

	CENTRAL COAST SECTION Cross Country Organizational Meeting August 12, 2026 7:00 pm <i>This will be a Zoom meeting. Join Zoom Meeting:</i> https://us02web.zoom.us/j/81673676642?pwd=94KfC4p63jQ995n4Ce9bLgemRDAZKC.1 Meeting ID: 816 7367 6642 Passcode: 328068 OR One tap mobile +16699006833,,81673676642#,,, *328068# US (San Jose)	
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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 14, 2026
Note: Entries Due: Monday, November 9, 2026, 12 noon
- B. Evaluation Meeting: Tuesday, December 1, 2026, 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
Meet Directors: Steve Filios & Jim Marheinke
CCS Events Coordinator: Jim McGuirk
Seeding: Mark McConnell
Timing & Results: Sean Laughlin
- D. [CBEDS/Division Placement](#)
- E. [CCS At-large times](#)
- F. [Participating School Sheet](#) – check for accuracy
- G. 2026 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 V	Girls	10:00 am	Boys	10:35 am
Division I	Girls	11:10 am	Boys	11:45 am
Division II	Girls	12:20 pm	Boys	12:55 pm
Division III	Girls	1:30 pm	Boys	2:05 pm
Division IV	Girls	2:40 pm	Boys	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. [2026 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. 2026 Information Bulletin will be available in early October. *(Items that the Committee feels have been omitted in the past [2025 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 *(no changes for this year. The following are resources that have been previously circulated and which can be shared with your colleagues)*
 - 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 28, 2026, Woodward Park, Fresno
- B. [Team Entry Numbers](#)

VI. [CCS Honor Coach](#)

VII. Items added to the agenda

VIII. Adjournment

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.

References

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Midpeninsula Regional Open Space District
5050 El Camino Real, Los Altos, CA 94022
Phone (650) 691-1200 - Fax (650) 691-0485
permits@openspace.org
RUNNING/EXERCISE PERMIT 51618

Permit Holder

Name(s)	Paul Armstrong		
Organization	Cupertino High School Cross Country		
Address	10100 Finch Ave.		
City	Cupertino	CA	Zip 95014
Day Phone	(408)691-3022	Email	CoachA@prodigy.net

Permit Details

Fee	\$0.00	# People	21
<i>*Fee may include refundable deposit</i>			
☐ Insurance certificate needed			
☐ Additional conditions on separate pages			
Activity Detail			
MROSD Contact			

Permit Date	Start Time	End Time	Preserve / Location
6/13/2026 Saturday	7:00 AM	9:00 AM	Fremont Older
6/20/2026 Saturday	7:00 AM	9:00 AM	Fremont Older
6/27/2026 Saturday	7:00 AM	9:00 AM	Fremont Older
7/4/2026 Saturday	7:00 AM	9:00 AM	Fremont Older
7/11/2026 Saturday	7:00 AM	9:00 AM	Fremont Older
7/18/2026 Saturday	7:00 AM	9:00 AM	Fremont Older
7/25/2026 Saturday	7:00 AM	9:00 AM	Fremont Older

Special Running and Workout Group Information

- Please be courteous to other trail users.** Slow down and allow oncoming hikers and equestrians to pass on one side of the trail. When in a group, avoid blocking the trail.
 - Stay alert for horses and slower moving individuals; they may be startled by faster moving trail users.** Stop and wait for equestrians to pass, or signal you through. If you are approaching from behind, alert other trail users of your presence and pass carefully.
 - Stay on designated trails.** Prevent injury to yourself and damage to natural resources by staying on designated trails.
 - Observe trail speed limits.** A 15-mph speed limit is enforced on all trails (5-mph when passing). At no time may a trail user operate at a speed greater than is reasonable, prudent, or safe, as conditions warrant.
 - Have runners split up into small groups to lessen their impact on other visitors.** At no time should runners run more than two abreast on the trail. Always give other visitors the right-of-way.
 - Cones or flags may be used to mark trails.** Do NOT use paint, chalk, flour, or anything similar for marking (dangerous to wildlife). Do NOT attach signs to District signs, fences, or trees.
 - Permittee is responsible for own first-aid.**
 - Permittee is responsible for site clean-up and removal of all trail markings and/or litter immediately after the run.**
 - No alcohol consumption is allowed on District lands, except beer or wine with a picnic lunch.**
- Politeness and safety take precedence over the clocked time of the run.**

AGREEMENT: I (Permittee) have carefully read all terms and conditions of this permit, and understand its contents. I understand that use of this permit indicates my (Permittee's) acceptance of all the provisions herein.

