



CENTRAL COAST SECTION

CALIFORNIA INTERSCHOLASTIC FEDERATION

408/374-5710

To: Section Cross Country Committee

From: Larry Rice ,

Date: April 18, 1978

Re: Active support of NorCal Region Cross Country Championship

Gentlemen,

In order to meet an extremely tight time line and in hopes of getting step-by-step approval for the concept, each of you has a sales job to do within your league. The following is the schedule of steps for approval:

- April 18 - Committee approval of concept.
- April 19 - 21 - Explain concept to all Cross Country Coaches in your league. Get their active support.
- April 19 - May 10 - Each Cross Country Coach get to his own Principal, explain concept and details, get Principal's support. Principal's get League support (formally or informally) through each League Board of Managers.
- May 11 - CCS Board of Managers consideration of the concept. If approved, get on agenda for June 1, CIF meeting.
- May 11 - June 1 - Sales job by Cross Country Committee to other Section's Cross Country Committee, other Commissioners, CIF Federated Council members.
- June 1 - CIF Federated Council consideration.

The following are the tentative details. Make any changes which this Committee has made in tonight's discussion.

- Meet: Northern California Regional Cross Country Championships.
- Date: November 25, 1978 (Postponement date: December 2, 1978 - cancelled if rained out on both dates.)
- Place: Crystal Springs Course, Belmont, California.
- Participants: Northern, North Coast, San Francisco, Oakland, Central Coast, Sac-Joaquin Sections.



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April 18, 1978

Entries:	Top team plus 3 individuals - Northern, San Francisco, Oakland. Top 3 teams plus 9 individuals - North Coast, Central Coast, Sac-Joaquin. Both Boys and Girls Divisions - 240 runners.	
Entry Fees:	\$2.00 per runner paid to CCS prior to Meet.	
Awards:	Team Trophies - Boys and Girls (2) Perpetual Trophies - Boys and Girls (2) T-Shirts - Top 3 Teams - Boys and Girls (42) Medals - Top 15 Finishers - Boys and Girls (30) All-Northern California consideration (not automatic)	
Income:	Entry Fees - \$2.00 per runner	\$480.00
Expenses:	Team Trophies - \$35.00 ea.	70.00
	Perpetual Trophies - Donated ea.	-0-
	T-Shirts - \$3.00 ea.	126.00
	Medals - \$3.00 ea.	90.00
	Course Prep and Clean-up	50.00
	Postage and Supplies	65.00
	Meet Director Expense Stipend	50.00
	Reserve	29.00
	Total	\$480.00

LR:lb

The following is a summary of a letter from Plato Yanicks of Menlo-Atherton High School and chairman of the "All Northern California Cross Country Team" to the CCS cross-country coaches representatives meeting at Lynbrook, April 18, 1978:

"A RATIONALE FOR HAVING THE NORTHERN CALIFORNIA
REGIONAL CROSS COUNTRY CHAMPIONSHIP MEET"

HISTORY OF ALL NORTHERN CALIFORNIA INDIVIDUAL SELECTIONS:

In 1962 the Northern California Track & Field Association asked that the high school coaches select an all Northern California Honor team. The NCT&FA would sponsor an awards night for the deserving athletes in each of six Northern California Sections. This practice has continued to the present day with one change--Citizens Savings contributes certificates while the NCT&FA contributes "T" shirts.

As cross-country has grown in popularity and prestige over the years, it has become increasingly difficult to select the team fairly. A Northern California championship meet would help to bring the top runners of each section together at one time and solve the problem of selecting a fair all Northern California team.

PRECEDENT FOR POST SECTION MEETS ALREADY SET:

The National Postal 2.0 and 3.0 championships have been staged after the section meet many times since the 1960's. This meet involves runners from all Northern California sections and has official CIF sanction. This meet has been held as late as December 7. The Northern California Regional Championship that we are asking for will fall on the weekend of Thanksgiving vacation. There will be no time lost from school!

