

**CENTRAL COAST SECTION CROSS COUNTRY**  
**DIVISION PLACEMENT FOR 2025**  
*(based on 2024-2025 CBEDS)*

<b>Enrol.</b>	<b>School</b>	<b>Enrol.</b>	<b>School</b>	<b>Enrol.</b>	<b>School</b>
	<b><u>Division 1</u></b>		<b><u>Division 3 (Continued)</u></b>		<b><u>Division 5</u></b>
3330	Bellarmine*	1518	Soledad	593	Menlo School
3317	Hollister	1515	Sobrato	567	Design Tech
2991	Milpitas	1491	St. Ignatius	553	Pacific Grove
2817	Alisal	1488	Leland	528	Monte Vista Christian
2730	Evergreen Valley	1474	Overfelt	516	Stevenson
2474	Salinas	1470	Prospect	511	KIPP San Jose Collegiate
2381	Carlmont	1435	Sacred Heart Cathedral	499	DCP- El Primero
2377	Independence	1426	Oak Grove	477	University Prep Academy
2376	Menlo-Atherton	1423	Monterey	471	Oceana
2274	Watsonville	1393	Pioneer	462	Castilleja*
2218	Homestead	1355	Del Mar	452	Nueva
2207	Santa Teresa	1350	Notre Dame, San Jose*	434	Cristo Rey San Jose
2191	North Salinas	1289	North Monterey County	434	Palma
2180	Silver Creek			427	Summit Shasta
2170	Los Altos		<b><u>Division 4</u></b>	426	Santa Catalina*
	<b><u>Division 2</u></b>	1282	Westmoor	413	Cindy Avitia
2158	Mountain View	1279	Pajaro Valley	408	BASIS Independent Silicon Valley
2061	Fremont	1276	Greenfield	383	Summit Tahoma
2031	Everett Alvarez	1275	Aptos	350	Crystal Springs Uplands
1927	Piedmont Hills	1199	King City	349	Pacific Collegiate
1924	Palo Alto	1193	Archbishop Riordan	321	Priory
1904	Los Gatos	1171	South San Francisco	311	Ace Charter School
1885	Leigh	1130	Santa Cruz	297	KIPP Navigate College Prep
1882	Sequoia	1123	Mills	291	Summit Prep
1830	Branham	1122	Soquel	279	East Palo Alto Academy
1781	Cupertino	1119	Saratoga	265	Anzar
1781	Saint Francis	1108	Live Oak	251	Eastside College Prep
1780	Junipero Serra*	1107	Mt. Pleasant	246	CEIBA Prep Academy
1775	Archbishop Mitty	1088	Presentation*	225	Luis Valdez Leadership Academy
1720	Westmont	1073	El Camino	213	St. Francis SCP
1716	Santa Clara	1072	Seaside	201	Pinewood
1692	Gunn	1058	Capuchino	195	KIPP Esperanza
1688	Lynbrook	1045	Jefferson	186	Kehillah Jewish
1685	Rancho San Juan	1013	Harbor	175	Oakwood
1669	Aragon	910	James Lick	165	The York School
1664	Woodside	896	Half Moon Bay	154	Monterey Bay Academy
1642	Andrew Hill	880	San Jose High	136	Mid Peninsula
	<b><u>Division 3</u></b>	791	Harker	104	Notre Dame, Salinas*
1636	Valley Christian	780	Carmel	101	Pacific Bay Christian
1620	Monta Vista	751	Gonzales	89	Kirby
1618	Gilroy	746	Gunderson	79	Pescadero
1612	Hillsdale	734	Terra Nova	76	Thomas More
1612	Wilcox	722	Marina	59	Mountain View Academy
1611	Yerba Buena	718	Notre Dame, Belmont*	57	San Francisco Christian
1602	San Mateo	708	Mercy*	52	Trinity Christian
1594	Lincoln	695	Latino College Prep	42	Mt. Madonna
1584	Christopher	689	MacDonald		
1554	Willow Glen	686	San Lorenzo Valley		
1548	Burlingame	645	Scotts Valley		
		644	Sacred Heart Prep		
		602	The Kings Academy		

\* Single-gender schools – enrollment doubled

\*\* As per CCS bylaws, movement in placement because of an enrollment change greater than 15%.

## 2025-2026 XC Team Entries

<b>BOYS</b>	<b>Division I</b>	<b>Division II</b>	<b>Division III</b>	<b>Division IV</b>	<b>Division V</b>
Central	3	3	2	3	3
Central Coast	3	2	3	3	4
Los Angeles	3	1	1	1	1
North Coast	2	4	4	4	4
Northern	0	0	1	2	1
Oakland	*	*	*	*	*
Sac-Joaquin	3	4	3	2	2
San Diego	3	3	3	2	3
San Francisco	*	*	*	*	*
Southern	7	7	7	7	6
<b>TOTAL</b>	<b>24</b>	<b>24</b>	<b>24</b>	<b>24</b>	<b>24</b>

<b>GIRLS</b>	<b>Division I</b>	<b>Division II</b>	<b>Division III</b>	<b>Division IV</b>	<b>Division V</b>
Central	3	2	2	2	2
Central Coast	3	4	2	3	4
Los Angeles	2	1	1	1	1
North Coast	3	3	4	3	5
Northern	0	0	1	2	1
Oakland	*	*	*	*	*
Sac-Joaquin	3	4	3	3	2
San Diego	3	3	4	3	3
San Francisco	*	*	*	*	*
Southern	7	7	7	7	6
<b>TOTAL</b>	<b>24</b>	<b>24</b>	<b>24</b>	<b>24</b>	<b>24</b>

