

## **2023 SCVAL Cross Country Pre-Season Meeting, 8/17/23, 5:30pm, Saratoga HS**

\_Introductions/roll call Paul A

\_ Additions to the agenda Paul A.

\_Rick Ellis - Saratoga, AD Liaison admin issues  
No Frosh/Soph? Boys JV ?

\_Rosters and Timing Chips Hank

\_Review Handouts Paul A

\_CCS meeting: Paul A

Crystal Springs  
Championship Schedule, Crystal Springs neighborhood  
CCS meet  
New gate (St. James)? Sheep Camp Trail

Hosting meets:

EMT and/or trainer for all of our meets.

How to divide divisions now that boys no longer have a FS division.

How many will be allowed in the JV division?

Will we have a third "open boys" race.

State meet

\_Revised start procedure

\_Training Safety

\_Fremont Firebird ? Alejandra or Adam

\_Lynbrook Center Meet & Lynbrook Invite Bernie

\_Baylands #1 Tuesday, 9/19/23 Michael

\_SCVAL Preview Tuesday, 10/3/23 Saxena

\_Baylands #3 Wednesday, 10/18/23 Steph

\_League Championship Saxena

\_Gate charge Paul A  
Santa Clara and Los Gatos

\_Handouts and link:

\_CCS Agenda:

\_Championship Schedule, Crystal Springs neighborhood,  
\_CCS Sanctioned events

\_CCS Cross Country Bylaws 2023-24

\_2023 CCS Cross Country At-Large-Times

\_2023-24 CCS Conference and League Alignment

\_2023 CCS Cross Country Division placement

\_2023 State division entries by section

Palo Corona XC course

NFHS rule changes 2023:

[https://www.nfhs.org/articles/new-examples-of-false-starts-adopted-in-high-school-track-and-field-rules/?utm\\_source=USATF+Certified+Officials&utm\\_campaign=ca21159db3-EMAIL\\_CAMPAIGN\\_6\\_9\\_2023\\_5\\_49\\_COPY\\_01&utm\\_medium=email&utm\\_term=0\\_e4884c838e-ca21159db3-710575209](https://www.nfhs.org/articles/new-examples-of-false-starts-adopted-in-high-school-track-and-field-rules/?utm_source=USATF+Certified+Officials&utm_campaign=ca21159db3-EMAIL_CAMPAIGN_6_9_2023_5_49_COPY_01&utm_medium=email&utm_term=0_e4884c838e-ca21159db3-710575209)

Attached are the handouts from the CCS meeting on August 10th:

CCS meeting agenda

New CBEDs. There are a lot of changes.

CCS at-large-times

League alignments

CCS cross country bylaws

CCS sanctioned invitationals

State team entry numbers by section and division

Crystal Springs schedule

SCVAL 2023 schedule

SCVAL XC Bylaws

NFHS XC Safety

NMC HS accident story

**CENTRAL COAST SECTION CROSS COUNTRY  
DIVISION PLACEMENT FOR 2023  
(based on 2022-23 CBEDS)**

<b>Enrol.</b>	<b>School</b>	<b>Enrol.</b>	<b>School</b>	<b>Enrol.</b>	<b>School</b>
	<b><u>Division 1</u></b>		<b><u>Division 3 (Continued)</u></b>		<b><u>Division 5</u></b>
3467	Hollister	1540	Sobrato	592	Menlo
3344	Bellarmine *	1527	Soledad	545	Design Tech
3010	Milpitas	1518	Pioneer	540	Pacific Grove
2873	Alisal	1503	Overfelt	533	Oceana
2768	Evergreen Valley	1491	Pajaro Valley	520	Stevenson School
2748	Independence	1480	Burlingame	510	KIPP San Jose Collegiate
2607	Salinas	1480	St. Ignatius	509	Monte Vista Christian
2369	Menlo-Atherton	1478	Prospect	491	Downtown College Prep
2322	Carlmont	1434	North Monterey County	478	Castilleja *
2320	Silver Creek	1395	Monterey	462	University Prep Academy
2285	Homestead	1387	Greenfield	452	Cindy Avitia
2264	Santa Teresa	1354	Notre Dame (San Jose) *	448	Nueva School
2198	Watsonville	1349	Aptos	442	Summit Shasta
2195	Mountain View	1349	Sacred Heart Cathedral	428	Cristo Rey San Jose
2173	Fremont	1348	Del Mar	418	Santa Catalina *
	<b><u>Division 2</u></b>		<b><u>Division 4</u></b>	382	Summit Prep
2167	Everett Alvarez		Westmoor	371	Ace Charter
2166	North Salinas	1302	South San Francisco	351	Crystal Springs Uplands
2142	Los Altos	1262	Mt. Pleasant	345	Pacific Collegiate
2052	Los Gatos	1240	King City	340	KIPP Navigate
1999	Branham	1208	El Camino	313	Summit Tahoma
1997	Cupertino	1183	Saratoga	312	Notre Dame (Salinas) *
1966	Palo Alto	1174	Presentation *	309	Priory
1958	Piedmont Hills	1166	Mills	295	East Palo Alto Academy
1937	Sequoia	1153	Seaside	278	Anzar
1870	Leigh	1139	Live Oak	268	Luis Valdez
1862	Wilcox	1137	Jefferson	267	Ceiba
1858	Hillsdale	1133	Capuchino	267	Eastside College Prep
1850	Santa Clara	1087	Santa Cruz	253	Downtown CP - Alum Rock
1788	Gunn	1083	Archbishop Riordan	212	Kehillah Jewish
1787	Westmont	1056	Harbor	211	MacDonald
1786	St. Francis	1028	Half Moon Bay	211	St. Francis SCP
1775	Andrew Hill	1011	Soquel	205	Pinewood
1767	Yerba Buena	1003	San Jose High	168	The York School
1758	Archbishop Mitty	943	Gunderson	146	Oakwood
1750	Gilroy	928	James Lick	136	Mid-Peninsula
1749	Aragon	893	Carmel	110	Kirby
1745	Monta Vista	852	Notre Dame (Belmont) *	95	Pacific Bay Christian
1737	Lynbrook	846	Gonzales	80	Pescadero
1718	Junipero Serra *	805	Harker	74	Thomas More
	<b><u>Division 3</u></b>	801	Mercy *	62	San Francisco Christian
1709	Rancho San Juan	748	Terra Nova	60	Trinity Christian
1696	Woodside	735	San Lorenzo Valley	58	Mountain View Academy
1691	San Mateo	731	Scotts Valley	54	Pacific Point Christian
1682	Lincoln	689	Latino College Prep	44	Mt. Madonna
1674	Christopher	672	Marina		
1663	Willow Glen	666	Sacred Heart Prep		
1639	Valley Christian	648	Palma *		
1603	Oak Grove	610	The King's Academy		
1560	Leland	606			

\* Single-gender schools – enrollment doubled

# Runners return after car accident

BY CLARISSA ALJENTERA

Special to the Mercury News

Cynari Haralson and her teammates are still haunted by the car accident that almost wiped out their high school cross-country team.

But Haralson, a senior, is even more surprised at the comeback she and her North Monterey County teammates have made in the Monterey Bay League. They finished in first place at 9-0, and Saturday they will compete in the Central Coast Section finals, barely more than a year after the Nov. 2 accident that nearly devastated the team.

Eight girls -- seven varsity runners and one backup -- began practice that day on Castroville Boulevard. A 17-year-old girl in a Mitsubishi Eclipse was swerving on the two-lane road when her brakes locked up and the car veered sideways into the pack.

"It was pretty unreal at first, and after awhile I was coming in and out of consciousness for the first half-hour or so," runner Shelly Jones said. "I knew it wasn't a dream when everyone who was driving beside us was getting out of their cars and running to us and trying to help us."

Three girls sustained injuries from broken bones: Elaine Schreiber broke her right collarbone, Meri Hawkins her right foot and Jones her leg. Haralson had ankle and shoulder injuries. Ashley Hernandez, Chante Magpusao, Kai Parker and Candace Vilebaum suffered bruises, contusions, scrapes and cuts. The driver was remanded to her parents' custody until age 21 and her driver's license was suspended for one year.

Five of the eight runners have returned to the Condors: Haralson, Hernandez, Hawkins, Schreiber and Jones. The remaining three graduated.

The varsity girls all run under 22 minutes, and six finished in the top 12 at league finals. Schreiber's time has come down by two minutes, and Haralson, who was voted to the all-league team, brought her time down by one minute.

Coach Jesse Soliven, who was yet to join the girls on their run when the accident occurred, opted not to have his team run on the road this year. He stepped up the team's speed work on the track and has had parents drive the girls to local beaches or parks to do distance running.

"It was the worst nightmare," Soliven said. "I've guarded against it for the last nine years, and to have it happen was a nightmare for me."

Haralson is relieved that her team doesn't practice on Castroville, even though the boys team still uses the road -- with certain safety provisions.

"I would never run on that road," Haralson said. "We see the guys running out there, and we don't like it. We tell them to be careful."