PRECEDENT FOR THE NORTHERN CALIFORNIA REGIONAL CHAMPIONSHIPS:

In 1958 or 1959, a meet of this type was held in the Merced area. It was a success but unfortunately was stopped the next year because of lack of CIF sanction.

REGIONAL CHAMPIONSHIPS - STEPPING STONE TO A STATE MEET:

Cross-Country, like wrestling and track, lends itself to a one-day meet and could easily be administered for a Regional or State Championship Meet. Expenses would be minimal. There would be no time lost away from school and the meet could be administered in two to three hours.

I have received many letters from coaches throughout the six Northern California sections and have talked to many coaches. All the coaches I have talked to are in favor of a Northern California Cross Country Regional and State Championship.

We plan to hold the meet at the Crystal Springs Course in the Belmont water shed area. Belmont is centrally located within four to six hours away from the farthest competing school. The course is wide enough to host approximately 130 runners and was the site of a recent National AAU Cross Country Championship.

April 21, 1978

TO: Representatives to the Central Coast Section
Board of Managers

FROM: Verne Thornburg, Cross Country Coach,
Lynbrook High School

SUBJECT: Agenda Item on the May 11, 1978
CCS Board of Managers Meeting

Last Tuesday evening, the CCS Cross Country Coaches Committee voted to recommend to the Central Coast Section Board of Managers that the Central Coast Section sponsor a "Northern California Regional Cross Country Championship Meet" at Crystal Springs in Belmont on Saturday, November 25, 1978. This item will appear on the agenda of the CCS Board of Managers Meeting on May 11, 1978. I am asking you to place on your Board of Managers Meeting agenda or poll your league manager members concerning this item, so that you, as representatives of your league, will have the views of your league before voting on this item at the CCS meeting. I have included a paper on the rationale for the Meet as expressed by Plato Yanicks of Menlo-Atherton High School and a Meet Information Bulletin. I would like to add the following concerning this Meet.

I believe that Plato Yanicks and his committee have worked very hard through the years to pick a representative team and it is becoming more difficult each year. In a sport which doesn't receive a great deal of publicity, the presentation of certificates and "T" shirts from his committee means a great deal to the winners, their parents and their school. I hope that the committee will be able to continue their presentations and with a Meet of this type, their difficult job would be easier.

This type meet would be very helpful to Northern California distance runners because, at the present time, we just do not have the competition in each section that the Southern or San Diego Sections have. I was fortunate to see the only NorCal Cross Country Meet held in Merced years ago, and it was an outstanding event. The type of competition that this Meet would provide, would be good for distance running and spectators alike.

Over the past ten years, several other schools (Alameda High School) have tried for a similar type meet but for various reasons the CIF failed to sanction them. However, these efforts occurred long before the CIF allowed expansion of competition as they have in recent years.

The proposed Meet will not interfere with school time and will keep well within the budget indicated. With this Meet on the Saturday following the CCS Section meet with Thanksgiving in between, I don't believe that we are expanding the season to the point of interfering with winter sports.

In talking with coaches and runners from various parts of the state, I believe that Plato has underestimated the enthusiasm for such an event in Northern California. I would like you to talk with your own Cross Country Coach about this agenda item. Please feel free to call me concerning any questions you may have.

Verne Thornburg
Verne Thornburg
Cross Country Coach, Lynbrook High School
408-735-6463

May 16, 1978

Dear Cross Country Coach,

YOUR HELP IS NEEDED. I'll be very brief. Flato Yanicks of Menlo-Atherton High School proposed to the Central Coast Section (CCS) Cross Country Coaches committee that our section sponsor a "Northern California Regional Invitational Cross Country Meet" this November, because his committee was finding it more difficult each year to pick the team. Our coaches voted to place this as an agenda item at the CCS Board of Managers meeting last Thursday. After a great deal of effort on many coaches' part, the CCS Board of Managers passed the request. This comes as a surprise because it has been very difficult to get items like this passed the first time around. We did our "homework" and talked with the board members about the meet.