Season

Sanctioned Events 2025-26 Updated 7.22.2025

F	WHS Boys JV Water Polo Tournament	Boys and Girls Water Polo	Junior Varsity	Zachary Cook and Brad Hubbard	Watsonville	09/05/2025	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/EAec9XoNPuKbMmlxFNulbcswWIL487yXW6I3AhY9.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/EAec9XoNPuKbMmlxFNulbcswWIL487yXW6I3AhY9.pdf</a>
	WHS Girls Varsity Water Polo Tournament	Boys and Girls Water Polo	Varsity	Zachary Cook and Brad Hubbard	Watsonville	09/19/2025	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/7JZaSOEdHLIUHCpno8nFPpT6PnFulzLA0pDNh7Sn.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/7JZaSOEdHLIUHCpno8nFPpT6PnFulzLA0pDNh7Sn.pdf</a>
	Ram Invitational	Cross Country, Boys	Varsity   Junior Varsity   Freshman   Frosh Soph   Sophomore	Ron DiMaggio	Westmoor	09/27/2025	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/CWGrFIheKJzAJfEED45AxcyPuC7Coz0fljamnRm3.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/CWGrFIheKJzAJfEED45AxcyPuC7Coz0fljamnRm3.pdf</a>
	Baylands Invitational	Cross Country, Boys	Varsity   Junior Varsity   Frosh	Patrick McCrystle	Bellarmine	09/13/2025	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/GyoeQPcb2HLdEEEd0pEbd4cHNYk75Fy7KfrKsSGnK.docx">https://www.cifccshome.org/sanction-event/invitation-letter/GyoeQPcb2HLdEEEd0pEbd4cHNYk75Fy7KfrKsSGnK.docx</a>
	Monterey Bay Invitational	Cross Country, Boys	Varsity   Junior Varsity   Freshman   Frosh Soph   Sophomore	Josh Small	North Salinas	09/27/2025	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/AonVDDEPeNgzi25cGacM61u7CiwX36uBBqPw2iS.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/AonVDDEPeNgzi25cGacM61u7CiwX36uBBqPw2iS.pdf</a>
	Crystal Springs Invite	Cross Country, Boys	Varsity   Junior Varsity   Freshman   Frosh Soph	Ron Dimaggio	Junipero Serra/San Mateo	10/11/2025	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/8rp6YXu5u91DdQYUV5dC0TBiiS1n7U7arPfSRiqw.docx">https://www.cifccshome.org/sanction-event/invitation-letter/8rp6YXu5u91DdQYUV5dC0TBiiS1n7U7arPfSRiqw.docx</a>
	Monterey High School Cross Country Invitational: Runners Start Your Engines!	Cross Country, Boys   Cross Country, Girls	Varsity   Junior Varsity	Peter Jordan	Monterey	08/30/2025	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/NmFdOCOwvGL0apOLOLrRYZsUwZ46gAXOC3MSwg4U.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/NmFdOCOwvGL0apOLOLrRYZsUwZ46gAXOC3MSwg4U.pdf</a>
	Jackie Henderson	Cross Country, Boys   Cross Country, Girls	Varsity   Junior Varsity   Frosh Soph	Gustavo Ibarra	North Monterey County	09/06/2025	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/Nd3dYxZSoOltPWYimkes1bwhakWcF3Rfuv8LUR6L.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/Nd3dYxZSoOltPWYimkes1bwhakWcF3Rfuv8LUR6L.pdf</a>
	MVC Mustang Invitational	Cross Country, Boys   Cross Country, Girls	Varsity   Junior Varsity	Jeff Silveira	Monte Vista Christian	08/28/2025	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/MelTgvqzrrmjEgE7v4ehEwrYEcSRBkzdnSGKCOko.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/MelTgvqzrrmjEgE7v4ehEwrYEcSRBkzdnSGKCOko.pdf</a>
	Fighting Knights Joust	Cross Country, Boys   Cross Country, Girls	Varsity   Freshman   Sophomore	Chris Lucey	Hillsdale	09/13/2025	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/xLwhh4AGRYERn86yLBNkuFY1btWCkzsb1be48abw.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/xLwhh4AGRYERn86yLBNkuFY1btWCkzsb1be48abw.pdf</a>

F	King City Cross Country Invitational	Cross Country, Boys   Cross Country, Girls	Varsity   Junior Varsity   F Miguel Zamudio	King City	09/13/2025	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/ZRRBZLefqMXfaY5erMw3uWeZtjElRkF695tHSCAX.docx">https://www.cifccshome.org/sanction-event/invitation-letter/ZRRBZLefqMXfaY5erMw3uWeZtjElRkF695tHSCAX.docx</a>	
F	Artichoke Invitational	Cross Country, Boys   Cross Country, Girls	Varsity   Junior Varsity   Freshman   Frosh Soph   Sophomore	Paul Farnsworth	Half Moon Bay	10/04/2025	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/99puoWIDDtZiUFOBj7rJkpeCs0HOYgfOkJ6IeCVp.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/99puoWIDDtZiUFOBj7rJkpeCs0HOYgfOkJ6IeCVp.pdf</a>
F	2nd Annual Tom Leikam XC Invitational	Cross Country, Boys   Cross Country, Girls	Varsity   Junior Varsity   Frosh Soph	David Knight	Watsonville	09/20/2025	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/BlmmuV9dIAxxmUsoJdG7zVA6ack4mM6kxP9osGyZ.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/BlmmuV9dIAxxmUsoJdG7zVA6ack4mM6kxP9osGyZ.pdf</a>
F	Notre Dame Belmont Tiger Invitational	Cross Country, Girls	Varsity   Junior Varsity   Frosh Soph	Paul Lapke	Notre Dame, Belmont	10/18/2025	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/b9TsugmE4RWDW79Mz9qJhKjI6evbcbvjPYfWmuE0.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/b9TsugmE4RWDW79Mz9qJhKjI6evbcbvjPYfWmuE0.pdf</a>
F	Jackie Henderson	Cross Country, Girls   Cross Country, Boys	Varsity   Junior Varsity   Frosh Soph	Gustavo Ibarra	North Monterey County	09/06/2025	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/GPKLgnRvKpW8AxjzOBO9GJ5Er2tGIUNKyY2B72BP.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/GPKLgnRvKpW8AxjzOBO9GJ5Er2tGIUNKyY2B72BP.pdf</a>
F	Longhorn Round Up	Field Hockey	Varsity	Karin Mirassou	Leigh	09/06/2025	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/2R3eASK6gcyaXpgiE74SFZONVfLLR6HVGlkiRnEw.docx">https://www.cifccshome.org/sanction-event/invitation-letter/2R3eASK6gcyaXpgiE74SFZONVfLLR6HVGlkiRnEw.docx</a>
F	Longhorn Round Up (JV)	Field Hockey	Junior Varsity	Karin Mirassou	Leigh	09/13/2025	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/CkYKGK2Yky8KxXpOKReMupf77p9fNKzI19SAM900.docx">https://www.cifccshome.org/sanction-event/invitation-letter/CkYKGK2Yky8KxXpOKReMupf77p9fNKzI19SAM900.docx</a>
F	MHS Flag FB Invitational	Flag Football, Girls	Varsity	Matt Robbins	Milpitas	09/13/2025	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/SUoD5k170V6nKRKucbouLH0EQp7PTx96qQ32dhKW.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/SUoD5k170V6nKRKucbouLH0EQp7PTx96qQ32dhKW.pdf</a>
F	Charger Showdown	Flag Football, Girls	Varsity	Christina Nelson-Watkins	Wilcox	09/26/2025	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/0vXHMtrWMYBGsVaZ6eUW9Moe5wPqqIbiXqBVx6KV.png">https://www.cifccshome.org/sanction-event/invitation-letter/0vXHMtrWMYBGsVaZ6eUW9Moe5wPqqIbiXqBVx6KV.png</a>
F	Pirate Passing Tournament	Flag Football, Girls	Varsity	James Gaynor	Harbor	10/04/2025	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/XtjZDOKHW0Gik0vr8dh1RsokDKK0kgaMtBdpFMPR.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/XtjZDOKHW0Gik0vr8dh1RsokDKK0kgaMtBdpFMPR.pdf</a>
F	Santa Clara High Flag Football Invitational Tournament	Flag Football, Girls	Varsity	Michelle Bumbaca	Santa Clara	09/20/2025	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/5swvejTBprISZqLqbwjqzHDgvbCm7Kth1HPi3bxq.docx">https://www.cifccshome.org/sanction-event/invitation-letter/5swvejTBprISZqLqbwjqzHDgvbCm7Kth1HPi3bxq.docx</a>



