



CIF STATE CROSS COUNTRY CHAMPIONSHIPS HANDBOOK

State Tournament Director

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CIF State Director

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The CIF State Cross Country Championships are under the direct responsibility of the CIF State Office. The Meet Director under the direction of the CIF State shall coordinate and facilitate the administration of the CIF State Championships.

RACE SCHEDULE

DIV III BOYS	8:30 AM
DIV IV BOYS	9:00 AM
DIV III GIRLS	9:30 AM
DIV IV GIRLS	10:00 AM
DIV V BOYS	10:30 AM
DIV I GIRLS	11:00 AM
DIV II BOYS	11:30 AM
DIV V GIRLS	12:00 PM
DIV I BOYS	12:30 PM
DIV II GIRLS	1:00 PM

AWARDS SCHEDULE

DIV III BOYS	10:00 AM
DIV III GIRLS	10:20 AM
DIV IV BOYS	10:40 AM
DIV IV GIRLS	11:00 AM
DIV V BOYS	11:20 AM
DIV I GIRLS	11:45 AM
DIV II BOYS	12:15 PM
DIV V GIRLS	12:45 PM
DIV I BOYS	1:15 PM
DIV II GIRLS	1:45 PM

STATE CHAMPIONSHIP RACES

Saturday, November 27, 2021 @ Woodward Park, Fresno

General Admission \$10.00

Student, children (5+yrs), and senior citizens (65+yrs) \$5.00

Ticketing Information

Only online tickets will be sold for admission through GoFan. No cash will be accepted. Tickets may be purchased by using the link provided on the CIF website through our online ticketing partner, GoFan. <https://gofan.co> or by using the QR code below.



ENTRY AND QUALIFYING INFORMATION

State Championship Divisional Placement of Schools

Each Section will determine the divisional placement for its schools who qualify for the State Cross Country Championships. CIF-member schools will be required to participate in the division that has been established by their respective Section. Sections may use their own established criteria to determine placement of teams in the five divisions based on the following guidelines:

Division I-IV	As determined by Section
Division V*	As determined by Section, but enrollment may not exceed 600

*** The following information relates to Divisions V only:**

The CBEDS enrollment figures to be used for public schools in cross country are those figures certified by the public-school principal in October of each year. Non-public school principals are to certify their enrollment figures as of the CBEDS reporting date for each year.

Automatic Team Entries (Bylaw 1801)

Team entries are based on a formula that includes two factors:

- 1) An established baseline providing a minimum number of entries for each Section.
- 2) Additional entries based upon the most recent four-year history of the Section team performance in each divisional race. No Section shall have more than seven team entries in any divisional race.

CROSS COUNTRY TEAM ENTRIES

	DIVISION I		DIVISION II		DIVISION III		DIVISION IV		DIVISION V	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
Central	3	3	2	2	3	2	2	2	2	2
Central Coast	3	2	3	3	2	2	3	3	3	3
Los Angeles	2	2	1	1	1	1	1	1	1	1
North Coast	2	2	4	4	4	4	3	3	5	6
Northern	0	0	0	0	2	1	2	2	1	1
Oakland	*	*	*	*	*	*	*	*	*	*
Sac-Joaquin	2	3	3	3	2	3	3	3	2	2
San Diego	2	2	3	3	3	4	3	3	3	3
San Francisco	*	*	*	*	*	*	*	*	*	*
Southern	7	7	7	7	7	7	7	7	7	6
Total	21	21	23	23	24	24	24	24	24	24

*Oakland and San Francisco each earn 1 team entry per gender. The team division will be determined based upon their respective Section divisional placement.