Yesterday, the CCS Commissioner, Larry Rice, wrote Mr. Russell of the CIF a letter asking that this item, "a CCS sponsored Northern California Regional Invitational Cross Country Meet" be placed on the agenda for the CIF meeting coming up in Bakersfield at the end of this month. Larry also has sent a letter to each section commissioner indicating the outline of the proposal.

Now we hope that you can help us. In order for the meet to be held, the CIF must approve the request. The entire state must vote on it. Here is where we need your help. We are asking the cross country coaches in the various sections to contact their section commissioner and voting representatives so that they will know how you feel about the request and hopefully encourage them to vote yes at the state CIF meeting. It was our hope that the Central Section would be invited this year; however, we were advised that since the request was coming from the Northern California Cross Country Committee and they select runners only as far South as Merced for their team, that for the first year only their covered area should be included in the meet. Once under way, it is our intention to expand the meet in the future and we would like to ask the Central Section.

TIME IS IMPORTANT. WE HAVE ONLY ABOUT TWO WEEKS. WE DO HOPE THAT YOU CAN HELP US. WE WERE UP AGAINST A TIME LINE IN OUR SECTION ALSO.

We have included (1) a letter sent to CCS Board members
(2) a rationale sheet from Flato Yanicks for the meet
(3) a budget and information sheet about the meet

Thanks for any help that you can give us,

Flato Yanicks
Menlo-Atherton High School

Verne Thornburg
Lynbrook High School
PO Box 9000
Cupertino, Ca. 94087



CENTRAL COAST SECTION

CALIFORNIA INTERSCHOLASTIC FEDERATION

408/374-5710

June 6, 1978

Mr. Ed Fennelly, Chairman
CCS Cross Country Committee
175 Phelan Avenue
San Francisco, California 94112

Dear Ed,

The Federated Council, CIF, approved the Northern California Regional Cross Country Championship exactly as proposed. This was the only one approved out of four similar proposals - It pays to do your homework! Two "attaboys" and one "nice goin" are hereby awarded to Plato and Vern.

The Co-Directors (or Committee Chairman) should immediately reserve Crystal Springs for both dates. Also Plato or Vern should start work on the Advance Information Bulletin so that we can have it finalized early in the fall and ready for mailing on November 1, 1978. Sometime early in the fall, you, Plato, Vern and I should get together for a planning meeting. I will leave the meeting details up to you, just let me know when you want to meet.

I hope you have a very pleasant summer, and really can't express adequately my appreciation for all of your help, support, and understanding through some very trying times this year. You are super!

Sincerely,


Larry Rice, Commissioner
Central Coast Section, CIF

cc: Plato Yanicks, Menlo-Atherton
Vern Thornberg, Lynbrook

THE BELMONT INVITATIONAL

Dear Coach:

The selection committee of the All Northern California Cross Country Team has come up with the idea of having a season-ending cross country meet to take place after the six section meets held in Northern California.

This meet will be an invitational with all teams eligible to participate so that we will have no trouble in getting sanction for the meet. However it is hoped that only the best teams and individual athletes will show.

Since the final postal meet is held after the section meets we would like to substitute this invitational in its place. The date next year would be Saturday, Nov 25.

The meet would be for varsity boy and girl athletes only. There will be two races for the boys and two races for the girls. The meet games committee will seed the meet on the basis of section placing. The first race would be called: "Championship varsity," and the second race will be called "Varsity." The games committee would consist of a representative of each section. The seeding committee would have the right to make additions to the championship race due to a petition of hardship.

All teams from Merced to the Oregon border would be invited. The meet would be an aid to the selection committee in picking the All Northern California Team.