## **NFHS TRACK & FIELD and CROSS COUNTRY UNIFORM RULES**

### **RULE 4-3**

**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 2¼ square inches with no dimension more than 2¼ inches, is permitted on the top and bottom or one-piece uniform. Bottoms may have manufacturer's logo/trademark/references larger than 2 ¼ 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.**



**2025-26**  
**CIF - CENTRAL COAST SECTION**  
**CONFERENCE & LEAGUE ALIGNMENT**

**CENTRAL CONFERENCE (50)**

BVAL	26 schools
SCVAL	15 schools
WCAL	9 schools

**NORTHERN CONFERENCE (54)**

PAL	17 schools
PSAL	25 schools
WBAL	12 schools

**SOUTHERN CONFERENCE (39)**

PCAL	32 schools
SCCAL	7 schools

**ASSOCIATE MEMBERS (15):**

Apostles Lutheran	Granada Islamic High School	Silicon Valley International
Calvary Christian Academy	Hillbrook School	Stratford Prep
Chartwell	Kahn Lab School	St. Abraham's Classical Christian Academy
Chesterton Academy	Oxford Day Academy	Summit Everest
German International School of Silicon Valley	Rise University Prep	Waldorf School of the Peninsula

**CROSS COUNTRY**

CROSS COUNTRY						
<u>BVAL</u>			<u>PAL</u>			
<u>Mt. Hamilton</u>	<u>Santa Teresa</u>	<u>Almaden Valley</u>	<u>West Valley</u>	Aragon	Mills	
Branham	Andrew Hill	Christopher	Gunderson	Burlingame	Oceana	
Evergreen Valley	Independence	Del Mar	Live Oak	Capuchino	San Mateo	
Leigh	Mt. Pleasant	Gilroy	Oak Grove	Carlmont	Sequoia	
Leland	Pioneer	James Lick	Overfelt	El Camino	South San Francisco	
Piedmont Hills	Silver Creek	Lincoln	San Jose	Half Moon Bay	Terra Nova	
Prospect	Westmont	Yerba Buena	Sobrato	Hillsdale	Westmoor	
Santa Teresa				Jefferson	Woodside	
Willow Glen				Menlo-Atherton		
<u>PCAL</u>				<u>SCVAL</u>		
<u>Gabilan</u>	<u>Mission</u>		<u>Cypress</u>	<u>Santa Lucia</u>	<u>De Anza</u> <u>El Camino</u>	
Alisal	Everett Alvarez (B)	Ceiba (G)	Pajaro Valley	Anzar (B)	Cupertino	Gunn
Everett Alvarez (G)	Anzar (G)	Chartwell (G)	Palma	Ceiba (B)	Fremont	Los Altos
King City (B)	Carmel	Kirby	Santa Catalina (G)	Chartwell (B)	Homestead	MacDonald
Hollister	Greenfield	Monterey Bay (G)	Seaside (G)	Gonzales (B)	Los Gatos	Milpitas
Marina (B)	King City (G)	North Salinas	Soledad	Monterey (B)	Lynbrook	Mountain View
Monte Vista Christian (B)	Marina (G)	Notre Dame (G)	Trinity Christian (G)	Monterey Bay (B)	Monta Vista	Palo Alto
N. Monterey County	Monte Vista Christian (G)	Pacific Collegiate	York	Oakwood (B)	Saratoga	Santa Clara
Salinas	Monterey (G)	Gonzales (G)	Rancho San Juan	Seaside (B)		Wilcox
Watsonville (G)	Pacific Grove			Trinity Christian (B)		
	Stevenson					
	Watsonville (B)					
<u>SCCAL</u>	<u>PSAL*</u>		<u>Central</u>	<u>WBAL</u>	<u>WCAL</u>	
Aptos	<u>Bay</u>			Castilleja (G)	Archbishop Mitty	
Harbor	Cindy Avitia	ACE	Luis Valdez	Crystal	Archbishop Riordan	
Mt. Madonna	Design Tech	BASIS	Mid-Peninsula	Eastside College Prep	Bellarmine (B)	
Santa Cruz	KIPP San Jose	Cristo Rey	Mountain View Academy	Harker	Junipero Serra (B)	
San Lorenzo Valley	Latino College Prep	DCP - El Primero	Pacific Bay Christian	King's Academy	Presentation (G)	
Scotts Valley	Nueva	East Palo Alto	San Francisco Christian	Menlo	Saint Francis	
Soquel	Summit Shasta	Kehillah	Summit Prep	Mercy (G)	St. Ignatius	
	Thomas More	KIPP Esperanza	Summit Tahoma	Notre Dame (Belmont) (G)	Sacred Heart Cathedral	
	University Prep	KIPP Navigate		Notre Dame (SJ) (G)	Valley Christian	
	*Confirmation of divisions not yet completed					
				Pinewood		
				Priory		
				Sacred Heart Prep		

# EXTREME HEAT AND AIR QUALITY POLICY

As per CA State Law AB 1653 and CIF Bylaw 503.K. Heat Illness and 503.L. Air Quality Index Protocols, all CIF member schools must adhere to the CIF Heat Illness Prevention and Heat Acclimatization Policies as outlined below.

## **Extreme Heat Procedures:**

The WetBulb Globe Temperature (WBGT) is a measure of the heat stress in direct sunlight, which takes into account: temperature, humidity, wind speed, sun angle, and cloud cover (solar radiation). This differs from the Heat Index, which takes into consideration temperature and humidity and is calculated for shady areas. The WBGT is especially valuable in environments where people are physically active, such as sports, as it provides a better assessment of the risk of heat-related conditions during physical exertion. The CIF requires that schools use the WBGT for the most accurate measurement.