PLEASE CARRY THIS PERMIT WITH YOU

Issued by Wright 5/26/2026

INDEMNIFICATION: As a condition of using this permit, Permittee shall indemnify, hold harmless, defend and protect District, its directors, officers, employees and agents, whether paid or unpaid, from any and all claims and expenses (including all attorneys' fees, costs and expenses) suits, judgments, and demands of any and all persons for injury, including death, or damage sustained by any person or persons arising in any manner from Permittee's activities associated with this permit, unless solely caused by the gross negligence or willful misconduct of the District, its officers, employees, or agents.

AGREEMENT: I (Permittee) have carefully read all terms and conditions of this permit, and understand its contents. I understand that use of this permit indicates my (Permittee's) acceptance of all the provisions herein.

PLEASE CARRY THIS PERMIT WITH YOU

Issued by Wright 5/26/2026



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.

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:

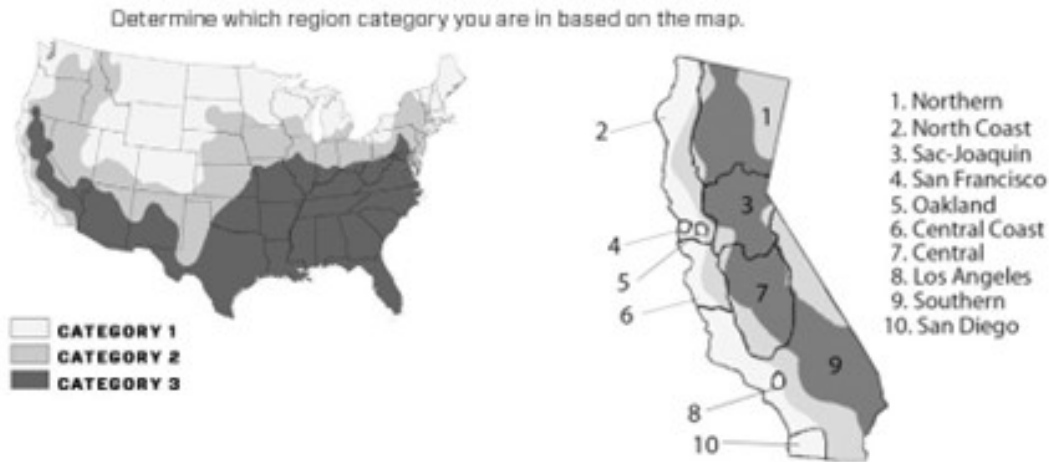
- Region Category 1 >86.2°F
- Region Category 2 >89.9°F
- Region Category 3 >92.0°F

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

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®ion=0&element=8&mxmz=true&barbs=false&subl=TTFTFTT&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 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

