



Confidence/Commitment/Sportsmanship

CIF/REBOK

ATTN: CROSS COUNTRY COACH PARTICIPANT INFORMATION BULLETIN

1988 CROSS COUNTRY CHAMPIONSHIPS

DATE: October 26, 1988
 TO : Cross Country Coaches, Athletic Directors, League
 Commissioners, News Media
 FROM: CCS Office Contact - Dwight Martin (408) 773-8777 AND
MEET DIRECTORS
 Don Dooley San Mateo High(S) 415-348-8050 (H) 593-8992
 Bill Daskarolis Aragon High (S) 415-342-7980 (H) 657-7592
 Greg Alvarado Jefferson High(S) 415-992-4050 (H) 593-6983

Meet
 at Pool
 at
 11/8
 on
 wed

The following is provided for your information and/or assistance in regard to the 1988 Cross Country Championships.

MEET DATES	MEET SUB-SECTION:	DATE	TIME	RUNNING ORDER
	Division II (Directors: Hal Daner & Paul Jones)	Wednesday, November 9	1:15 2:00 2:45 3:30	Boys' Heat 1 Boys' Heat 2 Girls' Heat 1 Girls' Heat 2
	Division I (Directors: Rudy Montenegro & Verne Thornberg)	Thursday, November 10	1:15 2:00 2:45 3:30	Boys' Heat 1 Boys' Heat 2 Girls' Heat 1 Girls' Heat 2
	Rainout Days Division II	Friday, November 11	Same as 11/9	Same as 11/9
	Division I	Saturday, November 12	Same as 11/10	Same as 11/10
	<u>SECTION</u>	Saturday, November 19	10:30AM 11:15AM 12:00 N 12:45PM 1:30PM 2:15PM	Boys' Div I Girls' Div I Boys' Div II Girls' Div II Boys' Div III Girls' Div III

NOTE: The Section meet will be run on 11/19 RAIN OR SHINE!!!

SITE: All of the above meets will be run at the Crystal Springs site in Belmont.

DIRECTIONS: Highway 280 to Highway 92 (toward San Mateo)
 Highway 92 to Ralston Ave. exit
 Ralston Ave. to Hallmark
 Right turn on Hallmark to course site

QUALIFYING: Teams, of not more than seven (7) runners, and individuals will qualify to the Section Meet as follows:

CCS Qualifying
 TOP
 7/6 Top
 teams indiv-
 indiv-
 in each heat

Central Coast Section, CIF
 589 Fremont Avenue
 P.O. Box F
 Sunnyvale, California 94087
 (408) 773-8777



- 1) All schools participating in the sport of Cross Country are eligible to participate in their respective league meets.
- 2) All schools who participate in their respective League meets shall qualify for the next level of competition scheduled for schools in their Division ; i.e., Div. III = Section Meet, Div. I & II = Sub-Section Meet.
- 3) Division I & II schools will qualify seven (7) teams and six (6) individuals from each heat to the Section Championship Meet. NOTE: If it becomes necessary for Division II to run three (3) heats at the Sub-Section Meet five (5) teams and six (6) individuals will qualify to the Section Championship Meet.
- 4) Division I, II, and III will qualify two (2) teams and five (5) individuals to the State CIF meet in Fresno.

NOTE: It is important that all schools understand that in order to compete beyond the league meet, the Team Roster/Declaration of Intent form must be submitted to your respective League Representatives as described in earlier mailings to you.

- SEEDING** Please refer to Section 5 in the Cross Country section of CCS Tournament Guide.
- COACHES MEETING** There will be a brief coaches' meeting to cover any last minute details for each Division approximately 10 minutes before the start of the Girls race. (Division I coaches' meeting will be held at 10:00AM)
- CHECK-IN** Make certain that prior to the Coaches Meeting you have checked in at the scorer's table to pick up your Meet packet. This packet will include assigned numbers (to be worn on the chest), pins, starting positions sheet and scoring envelopes.
- RULES** The 1988 National Federation Track and Cross Country Rules will govern all Sub-Section, Section and State meets. Particular attention needs to be given to Rule 9-5-1 through 9-5-4:

SECTION 5 UNIFORMS

ART. 1 . . . The cross country uniform consists of a minimum of a school issued jersey and shorts, which are not objectionable, and shoes, which may be supplied by the contestant.

ART. 2 . . . A shoe is a covering for the foot. It must have an upper and definitely recognizable sole and heel. The upper must be designed so that it can be fastened securely to the foot. The sole and heel may contain grooves, ridges or track spikes which are no longer than 1 in. The use of ballet type slippers, gymnastics slippers or sweat socks does not meet the requirements of the rule.

ART. 3 . . . Each team member shall wear the same color and design school uniform (jersey and trunks). When other apparel is worn under the jersey, or leotard or body suits are worn under the trunks, by more than one team member (two or more), that apparel must be the same color.