INDIVIDUAL ENTRIES

# of Section Teams Automatic Qualify	Section's Five (5) Individual Qualifiers to State Meet Must Finish in the top
1	8
2	12
3	14
4	16
5	18
6	20

Qualifications from sectional competition to the CIF State Cross Country Championships as an **individual entry** are based upon **individual place finish**. Qualifying teams plus the top five highest placed individuals (not on a qualifying team) as per the criteria above in each division will qualify from section to state meet finals. **NOTE: There are no individual alternates for the state meet.**

The CIF State Blue Pages contain sports specific championship information. [https://cifstate.org/governance/constitution/Blue Pages.pdf](https://cifstate.org/governance/constitution/Blue_Pages.pdf)

CHAMPIONSHIP DAY PROCEDURES

Introductions

All 2021 Section Champions and returning State Champions will be introduced **10 minutes** prior to the start of their race. Please contact the announcer when you arrive at the park. Please have your athletes at the introductions **15 minutes** prior to race time.

Awards

- (a) **TEAM AWARDS** - Trophies for champion, runner-up, and third place team
Medals 1st through 7th for Championship team, runner-up, and third place
- (b) **INDIVIDUAL AWARDS** - Individual medals 1st through 10th runner for each division
- (c) **CERTIFICATES** - will be available for schools to print for all participants and alternates at http://cifstate.org/sports/cross_country/certificates/index

Awards Ceremony

Please have your medal winners (top 3 teams/top 10 individuals per division) **in school-issued uniform** at the awards ceremony **15 minutes** prior to presentation times. **Please note, only your 7 athletes who competed in the State Championship race on November 27 are to go up on the stage to receive medals.** The rest of your team is invited to be in the audience to support the team under the tent.

Course and Running Surface

- (a) All races will be 5,000 meters.
- (b) The course is in Woodward Park on hard-packed dirt trails with some grass and asphalt. It has mild ups and downs over rolling hills with one steep short hill.
- (c) No spikes are allowed on this course.
- (d) Meet will be run - rain or shine.

NFHS Rules/Scoring Procedures

2021 National Federation Cross Country Rules (located in Track & Field Rules Book) are official and will be enforced. ***"All individual runners and teams must be accompanied by a certified person from the school district." (Bylaw 503. E)***

Scoring Procedures

- (a) Scoring, placement and timing will be done in accordance with NFHS. It is imperative that all runners wear their assigned corresponding chest bib and hip numbers. If a runner does not wear or loses his/her chips then he/she will not be recorded and scored in the results unless an appeal is filed, in which a video and photo finish review will be conducted. At that time, the runner's bib and hip numbers will be used to determine the appropriate place and time. NFHS Rule 8-3-4 states, "Computerized transponders/chips may be used to record the finish of a runner in cross-country. When transponders/chips are used, the official order of finish for the runners is that recorded by the transponder/chips."
- (b) Meet results will be posted thirty (30) minutes after the finish of each race. Results will be available online and posted to the CIF website. www.cifstate.org
- (c) Scoring will be in compliance with the 2021 National Federation Rules. (Five score and two displace).
- (d) NFHS Rule 8-2-4 – Ties in team scoring shall be resolved by comparing the sixth-place finishers from tying teams. The team with the best sixth place finisher shall prevail. If one team does not have a sixth-place finisher, the team with a sixth-place finisher shall prevail.

Uniforms

National Federation Rules 4-3-1, 4-3-2, and 4-3-3 regarding uniforms will be enforced.

If your team is planning on using a new or different school uniform for the state meet, please make sure the uniform adheres to CIF and National Federation uniform rules. For questions, contact rules interpreter Hal Harkness at 714-529-6938. ***Note: All runners must wear their competitor's number on the front of their jersey and on no other place.***

Face and Body Decorations are Prohibited: An athlete who has visibly decorated/painted any part of his/her face or body will not be allowed to enter the clerk/starting area until all traces of any decoration(s) have been completely removed. This does not apply to hair color.