**2023-24**  
**CIF - CENTRAL COAST SECTION**  
**CONFERENCE & LEAGUE ALIGNMENT BY SPORT**

**CENTRAL CONFERENCE (50)**

BVAL 26 schools  
 SCVAL 15 schools  
 WCAL 9 schools

**NORTHERN CONFERENCE (52)**

PAL 17 schools  
 PSAL 23 schools  
 WBAL 12 schools

**SOUTHERN CONFERENCE (39)**

PCAL 32 schools  
 SCCAL 7 schools

**ASSOCIATE MEMBERS (19):**

Apostles Lutheran	German International School of Silicon Valley	Rise University Prep
Avenues - Silicon Valley	Granada Islamic High School	Silicon Valley International
BASIS Independent Silicon Valley	Hillbrook School	Stratford Prep
Calvary Christian Academy	Kahn Lab School	St. Abraham's Classic Christian Academy
Chartwell	KIPP Esperanza High School	Waldorf School of the Peninsula
Denali - Summit Public Schools	Monterey Bay Academy	
Everest - Summit Public Schools	Oxford Day Academy	

**FALL SPORTS**

**CROSS COUNTRY**

<b>CROSS COUNTRY</b>					
<b><u>Mt. Hamilton</u></b> Evergreen Valley Leland Piedmont Hills Pioneer Prospect Santa Teresa Westmont Willow Glen		<b><u>Santa Teresa - West</u></b> Branham Del Mar Independence Leigh Lincoln Yerba Buena		<b><u>BVAL</u></b> <b><u>Santa Teresa - East</u></b> Andrew Hill Christopher Gilroy James Lick Oak Grove Silver Creek	
		<b><u>West Valley</u></b> Gunderson Live Oak Mt. Pleasant San Jose Sobrato		<b><u>PAL</u></b> Aragon Burlingame Capuchino Carlmont El Camino Half Moon Bay Hillsdale Jefferson Menlo-Atherton	
<b><u>Gabilan</u></b> Alisal (B&G) Carmel (B&G) King City (B) Hollister (G) North Monterey County (B&G) Salinas (B)			<b><u>Mission</u></b> Alvarez (B&G) Greenfield (B&G) King City (G) Monte Vista Christian (B&G) Hollister (B) Rancho San Juan (B) Salinas (G) Soledad (B&G) Stevenson (B&G) Watsonville (B&G)		
			<b><u>PCAL</u></b> <b><u>Santa Lucia</u></b> Anzar (G) Ceiba (G) Kirby (B&G) Gonzales (B&G) Marina (B&G) Monterey (B&G) North Salinas (B&G) Notre Dame (G) Oakwood (G) Palma (B) Seaside (B) St. Francis SCP (B)		
			<b><u>Cypress</u></b> Pacific Grove (B&G) Pacific Collegiate (G) Pacific Point (G) Pajaro Valley (G) Santa Catalina (G) Seaside (G) St. Francis SCP(G) Trinity Christian (G) York (G) Trinity Christian (B) York (B)		
			<b><u>De Anza</u></b> Cupertino Fremont Homestead Los Gatos Lynbrook Monta Vista Saratoga		
			<b><u>SCVAL</u></b> <b><u>El Camino</u></b> Gunn Los Altos MacDonald Milpitas Mountain View Palo Alto Santa Clara Wilcox		
<b><u>SCCAL</u></b> Aptos Harbor Mt. Madonna Santa Cruz San Lorenzo Valley Scotts Valley Soquel		<b><u>Bay</u></b>		<b><u>PSAL</u></b> <b><u>North</u></b> <b><u>South</u></b>	
		TBD		<b><u>WBAL</u></b> Castilleja (G) Crystal Eastside College Prep Harker King's Academy Menlo School Mercy (Burlingame) (G) Notre Dame (Belmont) (G) Notre Dame (SJ) (G) Pinewood Priory Sacred Heart Prep	
				<b><u>WCAL</u></b> Archbishop Mitty Archbishop Riordan Bellarmine (B) Junipero Serra (B) Presentation (G) Saint Francis St. Ignatius Sacred Heart Cathedral Valley Christian	

**FIELD HOCKEY**

<u>BVAL</u>		<u>SCVAL</u>		<u>PCAL</u>
<b>Mt. Hamilton</b>	<b>Santa Teresa</b>	<b>De Anza</b>	<b>El Camino</b>	Carmel
Christopher	Branham	Archbishop Mitty	Homestead	Greenfield
Gilroy	Del Mar	Cupertino	Lynbrook	Hollister
Leigh	Leland	Fremont	Monta Vista	Monterey
Prospect	Live Oak	Los Altos	Palo Alto	North Salinas
Westmont	Silver Creek	Los Gatos	Presentation	Notre Dame (Salinas)
Willow Glen	Sobrato	Saint Francis	Santa Clara	Salinas
		St. Ignatius	Saratoga	Santa Catalina
		Valley Christian	Wilcox	Stevenson
				York

**FOOTBALL**

<u>BVAL</u>		<u>PCAL</u>	<u>PAL</u>		<u>WCAL</u> (A)
<b>Mt. Hamilton (A)</b>	<b>Santa Teresa - Foothill (B)</b>	<b>Gabilan (A)</b>	<b>Mission - North (B)</b>	<b>Bay (A)</b>	<b>De Anza (A)</b>
Christopher	Branham	Aptos	Monte Vista Christian	Burlingame	Half Moon Bay
Leland	Gilroy	Alvarez	North Monterey County	Los Gatos	Hillsdale
Lincoln	Independence	Hollister	St. Francis SCP	Menlo-Atherton	Homestead
Live Oak	Piedmont Hills	Monterey	Santa Cruz	Mountain View	King's Academy
Oak Grove	Pioneer	Palma	Scotts Valley	Sacred Heart Prep	Menlo
Santa Teresa	Silver Creek	Salinas	Seaside	Wilcox	Palo Alto
		Soquel	Watsonville		
<b>Santa Teresa - Valley (B)</b>	<b>West Valley (C)</b>	<b>Mission - South (B)</b>	<b>Santa Lucia (C)</b>	<b>Ocean (B)</b>	<b>Lake (C)</b>
Leigh	Andrew Hill	Alisal	Gonzales	Aragon	Cupertino
Mt. Pleasant	Del Mar	Carmel	Greenfield	Capuchino	Gunn
Overfelt	Evergreen Valley	King City	Harbor	Milpitas	Jefferson
Sobrato	Gunderson	North Salinas	Marina	San Mateo	Lynbrook
Westmont	James Lick	Pacific Grove	Pajaro Valley	Sequoia	Mills
Willow Glen	Prospect	Rancho San Juan	San Lorenzo Valley	Terra Nova	Monta Vista
	San Jose	Soledad	Stevenson		Saratoga
	Yerba Buena				S. San Francisco
					Valley Christian

**Independent:** Harker

**8-Man Football:** PCAL: Anzar, Crystal Spring Uplands, Pinewood, Priory, Trinity Christian

**FALL SOCCER**

<u>PSAL</u>		
Kehillah	North Valley Baptist	Pescadero
Mid-Peninsula	Pacific Bay Christian	San Francisco Christian

**GIRLS GOLF**

<u>BVAL</u>		<u>PAL</u>		<u>PCAL</u>	
<b>Mt. Hamilton</b>	<b>Santa Teresa</b>	<b>Bay</b>	<b>Ocean</b>	<b>Gabilan</b>	<b>Mission</b>
Branham	Independence	Aragon	Burlingame	Carmel	Alisal
Christopher	Lincoln	Carlmont	Capuchino	Hollister	Alvarez
Evergreen Valley	Live Oak	Hillsdale	El Camino	Monte Vista Christian	King City
Gilroy	Santa Teresa	Menlo-Atherton	Half Moon Bay	Pacific Grove	Monterey
Leigh	Silver Creek	Mills	Sequoia	Salinas	North Monterey County
Leland	Sobrato	San Mateo	South San Francisco	Santa Catalina	Notre Dame Salinas
		Woodside		Stevenson	Watsonville
<u>SCCAL</u>	<u>SCVAL</u>	<u>WBAL</u>		<u>WCAL</u>	
Aptos	<b>De Anza</b>	Castilleja		Archbishop Mitty	
Harbor	Gunn	Crystal		Archbishop Riordan	
San Lorenzo Valley	Los Altos	Harker		Presentation	
Santa Cruz	Los Gatos	Menlo		Sacred Heart Cathedral	
Scotts Valley	Lynbrook	Mercy		Saint Francis	
	Monta Vista	Notre Dame (Belmont)		St. Ignatius	
	Palo Alto	Notre Dame (San Jose)		Valley Christian	
	Saratoga	Sacred Heart Prep			

**GIRLS TENNIS**

<u>BVAL</u>				<u>SCCAL</u>	
<b>Mt. Hamilton</b> Branham Evergreen Valley Leigh Leland Prospect Westmont	<b>Santa Teresa - West</b> Del Mar Lincoln Pioneer Silver Creek Willow Glen Yerba Buena	<b>Santa Teresa - East</b> Independence Live Oak Oak Grove Piedmont Hills Santa Teresa Sobrato	<b>West Valley</b> Andrew Hill Christopher Gilroy Gunderson Mt. Pleasant Overfelt San Jose	Aptos Harbor San Lorenzo Valley Santa Cruz Scotts Valley Soquel	
<u>PAL</u>		<u>PCAL</u>			
<b>Bay</b> Aragon Burlingame Carlmont Hillsdale Menlo-Atherton San Mateo Sequoia Woodside	<b>Ocean</b> Capuchino El Camino Half Moon Bay Mills Oceana South San Francisco Terra Nova Westmoor	<b>Gabilan</b> Carmel Notre Dame (Salinas) Pacific Grove Salinas Santa Catalina Stevenson	<b>Mission</b> Alvarez Hollister Monterey North Salinas Watsonville York	<b>Cypress</b> Alisal Gonzales Monte Vista Christian Oakwood Pajaro Valley Rancho San Juan St. Francis SCP	
<u>SCVAL</u>		<u>WBAL</u>		<u>WCAL</u>	
<b>De Anza</b> Cupertino Homestead Los Altos Los Gatos Monta Vista Mountain View Palo Alto	<b>El Camino</b> Fremont Gunn Lynbrook MacDonald Milpitas Santa Clara Saratoga Wilcox	<b>Foothill</b> Castilleja Crystal Harker Menlo Notre Dame (Belmont) Sacred Heart Prep	<b>Skyline</b> King's Academy Mercy Notre Dame (San Jose) Nueva Pinewood Priority	Archbishop Mitty Presentation Sacred Heart Cathedral Saint Francis St. Ignatius Valley Christian	
<b>Independent:</b> Archbishop Riordan					