Depending on your Category Region (see map below), it is mandated for the benefit of the health and safety of our student-athletes that practice/games be canceled, or delayed until cooler when WBGT exceeds these levels:

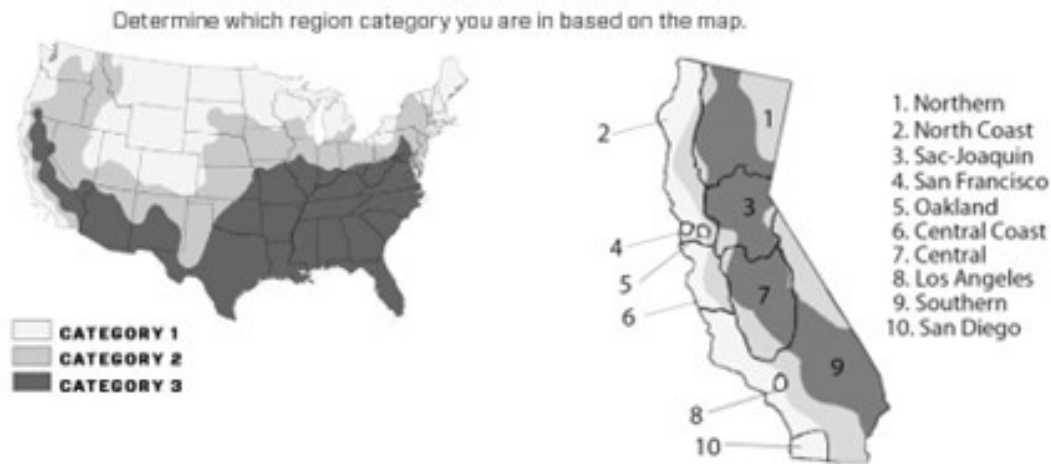
- Region Category 1 >86.2°F
- Region Category 2 >89.9°F
- Region Category 3 >92.0°F

## **STEP 1**

### **Find your Region Category**

Based on the following map, schools should select the heat category for their region to follow the required guidelines shown below. Click here to find your school's heat category: [https://www.cifstate.org/sports-medicine/WBGT\\_Category.pdf](https://www.cifstate.org/sports-medicine/WBGT_Category.pdf)

The majority of states fall under just one category or two at the most. However, due to its diverse climate across the state, California encompasses all three categories: light gray - Category 1 / medium gray - Category 2 / dark gray - Category 3. (See image below).





**STEP 2**

**WBG T Readings** (Note: Temperatures listed in the chart below are calculated using a WBG T and are not basic air temperatures) Please see Step 3 below for samples of WBG T readings.

Cat 3	Cat 2	Cat 1	Outdoor Activity Guidelines
<82.0°F	<79.7°F	<76.1°F	Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
<27.8°C	<26.5°C	<24.5°C	
82.2 - 86.9°F	79.9 - 84.6°F	76.3 - 81.0°F	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
27.9 - 30.5°C	26.6 - 29.2°C	24.6 - 27.2°C	
87.1 - 90.0°F	84.7 - 87.6°F	81.1 - 84.0°F	Maximum outdoor practice time is 2 h. Provide at least four separate rest breaks each hour with a minimum duration of 4 min each. <u>For Football/Field Hockey:</u> players are restricted to helmet, shoulder pads, and shorts during practice. If the WBG T rises to this level during practice, players may continue to work out wearing full pads without changing to shorts.
30.6 - 32.2°C	29.3 - 30.9°C	27.3 - 28.9°C	
90.1 - 91.9°F	87.8 - 89.6°F	84.2 - 86.0°F	Contests are permitted with additional hydration breaks. Maximum outdoor practice time is 1 h. No protective equipment may be worn during practice, and there may be no conditioning activities. There must be 20 min of rest breaks distributed throughout the hour of practice.
32.2 - 33.3°C	31.0 - 32.0°C	29.0 - 30.0°C	
≥92.1°F	≥89.8°F	≥86.2°F	No outdoor workouts/contests. Delay practice/competitions until a cooler WBG T is reached.
≥33.4°C	≥32.1°C	≥30.1°C	

**STEP 3**

**Schools without a WBG T should use the link below from the NOAA for a WBG T reading**

<https://digital.mdl.nws.noaa.gov/?zoom=7&lat=35.28787&lon=-79.36779&layers=F000BTFTFTT&region=0&element=8&mxmz=true&barbs=false&subl=TTFFFF&units=english&wunits=nautical&coords=latlon&tunits=localt>

**EXAMPLE @2:30 PM**

AUGUST 31, 2023

CATEGORY 1 SCHOOL

Outside Air Temp 87° F

WBG T Reading =80

AUGUST 31, 2023

CATEGORY 2 SCHOOL

Outside Air Temp 97° F

WBG T Reading =82

AUGUST 31, 2023

CATEGORY 3 SCHOOL

Outside Air Temp 92° F

WBG T Reading =81

### **CIF Fall Outdoor Sports Acclimatization Policy**

Given the extreme heat issues typically experienced at the start of the Fall sports season, heat acclimatization is crucial for high school athletes to help them adapt to hot weather conditions and reduce the risk of heat-related illnesses. The following is a four-step plan for heat acclimatization in outdoor high school sports:

1. **Gradual Increase in Activity:**
  - Start with light workouts in cooler conditions to prepare athletes for increased heat exposure.
  - Gradually increase the intensity and duration of practice sessions over 10-14 days.
2. **Hydration Education:**
  - Teach athletes the importance of staying hydrated and recognizing signs of dehydration.
  - Encourage regular water breaks during practice and games and always provide access to water.
3. **Modify Practice Schedules:**
  - Schedule outdoor practices during cooler times, like early morning or late evening.
  - Allow frequent breaks and shade to help athletes cool down and recover.
4. **Monitor Athlete Health:**
  - Educate coaches, trainers, and athletes on the signs of heat-related illnesses (heat exhaustion and heat stroke).
  - The school will have available a method to institute whole-body cooling to treat a student-athlete with exertional heat illness, especially heat stroke (e.g., ice tub, "taco tarp", ice towels) which is easily accessible at all practice and contest venues.

Safety should always be the top priority when acclimating high school athletes to hot weather conditions. This plan helps athletes adapt while minimizing the risk of heat-related issues.



#### **For All Outdoor Fall Sports**

**Five-Day Acclimatization Period.** Preseason practice shall begin with a five-day acclimatization period for all Fall student-athletes. All student-athletes, including those who arrive at preseason practice after the first day of practice, are required to undergo a five-day acclimatization period. The five-day acclimatization period shall be conducted as follows:

- (a) Participants shall not engage in more than one on-field practice per day during the five-day acclimatization period. On-field practices shall last no longer than two hours.

#### **For Football Only**

- (b) During the first three days of practice or testing activity, helmets shall be the only protective equipment student-athletes may wear. During the next two days of practice or testing activity, helmets, and shoulder pads shall be the only protective equipment student-athletes may wear. Student-athletes may practice in full pads on the sixth day of practice or testing activity.

	US AQI Level	PM2.5 ( $\mu\text{g}/\text{m}^3$ )	Health Recommendation (for 24 hour exposure)
	Good 0-50	0-12.0	Air quality is satisfactory and poses little or no risk.
	Moderate 51-100	12.1-35.4	Sensitive individuals should avoid outdoor activity as they may experience respiratory symptoms.
	Unhealthy for Sensitive Groups 101-150	35.5-55.4	General public and sensitive individuals in particular are at risk to experience irritation and respiratory problems.
	Unhealthy 151-200	55.5-150.4	Increased likelihood of adverse effects and aggravation to the heart and lungs among general public.
	Very Unhealthy 201-300	150.5-250.4	General public will be noticeably affected. Sensitive groups should restrict outdoor activities.
	Hazardous 301+	250.5+	General public at high risk of experiencing strong irritations and adverse health effects. Should avoid outdoor activities.