The meet would be held at the Crystal Springs Course in the Belmont Hills. This is the same site of the National AAU Cross Country Championships held on this course a few years ago. The course would be 3.0 miles long. The course trails are wide enough to handle a large number of entrants. No spikes allowed. We estimate approximately 140 runners in the championship race. We would like to include the top 3 teams from the CCS, NCS, and S.Joa. sections in the "championship varsity" race along with the winners from the North, Oakland, and S.F. sections. The top 10% of the section individuals would also run in this race. All other teams and athletes would run in the second race. The meet will start at 1:00 PM.

The first 25 boys and the first 25 girls would receive "T" shirts. The first 5 teams will receive plaques. All awards would be on the basis of time. (team & individual).

We would like to have a scoring system that is "immediate"! Results would be dittoed and handed out at the conclusion of the meet.

Sanction is being applied for. We welcome your ideas and suggestions. The meet is for you the coach, and your top athletes. We want to run a "class" meet. We need your help! Help us make this meet the first Northern California Championship. You can help by letting us know if you would be interested in participating in it next season!

Sincerely,

Plato Yanicks
Terry Ward
Bill Thompson
Bob Woods
Ken Thomas
Keith Conning

CENTRAL COAST SECTION, CIF
124 West Latimer Avenue
Campbell, California 95008

TO: Section Cross Country Coaches
FROM: Doug Boyd, CCS Events Coordinator
RE: Use of Crystal Springs Course

Through the voluntary effort of a small group of our colleagues, our runners have the opportunity to use an excellent course.

All of us interested in continuing the use of the Course must insist on the following:

- 1) Keep completely away from the houses, lawns, driveways, tennis courts, water tanks, etc. of the nearby area. Please do not allow runners to use hoses, lawns or other private property of the homeowners. Even the courteous request of runners to use hoses, telephones, or lawns create problems. The runners do not realize that 35-40 meets are held on this Course each season.
- 2) Park only in authorized areas. Do not block private driveways.
- 3) Remove all trash from area.
- 4) No smoking is permitted. (Extreme fire danger)
- 5) Every host, sponsoring organization, team, coach, etc. has a clean up responsibility.

Each coach has the responsibility to review with his runners the above requirements. If we don't insist on these common sense items, we could lose the use of this excellent Course.

enter + leave

THE 1979 NORTHERN CALIFORNIA CROSS COUNTRY CHAMPIONSHIPS
at Crystal Springs Course 11/25/78 792

TIME: 12:00pm Girls race. 12: 30 pm Boys race.

ENTRIES:
(boys)

Central Coast Section: Homestead, Westmont, Mills. Individuals: Soto, Hernandez, Ramirez, Balderos, Purnington, Gonzales, O'Connor, Gayton, Cooper, alternates: Gonzales, Trujillo.

3.0
miles

San Joaquin Section: Mira Loma, Jesuit, El Camino. Individuals: Saldana, Betker, Turner, Malentschka, McDano, Immos, Hepple, Moss, Kuphaldt. alternates: Swan, Long, Munoz

North Coast Section: Mission San Jose, Pleasant Hill, Castro Valley. Individuals:

Oakland Section: Skyline.

San Francisco Section: McAtreer

North Section: Shasta

ENTRIES:
(girls)

Central Coast Section: Half Moon Bay, Homestead, Sequel. Individuals: Schnurpfeil, Koudela, Hamilton, Choy, Schneider, Stearns, Foranini, Sanchez, Huston. alternates: Van Housen, Wilmot, Norbury.

2.0
miles

San Joaquin Section: Rio Americano, Bella Vista, Mira Loma. Individuals: Nieto, Neqri, Weaver, Betschart, Keaton, Chamness, Rafearn, Masse, Dietler. alternates: Robinson, Robinson, Wansmaker.

North Coast Section: Mission San Jose, Marin Catholic, Acalanes.