Coaches Packets

Coaches **only** of a qualified team or individual may pick up their packets and wristbands on **Friday, November 26**, at Woodward Park from **12:00 Noon - 5 p.m.** by the awards tent OR at **Woodward Park after 7:00 a.m.** on **Saturday, November 27**, at the **Coaches/Athletes Entrance on Audobon Blvd.** Only the coaches' names that appear on the Section qualifying entry form will be allowed to receive that school's packet. **Only one coach per school for individual qualifiers will receive a wristband. Team qualifiers will receive a wristband for one head coach and one assistant coach per school. All must be present to obtain wristband at packet pick-up.** No additional coaching wristbands will be given out, additional coaches may purchase a ticket for admission through Gofan.co.

Names and Numbers

Year and/or spelling corrections and substitution of a runner may be done as usual at packet pick-up. Be sure to bring the **bib number of the runner**. The name that is in the database will be reflected in the results unless changed at packet pick-up.

Please double check your athlete's name(s) and school affiliation. If a team is substituting a runner or any spelling errors occur, please inform an official at the packet pick-up area by bringing the **chest number with necessary corrections** and they will take down the information to give to Sean Laughlin, or changes with Sean Laughlin can be done Friday from **12:00 Noon-5:00 p.m.** at Woodward Park. Also, you can email the CIF State office with minor corrections until 12pm on the Monday prior to the event.

DO CALL IF YOUR ATHLETE WAS AN INDIVIDUAL WHO INADVERTANTLY WAS LEFT OFF THE LIST OF ENTRIES.

REMEMBER: a maximum of 7 runners can be entered. There are no alternates.

If a TEAM (alternate/substitution) or correction(s) is necessary, do it when you pick up your packet on Friday. Team entries can be changed. Please see Appendix D.

Finish Corral (Chute) Procedures

1. We are utilizing bib-chip technology where the chips will already be affixed to the bibs. It is imperative that athletes **DO NOT**:
 - a. Remove the chip from the bib
 - b. Crumple, fold or crease in any way the bibs before the race
2. The runners bib and hip numbers will be in the packet and will be required to be worn on chest (bib) and right hip each with 4 pins. **ALL ATHLETES MUST WEAR THE CORRESPONDING CHEST BIB AND HIP NUMBER.**
3. The finish corral will be composed of mat like sensors. The runners are to run across all mats and continue running approximately 10 feet beyond the last mat to where two officials will be waving red flags. Any runner who stops or walks will be physically removed from this zone.
4. Once the runners have reached the red flags, they may disperse and walk. They do not have to stay in finish order once they clear the sensor mats.
5. There will be no collection of the bibs and chips.

Coaches MUST go over the above procedures with their runners.

Check-in/Starting Line Assignments

Enclosed in your entry packet will be starting line assignments. Please have your athletes at the starting line **20 minutes** prior to race time for check-in. The starting line must be cleared of all coaches **5 minutes** prior to race time.

Please make sure that ALL of your runners have their corresponding chest bib and hip numbers attached accordingly. Chest bib numbers on the chest with pins, and hip numbers on the right hip with pins as well.

Starting Area

Please help us to keep the starting area free of spectators to allow the runners ample room to warm up.

Coaches Corner

If you need answers fast, go to the Coaches Corner which is located by the starting area under the covered shelter. Additional Safety pins will be available there as well.

Athlete Conduct

Notify your athletes to refrain from throwing footballs, frisbees, etc., around the start/finish and awards area. All athletes are expected to "Pursue Victory with Honor" and follow the CIF Codes of Conduct.

Restrooms

Restrooms are located throughout the park, but please come dressed to run.

Mopeds, Bicycles, Etc.

Mopeds, bicycles, and other similar forms of transportation to traverse the course are restricted. Vehicles of this type should be limited to the paved roadway, and at no time be in position to interfere with runners or the normal operations of the meet. At this meet, the start/finish area gets extremely congested and will be closely monitored.

Water/Liquid Reminder

Meet management, or individual coaches, may provide water/liquids during a cross country race as long as **it has been announced before the start of the race, and regardless of whoever is providing water/liquids; they are equally available to all runners, regardless of team affiliation**. A coach/school may not provide water/liquids for only their runners.