**GIRLS VOLLEYBALL**

<u>BVAL</u>							<u>PSAL</u>		
<b>Mt. Hamilton (B)</b> Branham Evergreen Valley Leigh Leland Prospect Westmont Sobrato	<b>Santa Teresa - West (B)</b> Del Mar Lincoln Pioneer Silver Creek Willow Glen Yerba Buena	<b>Santa Teresa - East (B)</b> Andrew Hill Christopher Independence Live Oak Piedmont Hills Santa Teresa	<b>West Valley (C)</b> Gilroy Gunderson James Lick Mt. Pleasant Oak Grove Overfelt San Jose	<b>Bay (B)</b> Cristo Rey SJ Design Tech Nueva Pacific Bay Christian Summit Shasta Thomas More University Prep	<b>North (C)</b> East Palo Alto Academy Kehillah Mid-Peninsula Mountain View Academy Pescadero San Francisco Christian Summit Prep	<b>South (C)</b> Ace Charter Downtown College Prep DCP - Alum Rock KIPP KIPP Navigate Latino College Prep Luis Valdez Summit Tahoma			
<u>PAL</u>		<u>PCAL</u>							
<b>Bay (A)</b> Aragon Burlingame Carlmont Half Moon Bay Hillsdale Menlo-Atherton San Mateo Sequoia	<b>Ocean (B)</b> Capuchino El Camino Jefferson Mills South San Francisco Terra Nova Westmoor Woodside	<b>Gabilan (A)</b> Carmel Hollister King City Monte Vista Christian Notre Dame (Salinas) Pacific Grove Salinas Santa Catalina	<b>Mission (B)</b> Alisal Alvarez Gonzales Monterey Soledad Stevenson Watsonville	<b>Cypress (B)</b> Greenfield North Monterey County North Salinas Pacific Collegiate Rancho San Juan Seaside St. Francis SCP	<b>Santa Lucia (C)</b> Anzar Kirby Marina Oakwood Pacific Point Pajaro Valley Trinity Christian York				
<u>SCCAL (A)</u>	<u>SCVAL</u>		<u>WBAL</u>		<u>WCAL (A)</u>				
Aptos Harbor Mt. Madonna San Lorenzo Valley Santa Cruz Scotts Valley Soquel	<b>De Anza (A)</b> Cupertino Gunn Los Altos Los Gatos Monta Vista Mountain View Palo Alto	<b>El Camino (B)</b> Fremont Homestead Lynbrook MacDonald Milpitas Santa Clara Saratoga Wilcox	<b>Foothill (A)</b> Menlo Mercy Notre Dame (Belmont) Notre Dame (San Jose) Sacred Heart Prep	<b>Skyline (B)</b> Castilleja Crystal Eastside College Prep Harker King's Academy Pinewood Priority	Archbishop Mitty Archbishop Riordan Presentation Sacred Heart Cathedral Saint Francis St. Ignatius Valley Christian				

**BOYS WATER POLO**

<b><u>Mt. Hamilton</u></b> Branham Gilroy Leigh Leland Pioneer Willow Glen		<b><u>BVAL</u></b> <b><u>Santa Teresa</u></b> Evergreen Valley Gunderson Lincoln Prospect Sobrato Westmont		<b><u>West Valley</u></b> Christopher Independence Mt. Pleasant Santa Teresa Silver Creek Yerba Buena		<b><u>Bay</u></b> Aragon Carlmont Hillsdale Menlo-Atherton Sequoia Terra Nova Woodside		<b><u>PAL</u></b> <b><u>Ocean</u></b> Burlingame Capuchino Half Moon Bay Mills Priority San Mateo	
<b><u>PCAL</u></b> Alvarez Carmel Hollister Monterey Pacific Grove Palma Salinas Stevenson York		<b><u>SCCAL</u></b> Aptos Harbor San Lorenzo Valley Santa Cruz Soquel		<b><u>De Anza</u></b> Fremont Gunn Harker Los Altos Los Gatos Mountain View Palo Alto		<b><u>SCVAL</u></b> <b><u>El Camino</u></b> Cupertino Homestead Lynbrook Milpitas Monta Vista Santa Clara Saratoga Wilcox		<b><u>WCAL</u></b> Archbishop Mitty Bellamine Junipero Serra Menlo Sacred Heart Prep Saint Francis St. Ignatius Valley Christian	

**GIRLS WATER POLO**

<b><u>Mt. Hamilton</u></b> Branham Gilroy Leigh Leland Pioneer Willow Glen		<b><u>BVAL</u></b> <b><u>Santa Teresa</u></b> Evergreen Valley Gunderson Lincoln Prospect Sobrato Westmont		<b><u>West Valley</u></b> Christopher Independence Mt. Pleasant Santa Teresa Silver Creek Yerba Buena		<b><u>Bay</u></b> Aragon Burlingame Carlmont Menlo-Atherton Terra Nova Woodside		<b><u>PAL</u></b> <b><u>Ocean</u></b> Capuchino Half Moon Bay Hillsdale Mercy Mills Notre Dame (Belmont) San Mateo Sequoia	
<b><u>PCAL</u></b> Alvarez Carmel Hollister Monterey Notre Dame (Salinas) Pacific Grove Salinas Santa Catalina Stevenson		<b><u>SCCAL</u></b> Aptos Harbor San Lorenzo Valley Santa Cruz Soquel		<b><u>De Anza</u></b> Castilleja Fremont Gunn Harker Los Altos Los Gatos Lynbrook Palo Alto		<b><u>SCVAL</u></b> <b><u>El Camino</u></b> Cupertino Homestead Milpitas Monta Vista Mountain View Santa Clara Saratoga Wilcox		<b><u>WCAL</u></b> Archbishop Mitty Menlo Presentation Sacred Heart Prep Saint Francis St. Ignatius Valley Christian	



**WINTER SPORTS**

**BOYS BASKETBALL**

<b>BOYS BASKETBALL</b>						
<u>BVAL</u>				<u>PAL</u>		
<u>Mt. Hamilton</u>	<u>Santa Teresa - West</u>	<u>Santa Teresa - East</u>	<u>West Valley</u>	<u>Bay</u>	<u>Ocean</u>	<u>Lake</u>
Branham	Lincoln	Andrew Hill	Del Mar	Burlingame	Aragon	Capuchino
Christopher	Piedmont Hills	Gilroy	Gunderson	Carlmont	El Camino	Mills
Evergreen Valley	Pioneer	Leland	James Lick	Half Moon Bay	San Mateo	Oceana
Independence	Prospect	Live Oak	Mt. Pleasant	Hillsdale	South San Francisco	Sequoia
Leigh	Westmont	Silver Creek	Overfelt	Jefferson	Woodside	Westmoor
Oak Grove	Willow Glen	Sobrato	San Jose	Menlo-Atherton	Terra Nova	
Santa Teresa			Yerba Buena			
<u>PCAL</u>				<u>SCVAL</u>		
<u>Gabilan</u>	<u>Mission</u>	<u>Cypress</u>	<u>Santa Lucia</u>	<u>De Anza</u>	<u>El Camino</u>	
Alvarez	Alisal	Gonzales	Anzar	Gunn	Cupertino	
Carmel	Marina	Greenfield	CEIBA	Los Altos	Fremont	
Hollister	North Monterey County	King City	Kirby	Los Gatos	Homestead	
Monterey	Pacific Grove	Monte Vista Christian	Pacific Collegiate	Milpitas	Lynbrook	
Oakwood	Seaside	North Salinas	Pacific Point	Mountain View	MacDonald	
Palma	St. Francis SCP	Pajaro Valley	Trinity Christian	Palo Alto	Monta Vista	
Salinas	Stevenson	Rancho San Juan	York	Wilcox	Santa Clara	
	Watsonville	Soledad			Saratoga	
<u>PSAL</u>			<u>SCCAL</u>	<u>WBAL</u>		<u>WCAL</u>
<u>North</u>	<u>Central</u>	<u>South</u>	Aptos	Crystal	Archbishop Mitty	
Design Tech	ACE Charter	Cindy Avitia	Harbor	Eastside College Prep	Archbishop Riordan	
Kehillah	Downtown College Prep	Cristo Rey SJ	San Lorenzo Valley	Harker	Bellarmine	
Nueva	DCP - Alum Rock	KIPP Navigate	Santa Cruz	King's Academy	Junipero Serra	
Pacific Bay Christian	East Palo Alto Academy	Latino College Prep	Scotts Valley	Menlo	Saint Francis	
Pescadero	KIPP	Luis Valdez	Soquel	Pinewood	St. Ignatius	
San Francisco Christian	Mid-Peninsula	Thomas More		Priory	Sacred Heart Cathedral	
Summit Shasta	Mountain View Academy	Summit Tahoma		Sacred Heart Prep	Valley Christian	
Summit Prep	North Valley Baptist	University Prep				

**GIRLS BASKETBALL**

<b>GIRLS BASKETBALL</b>						
<u>BVAL</u>				<u>PAL</u>		
<u>Mt. Hamilton</u>	<u>Santa Teresa</u>	<u>Almaden Valley</u>	<u>West Valley</u>	<u>Bay</u>	<u>Ocean</u>	<u>Lake</u>
Branham	Leigh	Andrew Hill	Gunderson	Aragon	Capuchino	Burlingame
Christopher	Lincoln	Del Mar	James Lick	Carlmont	El Camino	Oceana
Evergreen Valley	Oak Grove	Gilroy	Mt. Pleasant	Half Moon Bay	Jefferson	San Mateo
Leland	Piedmont Hills	Independence	Overfelt	Hillsdale	Sequoia	South San Francisco
Pioneer	Prospect	Live Oak	San Jose	Menlo-Atherton	Terra Nova	Woodside
Sobrato	Santa Teresa	Westmont	Yerba Buena	Mills	Westmoor	
	Silver Creek					
	Willow Glen					
<u>PCAL</u>				<u>SCVAL</u>		
<u>Gabilan</u>	<u>Mission</u>	<u>Cypress</u>	<u>Santa Lucia</u>	<u>De Anza</u>	<u>El Camino</u>	
Alisal	Carmel	Gonzales	Anzar	Fremont	Cupertino	
Alvarez	Greenfield	King City	CEIBA	Homestead	Gunn	
Hollister	Monte Vista Christian	Marina	Kirby	Los Altos	MacDonald	
Monterey	Rancho San Juan	North Monterey County	Oakwood	Los Gatos	Milpitas	
North Salinas	Seaside	Notre Dame (Salinas)	Santa Catalina	Lynbrook	Mountain View	
Pacific Grove	Soledad	Pacific Collegiate	Trinity Christian	Monta Vista	Santa Clara	
Salinas	Stevenson	Pajaro Valley	York	Palo Alto	Saratoga	
Watsonville		St. Francis SCP			Wilcox	
<u>SCCAL</u>	<u>PSAL</u>		<u>South</u>	<u>WBAL</u>		<u>WCAL</u>
Aptos	<u>North</u>	<u>Central</u>	Cindy Avitia	<u>Foothill</u>	<u>Skyline</u>	Archbishop Mitty
Harbor	Design Tech	ACE Charter	Cristo Rey SJ	Crystal	Castilleja	Archbishop Riordan
San Lorenzo Valley	Kehillah	Downtown College Prep	Latino College Prep	Menlo	Eastside College Prep	Presentation
Santa Cruz	Nueva	DCP - Alum Rock	Luis Valdez	Notre Dame (Belmont)	Harker	Sacred Heart Cathedral
Scotts Valley	Pacific Bay Christian	East Palo Alto Academy	University Prep	Notre Dame (San Jose)	King's Academy	Saint Francis
Soquel	Pescadero	KIPP		Pinewood	Mercy	St. Ignatius
	San Francisco Christian	Mid-Peninsula		Priory	Sacred Heart Prep	Valley Christian
	Summit Prep	Mountain View Academy				
	Summit Shasta					