Oakland Section:

San Francisco Section: Lowell

North Section: Shasta

COURSE RECORDS:

Senior Boy:	Bob Paulin	Camden	14:42	1975
Junior Boy:	Mitch Kingery	San Carlos	14:23	1973
Sophomore boy:	Felix Soto	Mt Pleasant	14:57	1977
Freshman Boy:	Carlos Carasco	Mt Pleas.	15:07	1975
Team Time:	76:57	Leigh	1973	

Girls:	Irene Crowley	Overfelt	17:40	1977
Team Time:	98:48	Half Moon Bay	1978	

NOTES:

The primary purpose of the first annual Northern California Cross Country meet is to show the feasibility of having a California State Cross Country meet. This meet is literally a stepping stone to a state championship. If today's meet proves to be a success, we will apply for a state meet next fall. Other objectives are to provide for a Northern California team and individual champion, and to help in the selection of a more accurate All Northern California Cross Country Team. A special note of thanks is in order to CCS Commissioner Larry Rice and Ed Maley. It was largely through their efforts that this meet became a reality.

NORTHERN CALIFORNIA REGION CIF CROSS COUNTRY CHAMPIONSHIP

ADVANCE INFORMATION BULLETIN

DATE: Saturday, November 25, 1978
TIME: 12:00 P.M. Girls Race 12:30 P.M. Boys Race
PLACE: Crystal Springs Course in Belmont, Ca.
HOST: Central Coast Section, CIF: Co-meet directors: Plato Yanicks, Menlo-Atherton High School, Verne Thornburg, Lynbrook High School.
ENTRIES: There will be one race for boys and one race for girls. There will be a maximum of seven entries per team. The following are invited:

Central Coast Section	3 teams and 9 individuals
Northern Section	1 team and 3 individuals
North Coast Section	3 teams and 9 individuals
Oakland Section	1 team and 3 individuals
Sac-Joaquin Section	3 teams and 9 individuals
San Francisco Section	1 team and 3 individuals

TOTAL: BOYS 12 teams and 36 individuals
GIRLS 12 teams and 36 individuals

Note: Section Commissioner, please fill your allocation of entries in case of declinations by top teams or individuals.

ENTRY FEE: \$2.00 per runner paid by Section Commissioner's office. Deadline is November 21st. Make checks payable to Central Coast Section, CIF, 124 West Latimer Avenue, Campbell, California 95008.

REGULATIONS: CIF Rule number 307 will be enforced. Runners must be accompanied by a certificated or certified person.

WEATHER CONDITIONS: Please check Bay Area weather reports to determine possibility of meet cancellation. The burden is on the coaches to phone either meet director by 4:00 P.M. on Friday, November 24th. If the Meet is not postponed by 4:00 P.M. Friday, we will have it rain or shine.

POSTPONE-MENT: If the Meet is postponed because of weather, the Meet will be held on Saturday, December 2, 1978. Same starting time and Meet procedures will apply. If the Meet is not run on this date because of weather conditions, it will be cancelled.

PRE-MEET PRACTICE ON COURSE: Pre-meet practice on the course is allowed. A certified person must be in attendance.

LENGTH OF COURSE: 3.0 miles for boys, and 2.0 miles for girls.

SCORING: Each school will receive a packet which will include place tags for each runner. These tags will be color coded, and will include designations for over-all place as well as team place. These tags should be attached to the front of the runners trunks at the start of the race. These name tags will be taken from the runners at the end of the chute by assigned meet officials, and be placed on a board for quick team scoring. Individual runners should pick up their tags at the check-in table. They must print their name on the tag and attach to the front of their trunks.

MEET RESULTS: Results will be mimeographed and handed out at the conclusion of the Meet.

PRE-MEET
WARM-UP: Jogging the course before the Meet is permitted. The course must be cleared by 11:45 A.M.