Disqualification

The CIF will consider disqualifying a runner or team only if a meet official detects or can verify the infraction. Meet management **will not** rely on information provided by non-officials. If you have a concern or complaint, contact Meet Director, **Dustin Marzolf**, or **Dave Dodson**, through the Coaches Corner.

Course Maps

See Appendix C for the course map.

Emergency Medical Care

Medical care will be available for emergencies only. Athletic trainers will NOT be available for taping or massaging of athletes. Trainers will be out on the course during races and also will be available at the Mt. View Shelter.

IT IS THE COACHES' RESPONSIBILITY TO ENSURE THAT COMPETITORS WHO USE "INHALERS" HAVE THE COMPETITORS INHALER DURING THE RACE AND MUST BE PRESENT AT THE FINISH LINE AREA.

Entrance/Parking/Concessions

- (a) **Athletes, coaches and officials - Entrance to Woodward Park will be at the South Gate off of Audobon only. To be admitted to the park, coaches must be wearing their wristband and athletes their race number.** (see map).
- (b) Spectators' entrance to Woodward Park will be at the North East gate off of Friant Road.
- (c) Admission charges: **General Admission - \$10.00 CHILDREN - \$5.00**
Only online tickets will be sold for admission through GoFan. No cash will be accepted. Tickets may be purchased online ahead of time or day of by using the link provided on the CIF website through our online ticketing partner, GoFan.
<https://gofan.co>
Parking is allowed in designated areas only. All vehicles parked illegally, inside or outside of the park, will be ticketed and towed. Do not park on any grassy areas inside the park.
- (d) A concession stand will be available at the park on Saturday only.

CIF Merchandise

A souvenir concession stand will be open race day from 8 a.m. - 3:00 p.m. It also will be open from 12 Noon - 5 p.m., Friday, November 26. T-shirts, sweatshirts, patches, pins and other cross country materials will be on sale. Supply is limited to those on hand.

Souvenir Program

A FREE program will be available for download at www.cifstate.org under the cross country home page.

Media Credential Requests

Requests for media credentials must be made on the appropriate credential request form and received by the State CIF office no later than Tuesday, November 23, 2021, at 12 Noon. Credential request forms will be available on the State CIF website (www.cifstate.org) under the "Media Center" link. Approved media members may pick up their credential Friday, November 26, from 12 noon – 4:00 p.m. at the Coaches Packet Pickup area at Woodward Park. Media who do not claim credentials Friday will need to show their media affiliation identification to gain complimentary entrance to the park on Saturday, and then come to the working press area to obtain their credential.

NOTE: Due to limited space in the finish line chute, media WILL NOT be allowed in the finish line chute area under any circumstances. Only photographers with proper credentials will be allowed access to the finish line chute and only for the purpose of taking photos (not interviewing athletes). Anyone seen violating this policy will be asked to leave the finish line chute area.

Media Parking

Credentialed media are requested to enter Woodward Park at the **spectator entrance**. Parking is complimentary to all credentialed media in the designated area, provided they show proper identification.

Press Facility

A covered, outdoor working press area will be available near the finish line. There are electrical outlets for media use, but no telephone service is available at Woodward Park. Results will be distributed at the press area approximately 30 minutes following the conclusion of each race. Media are responsible for securing their own interviews with athletes and/or coaches.

[GoFan QR Code – Buy Tickets](#)