Crystal Springs Cross County Course 2026 Race Schedule

Race Number	Name of League or Organization	Name of the Meet	Race Date	Expected RACE Director Arrival Time	Expected RACE Start Time	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	8/28/2026	1:45:00 PM	3:00:00 PM	3 hours	125	30
2	Hillsdale High School	Knights Joust	8/29/2026	7:30:00 AM	9:00:00 AM	4.5 hours	500	100
3	West Bay Middle School Athletic League	WBMSAL XC Meet #1	9/9/2026	6:00:00 PM	4:00:00 PM	2.5 hours	225	50
4	Field Middle School/SSIL	SSIL	9/14/2026	3:00:00 PM	4:00:00 PM	2.5 hours	250	100
5	West Bay Middle School Athletic League	WBMSAL XC Meet #2	9/16/2026	6:00:00 PM	4:00:00 PM	2.5 hours	225	50
6	West Bay Middle School Athletic League	WBMSAL XC Meet #3	9/23/2026	6:00:00 PM	4:00:00 PM	2.5 hours	225	50
7	SSIL	SSIL	9/28/2026	2:30:00 PM	4:00:00 PM	3 hours	150	100
8	West Bay Athletic League	WBAL 1	9/30/2026	1:45:00 PM	3:00:00 PM	4 Hours	300	150
9	PSAL, INC	PSAL Preview on Thursday (10/1)	10/1/2026	12:30:00 PM	3:00:00 PM	6 hours	300	100
10	West Bay Middle School Athletic League	WBMSAL XC Meet Finals	10/5/2026	6:00:00 PM	4:00:00 PM	2.5 hours	250	50
11	SCVAL	SCVAL #2 and finals (Nov. 3)	10/6/2026	2:00:00 AM	3:00:00 PM	4 hours	698	100
12	Peninsula Athletic League (PAL)	PAL 2 (League Meet)	10/7/2026	1:00:00 PM	3:00:00 PM	6 hours	700	200
13	Junipero Serra High School	Junipero Serra Crystal Springs Invitational	10/10/2026	7:30:00 AM	9:00:00 AM	7 hours	1600	200
14	Field Middle - SSIL	SSIL Meet	10/13/2026	3:00:00 PM	4:00:00 PM	3 hours	250	100
15	Art David Athletic League	ADAL CS Invitational (Middle School)	10/14/2026	3:30:00 PM	4:00:00 PM	3.5 hours	500	300
16	SSIL	SSIL Championship	10/19/2026	2:30:00 PM	4:00:00 PM	3 hours	150	100
17	Art David Athletic League	ADAL Team Championship	10/28/2026	3:30:00 PM	4:00:00 PM	3 hours	500	300
18	Peninsula Athletic League (PAL)	PAL Championships	10/31/2026	7:30:00 AM	10:00:00 AM	6 hours	700	500
19	Blossom Valley Athletic League	BVAL League Finals	11/2/2026	9:00:00 AM	10:00:00 AM	8 hours	312	50
20	SCVAL	SCVAL Finals	11/3/2026	1:00:00 PM	1:45:00 PM	4 hours	691	100
21	WCAL	WCAL FINAL	11/4/2026	12:30:00 PM	1:30:00 PM	5 hours	650	100
22	PSAL, INC	PSAL Championships	11/5/2026	12:30:00 PM	3:00:00 PM	6 hours	300	100
23	West Bay Athletic League	WBAL Championships	11/6/2026	1:00:00 PM	2:30:00 PM	5 hours	300	150
24	Catholic Youth Organization	CYO Final	11/8/2026	10:00:00 AM	5:00:00 PM	7 hours	250	100
25	Central Coast Section	CCS Cross Country Championships	11/14/2026	7:30:00 AM	10:00:00 AM	9.5 hours	1000	2000



CIF/Central Coast Section

Cross Country Bylaws

2026-27



Section 1. SCHEDULED MEETINGS

A. Organization: **WEDNESDAY, AUGUST 12, 2026, TIME: 7:00 pm**

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

B. Evaluation: **TUESDAY, DECEMBER 1, 2026, 7:00 PM**

Section 2. MEET DATES / SITES

A. The Section Meet is scheduled for: SATURDAY, NOVEMBER 14, 2026.

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 9, 2026

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.
3. Once League entries are submitted, no addition to team size can be made (for teams of less than seven (7) runners).
4. Substitutions to team rosters are allowable up to one (1) hour prior to race time.

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)*
 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
- Nearby 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 $\frac{1}{2}$ 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 $\frac{1}{2}$ 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 $\frac{1}{2}$ 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 $\frac{1}{2}$ 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 $\frac{1}{2}$ the regular-scheduled league contests.

CCS SPORTSMANSHIP POLICY - [Click here to see entire policy](#)

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.