*Pictured: Air quality index chart with corresponding PM2.5  $\mu\text{g}/\text{m}^3$ .*

#### ***Air Quality and Sport Participation: CIF Position Statement Sports Medicine Advisory Committee***

Recent catastrophic and historical fires in California continue to raise numerous questions regarding safe participation in sport and practice for young athletes. This position statement serves as a resource to coaches, administrators, parents and students who have questions about participation in outdoor activity during periods of diminished air quality for California high school sport.

Healthy athletes are at increased risk for inhaling pollutants in the air. Physical activity increases ventilation and the number of pollutants that are inhaled are increased compared to periods of rest. During physical activity, air is often inhaled directly into the mouth, bypassing the built-in nasal filtration system. Deep inhalation diffuses pollutants into the bloodstream more quickly during exercise. These risks are increased if an athlete has a pre-existing medical condition such as asthma or a cardiac condition.

A valid and reliable standardized national air quality resource is the National Weather Service (NWS) Air Quality Forecast System. This system provides constant monitoring of ozone, particulate matter and pollutants with accurate and advanced notice to prevent the adverse effects of decreased air quality.

The key component of the standardized air quality resource is the NWS Air Quality Index (AQI). The AQI provides real time monitoring and alerts in response to changing air quality levels. Five different pollutants are tracked in this system including the following: 1) ground level ozone 2) particle pollution 3) carbon monoxide 4) sulfur dioxide 5) nitrogen dioxide. Ground level ozone and particulate matter are the most concerning pollutants for outdoor physical activity. The AQI is reported as a single number based on a scale of 0 to 500 with 0 being completely safe and 500 indicating the most hazardous levels of air pollution.

Consistent with this national reporting system and consistent with the National Collegiate Athletic Association Committee on Competitive Safeguards and Medical Aspect of Sport, the CIF Sports Medicine Advisory Committee offers the following general guidance to institutions seeking to make decisions about the appropriateness of practice or competition in questionable air quality situations. With recent severe fires within the state of California, both regional and statewide authorities have often established alerts to canceling sport events or practices because of local risk. CIF recommends following these guidelines. If specific guidelines have not yet been provided, the following are useful guidelines consistent with NCAA and NFHS position statements on air quality.

- 1) Monitoring of local AQI and associated air quality alerts, especially during times of extreme environmental conditions is recommended. Advice and monitoring is best done by the primary athletics health care providers (athletic trainers, school nursing staff, team physicians) who have training in such monitoring. Schools may choose to delegate this responsibility to a staff member with knowledge of AQI.
- 2) Member schools should consider shortening or cancelling outdoor athletic events (practices or competition) in accordance with AQI recommendations. Exposure to air should be managed more carefully for students with pre-existing lung or heart conditions. When the AQI rises above 100 schools should consider removing such athletes at risk from practice or competition.
- 3) At AQI values above 150 serious consideration should be given to rescheduling the activity or moving it indoors if possible. Prolonged exposure and heavy exertion should be avoided.
- 4) School Emergency Action Plans may guide the emergency care response in these circumstances and the staff should be made aware of this plan.
- 5) The Preparticipation Physical Examination for Sport will be used as a tool to identify students at risk for smoke inhalation exposure such as asthma, cardiac disease and respiratory disease.
- 6) Emphasize to student athletes that the wearing of masks, such as for protection against COVID-19 does not protect against exposure to hazardous air quality. Consequently, wearing masks will not allow competition or practices when AQI is at hazardous levels.

There are now validated online applications to smart phones which can track not only AQI in a town or city, but also AQI regionally near each neighborhood within each town or city. Consistent with NFHS, California Air Quality Board and California Environmental Protection Agency, the CIF recommends using the [www.airnow.gov](http://www.airnow.gov) application for this purpose. The AQI may even be checked periodically during a day of competition or practice in case of changing conditions. The application was created with the collaboration of the Environmental Protection Agency and contains not only air quality data but also current fire conditions, webcams and email notifications consistent with local and regional up to date conditions.

#### **References**

- 1) Air Quality Position Statement. NCAA Sports Science Institute, Sept 2018
- 2) NFHS Position Statement on Physical Activity, Air Quality and Wildfires, April 2019
- 3) CIF North Coast Section. Air Quality Index Rules, Bylaw 1003H.
- 4) US Environmental Protection Agency. Air Now website [www.airnow.gov](http://www.airnow.gov)



## **Crystal Springs Cross Country Course Clean Up Day**

We are calling on members of the cross country community to assist in cleaning up the Crystal Springs Cross Country Course on August 23. Many hands make light(er) work!

- The workday will last from 8:00-12:00 (we may be done earlier, depending on the number of volunteers)
- Each Volunteer ***MUST*** fill out a release of liability form prior to working (see below). Volunteers under 18 must have a parent/guardian signature. Forms may be brought to the work day or emailed to [jmarheineke@serrahs.com](mailto:jmarheineke@serrahs.com) prior to arrival.
- Volunteers need to be prepared for the working conditions, so bring hats, sunscreen, bug repellent, work gloves. Because of the need to clear some weeds/brush/poison oak, and working on various parts of the course, please dress responsibly.
- Hand tools will be needed, so if volunteers can supply their own, it will be helpful
  - Tools suggested: shovels, picks, rakes, hand pruners, loppers, hula hoes, and string trimmers
  - Because fire is of grave concern, only hand tools and string trimmers may be used during the event
- Water and lunch will be provided, but if volunteers have specific dietary needs, it would be best if they made their own preparations
- The total number of volunteers each day needs to be limited, so a confirmation email will be sent out 24 hours prior to the work days. While we appreciate the support for the course, we need to limit the number of volunteers for a variety of reasons. Please be respectful of the work list and unless it is announced differently, ***NO DAY-OF VOLUNTEERS*** should come to the course expecting to work.

**[LINK FOR VOLUNTEER SIGN UP](#)**

**[LINK FOR RELEASE OF LIABILITY](#)**

# Central Coast Section

## 2025 CROSS COUNTRY AT-LARGE TIMES

**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:**

### Individual

	<u>Boys</u>	<u>Girls</u>
Div 1	17:24	21:26
Div 2	17:27	21:17
Div 3	17:39	21:43
Div 4	17:50	22:14
Div 5	19:00	23:14

### Team

	<u>Boys</u>	<u>Girls</u>
Div 1	85:35	105:25
Div 2	85:37	104:29
Div 3	86:38	106:33
Div 4	87:24	108:41
Div 5	93:14	115:06

**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:**

### Individual

	<u>Boys</u>	<u>Girls</u>
Div 1	16:46	20:34
Div 2	16:48	20:26
Div 3	17:00	20:49
Div 4	17:12	21:21
Div 5	18:22	22:23

### Team

	<u>Boys</u>	<u>Girls</u>
Div 1	82:31	100:41
Div 2	82:33	99:45
Div 3	83:34	101:49
Div 4	84:20	103:57
Div 5	90:10	110:22