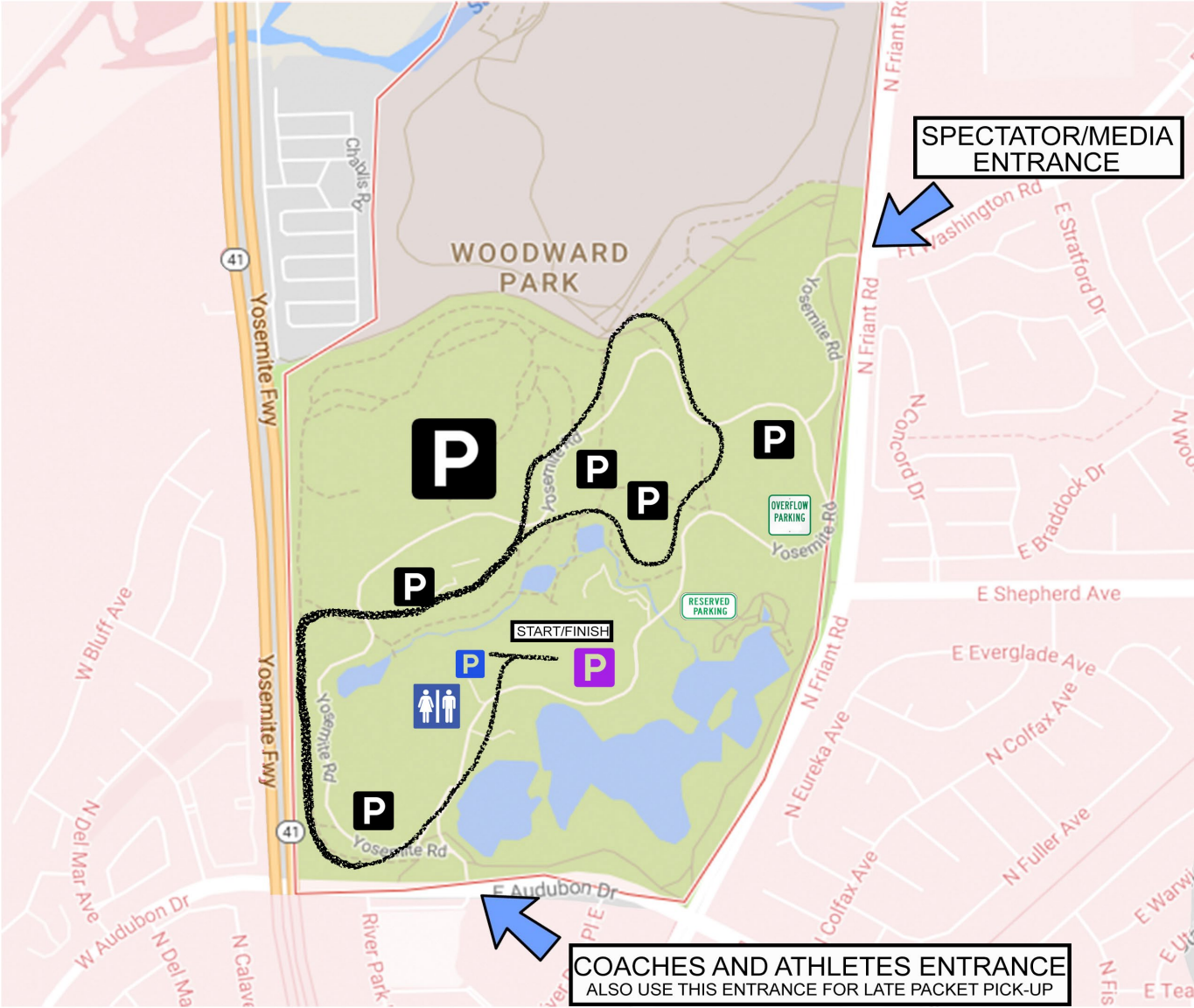
[CIF CORPORATE SPONSORS](#)