AWARDS: Team Trophies Boys and Girls (2)
Perpetual Trophies Boys and Girls (2)
T-Shirts (top 3 teams) Boys and Girls (42)
Medals (top 15 placers) Boys and Girls (30)
All Northern California Honors. (Selection on the team for the top placers a good possibility, but not automatic).

CEREMONY: There will be a short awards ceremony at the conclusion of the Meet.

UNIFORMS &
FOOT-WARE: Uniforms of team members must be identical. No spikes will be allowed on the course under any circumstances.

TEAM SHELTER: The Crystal Springs Course offers no natural areas of shelter. Because of the possibility of rain and wind, you are advised to bring some type of canvas shelter. Dress warmly.

TOILETS: There will be 4 portable toilets available near the finish line.

WATER: Drinking water is available.

PARKING: Be sure that driveways of the homes near the entrance to the course are not blocked. Please do not ask the people in neighboring homes for the use of their phone, water, etc. There is a small entrance between two homes that leads into the tennis court and course area. There are places to park in this area, but the tennis courts area should be left clear for emergency vehicles.

ATHLETES: Please do not allow athletes to throw rocks, or loiter by neighbors' homes. We are in danger of losing this course because of the lack of discipline of many individuals. We ask coaches to clean up their team area at the conclusion of the Meet.

STARTING
LINE
POSITION: The place at the starting line for team and individuals will be determined by draw. There will be 12 team boxes and 6 individual boxes. The results of the draw will be sent to your Section Commissioner before the Meet. 3 athletes will line up in front and 4 will line up in the back.

ENCLOSURES: Map of the Crystal Springs Course. Map of how to get to Crystal Springs.

ADDITIONAL
INFORMATION: You may contact either Plato Yanicks: School (415) 322-5311 ext 49
10:45 A.M. or 12:35 P.M.
Home (408) 967-3255
after 7:30 P.M.
Verne Thornburg: School (408) 735-6457
2:00 P.M. to 4:00 P.M.
Home (408) 379-0474
6:00 P.M. to 9:00 P.M.

Sincerely,

Plato Yanicks, Menlo-Atherton High School
Verne Thornburg, Lynbrook High School

NORTHERN CALIFORNIA REGIONAL INVITATIONAL
CROSS COUNTRY MEET

DATE: Saturday, November 25, 1978 at Crystal Springs, Belmont, California
If it is postponed because of weather, the Meet will be held on
Saturday, December 2, 1978. If the Meet is not run on that date,
it will be cancelled.

SPONSOR: Central Coast Section with the co-meet directors being Plato Yanicks
of Menlo-Atherton High School and Verne Thornburg of Lynbrook High
School.

ENTRIES: There will be one race for boys and one race for girls. The follow-
ing will be invited:

Central Coast Section	3 teams and 9 individuals
Northern Section	1 team and 3 individuals
North Coast Section	3 teams and 9 individuals
Oakland Section	1 team and 3 individuals
Sac-Joaquin Section	3 teams and 9 individuals
San Francisco Section	1 team and 9 individuals

Total:	Boys 12 teams and 36 individuals
	Girls 12 teams and 36 individuals

ENTRY FEE: \$2.00 per individual with a complete team of seven runners being
\$14.00. This is to be paid to the CCS prior to the Meet.

AWARDS:

Team Trophies	- Boys and Girls (2)
Perpetual Trophies	- Boys and Girls (2)
T-Shirts - Top 3 Teams	- Boys and Girls (42)
Medals - Top 15 Finishers	- Boys and Girls (30)
All-Northern California consideration (not, auto- matic)	

INCOME: Entry Fees - \$2.00 per runner \$480.00

EXPENSES:

Team Trophies - \$35.00 each	70.00
Perpetual Trophies - Donated	-0-
T-Shirts - \$3.00 each	126.00
Medals - \$3.00 each	90.00
Course Prep and Clean-up	50.00
Postage and Supplies	65.00
Meet Director Expense Stipend	50.00
Reserve	<u>29.00</u>
TOTAL	\$480.00