**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:**

### Individual

	<u>Boys</u>	<u>Girls</u>
Div 1	17:38	21:47
Div 2	17:43	21:30
Div 3	17:49	21:49
Div 4	18:04	22:25
Div 5	19:21	23:26

### Team

	<u>Boys</u>	<u>Girls</u>
Div 1	86:26	107:18
Div 2	87:05	105:18
Div 3	87:32	107:21
Div 4	88:16	110:02
Div 5	94:37	115:58

**If:**

- your school runs your league finals at [Palo Corona 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:**

### Individual

	<u>Boys</u>	<u>Girls</u>
Div 1	18:07	22:13
Div 2	18:10	22:04
Div 3	18:22	22:30
Div 4	18:33	23:01
Div 5	19:43	24:01

### Team

	<u>Boys</u>	<u>Girls</u>
Div 1	88:59	109:33
Div 2	89:00	108:37
Div 3	90:02	110:41
Div 4	90:48	112:49
Div 5	96:37	119:14





# CIF/Central Coast Section

## Cross Country Bylaws

### 2025-26



#### **Section 1. SCHEDULED MEETINGS**

**A. Organization: WEDNESDAY, AUGUST 13, 2025, TIME: 7:00 pm**

*(date subject to change to ensure meeting is prior to all league organizational meetings)*

**B. Evaluation: TUESDAY, DECEMBER 2, 2025, 7:00 PM**

#### **Section 2. MEET DATES / SITES**

**A. The Section Meet is scheduled for: SATURDAY, NOVEMBER 15, 2025.**

*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 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 10, 2025**

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** *(as approved by the CCS Board of Managers, 1/29/2025)*

The previous year's grade 9-12 CBEDS figures, as listed below, will be used to adjust the size of each division.

- When determining the divisions, the CCS staff will utilize a list of *enrollments that is gender agnostic and without school names attached to insure objectivity.*
- Division V will be set at 600 and below. *The remaining schools shall be allocated into Divisions in the following manner:*
  - Division I: top 15%*
  - Division II: next 22%*
  - Division III: next 25%*
  - Division IV: remaining 37-38%*
- *If the number of schools was not cleanly divided by the percentages, the "extra" school(s) would be placed beginning in the higher division*
- 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.
- Division placement will be reviewed at the CCS Cross Country Evaluation Meeting every three years beginning with the 2024 season (i.e. 2024, 2027, etc)

#### **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 their respective final League event which qualifies athletes to the CCS Meet at the Varsity level 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 final League event which qualifies athletes to the CCS Meet at the Varsity level, 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 final League event which qualifies athletes to the CCS Meet at the Varsity level 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. *Please see Appendix A*

- B. Each League qualifies the top three (3) individuals from their respective final League event which qualifies athletes to the CCS Meet at the Varsity level (not on a qualifying team).
  - 1. If an individual does not automatically qualify for the Section Meet at its final League event which qualifies athletes to the CCS Meet at the Varsity level, he/she will qualify as an At-Large Entry if he/she meets the following condition:
    - a. An individual's time at his/her final League event which qualifies athletes to the CCS Meet at the Varsity level 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. *Please see Appendix A*
- 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: *(the allocation of entries from each Section for the current year can be found on the CIF website: [www.cifstate.org](http://www.cifstate.org))*
  - 1. An established baseline providing a minimum number of entries for each CIF Section
  - 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 current **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 4, section 3 through & including article 3 in the NFHS rule book (Competitor's Uniform).
- 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 Bylaw 503](#):



**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 503](#).

- 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.D.-1a. (above) in the case of a public school, and Section 6.D.-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 Jury of Appeals, in writing, within 30 minutes after the announcement of event results.

**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                    | • artificial noise makers   |
| • complaining about officials' calls (verbally or in gestures) | • obscene cheers / gestures |
| • berating opposing players                                    | • 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.

**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 full member school teams and individual student-athletes who have been engaged in season-long league play in a given sport and who have qualified through that league play in accordance with league, CCS and CIF qualification standards.

Season-long league play is defined as whenever teams and/or individual student athletes from a school, that is a basic or supplemental member of a league, engages in competition as officially scheduled by that league during the current season of sport. This also presumes that the school, which any team or individual student-athlete will be representing, is a member in good standing in its respective league and the CCS.

- 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 in the league in which the school, in which they are enrolled, is a basic or supplemental league member.
- 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 League championship or CCS or CIF 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. This consideration does not extend to associate member schools, whose membership status precludes any team or individual student-athlete from those schools from participation in league, CCS or CIF playoff competition
- C. In individual sports, (swimming, track & field, cross country, tennis, golf, gymnastics, badminton, wrestling), a student athlete must be enrolled in a school that is a full CCS member school and is a member of a basic league. Such individual student-athletes must compete in at least ½ of the regularly-scheduled league meets in order to participate in the CCS or CIF 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 determined 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 the student has been granted a SOP exception to the transfer rule, the date of which makes it impossible for them to compete in ½ of the league competitions in that sport;
  - 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](#)**

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## CCS Cross Country Bylaws Appendix A

### Central Coast Section Cross Country At-Large Calculations

**Team At-Large: (as per CCS Cross Country bylaws) – Crystal Springs XC Course**

*If a team does not automatically qualify for the Section Meet at its final League event which qualifies athletes to the CCS Meet at the Varsity level, it will qualify as an At-Large Entry if it meets the following condition: The combined time for a team's top five (5) runners (team time) at its final League event which qualifies athletes to the CCS Meet at the Varsity level 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.:*

**Individual At-Large; (as per CCS Cross Country bylaws) – Crystal Spring XC Course**



*If an individual does not automatically qualify for the Section Meet at its final League event which qualifies athletes to the CCS Meet at the Varsity level, he/she will qualify as an At-Large Entry if he/she meets the following condition: An individual's time at his/her final League event which qualifies athletes to the CCS Meet at the Varsity level 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.*

**Adjustments for teams running their League event which qualifies athletes to the CCS Meet at the Varsity level at venues other than Crystal Springs XC Course (i.e. Pinto Lake, Toro Park, and Palo Corona)****Team At-Large:**

1. Determine the team times for each team running at both their league event and Crystal Springs for the last five years when the CCS meet was conducted at Crystal Springs.
2. Using those differences, Find the average difference for all five years.
3. Add/subtract (as necessary) that difference from the Crystal Springs at-large times for each division.

**Individual At-Large:**

1. Determine the individual time for every runner who ran at both their league event and Crystal Springs for the last five years when the CCS meet was conducted at Crystal Springs.
2. Using those differences, Find the average difference for all five years.
3. Add/subtract (as necessary) that difference from the Crystal Springs at-large times for each division.