**BOYS SOCCER**

<b>BOYS SOCCER</b>					
<b>BVAL</b>			<b>PSAL</b>		
<b>Mt. Hamilton (A)</b>	<b>Santa Teresa - West (B)</b>	<b>Santa Teresa - East (B)</b>	<b>West Valley (C)</b>	<b>North (C)</b>	<b>South (C)</b>
Branham	Del Mar	Andrew Hill	Gilroy	Downtown College Prep	Ace Charter
Leigh	Oak Grove	Christopher	Gunderson	DCP - Alum Rock	Cindy Avitia
Leland	Overfelt	Evergreen Valley	Independence	Design Tech	Cristo Rey SJ
Lincoln	Pioneer	Live Oak	James Lick	East Palo Alto	KIPP
Mt. Pleasant	Silver Creek	Santa Teresa	Piedmont Hills	Nueva	KIPP Navigate
Prospect	Yerba Buena	Sobrato	San Jose	Summit Prep	Latino College Prep
Westmont				Summit Shasta	Luis Valdez
Willow Glen					Summit Tahoma
<b>PAL</b>		<b>SCCAL (B)</b>		<b>SCVAL</b>	
<b>Bay (A)</b>	<b>Ocean (B)</b>	<b>Lake (C)</b>	Aptos	<b>De Anza (A)</b>	<b>El Camino (B)</b>
Aragon	Capuchino	El Camino	Harbor	Fremont	Cupertino
Burlingame	Hillsdale	Mills	San Lorenzo Valley	Gunn	Los Gatos
Carlmont	Jefferson	Oceana	Santa Cruz	Homestead	Lynbrook
Half Moon Bay	San Mateo	Terra Nova	Scotts Valley	Los Altos	MacDonald
Menlo-Atherton	South San Francisco	Westmoor	Soquel	Mountain View	Milpitas
Sequoia	Woodside			Palo Alto	Monta Vista
				Santa Clara	Saratoga
					Wilcox
<b>PCAL</b>			<b>WBAL (B)</b>		<b>WCAL (A)</b>
<b>Gabilan (A)</b>	<b>Mission (B)</b>	<b>Cypress (B)</b>	<b>Santa Lucia (C)</b>		Crystal
Alisal	King City	Carmel	Anzar	Eastside College Prep	Archbishop Mitty
Alvarez	Monterey	CEIBA	Marina	Harker	Archbishop Riordan
Greenfield	Pajaro Valley	Gonzales	Oakwood	King's Academy	Bellarmino
Hollister	Palma	Monte Vista Christian	Pacific Grove	Menlo	Junipero Serra
North Salinas	Rancho San Juan	North Monterey County	St. Francis SCP	Pinewood	Saint Francis
Seaside	Salinas	Pacific Collegiate	Trinity Christian	Priory	St. Ignatius
Watsonville	Soledad	Stevenson	York	Sacred Heart Prep	Sacred Heart Cathedral
					Valley Christian

**GIRLS SOCCER**

<b>GIRLS SOCCER</b>						
<b>BVAL</b>				<b>PAL</b>		
<b>Mt. Hamilton (A)</b>	<b>Santa Teresa - West (B)</b>	<b>Santa Teresa - East (B)</b>	<b>West Valley (C)</b>	<b>Bay (A)</b>	<b>Ocean (B)</b>	<b>Lake (C)</b>
Branham	Independence	Christopher	Andrew Hill	Burlingame	Aragon	El Camino
Leigh	James Lick	Evergreen Valley	Del Mar	Carlmont	Capuchino	Jefferson
Leland	Prospect	Gilroy	Gunderson	Hillsdale	Half Moon Bay	Mills
Lincoln	Santa Teresa	Live Oak	Oak Grove	Menlo-Atherton	San Mateo	Oceana
Piedmont Hills	Westmont	Mt. Pleasant	Overfelt	Sequoia	South San Francisco	Westmoor
Pioneer	Willow Glen	Silver Creek	San Jose	Woodside	Terra Nova	
Sobrato			Yerba Buena			
<b>PCAL</b>				<b>PSAL</b>		
<b>Gabilan (B)</b>	<b>Mission (B)</b>	<b>Cypress (C)</b>	<b>Santa Lucia (C)</b>	<b>North (C)</b>	<b>South (C)</b>	
Alisal	Carmel	King City	Anzar	Design Tech	Ace Charter	
Alvarez	Monte Vista Christian	North Monterey County	CEIBA	Downtown College Prep	Cindy Avitia	
Hollister	North Salinas	Notre Dame (Salinas)	Gonzales	East Palo Alto	Cristo Rey SJ	
Monterey	Pacific Collegiate	Pacific Grove	Greenfield	Nueva	KIPP	
Rancho San Juan	Pajaro Valley	Santa Catalina	Marina	Summit Prep	KIPP Navigate	
Salinas	Seaside	St. Francis SCP	Oakwood	Summit Shasta	Latino College Prep	
Watsonville	Soledad	York	Stevenson	Thomas More	Luis Valdez	
			Trinity Christian		Summit Tahoma	
<b>SCCAL (B)</b>	<b>SCVAL</b>	<b>WBAL</b>		<b>WCAL (A)</b>	<b>Independent (C)</b>	
Aptos	<b>De Anza (A)</b>	<b>El Camino (B)</b>	<b>Foothill (B)</b>	<b>Skyline (C)</b>	Archbishop Mitty	
Harbor	Homestead	Cupertino	Harker	Castilleja	Presentation	
San Lorenzo Valley	Los Altos	Fremont	Menlo	Crystal	Saint Francis	
Santa Cruz	Los Gatos	Gunn	Notre Dame (Belmont)	Eastside College Prep	St. Ignatius	
Scotts Valley	Mountain View	Lynbrook	Notre Dame (SJ)	King's Academy	Sacred Heart Cathedral	
Soquel	Palo Alto	MacDonald	Priory	Mercy	Valley Christian	
	Santa Clara	Milpitas	Sacred Heart Prep	Pinewood		
	Saratoga	Monta Vista				
		Wilcox				

**WRESTLING**

<u>BVAL</u>				<u>PCAL</u>		
<u>Mt. Hamilton</u>	<u>Santa Teresa - West</u>	<u>Santa Teresa - East</u>	<u>West Valley</u>	<u>Gabilan</u>	<u>Mission</u>	<u>Cypress</u>
Evergreen Valley	Branham	Andrew Hill	Independence	Alisal	Alvarez	Gonzales
Gilroy	Del Mar	Christopher	James Lick	Hollister	Carmel	North Monterey County
Leigh	Lincoln	Gunderson	Mt. Pleasant	Monterey	Greenfield	Pacific Grove
Leland	Piedmont Hills	Live Oak	Oak Grove	North Salinas	King City	Pajaro Valley
Overfelt	Prospect	Pioneer	San Jose	Palma	Monte Vista Christian	St. Francis SCP
Santa Teresa	Westmont	Sobrato	Yerba Buena	Salinas	Rancho San Juan	Watsonville
Silver Creek	Willow Glen				Soledad	

  

<u>PAL</u>		<u>SCCAL</u>	<u>SCVAL</u>		<u>WCAL</u>
<u>Bay</u>	<u>Ocean</u>		<u>De Anza</u>	<u>El Camino</u>	
Burlingame	Aragon	Aptos Harbor	Fremont	Cupertino	Archbishop Mitty
Capuchino	El Camino	San Lorenzo Valley	Gunn	King's Academy	Archbishop Riordan
Carlmont	Mills	Santa Cruz	Homestead	Los Altos	Bellarmine
Half Moon Bay	Oceana	Scotts Valley	Los Gatos	Milpitas	Junipero Serra
Hillsdale	Sequoia	Soquel	Lynbrook	Monta Vista	Saint Francis
Menlo-Atherton	South San Francisco		Mountain View	Santa Clara	St. Ignatius
San Mateo	Woodside		Palo Alto	Saratoga	Sacred Heart Cathedral
Terra Nova			Wilcox		Valley Christian

**SPRING SPORTS**

**BADMINTON**

<u>BVAL</u>				<u>PAL</u>			<u>SCVAL</u>	
<u>Mt. Hamilton</u>	<u>Santa Teresa - West</u>	<u>Santa Teresa - East</u>	<u>West Valley</u>	<u>Bay</u>	<u>Ocean</u>	<u>Lake</u>	<u>De Anza</u>	<u>El Camino</u>
Andrew Hill	Branham	Mt. Pleasant	Christopher	Aragon	Burlingame	El Camino	Cupertino	Fremont
Evergreen Valley	Del Mar	Oak Grove	James Lick	Carlmont	Capuchino	Hillsdale	Lynbrook	Gunn
Independence	Gunderson	Overfelt	Lincoln	Menlo-Atherton	Jefferson	Terra Nova	Milpitas	Homestead
Leigh	Pioneer	Santa Teresa	Live Oak	Mills	Sequoia	Westmoor	Monta Vista	Los Altos
Leland	Prospect	Valley Christian	San Jose	San Mateo	S. San Francisco	Woodside	Palo Alto	Los Gatos
Archbishop Mitty	Westmont	Yerba Buena	Sobrato				Saratoga	Mountain View
Piedmont Hills			Willow Glen				Wilcox	Santa Clara
Silver Creek								

