying teams and individuals to the State CIF Meet. A Lynx back-up system will also be used.
- o Year and/or spelling corrections and substitution of a runner may be made at packet pick-up.
- o The finish line 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. They do not have to stay in finish order.
- o Coaches are reminded to stay away from the finish line as their athletes finish -- **WE NEED YOUR COOPERATION!**
- o In case of tied teams, the tie shall be broken by comparing the 6th-place finishers of the tied teams.

**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.

**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.
- 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 (except for medical personnel).
- Each team is responsible for cleaning up the area it has occupied during the day.
- 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 and puts runners in jeopardy of disqualification.
- COACHES MUST STAY OFF THE RUNNING COURSE.
- To insure the safety of players, coaches, officials and spectators, CCS Policy prohibits the use of drones at all CCS events.

**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 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.

**DRONES**

To insure the safety of runners, coaches, officials and spectators, CCS Policy prohibits the use of drones at all CCS events.

**AWARDS**

An awards ceremony will take place **IMMEDIATELY** after the conclusion of the boys race of each division. To be a participant in this 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 AWARDS – Individual medals 1<sup>st</sup> through 7<sup>th</sup> runner for each division
- PARTICIPANT CERTIFICATES - are available for coaches and athletes on the [CCS Cross Country page](#) of the CCS website.

**PRACTICE AT CHAMPIONSHIP SITE:**

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

**RACE RESULTS**

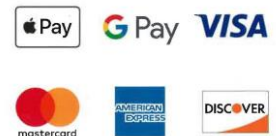
Live results will be available courtesy of Record Timing (<http://www.rtimingsolutions.com/>). Official race results will also be posted promptly on the course results board as well as after the meet on the [CCS website](#) or follow us on [Twitter](#) (@cifccs).

**SPORTSMANSHIP:**

- Each Principal is required by the CCS Board of Managers to meet with any individual and/or team from his/her school participating in the CCS Tournament to review the [PRE-GAME SPORTSMANSHIP MEETING INFORMATION SHEET](#) which can be found on the [CCS Cross Country webpage](#).
- 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), Patches, Hats and Sweatshirts will be available at the Meet site. No other merchandise may be sold without CCS approval. Credit cards will be accepted for purchase of merchandise

**MEDIA POLICIES**

*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 30, 2019 @ 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](#).