	<p><b>CENTRAL COAST SECTION</b>  <b>CROSS COUNTRY</b>  Organizational Meeting  August 13, 2025  <i><b>This will be a Zoom meeting. Join Zoom Meeting:</b></i>  <a href="https://us02web.zoom.us/j/81488195492?pwd=16wJ1WVaXPabfGu8wrqbJysiMjrrb7.1">https://us02web.zoom.us/j/81488195492?pwd=16wJ1WVaXPabfGu8wrqbJysiMjrrb7.1</a>  OR  Dial by your location  • +1 669 900 6833 US (San Jose)  Meeting ID: 814 8819 5492    Passcode: 039039</p>	
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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 15, 2025  
*Note: Entries Due: Monday, November 10, 2025, 12 noon*
- B. Evaluation Meeting: Tuesday, December 2, 2025, 7:00pm

IV. CCS Meet

- A. Rules Review
- B. Review [CCS X/C By-laws](#)  
*Note: Minimum of five full teams on the line at the league qualifier is required for automatic entry to the CCS Meet (as per CCS Bylaws, Article IV, Section 7.1 & 7.2)*
- C. Site: Crystal Springs Cross Country Course  
CCS Office Liaison: Xolan Brown  
Meet Directors: Steve Filios & Jim Marheinke  
Seeding: Mark McConnell  
Timing & Results: Sean Laughlin
- D. [CBEDS/Division Placement](#)
- E. [CCS At-large times](#)
- F. [Participating School Sheet](#) – check for accuracy
- G. 2025 Schedule of Meets
  - 1. [Approved CCS Invitationals](#)
  - 2. League Championship/CCS Qualifier Meets-review

H. Proposed CCS Meet time schedule

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

- I. Review rain-out/air quality issue procedures.
  - 1. Blanket email to coaches listed by their AD's in CIFCCS Home.
  - 2. Twitter/X post
  - 3. Reps contacted via mobile phone
    - Note:* Reps make sure your contact mobile phone number is accurate with our office. This is the number used when notifying reps of a rain out.
    - Note:* farthest reps are called first.
  
- J. Review Crystal Springs Status
  - 1. Current situation
  - 2. [2025 Approved Schedule](#)
  - 3. Safety concerns: EMT and Trainers.
  - 4. Restrooms
  - 5. Trash
  - 6. Team Drop-Off
  - 7. [Crystal Springs Annual Clean-up](#)
  
- K. CCS Meet info
  - 1. 2025 Information Bulletin will be available in early October. (*Items that the Committee feels have been omitted in the past [2024 Bulletin](#) ???*)
  - 2. **Admission: Please remind runners, parents, and other interested folks that there is an entrance charge for the CCS Cross Country Meet.**
  - 3. Admission for Coaches/Athletes
  - 4. No pass gate list for schools. Only meet management.
  - 5. Commemorative T-shirt and sweatshirt availability
  - 6. Results posting
  - 7. [Certificates of Participation](#)
  - 8. Other items of concern
  
- L. Other Items
  - 1. [Extreme Heat and Air Quality Policy](#)
  - 2. [NFHS Tips for Safer Running along the Roadside](#)
  - 3. [NFHS Cross Country Uniform Rules](#)
  
- V. CIF State meet
  - A. State Meet Date: November 29, 2025, Woodward Park, Fresno
  - B. [Entry Numbers](#) – To be confirmed by the CIF XC Advisory Committee at August 18 meeting

VI. Items added to the agenda

VII. Adjournment

## Crystal Springs Cross Country Course    2025 Race Schedule

Race Number	Name of League or Organization	Name of the Meet	Race Date	Expected Race Director Arrival Time	Expected Race Start Time	Expected Total Duration from Arrival of Race Director to Cleanup and Finish	Total number of Participants	Anticipated number of spectators
1	Junipero Serra High School	Serra Jamboree	8/29/2025	2:00:00 PM	3:00:00 PM	3 hours	200	50
2	WBAL MS	WBAL #1	9/10/2025	3:00:00 PM	4:00:00 PM	3pm-6pm	150	50
3	Hillsdale High School	Fighting Knights Joust	9/13/2025	7:30:00 AM	9:00:00 AM	5 hours	600	300
4	Field Middle SSIL	Field Middle SSIL	9/15/2025	3:00:00 PM	4:00:00 PM	2.5 Hours	200	80
5	WBAL MS	WBAL MS #2	9/17/2025	3:00:00 PM	4:00:00 PM	3-6pm	150	50
6	WBAL MS	WBAL MS #3	9/24/2025	3:00:00 PM	4:00:00 PM	3-6pm	150	50
7	SSIL	SSIL 1	9/29/2025	2:30:00 PM	4:00:00 PM	3 hrs	240	150
8	Private School Athletic League	PSAL Preview Meet	9/30/2025	12:00:00 PM	3:00:00 PM	12:00PM - 5:30PM	300	100
9	West Bay Athletic League (WBAL)	WBAL #1	10/1/2025	1:00:00 PM	3:00:00 PM	6 hours	175	200
10	WBAL MS	WBAL MS Finals	10/6/2025	2:30:00 PM	4:00:00 PM	2:30-6:30pm	180	70
11	SCVAL XC	SCVAL #2	10/7/2025	2:00:00 PM	3:15:00 PM	3 hours	1000	100
12	Peninsula Athletic League (PAL)	PAL #2	10/8/2025	12:30:00 PM	3:00:00 PM	6 hours	650	150
13	Junipero Serra High School	50th Annual Junipero Serra Crystal Springs Invitational	10/11/2025	7:30:00 AM	9:00:00 AM	2.5 hours	1600	500
14	Field Middle School	Field Middle SSIL	10/14/2025	3:00:00 PM	4:00:00 PM	2.5 hours	200	75
15	ADAL	ADAL Middle school invitational	10/15/2025	3:00:00 PM	4:00:00 PM	3 hours	350	100
16	SSIL	SSIL Championship	10/20/2025	2:30:00 PM	4:00:00 PM	3 hrs	240	150
17	ADAL	ADAL Championship m	10/29/2025	3:30:00 PM	4:30:00 PM	2.5 hours	320	100
18	Peninsula Athletic League (PAL)	PAL Championships	11/1/2025	7:30:00 AM	10:00:00 AM	6.5 hours	650	800
19	Blossom Valley Athletic League	BVAL League Finals	11/3/2025	8:00:00 AM	10:00:00 AM	9 hours	312	100
20	Catholic Youth Organization	CYO Final	11/3/2025			3.5 hours	300	100
21	SCVAL	SCVAL Finals	11/4/2025	12:30:00 PM	1:45:00 PM	3 hours	1000	100
22	West Catholic Athletic League	WCAL Championship	11/5/2025	12:00:00 PM	2:00:00 PM	6 hours: 12-6PM	800	500
23	Private School Athletic League	PSAL Championships	11/6/2025	12:00:00 PM	3:00:00 PM	12:00PM - 5:30PM	300	100
24	West Bay Athletic League (WBAL)	WBAL Final	11/7/2025	12:00:00 PM	2:00:00 PM	6 hours	175	200
25	Central Coast Section	CCS Cross Country Championships	11/15/2025	7:30:00 AM	10:00:00 AM	9.5 hours	1000	2000



# TIPS FOR SAFER RUNNING ALONG THE ROADSIDE



It is not uncommon to see people of all ages along the side of the road out for a run. There are almost 500,000 cross country athletes and more than one million track and field athletes at the high school level. These numbers do not include the thousands of athletes who run during training for other sports and Special Olympics track and field athletes.