CROSS COUNTRY HANDBOOK APPENDICES

Lodging/Hotels

Hotel	G.M./Sales Contact	Address	City	State	Zip Code	Phone
Best Western Clovis Cole	Carol Griggs	415 Clovis Ave.	Clovis	CA	93612	(559) 299-1547
Best Western Plus Fresno Airport	Everette DeVan	1551 N. Peach Ave.	Fresno	CA	93727	(559) 251-5200
Best Western Plus Fresno Inn	Jonathan Perez	480 E. Shaw Ave.	Fresno	CA	93710	(559) 229-5811
Best Western Village Inn	Kaushik or Kalpana Patel	3110 N. Blackstone Ave.	Fresno	CA	93703	(559) 226-2110
Comfort Suites Clovis	Elizabeth Flores	143 Clovis Ave.	Clovis	CA	93612	(559) 299-9992
Comfort Suites Fresno Riverpark	Diane Colebrook	102 E. Herndon Ave.	Fresno	CA	93720	(559) 435-5650
Country Inn & Suites by Radisson Fresno North, CA	Fidencio Marquez/ Patrick Suchak	6065 N. Thesta St.	Fresno	CA	93710	(559) 761-1672
Courtyard by Marriott Fresno Clovis	Nichole Castillo	1450 Shaw Ave.	Clovis	CA	93611	(559) 890-8244
Courtyard by Marriott-Fresno Shaw	Julee May	140 E. Shaw Ave.	Fresno	CA	93710	(559) 221-6000
Days Inn Yosemite Area	Kay Dhaliwal	6090 N. Blackstone Ave.	Fresno	CA	93710	(559) 400-6838
DoubleTree by Hilton Fresno Convention Center	Amy Glover	2233 Ventura Street	Fresno	CA	93721	(559) 268-1000
Fairfield Inn & Suites by Marriott Fresno/Clovis	Susan Mullanax	50 N. Clovis Ave.	Clovis	CA	93612	(559) 323-8080
Fairfield Inn & Suites Fresno Yosemite International Airport	Kim Bradley	1535 N. Peach Ave.	Fresno	CA	93727	(559) 825-5200
Garden Inn & Suites	Ms. Jaime Shih	4949 N. Forestiere Ave.	Fresno	CA	93722	(559) 277-3888
Hampton Inn Fresno Airport	Nichole Castillo	1515 N. Peach Ave.	Fresno	CA	93727	(559) 486-1532
Hampton Inn & Suites-Clovis Airport North	Noemi Emel/Stephanie Rodriguez	855 Gettysburg Ave.	Clovis	CA	93612	559) 348-0000
Hampton Inn & Suites Fresno	Chrissy Wheeler	327 E. Fir Ave.	Fresno	CA	93720	(559) 447-5900
Hampton Inn & Suites Fresno Northwest	Vanessa Powers	7194 Kathryn Ave.	Fresno	CA	93722	(559) 276-9700
Hilton Garden Inn	Angela Hobbs	520 W. Shaw Ave.	Clovis	CA	93612	(559) 299-2203
Holiday Inn Express & Suites Clovis	Rosa Ayala	650 W. Shaw	Clovis	CA	93612	559) 297-0555
Holiday Inn Express & Suites Fresno Northwest	Autumn Simpson	7191 W. Kathryn Ave.	Fresno	CA	93722	(559) 277-0004
Holiday Inn Express & Suites Fresno Riverpark	Sue Biechler	7115 N. Howard St.	Fresno	CA	93720	(559) 577-1350

California State Meet
 Cross Country
Woodward Park
 Fresno, California
 5,000 meter course



P (Blue)	Staff
P (Black)	Parking
P (Purple)	Media

	ROAD
	COURSE

Runner Name/Spelling/Corrections Procedure

1. Cross out the name of the runner who is **NOT** running with a single line.
2. **PRINT IN CAPS** – The **FIRST NAME** and **LAST NAME** and **YEAR IN SCHOOL**
3. **YOU MUST BRING THE CORRECTED CHEST NUMBER TO THE COMPUTER OPERATOR.**

Note: This procedure is for changes or corrections in team entries. Individual entries cannot be substituted but can be corrected.



Bib - chip instructions:

1. We are still using rfid technology but this year we will be utilizing bib-chip technology where the chips will already be affixed to the bibs, therefore it is imperative that athletes **DO NOT**:
 - Remove the chip from the bib
 - Crumple, fold or crease in any way the bibs
2. All athletes must still wear the corresponding bib and hip numbers
3. Bibs and chips do not need to be returned at the conclusion of the race