Independent: Nueva

**BOYS GOLF**

<u>BVAL</u>			<u>PAL</u>			<u>SCVAL</u>	
<u>Mt. Hamilton</u>	<u>Santa Teresa</u>	<u>West Valley</u>	<u>Bay</u>	<u>Ocean</u>	<u>DeAnza</u>	<u>El Camino</u>	
Branham	Gilroy	Andrew Hill	Aragon	Capuchino	Cupertino	Fremont	
Christopher	Independence	Del Mar	Burlingame	El Camino	Los Altos	Gunn	
Evergreen Valley	Leigh	Gunderson	Carlmont	Half Moon Bay	Los Gatos	Homestead	
Leland	Lincoln	Mt. Pleasant	Hillsdale	Mills	Lynbrook	Milpitas	
Pioneer	Live Oak	Oak Grove	Menlo-Atherton	South San Francisco	Monta Vista	Mountain View	
Santa Teresa	Prospect	Piedmont Hills	San Mateo	Terra Nova	Palo Alto	Santa Clara	
Sobrato	Silver Creek	Yerba Buena	Sequoia		Saratoga	Wilcox	
Willow Glen	Westmont		Woodside				

  

<u>Gabilan</u>	<u>Mission</u>	<u>Cypress</u>	<u>SCCAL</u>	<u>WBAL</u>	<u>WCAL</u>
<b>TBD</b>			Aptos Harbor	Crystal Harker	Archbishop Mitty
			San Lorenzo Valley	King's Academy	Archbishop Riordan
			Santa Cruz	Menlo	Bellarmine
			Scotts Valley	Sacred Heart Prep	Junipero Serra
			Soquel		Sacred Heart Cathedral
					Saint Francis
					St. Ignatius
					Valley Christian

**GYMNASTICS**

<u>SCVAL</u>		
Christopher	Half Moon Bay	Mercy
Cupertino	Homestead	Mountain View
Gilroy	Los Altos	Pinewood
		Saint Francis
		Wilcox

**BASEBALL**

<u>BVAL</u>			<u>PSAL (C)</u>		
<b>Mt. Hamilton (A)</b> Branham Christopher Leigh Leland Live Oak Pioneer Santa Teresa Sobrato Westmont Willow Glen	<b>Santa Teresa (B)</b> Andrew Hill Del Mar Evergreen Valley Gunderson Gilroy Lincoln Oak Grove Piedmont Hills Prospect Silver Creek	<b>West Valley (C)</b> Independence James Lick Mt. Pleasant Overfelt San Jose Yerba Buena	Design Tech DCP - Alum Rock East Palo Alto Academy North Valley Baptist Pacific Bay Christian Pinewood Summit Prep Summit Shasta Thomas More		
<u>PAL</u>		<u>SCVAL</u>			
<b>Bay (A)</b> Burlingame Capuchino Carlmont Hillsdale King's Academy Menlo-Atherton Sacred Heart Prep Sequoia	<b>Ocean (B)</b> Aragon El Camino Half Moon Bay Menlo Mills San Mateo Terra Nova Woodside	<b>Lake (C)</b> Crystal Spring Uplands Harker Jefferson Priory South San Francisco Westmoor	<b>De Anza (A)</b> Cupertino Gunn Homestead Los Altos Los Gatos Mountain View Palo Alto Wilcox	<b>El Camino (B)</b> Fremont Lynbrook Milpitas Monta Vista Santa Clara Saratoga	
<u>PCAL</u>		<u>SCCAL (A)</u>		<u>WCAL (A)</u>	
<b>Gabilan (A)</b> Carmel Hollister Monterey Monte Vista Christian Pacific Grove Palma Salinas St. Francis SCP	<b>Mission (B)</b> Alisal Alvarez Greenfield King City North Monterey County North Salinas Rancho San Juan Soledad Stevenson Watsonville	<b>Cypress (C)</b> Anzar Gonzales Marina Pajaro Valley Seaside Trinity Christian	<b>Aptos (A)</b> Harbor San Lorenzo Valley Santa Cruz Scotts Valley Soquel		<b>Archbishop Mitty</b> Archbishop Riordan Bellarmine Junipero Serra Sacred Heart Cathedral Saint Francis St. Ignatius Valley Christian

**COMPETITIVE SPORT CHEER**

<u>BVAL</u>				
Branham Sequoia	Palo Alto Silver Creek	Pioneer Westmont	Prospect Wilcox	Santa Clara

**BOYS LACROSSE**

<u>BVAL</u>	<u>PAL</u>		<u>PCAL</u>		<u>WCAL</u>
Christopher Leland Live Oak Pioneer Sobrato	<b>Bay</b> Burlingame Carlmont Los Altos Menlo-Atherton Mountain View Palo Alto	<b>Ocean</b> Aragon Gunn Hillsdale Priory Sequoia Woodside	<b>Gabilan</b> Hollister Los Gatos Palma Salinas Stevenson	<b>Mission</b> Aptos Carmel Monterey Pacific Collegiate Pacific Grove Soquel	Archbishop Mitty Bellarmine Junipero Serra Menlo Sacred Heart Prep Sacred Heart Cathedral Saint Francis St. Ignatius
<u>Independent:</u> Latino College Prep					

**GIRLS LACROSSE**

<u>BVAL</u>	<u>PCAL</u>	<u>SCVAL</u>	<u>WBAL</u>		
Gilroy Leland Lincoln Live Oak Pioneer Sobrato Willow Glen	Carmel Monterey Monte Vista Christian Notre Dame - Salinas Salinas Santa Catalina Scotts Valley Soquel Stevenson York	Gunn Los Altos Los Gatos Mountain View Palo Alto Saratoga Wilcox	<b>Foothill</b> Archbishop Mitty Menlo Menlo-Atherton Sacred Heart Prep Saint Francis St. Ignatius	<b>Skyline</b> Burlingame Carlmont Hillsdale Priory Sequoia Woodside	<b>Alpine</b> Aragon Castilleja Harker Mercy Notre Dame (Belmont) Notre Dame (San Jose) Presentation Sacred Heart Cathedral

**SOFTBALL**

<b>SOFTBALL</b>				
<u><b>Mt. Hamilton (A)</b></u> Branham Gilroy Leigh Leland Live Oak Santa Teresa Sobrato Westmont Willow Glen	<u><b>Santa Teresa</b></u> Christopher Lincoln Oak Grove Piedmont Hills Pioneer Prospect Silver Creek	<u><b>BVAL</b></u> <u><b>West Valley (C)</b></u> Andrew Hill Del Mar Evergreen Valley Gunderson Independence	<u><b>PSAL (C)</b></u> Design Tech DCP - Alum Rock KIPP Latino College Prep Luis Valdez Pacific Bay Christian Summit Shasta	
<u><b>Bay (A)</b></u> Aragon Burlingame Capuchino Carlmont Hillsdale San Mateo Sequoia Woodside	<u><b>PAL</b></u> <u><b>Ocean (C)</b></u> El Camino Half Moon Bay Jefferson Menlo-Atherton Mills South San Francisco Terra Nova	<u><b>Gabilan (A)</b></u> Alvarez Hollister Monterey North Monterey County North Salinas Notre Dame (Salinas) Salinas Stevenson	<u><b>PCAL</b></u> <u><b>Mission (B)</b></u> Carmel Gonzales King City Monte Vista Christian Pacific Grove Santa Catalina St. Francis SCP Watsonville	<u><b>Cypress (C)</b></u> Alisal Anzar Greenfield Marina Pajaro Valley Rancho San Juan Seaside Soledad Trinity Christian
<u><b>SCCAL (B)</b></u> Aptos Harbor San Lorenzo Valley Santa Cruz Scotts Valley Soquel	<u><b>De Anza (A)</b></u> Fremont Homestead Los Altos Los Gatos Milpitas Mountain View Wilcox	<u><b>SCVAL</b></u> <u><b>El Camino (B)</b></u> Cupertino Gunn Lynbrook Monta Vista Palo Alto Santa Clara Saratoga	<u><b>WBAL (C)</b></u> Castilleja King's Academy Mercy Notre Dame (Belmont) Notre Dame (San Jose)	<u><b>WCAL (A)</b></u> Archbishop Mitty Presentation Sacred Heart Cathedral Saint Francis St. Ignatius Valley Christian

**SWIMMING & DIVING**

<b>SWIMMING &amp; DIVING</b>						
<u><b>Mt. Hamilton</b></u> Branham Evergreen Valley Leigh Leland Pioneer Prospect Santa Teresa Silver Creek	<u><b>BVAL</b></u> <u><b>Santa Teresa</b></u> Christopher Gilroy Independence Piedmont Hills Sobrato Westmont Willow Glen Yerba Buena	<u><b>West Valley</b></u> Andrew Hill Del Mar Gunderson Lincoln Live Oak Mt. Pleasant Oak Grove Overfelt	<u><b>Gabilan</b></u>	<u><b>Mission</b></u>	<u><b>Cypress</b></u>	
<b>TBD</b>						
<u><b>Bay</b></u> Aragon Burlingame Carlmont Menlo-Atherton Mills San Mateo Sequoia Woodside	<u><b>PAL</b></u> <u><b>Ocean</b></u> Capuchino El Camino Half Moon Bay Hillsdale Jefferson Oceana South San Francisco Terra Nova Westmoor	<u><b>SCCAL</b></u> Aptos Harbor San Lorenzo Valley Santa Cruz Scotts Valley Soquel	<u><b>De Anza</b></u> Gunn Homestead Los Altos Los Gatos Lynbrook Palo Alto Saratoga	<u><b>SCVAL</b></u> <u><b>El Camino</b></u> Cupertino Fremont Milpitas Monta Vista Mountain View Santa Clara Wilcox	<u><b>WBAL</b></u> Castilleja (G) Crystal Harker King's Academy Menlo Mercy (G) Notre Dame (Belmont) (G) Notre Dame (San Jose) (G) Nueva Pinewood Priory Sacred Heart Prep	<u><b>WCAL</b></u> Archbishop Mitty Archbishop Riordan Bellarmine (B) Junipero Serra (B) Presentation (G) Sacred Heart Cathedral Saint Francis St. Ignatius Valley Christian