Central Coast Section

2026 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	17:23	21:24
Div 2	17:25	21:14
Div 3	17:39	21:45
Div 4	17:50	22:14
Div 5	18:59	23:13

Team

	<u>Boys</u>	<u>Girls</u>
Div 1	85:27	105:24
Div 2	85:31	104:19
Div 3	86:37	106:43
Div 4	87:20	108:41
Div 5	93:16	114:59

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	16:41	20:42
Div 2	16:43	20:32
Div 3	16:56	21:03
Div 4	17:08	21:32
Div 5	18:17	22:30

Team

	<u>Boys</u>	<u>Girls</u>
Div 1	82:32	101:54
Div 2	82:35	100:50
Div 3	83:41	103:13
Div 4	84:25	105:11
Div 5	90:20	111:29

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	17:29	21:27
Div 2	17:32	21:17
Div 3	17:45	21:48
Div 4	17:56	22:17
Div 5	19:06	23:15

Team

	<u>Boys</u>	<u>Girls</u>
Div 1	86:07	106:45
Div 2	86:11	105:41
Div 3	87:17	108:05
Div 4	88:00	110:03
Div 5	93:56	116:21

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	18:06	22:12
Div 2	18:08	22:02
Div 3	18:22	22:33
Div 4	18:33	23:02
Div 5	19:43	24:00

Team

	<u>Boys</u>	<u>Girls</u>
Div 1	88 : 51	109 : 31
Div 2	88 : 54	108 : 27
Div 3	90 : 00	110 : 50
Div 4	90 : 44	112 : 49
Div 5	96 : 39	119 : 06

Sanctioned Events 2026-27 Updated 8.3.2026

Season	Name of Event	Sports	Levels	Contact Person	Host	Start Date	Status	Invitation Letter
1	Baylands Invitational	Cross Country, Boys	Varsity Junior Varsity Freshman Frosh Soph Sophomore	Patrick McCrystle	Bellarmine	09/04/2026	Approved	https://www.cifccshome.org/sanction-event/invitation-letter/Ge5zaKacnzqMxtifPXRxX4173ZzEAQejwYq5XBmt.docx
1	Crystal Springs Invite	Cross Country, Boys	Varsity Junior Varsity Freshman Frosh Soph	Ron Dimaggio	Junipero Serra/San Mateo	10/10/2026	Approved	https://www.cifccshome.org/sanction-event/invitation-letter/kFKK5gxrhcyTlsrW4Y6eRkV3OaM94HZuHvXopu.docx
1	Fighting Knights Joust	Cross Country, Boys Cross Country, Girls	Varsity Freshman Sophomore	Chris Lucey	Hillsdale	08/29/2026	Approved	https://www.cifccshome.org/sanction-event/invitation-letter/RIms79M4KF89UxkCATXIkVEGqOhxtpnXaKQvQ5S2.pdf
1	Jackie Henderson	Cross Country, Boys Cross Country, Girls	Varsity Junior Varsity Frosh Soph	Gustavo Ibarra	North Monterey County	09/12/2026	Approved	https://www.cifccshome.org/sanction-event/invitation-letter/uG7ywXpruju8QLqeLAKXNdArDX1kJNCodYY55sUU.pdf
1	3rd Annual Tom Leikam XC Invitational	Cross Country, Boys Cross Country, Girls	Varsity Junior Varsity Frosh Soph	David Knight	Watsonville	09/19/2026	Approved	https://www.cifccshome.org/sanction-event/invitation-letter/IkaLFNZ01s6EwoD90ICO8FzmuwapsWlvAVlb16uu.pdf
1	Ram Invitational	Cross Country, Boys Cross Country, Girls	Varsity Junior Varsity Freshman Frosh Soph Sophomore	Ronald (Ron) DiMaggio	Westmoor	09/26/2026	Approved	https://www.cifccshome.org/sanction-event/invitation-letter/OPTSBKAGN6YxKT46QrBxHEN9ROn5TghcTIRC7U9Z.docx

