

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) 367-3255
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

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

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

THE 1978 NORTHERN CALIFORNIA CROSS COUNTRY CHAMPIONSHIPS
at Crystal Springs Course 11/25/78

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

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

3.0 San Joaquin Section: Mira Loma, Jesuit, El Camino. Individuals: Saldana,
miles Betker, Turner, Malentschka, McDano, Imross, Hepple, Mass, Kuphaldt.
alternates: Swan, Long, Munoz

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

Oakland Section: Skyline.

San Francisco Section: McAteer

North Section: Shasta

ENTRIES: Central Coast Section: Half Moon Bay, Homestead, Soquel. Individuals:
(girls) Schnurpfeil, Koudela, Hamilton, Choy, Schneider, Stearns, Folanini,
Sanchez, Huston. alternates: Van Housen, Wilmot, Harbury.

2.0 San Joaquin Section: Rio Americano, Bella Vista, Mira Loma. Individuals:
miles Nieto, Neqri, Weaver, Setschart, Keaton, Chamness, Refearn, Haase, Dietler.
alternates: Robinson, Robinson, Wanamaker.

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	14:28	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:	Half Moon Bay	93:48	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 Finley. It was largely through their efforts that this meet became a reality.