**BOYS VOLLEYBALL**

<b>BOYS VOLLEYBALL</b>							
<u>BVAL</u>			<u>PAL</u>		<u>PCAL</u>		
<b>Mt. Hamilton (B)</b>	<b>Santa Teresa (C)</b>	<b>West Valley (C)</b>	<b>Bay (C)</b>	<b>Ocean (C)</b>	<b>Gabilan (B)</b>	<b>Mission (C)</b>	<b>Cypress (C)</b>
Branham	Andrew Hill	Gilroy	Aragon	Capuchino	Carmel	Alisal	Alvarez
Evergreen Valley	Christopher	Gunderson	Burlingame	El Camino	Hollister	Kirby	Anzar
Independence	Del Mar	James Lick	Carlmont	Mills	Monterey	North Salinas	Ceiba
Leigh	Oak Grove	Lincoln	Hillsdale	Sequoia	Palma	Pacific Collegiate	Marina
Leland	Sobrato	Live Oak	Menlo-Atherton	South San Francisco	Salinas	Pajaro Valley	Oakwood
Piedmont Hills	Westmont	Mt. Pleasant	San Mateo		Seaside	Rancho San Juan	Soledad
Pioneer	Willow Glen	Overfelt				Watsonville	York
Prospect		San Jose					
		Santa Teresa					
		Silver Creek					
<u>PSAL</u>		<u>SCCAL (B)</u>	<u>SCVAL</u>		<u>WCAL (A)</u>		
<b>North (C)</b>	<b>South (C)</b>	Aptos	<b>De Anza (A)</b>	<b>El Camino (B)</b>	<b>Foothill (C)</b>	Archbishop Mitty	
Design Tech	ACE Charter	Harbor	Cupertino	Fremont	Eastside College Prep	Bellarmino	
East Palo Alto Academy	Cristo Rey	Mt. Madonna	Harker	Los Altos	Gunn	Junipero Serra	
Mountain View Academy	Downtown College Prep	San Lorenzo Valley	Homestead	Los Gatos	King's Academy	Sacred Heart Cathedral	
Nueva	DCP - Alum Rock	Santa Cruz	Lynbrook	Palo Alto	MacDonald	Saint Francis	
Pescadero	KIPP	Scotts Valley	Monta Vista	Saratoga	Milpitas	St. Ignatius	
Summit Prep	KIPP Navigate	Soquel	Mountain View	Wilcox	Santa Clara	Valley Christian	
Summit Shasta	Summit Tahoma						
	University Prep Academy						
<b>Independent:</b> Luis Valdez, Mid-Peninsula							

CRYSTAL SPRINGS CROSS COUNTRY RACE COURSE SCHEDULE

Name of League or Organization	Name of the Meet	Race Director Name or League Commissioner	Date requested
Junipero Serra High School	Serra Jamboree	Ron DiMaggio Jr.	9/1/2023
WBAL Middle School League	WBAL MS League Meet	Chris Wade	9/13/2023
Hillsdale High School	Fighting Knights Joust	Chris Lucey	9/16/2023
SSIL (Small Schools Intermediate League)	SSIL Meet #1	Jaclyn Pieper	10/2/2023
SCVAL	SCVAL Crystal Preview	Karen Saxena	10/3/2023
WBAL	WBAL #1	Albert Caruana	10/4/2023
PSAL, Inc	PSAL Pre-View Meet	Natalie Talbot-Thorne	10/5/2023
CSM Cross Country Team	CSM - College Race	Kajari Burns	10/6/2023
Junipero Serra High School	48th Annual Junipero Serra Cry	Ron DiMaggio Jr.	10/7/2023
WBAL MS	WBAL MS League Finals	Chris Wade	10/10/2023
Peninsula Athletic League (PAL)	PAL League Meet #2	Terry Stogner	10/11/2023
ADAL	ADAL Middle School Invitationa	Karen Saxena	10/12/2023
Field Middle School Meet	Field Middle School	Matthew Eck	10/16/2023
SSIL (Small Schools Intermediate League)	SSIL Championship	Jaclyn Pieper	10/23/2023
ADAL	ADAL Championship meet	Karen Saxena	10/25/2023
Blossom Valley Athletic League	BVAL Championship	Scott Young	10/30/2023
SCVAL	SCVAL Championship	Karen Saxena	10/31/2023
WCAL	WCAL Finals	Ron DiMaggio Jr. & Jolene Fulgace	11/1/2023
PSAL, Inc.	PSAL Championsnip	Natalie Talbot-Thorne	11/2/2023
WBAL	WBAL Final	Albert Caruana	11/3/2023
Peninsula Athletic League (PAL)	PAL Championships	Terry Stogner	11/4/2023
Catholic Youth Organization	CYO-SF	Michael Adam	11/5/2023
CIF-Central Coast Section	CCS Championships	Xolan Brown	11/11/2023





# CIF/Central Coast Section

## Cross Country Bylaws

### 2023-24



#### **Section 1. SCHEDULED MEETINGS**

- A. Organization:** **THURSDAY, AUGUST 10, 2023, TIME: 7:00 pm**  
*(date subject to change to insure meeting is prior to all league organizational meetings)*
- B. Evaluation:** **TUESDAY, NOVEMBER 28, 2023, 7:00 PM**

#### **Section 2. MEET DATES / SITES**

- A.** The Section Meet is scheduled for: **SATURDAY, NOVEMBER 11, 2023.**  
*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 8, 2021**
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.

#### **Section 3. DIVISION PLACEMENT** *(as approved by the CCS Board of Managers, 3/30/2022)*

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 25%**
  - Division III: next 25%**
  - Division IV: remaining 35%**
- **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.

#### **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.
- 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.
- 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](http://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 art.3 pages 22 & 23 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 Bylaws 308 & 506](#):
  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 506](#).

- 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.E.-1a. (above) in the case of a public school, and Section 6.E.-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

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• berating your opponent's school or mascot</li> <li>• complaining about officials' calls (verbally or in gestures)</li> <li>• berating opposing players</li> </ul> | <ul style="list-style-type: none"> <li>• artificial noise makers</li> <li>• obscene cheers / gestures</li> <li>• negative signs</li> </ul> |
|--|--|

- 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
- Near-by 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 member school teams and athletes who have been engaged in season-long league play in a given sport.

- 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.
- 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 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,
- C. In individual sports, (swimming, track & field, cross country, tennis, golf, gymnastics, badminton, wrestling), a student athlete must compete in at least ½ of the regularly-scheduled league meets in order to participate in the CCS 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 considered 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 ½ 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 ½ of their regularly-scheduled league contests.
- if through internal team competition and ladder movement an athlete has not had the opportunity to participate in ½ the regular-scheduled league contests.

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

## Central Coast Section 2023 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:**

<u>Individual</u>			<u>Team</u>		
	<u>Boys</u>	<u>Girls</u>		<u>Boys</u>	<u>Girls</u>
Div 1	17:26	21:27	Div 1	85:40	105:30
Div 2	17:30	21:20	Div 2	85:52	104:41
Div 3	17:39	21:42	Div 3	86:40	106:26
Div 4	17:52	22:14	Div 4	87:26	108:40
Div 5	19:01	23:11	Div 5	93:07	114:09

**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:**

<u>Individual</u>			<u>Team</u>		
	<u>Boys</u>	<u>Girls</u>		<u>Boys</u>	<u>Girls</u>
Div 1	16:42	20:38	Div 1	82:48	101:17
Div 2	16:46	20:30	Div 2	83:00	100:28
Div 3	16:55	20:52	Div 3	83:48	102:13
Div 4	17:08	21:24	Div 4	84:34	104:27
Div 5	18:17	22:21	Div 5	90:15	109:56

**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:**

<u>Individual</u>			<u>Team</u>		
	<u>Boys</u>	<u>Girls</u>		<u>Boys</u>	<u>Girls</u>
Div 1	17:38	21:47	Div 1	86:26	107:18
Div 2	17:43	21:30	Div 2	87:05	105:18
Div 3	17:49	21:49	Div 3	87:32	107:21
Div 4	18:04	22:25	Div 4	88:16	110:02
Div 5	19:21	23:26	Div 5	94:37	115:58

**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:**

<u>Individual</u>			<u>Team</u>		
	<u>Boys</u>	<u>Girls</u>		<u>Boys</u>	<u>Girls</u>
Div 1	18:14	22:26	Div 1	89:20	110:48
Div 2	18:18	22:19	Div 2	89:32	109:59
Div 3	18:27	22:41	Div 3	90:20	111:44
Div 4	18:40	23:13	Div 4	91:06	113:58
Div 5	19:49	24:10	Div 5	96:47	119:27



# CENTRAL COAST SECTION CROSS COUNTRY

Organizational Meeting  
August 10, 2023

**Please note! This will be a Zoom meeting.  
Join Zoom Meeting:**

<https://us02web.zoom.us/j/84817063074?pwd=amp2ZTR5UXAzSW5KOGtEQkl4VEx0Zz09>



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 11, 2023  
*Note: Entries Due: Monday, November 6, 2023, 12 noon*
- B. Evaluation Meeting: Tuesday, November 28, 2023, 7:00pm

IV. CCS Meet

- A. Rules Review
- B. Review [CCS X/C By-laws](#)  
*Note: Number of complete teams on the line at league qualifier determines CCS entries.*
- C. Site: Crystal Springs Cross Country Course  
CCS Office Liaison: Xolan Brown  
Meet Directors: Steve Filios & Jim Marheinke  
Seeding: Mark McConnell  
Timing & Results: Sean Laughlin
  - 1. Course update
  - 2. Workday
- D. [CBEDS](#): Division placement for 2023
- E. CCS At-large times
  - 1. Updates to Crystal Springs, Pinto and Palo Corona.
- F. [Participating School Sheet](#) – check for accuracy
- G. 2023 Schedule of Meets
  - 1. [Approved CCS Invitationals](#)
  - 2. League Championship/CCS Qualifier Meets-review
- H. Proposed CCS Meet time schedule

		<u>Time</u>		<u>Time</u>
Division III	Boys	10:00 am	Girls	10:35 am
Division IV	Boys	11:10 am	Girls	11:45 am
Division V	Boys	12:20 pm	Girls	12:55 pm
Division I	Boys	1:30 pm	Girls	2:05 pm
Division II	Boys	2:40 pm	Girls	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 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. Safety concerns: EMT and Trainers.
  - 3. Restrooms
  - 4. Trash
  - 5. Team Drop-Off
  
- K. CCS Meet info
  - 1. Information Bulletin will be available in early October. (Items that the Committee feels have been omitted in the past?)
  - 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
  - 1. Palo Corona XC Course update
  
- V. CIF State meet
  - A. State Meet Date: November 25, 2023, Woodward Park, Fresno
  - B. [Entry numbers for 2023](#)
  
- VI. Items added to agenda
  
- VII. Adjournment

**Protest/Appeal Process**

During a track and field competition there are instances where there are disagreements with an official's call. In these cases, a protest may be made to the Meet Referee. The Meet Referee's decision in all matters is final. At meets where a Jury of Appeals is appointed by the games committee, a coach may protest if there is a belief that the state's terms and conditions of competition or the application of the rule(s) have been misapplied or misinterpreted by the referee. In such cases, a written appeal may be made to the Jury of Appeals.