1	King City Cross Country Invitational	Cross Country, Boys Cross Country, Girls	Varsity Junior Varsity Frosh Soph	Miguel Zamudio	King City	09/26/2026	Approved	https://www.cifccshome.org/sanction-event/invitation-letter/ZRdLjhFVywMCzR1knCRBKQfZ3Yp4XxxJEP85edh0.pdf
1	Artichoke Invitational	Cross Country, Boys Cross Country, Girls	Varsity Junior Varsity Freshman Frosh Soph Sophomore	Paul Farnsworth	Half Moon Bay	10/03/2026	Approved	https://www.cifccshome.org/sanction-event/invitation-letter/4YUi03ijtGbw5DFDOqcTsBtxC96l6qJ64Y1EtNm2.pdf
1	Mustang Invitational	Cross Country, Boys	Varsity Junior Varsity	Erik Beckman	Monte Vista Christian	09/02/2026	Approved	https://www.cifccshome.org/sanction-event/invitation-letter/nEO56B00KxA7DJHktdREvKN1V7Y2CqOKdm66JlgY.pdf
1	Monterey High Cross Country Invitational at Laguna Seca WeatherTech Raceway	Cross Country, Boys Cross Country, Girls	Varsity Junior Varsity	Peter Jordan	Monterey	10/17/2026	Approved	https://www.cifccshome.org/sanction-event/invitation-letter/0leFlxjtPJY1zd6ot4VANHYIY0scnRMGKGbiEec3.pdf
1	Longhorn Round Up	Field Hockey	Varsity	Karin Mirassou	Leigh	09/12/2026	Approved	https://www.cifccshome.org/sanction-event/invitation-letter/DUCZCnAESBYimzrcJWXwMD9I2j4mXOaD3gJaMgk4.pdf
1	Longhorn Round Up (JV)	Field Hockey	Junior Varsity	Karin Mirassou	Leigh	09/19/2026	Approved	https://www.cifccshome.org/sanction-event/invitation-letter/dcy1DsOdZpz1XP3MgDYcEelWx5QcDiOriLFy6PqR.pdf
1	Santa Clara High Flag Football Invitational Tournament	Flag Football, Girls	Varsity	Michelle Bumbaca	Santa Clara	09/12/2026	Approved	https://www.cifccshome.org/sanction-event/invitation-letter/RiY6vU3B0insMmRs2JGKdg7oqnEnGJ6EevmdpV4t.pdf



2026-27
CIF - CENTRAL COAST SECTION
CONFERENCE & LEAGUE ALIGNMENT BY SPORT

CENTRAL CONFERENCE (49)

BVAL 26 schools
 SCVAL 15 schools
 WCAL 8 schools

NORTHERN CONFERENCE (55)

PAL 16 schools
 PSAL 26 schools
 WBAL 13 schools

SOUTHERN CONFERENCE (40)

PCAL 33 schools
 SCCAL 7 schools

ASSOCIATE MEMBERS (12)

Apostles Lutheran
 Calvary Christian Academy
 Chesterton Academy
 German International School of Silicon Valley

Granada Islamic High School
 Hillbrook School
 Kahn Lab School
 Oxford Day Academy

Rise University Prep
 Silicon Valley International
 St. Abraham's Classical Christian Academy
 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	San Mateo
Evergreen Valley	Independence	Del Mar	Live Oak	Capuchino	Sequoia
Leigh	Mt. Pleasant	Gilroy	Oak Grove	Carlmont	South San Francisco
Leland	Pioneer	James Lick	Overfelt	El Camino	Terra Nova
Piedmont Hills	Silver Creek	Lincoln	San Jose	Half Moon Bay	Westmoor
Prospect	Westmont	Yerba Buena	Sobrato	Hillsdale	Woodside
Santa Teresa				Jefferson	
Willow Glen				Menlo-Atherton	
<u>PCAL</u>		<u>Cypress</u>		<u>Santa Lucia</u>	<u>SCVAL</u>
<u>Gabilan</u>	<u>Mission</u>	Anzar (G)	Palma	Anzar (B)	<u>De Anza</u>
Alisal	Carmel (G)	Ceiba (G)	Pajaro Valley (G)	Ceiba (B)	Cupertino
Carmel (B)	Everett Alvarez	Chartwell (G)	Rancho San Juan (G)	Chartwell (B)	Fremont
Everett Alvarez (G)	King City (B)	Greenfield	Santa Catalina (G)	Gonzales (B)	Homestead
Hollister	Marina (B)	Gonzales (G)	Seaside	Monterey Bay (B)	Los Gatos
King City (G)	Monte Vista Christian (G)	Kirby	Soledad (G)	North Salinas (B)	Lynbrook
Marina (G)	N. Monterey County (G)	Monterey	St. Francis SCP (G)	Oakwood (B)	Monta Vista
Monte Vista Christian (B)	Pacific Collegiate (B)	Monterey Bay (G)	Trinity Christian (G)	Pajaro Valley (B)	Saratoga
N. Monterey County (B)	Pacific Grove	North Salinas (G)	York	Rancho San Juan (B)	
Pacific Collegiate (G)	Salinas (G)	Oakwood (G)		Soledad (B)	
Salinas (B)	Stevenson (B)			St. Francis SCP (B)	
Stevenson (G)	Watsonville			Trinity Christian (B)	
<u>SCCAL</u>	<u>Bay</u>	<u>PSAL</u>	<u>Central</u>	<u>WBAL</u>	<u>WCAL</u>
Aptos	Cindy Avitia	ACE	Mid-Peninsula	Castilleja (G)	Archbishop Mitty
Harbor	Design Tech	BASIS	Mountain View Academy	Crystal	Archbishop Riordan
Mt. Madonna	KIPP San Jose	Cristo Rey	Oceana	Eastside College Prep	Bellarmino (B)
Santa Cruz	Latino College Prep	East Palo Alto	Pacific Bay Christian	Harker	Junipero Serra (B)
San Lorenzo Valley	Nueva	Kehillah	San Francisco Christian	King's Academy	Saint Francis
Scotts Valley	Summit Shasta	KIPP Esperanza	Stratford Prep	Menlo	St. Ignatius
Soquel	Thomas More	KIPP Navigate	Summit Prep	Mercy (G)	Sacred Heart Cathedral
	University Prep	Luis Valdez	Summit Tahoma	Notre Dame (Belmont) (G)	Valley Christian
				Notre Dame (SJ) (G)	
				Pinewood	
				Presentation (G)	
				Priory	
				Sacred Heart Prep	