Surveillance by the National Center for Catastrophic Sport Injury Research (NCCSIR) reported seven running-related motor vehicle crashes between 2011 and 2020, resulting in eight deaths, two disabling injuries among middle school and high school cross country and track and field athletes.

In addition, a 45 percent increase in pedestrian deaths was observed between 2009 and 2017 in the United States. In an effort to promote roadside safety for high school runners, the NCCSIR compiled the following pedestrian and runner safety recommendations from national agencies and organizations that are supported by previous research.

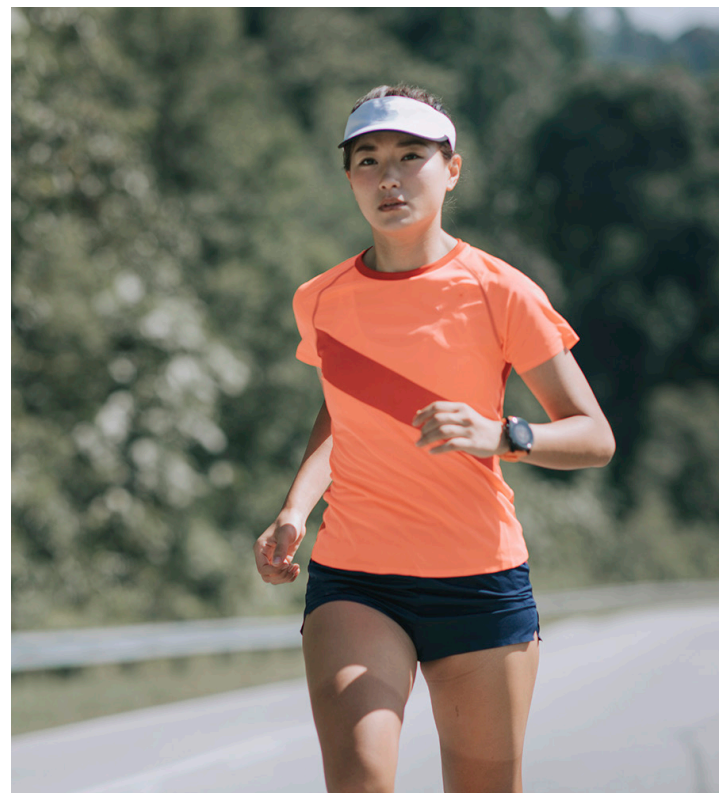
## Runner Roadside Safety Recommendations:

- Use sidewalks when available or run facing traffic.
- Stay alert and avoid wearing headphones and using electronic devices, including cell phones.
- Cross roads at crosswalks and intersections, when available. If not, cross at a well-lit location.
- Avoid running when it is dark. If it is dark, wear bright, reflective materials and/or use a flashlight or head lamp.
- Follow the rules of the road.
- Avoid running along eastbound roads at sunrise or along westbound roads at sunset.

## Additional Recommendations based on seven running-related motor vehicle crash incidents reported by NCCSIR:

- Provide a safety orientation for first-year runners
- Run in pairs
- Never run against traffic lights
- Avoid running in higher traffic speed areas
- Run during lower traffic times if running along a road
- Avoid loitering along the road before and after runs

**Use sidewalks when available or run facing traffic.** According to the National Highway Traffic Safety Administration's Fatality Analysis Reporting System (FARS), at least 91 percent of pedestrian fatalities in 2017 occurred in areas other than sidewalks. Additionally, a study comparing the walking patterns of fatally injured and non-fatally injured pedestrians struck by motor vehicles found a 77 percent lower risk of motor vehicle collision among pedestrians who walked facing traffic.



**Stay alert and avoid wearing headphones and using electronic devices, including cell phones.** A virtual pedestrian environment study found that participants distracted by texting on cell phones and participants distracted by listening to music through headphones were more likely to be hit by vehicles while attempting to cross streets in the virtual environment than participants that crossed undistracted. Additionally, participants distracted by electronic devices and music were more likely to look away from the street than undistracted participants. This study suggests that the cognitive demands of texting and reduced ability to pick up auditory cues from vehicles while wearing headphones may contribute to these results.





Another study, comparing auditory perception in cyclists with two earbuds, one earbud and no headphones, found that an auditory stop signal that was heard in subjects with no headphones and one earbud, was not heard by many of the cyclists with two earbuds. Despite a small sample size of cyclists with one earbud, this may suggest an alternative solution to listen to music while running without risking safety.

**Cross roads at crosswalks and intersections, when available. If not, cross at a well-lit location.** According to the National Highway Traffic Safety Administration's FARS, at least 73 percent of all pedestrian fatalities in 2017 occurred in locations other than intersections. One study, assessing pedestrian-injury severity in motor vehicle crashes, found a decreased risk of fatal injury at traffic signals. This, they suggest, may be due to vehicles moving at slower speeds at intersections when compared to speeds at midblock roads and better "right of way" knowledge between motorists and pedestrians at traffic signals.

**Avoid running when it is dark. If it is dark, wear bright, reflective materials and/or use a flashlight or head lamp.** The National Highway Traffic Safety Administration identified 75 percent of 2017 pedestrian fatalities occurred in dark lighting conditions. Studies have found that, in comparison to daylight, dark lighting conditions increased the risk of motor vehicle crashes involving pedestrians. This risk is heightened during inclement weather. While any bright, reflective clothing may increase pedestrian visibility at night, one study identified that reflective material attached to the limbs of pedestrians, including wrists, ankles, and major joints, increased driver's recognition distances of the pedestrians by 60-80 percent compared to reflective material surrounding the torso. Although the definition of darkness differs between studies, these studies tend to identify darkness as non-daylight hours, including dusk and dawn.

**Follow the rules of the road.** A study of illegal pedestrian road crossings set in Australia observed walking patterns against signalized intersections. Illegal pedestrian road crossings were defined as entering the intersection against the pedestrian traffic signal (both blinking and steady) and crossing the road away from, but within 20 meters of, the intersection. It was determined that pedestrians who crossed illegally at or near an intersection were at a risk of motor vehicle collision around eight times greater than pedestrians who crossed legally.

**Avoid running along eastbound roads at sunrise or along westbound roads at sunset.** An investigation of crashes in relationship to high sun glare times found that, when compared to expected crash values, crashes were more prevalent during sunrise on eastbound roads and during sunset on westbound roads with sun glare. Additionally, higher traffic volumes during these times increased the crash risk further. These findings were more substantial in the early spring, fall, and winter seasons.

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