Video replay or television monitoring equipment, other than the official finish line equipment approved by the games committee prior to the start of competition, shall not be used to make decisions related to the meet.

Coaches may NOT protest:

- a. Any judgment decision pertaining to violations or alleged violations of the rules.
- b. A decision made by the finish judges or timers that does not involve misapplication of a rule, or the terms and conditions of competition.
- c. Whether a start is fair and legal.

Situations which are subject to protest/appeal include:

- a. Misapplication of the rules which must be filed within 30 minutes after the announcement of event results.
- b. Correction of clerical or team scoring errors which may be corrected up to 48 hours after the end of the meet, unless another time period is specified in advance by the games committee or meet director.
- c. Correction of meet results involving an ineligible participant which may be made at any time when discovered.
- d. Failure to follow a procedure contained in the terms and conditions of competition announced in advance by the meet director or games committee. This would include such items as the time schedule, the number of qualifiers to advance, number of trials, etc.

**Cross Country Safety**

Training for cross country is unique in that there are so many options afforded to the runner(s) to accomplish their workouts. Not being limited to the track allows the runners access to parks, city streets, highways and country roads. However, each of these options creates safety concerns that all runners and coaches should keep in mind. Workouts and runs should be fun, relaxing, carefree experiences. Sadly, the need for runner safety tips is evidenced by a dramatic increase in pedestrian deaths in the United States, as well as eight reported running-related motor vehicle crashes resulting in nine deaths and two disabling injuries among middle school and high school cross country and track and field runners between 2011 and 2021.

It is critical that administrators, coaches and athletes promote and practice safety and risk minimization strategies as cross country runners share the road with vehicles and drivers that have become increasingly distracted on the roads. Some key safety measures that can be promoted by school coaches and others to their cross country runners include:

- Using sidewalks when available or run facing traffic;
- Staying alert and avoid wearing headphones and using electronic devices, including cell phones;
- Crossing roads at crosswalks and intersections, when available. If not, cross at a well-lit location;

- Avoiding running when it is dark. If it is dark, wear bright, reflective materials and/or use a flashlight or head lamp;
  - Following the rules of the road;
  - Avoiding running along eastbound roads at sunrise or along westbound roads at sunset.
  - Providing a safety orientation for first-year runners;
  - Running in pairs;
  - Never running against traffic lights;
  - Avoiding running in higher traffic speed areas;
  - Running during lower traffic times when running along a road; and
  - Avoiding loitering along the road before and after runs.
- Coaches need to plan when developing a road route where stop lights, routes and heavy traffic exist. Educating the athletes on where to go for safety in case of weather, emergency situations and hydration stops is crucial to athlete safety.

**COMMENTS ON THE 2023 RULES CHANGES**

**3-4-3** — The change defined specific guidelines to the rules book to offer consistency and guidance to a meet referee when ruling on reruns.

**4-2-2** — The athlete event table was revised and moved to clarify that participation in more than four events will result in a disqualification.

**5-7-2** — Offers a clearer standard of approximately two seconds between the set command and the firing of the starting device for a starter when conducting a fair and consistent start.

**5-10-2** — The rules change permits an additional two individuals listed on a relay entry. Now coaches have the flexibility to...

**GIRLS – NATIONAL INTERSCHOLASTIC TRACK AND FIELD RECORDS**

TRACK EVENTS	HOLDER – SCHOOL – SITE
<b>GIRLS OUTDOOR 100-Meter Dash</b> :11.14	Marion Jones, Thousand Oaks (CA) H.S. at Norwalk, California
<b>200-Meter Dash</b> :22.52	Allyson Felix, Los Angeles (CA) Baptist H.S. at Norwalk, California
<b>400-Meter Dash</b> :50.74	Monique Henderson, San Diego (CA) Samuel F.B. Morris at Norwalk, California
<b>800-Meter Run</b> 2:00.03	Roisin Willis, Stevens Point (WI) Area H.S. at LaCrosse, Wisconsin
<b>1600-Meter Run</b> 4:33.29	Alexa Efraimson, Camas (WA) H.S. at Tacoma, Washington Sadie Engelhardt, Ventura (CA) H.S. at Arcadia, California
<b>3200-Meter Run</b> 9:47.88	Katelyn Touhy, North Rockland (NY) H.S. at Thiells, New York
<b>100-Meter High Hurdles</b> :13.03	Vashti Thomas, San Jose (CA) Mt. Pleasant H.S. at Sacramento, California
<b>300-Meter Low Hurdles</b> :39.98	Lashinda Demus, Long Beach (CA) Woodrow Wilson at Norwalk, California
FIELD EVENTS	
HOLDER – SCHOOL – SITE	
<b>High Jump</b> 6-4½	Vashti Cunningham, Las Vegas (NV) Bishop Gorman at Walnut, California
<b>Pole Vault</b> 14-5	Amanda Moll, Olympia (WA) Capital H.S. at Tacoma, Washington
<b>Long Jump</b> 22-1¾	Kathy McMillan, Raeford (NC) Hoke County H.S. at Sacramento, California



## 2023-2024 XC Team Entries

<b>BOYS</b>	<b>Division I</b>	<b>Division II</b>	<b>Division III</b>	<b>Division IV</b>	<b>Division V</b>
Central	3	2	2	2	2
Central Coast	2	3	3	3	3
Los Angeles	2	1	1	1	1
North Coast	2	4	4	3	5
Northern	0	0	1	2	1
Oakland	*	*	*	*	*
Sac-Joaquin	3	3	3	3	2
San Diego	2	3	3	3	3
San Francisco	*	*	*	*	*
Southern	7	7	7	7	7
<b>TOTAL</b>	<b>21</b>	<b>23</b>	<b>24</b>	<b>24</b>	<b>24</b>

<b>GIRLS</b>	<b>Division I</b>	<b>Division II</b>	<b>Division III</b>	<b>Division IV</b>	<b>Division V</b>
Central	3	2	2	2	2
Central Coast	2	3	2	3	3
Los Angeles	2	1	1	1	1
North Coast	2	3	4	3	5
Northern	0	0	1	2	1
Oakland	*	*	*	*	*
Sac-Joaquin	2	4	3	2	2
San Diego	3	3	4	3	3
San Francisco	*	*	*	1	*
Southern	7	7	7	7	7
<b>TOTAL</b>	<b>21</b>	<b>23</b>	<b>24</b>	<b>24</b>	<b>24</b>

**2023 – 2024 CROSS COUNTRY  
SANTA CLARA VALLEY ATHLETIC LEAGUE  
DE ANZA DIVISION / EL CAMINO DIVISION**

12.15.22

**De Anza Division Teams:**

Cupertino, Fremont, Homestead, Los Gatos, Lynbrook, Monta Vista, Saratoga

**El Camino Division Teams:**

Gunn, Los Altos, Macdonald, Milpitas, Mountain View, Palo Alto, Santa Clara, Wilcox

***Tuesday, September 19 (PA)***

\*Meet #1 @  
Baylands Start Time:  
3:15

***Tuesday, October 3 (G, S)***

\*Meet #2 @ Crystal  
Springs Start Time: 3:15

***Wednesday, October 18(LA)***

\*Meet #3 @ Baylands  
Start Time: 3:15

***Tuesday, October 31 (ALL)***

SCVAL League Finals @  
Crystal Springs  
Start Time: 1:45

\*OR a Super Saturday event at a school site if one of these venues are unavailable....

**ALL SCVAL SCHOOLS MUST PARTICIPATE IN THESE EVENTS**

Meet Limit	13	
Start Date	August 4	
Pre League Meeting	August 17	5:30 PM @ Saratoga High
First Scrimmage Allowed	August 18	
First Contact Allowed	August 24	
Last SCVAL Event Allowed	November 4	
CCS Entries Due	November 6	By 12:00 noon
CCS Event Finals	November 11	Crystal Springs
Post League Meeting	November 10	6:00 PM @ Saratoga
CIF State Finals	TBA	TBA
CCS Evaluation Meeting	November 28	CCS Office@ 7:00
Playing Days	Tuesday, Wednesdays, Thursday, Saturday	
Starting Times	Various	
Chairpersons:	Paul Armstrong (Cupertino) DA	Stephanie MacKenzie (Los Altos) EC
AD Liason	Rick Ellis (Saratoga)	
SCVAL Commisioner	Brad Metheany	
CCS	(408) 224-2994	Fax (408) 224-0476
SCVAL Website	www.scval.com	Report score 408-809-1952



# CROSS COUNTRY BY-LAWS

## ARTICLE I GOVERNING RULES

**SECTION 1** The official rules for Cross-Country are contained in the current edition of the National Federation of State High Schools Track and Field Rulebook, in the C.I.F. By-laws, and in these League By-laws.

## ARTICLE II CLASSIFICATION

- SECTION 1** The four - (4) official Cross-Country teams are Girls Varsity, Boys Varsity, Girls Junior Varsity and Boys Frosh/Soph.
- 1.1** Varsity teams may be comprised of all grade levels.
  - 1.2** Boys Frosh/Soph may only be grades 9 and 10.
  - 1.3** Girls Junior Varsity may be grades 9, 10, and 11.
  - 1.4** All seniors must compete at the varsity level in all sports.
  - 1.5** The following races are acceptable for participation by cross country participants provided they align with 1.1 through 1.4 of Article II Section I:
    - (A) Varsity Boys/Girls
    - (B) Junior Varsity
    - (C) Frosh/Soph
    - (D) Varsity B races
    - (E) Grade Level races (i.e. 9th, 10th, 11th, 12th)
  - 1.6** No Cross-Country participant is allowed to enter in an Open race.

## ARTICLE III PRACTICE AND GAME LIMITATIONS

**SECTION 1** Cross-country participants must have a minimum of five (5) days of practice before competing in a meet. To be eligible to compete in the League Championship meet multi-sport athletes must have written documentation of completing at least one inter-scholastic meet on the team's official schedule.

- 1.1** To qualify for CCS an athlete must have competed in a minimum of 50% of the team's competitions. See CCS rules.

**SECTION 2** All team members within a given race will wear the same type of uniform as written in the C.I.F. rulebook. The uniform will include each athlete wearing a reusable scoring chip furnished by the school.