CENTRAL COAST SECTION CROSS COUNTRY
DIVISION PLACEMENT FOR 2026
(based on 2025-2026 CBEDS)

Enrol.	School	Enrol.	School	Enrol.	School
	<u>Division 1</u>		<u>Division 3 (Continued)</u>		<u>Division 5</u>
3330	Hollister	1513	Hillsdale	591	Scotts Valley
3328	Bellarmine *	1472	Sobrato	562	BASIS
2971	Milpitas	1464	Overfelt	556	San Lorenzo Valley
2902	Alisal	1459	Prospect	537	Monte Vista Christian
2751	Evergreen Valley	1443	Leland	531	Pacific Grove
2387	Carlmont	1440	Monterey	529	Cindy Avitia
2370	Salinas	1437	Sacred Heart Cathedral	508	Stevenson
2333	Independence	1434	Soledad	483	Cristo Rey San Jose
2279	Menlo-Atherton	1361	Del Mar	471	Palma
2259	Santa Teresa	1345	Pioneer	470	Castilleja *
2223	Watsonville	1314	Notre Dame (San Jose) *	457	Design Tech
2221	Homestead	1281	Oak Grove	449	Oceana
2205	Los Altos	1281	Westmoor	449	East Palo Alto Academy
2135	Mountain View			449	Nueva School
2127	North Salinas		<u>Division 4</u>	444	Santa Catalina *
		1248	Pajaro Valley	433	Kehillah
	<u>Division 2</u>	1247	Greenfield	432	KIPP Esperanza
2033	Silver Creek	1247	Aptos	378	KIPP Navigate
2008	Fremont	1210	South San Francisco	376	KIPP San Jose Collegiate
1919	Leigh	1206	Archbishop Riordan	353	Pacific Collegiate
1874	Piedmont Hills	1187	King City	352	Latino College Prep
1858	Sequoia	1154	North Monterey County	349	Crystal
1854	Everett Alvarez	1123	Soquel	324	Priory
1847	Los Gatos	1121	Mills	294	Luis Valdez
1845	Palo Alto	1100	Saratoga	277	Mid-Peninsula
1824	Branham	1092	Presentation *	261	Anzar
1797	Cupertino	1082	El Camino	261	Eastside College Prep
1774	Archbishop Mitty	1058	Santa Cruz	260	Mountain View Academy
1773	Saint Francis	1051	Live Oak	248	Ceiba
1764	Junipero Serra *	1051	Capuchino	239	Stratford Prep
1694	Woodside	1026	Jefferson	215	St. Francis SCP
1689	Gunn	1001	Harbor	202	Pinewood
1648	Aragon	978	Seaside	187	Oakwood
1636	Westmont	970	Mt. Pleasant	174	Pacific Bay Christian
1607	Christopher	920	San Jose	159	The York School
1599	Lynbrook	919	MacDonald	141	Monterey Bay Academy
1588	Valley Christian	861	James Lick	118	Notre Dame (Salinas) *
1576	Rancho San Juan	835	Half Moon Bay	87	San Francisco Christian
		818	Mercy *	85	Kirby
	<u>Division 3</u>	795	Harker	81	Summit Prep
1575	Yerba Buena	793	Marina	72	Summit Shasta
1572	Monta Vista	772	Notre Dame (Belmont) *	63	Summit Tahoma
1571	Burlingame	732	Carmel	61	Chartwell
1563	Santa Clara	724	Terra Nova	55	Thomas More
1557	Andrew Hill	710	Gunderson	53	Trinity Christian
1552	Lincoln	710	Gonzales	50	University Prep Academy
1541	Gilroy	637	Ace Charter	43	Mt. Madonna
1536	Willow Glen	636	The King's Academy		
1520	San Mateo	626	Sacred Heart Prep		
1518	Wilcox	602	Menlo		
1517	St. Ignatius				

