

Dear CCS League Representatives,

FIRST AND FOREMOST: The 2022 database of coaches available to us is rather incomplete so we ask you to PLEASE FORWARD THIS EMAIL TO YOUR FELLOW COACHES who have teams or individuals scheduled to compete Saturday at the CCS Cross Country Championships.

Coaches: attached you will find:

- The CCS Cross Country Information bulletin which includes a map of the course and locations of the main gate, the clerk of the course, etc.
- The meet schedule which includes the guidelines for qualifying for the CIF State Cross Country Championships
- The lane assignments
- From our Meet Referee a reminder: Team members are in the same uniform (predominant color is the key - and matching shorts) and that each competitor wears their bib with the chip the entire race. The bib should not be altered in any way. (Note: It is recommended that athletes do not put on their bib until after warmups so that the bib does not get crumbled prior to the race). He has also provided the attached uniform rule pages from the NFHS rulebook.

Please also note the following:

- Crystal Springs Cross Country Course sits adjacent to a residential neighborhood. Please be respectful of the residents. Do not block any driveways when parking and please ask your athletes and spectators to not leave any trash in the neighborhood nor in Hallmark Park. We are providing sufficient trash bins on the course.
- Please ask your athletes not to warm up or warm down in the neighborhood, nor on the competition race course (We have 10 races and we would like to insure that the competition is as pristine as possible for all races. Also, Record Timing will have equipment on the course that records "splits". Athletes who warm up wearing a bib and happen to be on the competition course could record an inadvertent split....another reason not to put on the bib prior to race time). There is plenty of warmup trails adjacent to the actual course.
- Team arrivals:
 - The gates will open at 8:30am
 - As mentioned in the Information Bulletin: There is an admission charge for the CCS Championships.
 - All participants (in uniform) will be admitted at no charge.
 - A maximum of three (3) alternates (in uniform) per team will be admitted at no charge.
 - A maximum of four (4) coaches will be admitted (coaches will be asked to sign in at the main entrance. When the four spaces are filled on the sign-in sheet for a school, additional coaches from that school will be asked to purchase a ticket).
 - Spectators: ***Please share this with your parent community.*** As noted in the Information Bulletin, only online tickets will be accepted. Online tickets are available through [GoFan.com](https://gofan.com) (<https://gofan.co/app/events/758106?schoolId=CIFCCS>).
 - Coaches can register and receive their packets at the Clerk of the Course which will be located on the Northwest side of the course storage shed. Change forms will be available at that location for any teams that are making substitutions in their team lineup.
- Awards: Awards will be presented at the completion of each division. The awards area is located just to the north of the finish line.

Weather: Weather reports call for clear/partly cloudy skies with a high of 58 degrees.

Looking forward to another great CCS Meet. Please contact me if you have any questions,

Steve

Steve Filios

CCS Meet Director



**CIF/Central Coast Section
2022 CROSS COUNTRY CHAMPIONSHIPS
Participant Information Bulletin**

This Bulletin was e-mailed to all member-schools on or about October 12, 2022

Contact: Steve Filios - Email: 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: Xolan Brown, CCS Assistant Administrator
Email: xbrown@cifccs.org Phone: (408) 224-2994


MEET DIRECTOR: Steve Filios, CCS Representative
Email: sfilios@cifccs.org Phone: (408) 224-2994

CHAMPIONSHIP MEET DATE: SATURDAY, NOVEMBER 12, 2022
@ Crystal Springs Cross Country Course, Belmont
2567 Hallmark Drive, Belmont, CA 94002

TIME SCHEDULE:

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

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

 BUY TICKETS	<p>Online Tickets Only Click Here!</p>
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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 7, 2022 @ 12 noon to:

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

EVALUATION MEETING: Tuesday, November 29, 2022 @ 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.**

- **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:

- **All entered participants (in uniform) will be admitted at no charge.**
- **A maximum of three (3) alternates (in uniform) per team will be admitted at no charge.**
- **A maximum of four (4) coaches will be admitted with their team.**

Course gate opens at 8:30 AM.

Please note that **ONLY** online tickets will be accepted. The online tickets for the CCS XC Championship Meet are available through [GoFan](https://gofan.co/app/school/CIFCCS) (<https://gofan.co/app/school/CIFCCS>) Admission prices are as follows:

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

CHECK-IN & SCORING PROCEDURE:

- 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.
- 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**

- **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 Bylaws.*
- **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.*
- **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.*

- **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.*
- 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.
- Year and/or spelling corrections and substitution of a runner may be made at packet pick-up.
- 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.
- Coaches are reminded to stay away from the finish line 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.