ART. 4 . . . A competitor must wear the assigned contestant number, when numbers are used.

There will be pre-assigned chest numbers and safety pins in each school's meet packet which you will pick up prior to the meet. These numbers are to be worn on the front of the jersey. They will have a tear-off bottom portion with a pre-printed name tag. This tear-off portion will be collected at the finish line. DO NOT REMOVE THE NAME TAG FROM THIS PORTION AND DO NOT SWITCH NUMBERS. (FAILURE TO COMPLY WITH THESE DIRECTIONS COULD COST YOU A QUALIFYING POSITION) Please check the spelling of your name, year in school, school you represent for possible errors. The scoring envelope in the packet is for your use in which to place the finish tags the athletes will receive as they proceed through the chute. Fill out the tags completely; i.e. first and last name, school name, and year in school, place the tags in the scoring envelope, add up your score, record the total points in appropriate space, and return the entire envelope to the scorer's table. IF YOUR TEAM BECOMES INCOMPLETE DURING THE RACE, PLEASE BE SURE TO INDICATE THIS ON THE ENVELOPE FIRST, THEN IMMEDIATELY REPORT IT TO THE MEET DIRECTOR!!! Coaches are reminded to stay away from the chute area as their athletes are finishing-WE NEED YOUR COOPERATION.

In case of tied teams, the tie shall be broken by comparing the 6th place finishers of the tied teams.

Official results of the Section Meet will be completed and mailed to the participating schools following the meet.

AWARDS

Team trophies will be awarded to 1st through 4th place in each Division for both Girls and Boys teams.

Individual medals will be awarded to 1st through 15th place to both Girls and Boys in all Divisions.

Certificates shall be awarded to the individuals of both the 1st and 2nd place teams in all Divisions and for both girls and boys teams.

ELIGIBLE ATHLETES

All athletes must be in good standing with their league, their school and with CCS in order to compete. NO INELIGIBLE ATHLETE (for whatever reason) SHALL BE ALLOWED TO COMPETE.

No athlete will be allowed to compete unless he/she is accompanied by a coach or faculty member of the school he/she represents.

Any school allowing an ineligible athlete OR more than seven (7) team members to compete in any portion of the CCS Sub-Section or Section Meet is subject to disqualification from the meet in which this occurs and from any meets during the current season which are subsequent to the above infraction.

COURSE
CONDUCT

The following are important guidelines that coaches, athletes and spectators are reminded to follow. Ignoring any of the following could jepordize our opportunity to use this fine facility in the future.

- 1) Park automobiles, busses, vans, etc. in authorized areas only. DO NOT BLOCK DRIVEWAYS!!! BUSSES MUST PARK ON THE RIGHT HAND SIDE OF HALLMARK - DOWN THE STREET BEYOND ALL HOUSES.
- 2) Remember this is a residential area and coaches, athletes, and spectators should stay away from the private homes, their lawns, fences, driveways, etc.
- 3) There is a public pay phone located near the tennis courts.
- 4) There is an EXTREME fire hazard in this area therefore NO SMOKING will be allowed in the area.
- 5) NO PETS (leashed or unleashed) ARE ALLOWED.
- 6) Clean up the area you and your teammates have occupied before you leave the area. Thanks for your cooperation.
- 7) USE ONLY THE WALKWAY NEAR THE TENNIS COURTS FOR ENTRANCE INTO THE COURSE!!!
- 8) No radios, frisbees nor footballs should be taken onto the course and please refrain from throwing rocks.
- 9) Coaches and athletes are reminded to stay out of the scoring shed and the immediate area surrounding it.
- 10) All spectators and coaches must stay behind the ropes and/or chalk markings when the runners cross the top of the hill. Do not assist your runners on the course by running with them, etc. particularly in the general area of cardiac/agonny hill. This is considered unsportsmanlike and you put yourself and everyone connected with the meet in an embarrassing position. BASICALLY, COACHES SHOULD STAY OFF THE RUNNING COURSE.

SCORING

The double tag and chest number system will be used to provide immediate results, identify qualifying teams and individuals to the State CIF meet and to provide a back-up system.

STARTING
POSITIONS

Starting positions for the individuals and teams will be determined by random drawing. Sub-Section placement will be taken into consideration in the case of the individual qualifiers.

A double starting line, with a 5 yard separation will be used. Three runners from each team will line up on the front line of the starting box and the remaining team members will line up on the second line.

If a qualifying team is not complete on the day of the meet the coach MUST notify the meet director during the coaches' meeting. If a complete team starts the race but less than five (5) finish, PLEASE INFORM THE MEET DIRECTOR IMMEDIATELY!!!

PRE-MEET

Jogging the course before the meet is permissible. The course must be cleared prior to the starting of the first race.

GOOD LUCK TO ALL COACHES AND CROSS COUNTRY ATHLETES!!!