* Single-gender schools – enrollment doubled

Looking at the By-Laws, I realized that since 2007 we've been breaking the bylaws when teams go out and grab field hockey, soccer, swimmers, any sport to run league finals so that they can have a complete girls team of 5 START the race in order for half the league to qualify on for CCS. Read Article III - it says an athlete must have 5 days, minimum, of practice before they can run a race. Well, that one's OK for if they're doing another sport, I'd just call it cross-training. But the next sentence of:

To be eligible to compete in the League Championship meet multipart athletes must have written documentation of completing at least one inter-scholastic meet on the team's official schedule.

The above was from the 2007 bylaws and is in the 2026 ones as well. These athletes that we throw in there haven't completed a prior race on the team's schedule (I assume written to me that they show up in the results, any results). I suggest we get that changed to say

"Or with written approval by the Athletic Director"

or something like that so it can be over written by someone. Or we won't be able to use that loophole now that we know (unless the Commissioner says it's OK to keep doing what we've been doing).

Do you bring up at the Pre-season meeting? I'm not a coach, just a timer that goes by the bylaws or whatever the MD tells me to do.

hank

This is what the WBAL says about participation.

a. Runners must have participated in one of the two preliminary league meets in order to participate in the finals. Extenuating circumstances may petition to BOM to allow participation.

They allow the BOM to override the one race rule (I like that)

The WCAL does not have any requirement needed in order to run in the League Finals.

The PAL does not address this issue.

The BVAL says a "team" must compete in ALL league meets. Then they have the medical hardship rule (not sure that would work just to get a complete team).

6. MEET REGULATIONS

A. In order to compete in league finals, teams must participate in all league contests. Only the Commissioner, due to

extenuating circumstances may waive this by-law. (11/22/04)

B. In the event that a meet is canceled due to inclement weather, i.e., rain, mud, excessive heat, etc., the said meet shall be

made up at the next available date. If the meet in question is not made up before league finals, the league finals meet will be

used for scoring purposes for said missed meet. (11/19/13)

C. Meet cancellations due to inclement weather are at the discretion of the League Commissioner and/or league division chairs.

(11/15/11)

D. Medical Hardship Rule shall consist of the student having competed in at least one league meet race, obtaining a valid

doctor's note describing the injury or illness, and presenting it after the final league meet and ahead of the league finals

meet to the coaches meeting at league finals. A majority positive vote of coaches will grant this medical hardship,

allowing the student to run in the league finals meet. (11/22/19)

The SCCAL has same rules for league finals as for CCS finals (50%) rule.

6. To be eligible for the league championship meet, a student must have participated in at least half of the league dual meets. The only exceptions would be due to:

a. Illness, injury, or other serious medical hardship.

b. Academic ineligibility which has been corrected.

c. A CCS exemption.

The PCAL doesn't address the qualifying for League issue.

PSAL is 50% rule.

(c) A runner must compete in half of the preliminary League meets in order to compete in the League Championship Meet. If an athlete has been unable to compete due to injury, illness, or a death in the family, the school may petition the League Commissioner. The Commissioner, upon receiving the facts, may allow the athlete to compete.

That's all the leagues rules

hank