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. **For safety reasons, the Belmont Police Department has asked that athletes not be allowed to warm-up or warm-down in the neighborhood adjacent to the course.**

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.

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 girls 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 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.

PRACTICE AT CHAMPIONSHIP SITE:

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

RACE RESULTS

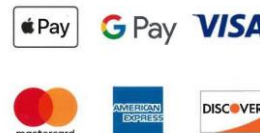
Live results will be available courtesy of Record Timing (<http://www.rtimingsolutions.com/>). Official race results will also be posted promptly on the course results board as well as after the meet on the [CCS website](#) or follow us on [Twitter](#) (@cifccs).

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

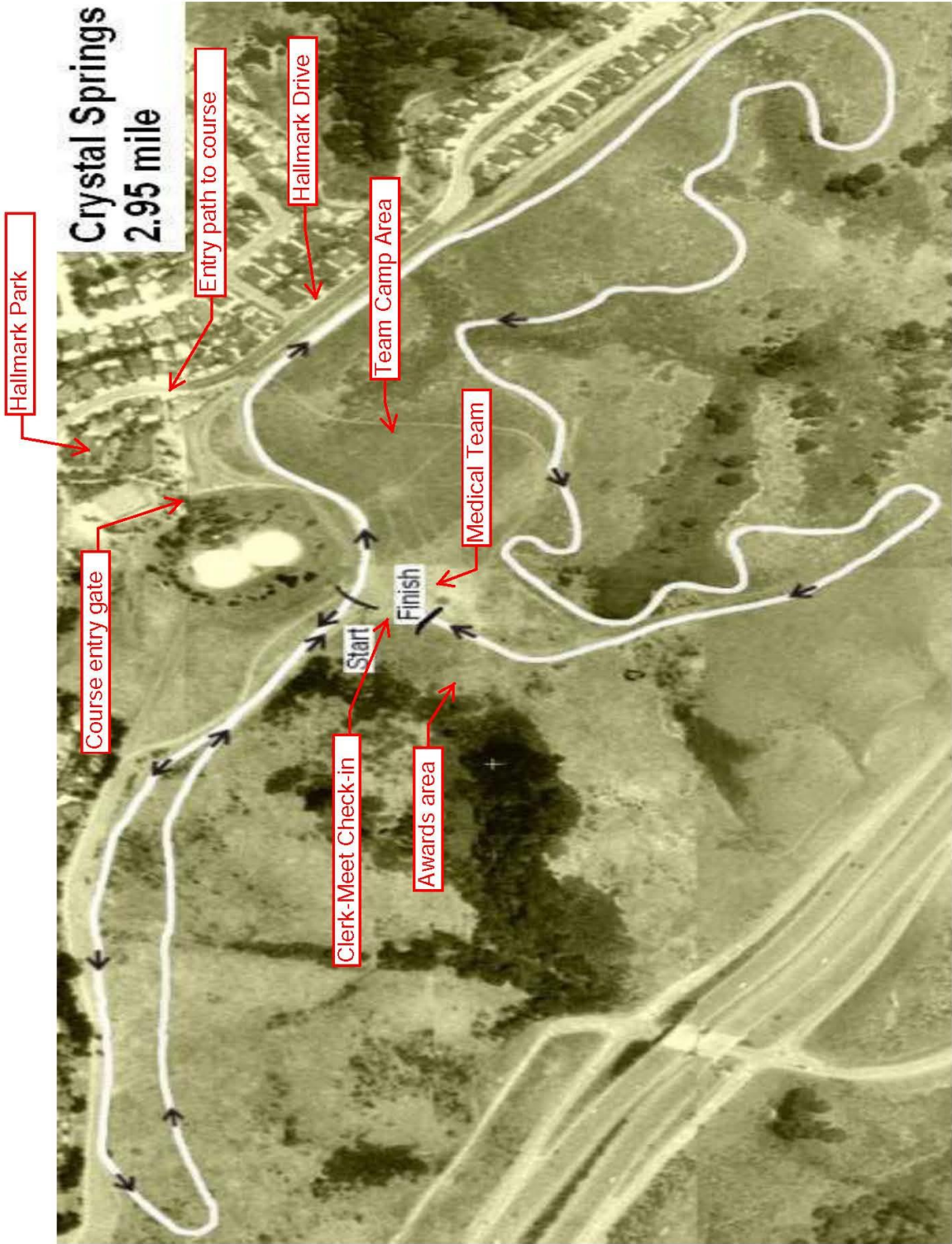
**MEDIA POLICIES**

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 27, 2021 @ 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](#).



CENTRAL COAST SECTION
2022 Cross Country Championships
Saturday, November 12, 2022
@ Crystal Spring Cross Country Course, Belmont

Division IV	Girls	10:00 am		Boys	10:35 am
Division V	Girls	11:10 am		Boys	11:45 am
Division I	Girls	12:20 pm		Boys	12:55 pm
Division II	Girls	1:30 pm		Boys	2:05 pm
Division III	Girls	2:40 pm		Boys	3:15 pm
<i>An awards presentation will take place immediately after completion of each division</i>					
 BUY TICKETS		ONLINE TICKETS ONLY Click Here!			

2022 STATE MEET CROSS COUNTRY QUALIFIERS

Number of Central Coast Section Teams advancing:

DIVISION I		DIVISION II		DIVISION III		DIVISION IV		DIVISION V	
Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
2	3	3	3	2	2	3	3	3	4

Number of Central Coast Section Individuals Not on a Qualifying Team:

<i>If the # of CCS teams that automatically qualify is: (see above)</i>	<i>Then the CCS's five (5) individual qualifiers to the state meet must finish in the top</i>	<i>Qualifications CCS Meet to the State CIF Cross Country Championships as an individual entry are based upon actual finish. Qualifying teams plus the top five highest placed individuals (not on a qualifying team), as per the criteria (on left) in each division, will qualify from section to state meet finals</i>
1	8	
2	12	
3	14	
4	16	

2022 LANE ASSIGNMENTS

BOYS LANE ASSIGNMENTS --- CCS CROSS COUNTRY 2022						GIRLS LANE ASSIGNMENTS --- CCS CROSS COUNTRY 2022					
LANE	Division 1	Division 2	Division 3	Division 4	Division 5	LANE	Division 1	Division 2	Division 3	Division 4	Division 5
1	SILVER CREEK					1				SARATOGA	
2		ST. FRANCIS	WILLOW GLEN	SACRED HT PREP	SUMMIT PREP	2		ST. FRANCIS	SACRED HT CATH		
3	HOLLISTER	MONTA VISTA	SACRED HT CATH			3	HOMESTEAD	MONTA VISTA		N.M.C.	OCEANA
4		SEQUOIA		SCOTTS VALLEY	NUEVA SCHOOL	4			WILLOW GLEN		
5	HOMESTEAD		WESTMONT	JAMES LICK	MENLO	5	MENLO-ATH.	SEQUOIA	LELAND	NOTRE DAME BEL.	SANTA CATALINA
6		E. ALVAREZ	HILLSDALE			6		E. ALVAREZ			
7	EVERGREEN VAL.	WOODSIDE		KING CITY	M.V.C.	7	HOLLISTER		MONTEREY	LIVE OAK	MENLO
8		GUNN	SERRA	HARKER	KIPP S.J. COLL	8		GUNN	HILLSDALE		
9	BELLARMINE		GREENFIELD			9	CARLMONT	CUPERTINO		HALF MOON BAY	CRYSTAL SPRINGS
10		BRANHAM		CARMEL	CRYSTAL SPR	10			BURLINGAME		
11	SALINAS	ARAGON	DEL MAR	N.M.C.	THOMAS MORE	11	WATSONVILLE	ARCH. MITTY	RANCHO S. JUAN	SANTA CRUZ	NUEVA
12		LYNBROOK	RANCHO S. JUAN			12		LYNBROOK			
13	ALISAL			ARCH. RIORDAN	ALPHA CINDY AV	13	ALISAL		APTOS	CARMEL	CASTILLEJA
14		ANDREW HILL	APTOS	MILLS	PRIORY	14		ARAGON	PROSPECT		
15	MOUNTAIN VIEW	LOS GATOS	PROSPECT			15	SILVER CREEK	LOS GATOS		S.L.V.	KING'S ACADEMY
16		LEIGH		LATINO C.P.	OCEANA	16			NOTRE DAME SJ		
17	MENLO-ATHERTON		LELAND	MARINA	PACIFIC COLL.	17	MOUNTAIN VIEW	LEIGH	PIONEER	PRESENTATION	ST. THOMAS MORE
18		WILCOX	PIONEER			18		LOS ALTOS			
19	MILPITAS	LOS ALTOS		SANTA CRUZ	SUMMIT SHASTA	19	SANTA TERESA		ST. IGNATIUS	SACRED HT PREP	SUMMIT SHASTA
20		PALO ALTO	SOLEDAD	SARATOGA	KING'S ACADEMY	20		PALO ALTO	WESTMONT		
21	WATSONVILLE		ST. IGNATIUS			21	EVERGREEN VAL.	PIEDMONT HILLS		SCOTTS VALLEY	KIPP S.J. COLL
22		PIEDMONT HILLS		HALF MOON BAY	DESIGN TECH	22			GREENFIELD		
23	CARLMONT	ARCH. MITTY	GILROY			23		BRANHAM		LATINO C.P.	
24						24					

INDIVIDUAL ENTRANTS MAY START IN ANY LANE NOT ASSIGNED TO A TEAM ABOVE.

SECTION 3 COMPETITOR'S UNIFORM IN TRACK AND FIELD AND CROSS COUNTRY

NOTE: The wearing of a medical alert with the alert visible is encouraged for risk minimization. The ultimate responsibility to have each competitor compliant with uniform rules and other reasonable and legal items is with the coach.

ART. 1 . . . The competitor's uniform shall be school-issued or school-approved, worn as intended by the manufacturer, and meet the following requirements and restrictions:

- a. Each competitor shall wear shoes on both feet.
 1. The shoes shall have an upper and recognizable sole and heel.
 2. The (shoe) upper must be designed so that it can be fastened securely to the foot.
 3. In cross country, the sole and heel may contain grooves, ridges or track spikes which are no longer than 1 inch.

NOTE: The games committee may also determine the length of spikes allowed on all-weather surfaces. (3-2-4a)

4. The use of slippers or socks does not meet the requirements of the rule.
- b. Each competitor shall wear a school-issued or school-approved full-length track top and track bottom or one-piece uniform. Any outer garment (e.g., t-shirts, sweatpants, tights) that is school-issued or school-approved becomes the official uniform, when worn.
 1. When numbers are used, each competitor shall wear an assigned, unaltered contestant number.
 2. The top and/or bottom or one-piece uniform may have school name, school logo, school nickname and/or competitor's name.
 3. The top shall not be knotted or have a knot-like protrusion. Bare midriff tops are not permitted. The top must hang below or be tucked into the waistband of the uniform bottom when the competitor is standing upright.
 4. Loose-fitting boxer-type bottoms or compression-style bottoms are permitted for boys and girls. Closed-leg briefs are acceptable for girls. French or high-cut apparel shall not be worn in lieu of the uniform bottom. The waistband of a competitor's bottom shall be worn above the hips.
 5. A single manufacturer's logo/trademark/reference, no more than 2 1/4 square inches with no dimension more than 2 1/4 inches, is permitted on the top and bottom or one-piece uniform. Bottoms may have manufacturer's logo/trademark/reference larger than 2 1/4 square inches around the waistband.
 6. One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.

7. Any visible garment(s) worn underneath the uniform top and/or bottom is considered a foundation garment. Foundation garments are not subject to logo/trademark/reference or color restrictions.
8. Head coverings worn for religious reasons are not considered hair devices and must not be made of abrasive, hard or unyielding materials, and must be secured to the body and/or uniform.

ART. 2 . . . Additional restrictions for relay teams and cross country teams.

- a. All relay and cross country team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team. **NOTE:** The official should be able to observe that all members are from the same team.

PENALTY: (Articles 1, 2) For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition, and shall be issued a warning that a subsequent violation shall result in a disqualification from the event. The referee shall be notified of the violation by the observing meet official, and the referee shall then notify or cause to be notified the head coach of the offending school of the competitor's violation and warning.

ART. 3 . . . Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, is illegal.

PENALTY: This shall lead to a warning and if repeated, to disqualification from the event. If the incident recurs, the competitor will be disqualified from further competition in the meet.

SECTION 4 BRACES, CONCUSSION MANAGEMENT AND MODIFICATIONS

NOTE: Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, heighten risk to the athlete/others or place opponents at a disadvantage.

ART. 1 . . . If a guard, cast, brace, splint, etc. (hard or unyielding items) is worn and determined by the referee that padding is required, such padding shall be closed-cell, slow-recovery foam no less than 1/2" thick. Knee and ankle braces which are unaltered from the manufacturer's original design/production do not require any additional padding.

ART. 2 . . . Any competitor who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the meet and shall not return to the meet until cleared by an appropriate health-care professional. (Appendix D, NFHS Suggested Guidelines for Management of Concussion.)

ART. 3 . . . A competitor who is bleeding, has an open wound, has any amount of