**SECTION 3** Practice is prohibited on Sundays.

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**SECTION 4**

Teams may not start practice prior to the starting dates established annually by the CCS.

**SECTION 5**

Schools may compete in a total of thirteen (13) meets per season, not including the Division finals, and any other meets NorCal, State, or National meets to which the school or individuals may consequently qualify.

**SECTION 6**

Four(4) of the thirteen (13) meets that teams shall participate in will be SCVAL sponsored meets which will consist of only SCVAL member schools.

**ARTICLE IV**

**DIVISION CHAMPIONSHIPS**

**SECTION 1**

The division finals shall determine the division standings and the Division champion in Girl's Varsity, Boy's Varsity, Girl's Junior Varsity, and Boy's Frosh-Soph.

**1.1**

A boys junior varsity race and a girls frosh-soph race may be run at league finals with no official league standings for team titles.

**1.2**

A student may compete in just one (1) classification in the Division finals.

**SECTION 2**

At SCVAL league finals the number of participants from each school shall be limited as follows:

**2.1**

Girls Varsity A limit of seven (7) scoring entrants

**2.2**

Boys Varsity A limit of seven (7) scoring entrants

**2.3**

Boys Junior Varsity (league finals only) No Limit of entrants (grades 9 -11)

**2.4**

Girls Junior Varsity No limit of entrants (grades 9 -11)

**2.5**

Boys Frosh/Soph No Limit of entrants (grades 9 & 10)

**2.6**

Girls Frosh/Soph (league finals only) No Limit of entrants (grades 9 & 10)

**SECTION 3**

The top 15 finishers in the Varsity races and top 10 in the F/S boys' and JV girls' races identified above, will be awarded All-League status.

**SECTION 4**

Senior/Junior boys and Senior girls who do not qualify for the top seven (7) will run as non-scoring entrants in the Boys and Girls Varsity race.

**SECTION 5**

Each year, the varsity boys' and girls' teams will rotate who will run the first race.

**SECTION 6**

Rotating responsibilities (Meet Director and gate/ticket sellers) for Division Championships are in place. The two schools will work together with support of past Directors.

Directors for the meet...

	<i><b>El Camino</b></i>		<i><b>DeAnza</b></i>
<b>2023</b>	Gunn		Saratoga
<b>2024</b>	Mountain View		Fremont
<b>2025</b>	Los Altos		Lynbrook
<b>2026</b>	Milpitas		Los Gatos
<b>2027</b>	Santa Clara		Homestead
<b>2028</b>	Wilcox		Cupertino
<b>2029</b>	MacDonald		Monta Vista
<b>2030</b>	Palo Alto		

Gate/ticket sellers (12:00)...

	<i><b>El Camino</b></i>		<i><b>DeAnza</b></i>
<b>2023</b>	Santa Clara		Los Gatos
<b>2024</b>	Milpitas		Monta Vista
<b>2025</b>	Los Altos		Fremont
<b>2026</b>	Gunn		Saratoga
<b>2027</b>	Palo Alto		Cupertino
<b>2028</b>	Wilcox		Homestead
<b>2029</b>	Macdonald		Lynbrook
<b>2030</b>	Mountain View		

**ARTICLE V**  
**SPECIAL RULINGS / CROSS COUNTRY CHAIRPERSONS**

**SECTION 1**

The CrossCountry chairperson (s) shall serve for a minimum of three (3) years.

**SECTION 2**

The duties of the Cross Country chairperson(s) shall be:

- 2.1** Call a meeting of all the Cross Country coaches prior to the beginning of the season to go over schedules, by-laws, rule changes, and anything pertinent to that sport.
- 2.2** Call a meeting of all the Cross Country coaches at the end of the season to review the by-laws, make revisions in the by-laws, and discuss problems that came up during the season and try to determine how to solve these problems. The SCVAL CC Athletic Director chairperson shall present a report with any by-law changes to the Athletic Directors' Council at their next meeting.
- 2.3** Compile the season results and send them to the League Commissioner as well as to the league schools.
- 2.4** The chairperson(s) shall represent the league on the CCS Cross-Country committee.
- 2.5** The chairperson(s) shall notify the athletic director(s) and commissioner of all sports committee meetings.
- 2.6** Each year a rotation to responsibilities at league events and finals will occur.

Name of Event	Sports	Levels	Contact Person	Host	Start Date	Status	Invitation Letter
Overfelt Baseball presents "The East Side Baseball Classic"	Baseball	Varsity	Miguel Esparza	Overfelt	02/19/2024	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/bKRYzfla16Kbg5CMdIKrM7ZVTq36RDspdgrLPye.docx">https://www.cifccshome.org/sanction-event/invitation-letter/bKRYzfla16Kbg5CMdIKrM7ZVTq36RDspdgrLPye.docx</a>
Ted Tamone Memorial Classic Carmel Invitational Basketball Tournament	Baseball	Varsity	Pedro Martinez	Santa Clara	02/19/2024	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/CSWpahFES0BIRQ88FGJWMIfiXg8ogfwteKUZArY.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/CSWpahFES0BIRQ88FGJWMIfiXg8ogfwteKUZArY.pdf</a>
Eagle Classic	Basketball, Boys	Varsity	Kurt Grahl	Carmel	12/21/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/NpiZD3WfOXbNQZEQML1YV9HwE7H7lqvPXD24lazl.docx">https://www.cifccshome.org/sanction-event/invitation-letter/NpiZD3WfOXbNQZEQML1YV9HwE7H7lqvPXD24lazl.docx</a>
		Varsity + Junior Varsity	Christopher Jackson	Everett Alvarez	11/30/2023	Cancelled	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/BlvAaP8umPBco4mBSug9ovDPY533eyl2dDG1JulP.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/BlvAaP8umPBco4mBSug9ovDPY533eyl2dDG1JulP.pdf</a>
41st Annual Fremont-Sunnyvale JV Basketball Tournament	Basketball, Boys	Junior Varsity	Anthony Kikuta	Fremont	12/05/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/WE2hW1dxkHahFZ2IUhK8Ud4s3bkIXrkQUR8JPZR.docx">https://www.cifccshome.org/sanction-event/invitation-letter/WE2hW1dxkHahFZ2IUhK8Ud4s3bkIXrkQUR8JPZR.docx</a>
64th Annual Fremont-Sunnyvale Varsity Basketball Tournament	Basketball, Boys	Varsity	Anthony Kikuta	Fremont	12/14/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/6F9M1oikqMJzxKzVJeoCoCV5T2D3XhAyo5TQTJE.docx">https://www.cifccshome.org/sanction-event/invitation-letter/6F9M1oikqMJzxKzVJeoCoCV5T2D3XhAyo5TQTJE.docx</a>
JV Boys Winter Classic	Basketball, Boys	Junior Varsity	Isaiah Igafu	South San Francisco	11/30/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/oi7xeViEmyUOPSPvdfPYorSnASj6nILLN9HGY5r.png">https://www.cifccshome.org/sanction-event/invitation-letter/oi7xeViEmyUOPSPvdfPYorSnASj6nILLN9HGY5r.png</a>
Drew Petiti Winter Classic	Basketball, Boys	Varsity	Isaiah Igafu	South San Francisco	12/27/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/Borv0IENNw6DJkYYE6vzbzcdQR0wjiUObibK4Gfy.png">https://www.cifccshome.org/sanction-event/invitation-letter/Borv0IENNw6DJkYYE6vzbzcdQR0wjiUObibK4Gfy.png</a>
WHS Boys Varsity Basketball Tournaments	Basketball, Boys	Varsity	Brad Hubbard	Watsonville	12/06/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/RGv27LDJaw4f84h70Q4MWWDYINLSPT1gliHOMWdn.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/RGv27LDJaw4f84h70Q4MWWDYINLSPT1gliHOMWdn.pdf</a>

WHS Boys Frosh-Soph/JV Basketball Tournament	Basketball, Boys	Junior Varsity	Brad Hubbard	Watsonville	12/27/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/SUyKSHTXlercpeU6RAQ0CV8ICWqN9RVs5DymLMr.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/SUyKSHTXlercpeU6RAQ0CV8ICWqN9RVs5DymLMr.pdf</a>
WHS Boys Frosh-Soph/JV Basketball Tournament	Basketball, Boys	Frosh Soph	Brad Hubbard	Watsonville	12/27/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/yAlgTO25HOfF8CwDqMj5D6iRTLK7MfZUSWmgghSR.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/yAlgTO25HOfF8CwDqMj5D6iRTLK7MfZUSWmgghSR.pdf</a>
Blue & White Freshmen Classic	Basketball, Boys	Freshman	Isaiah Igafu	South San Francisco	12/27/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/ndW5yQ4GbBuQrpTvoKfo30iQifnxuMgNDQhBi1e3.png">https://www.cifccshome.org/sanction-event/invitation-letter/ndW5yQ4GbBuQrpTvoKfo30iQifnxuMgNDQhBi1e3.png</a>
Monta Vista Shootout 2024	Basketball, Boys   Basketball, Boys	Varsity	Wade Nakamura	Monta Vista (Cupertino)	01/13/2024	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/5k8qzh9ppW97FUwzBm9Aa5UFZKynZQeNQ75N7HjS.docx">https://www.cifccshome.org/sanction-event/invitation-letter/5k8qzh9ppW97FUwzBm9Aa5UFZKynZQeNQ75N7HjS.docx</a>
Mission 831 Tournament	Basketball, Boys   Basketball, Girls	Varsity	Jeff Silveira	Monte Vista Christian	11/20/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/NvNBz7XtznAEqgrOTazPOTxEdMIM9hBJ1Yq3YF2k.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/NvNBz7XtznAEqgrOTazPOTxEdMIM9hBJ1Yq3YF2k.pdf</a>
J.K. McGill Memorial Shootout	Basketball, Girls	Varsity	Bill Murray	Del Mar	12/09/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/GyeGjLOvt7lciolnUrtXAbFbRiKMquHhVeLKEaw7.docx">https://www.cifccshome.org/sanction-event/invitation-letter/GyeGjLOvt7lciolnUrtXAbFbRiKMquHhVeLKEaw7.docx</a>
2023 John Araujo Memorial Holiday Tournament	Basketball, Girls	Varsity	Bill Murray	Del Mar	12/27/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/XAMkXLPGN8DojxNGE6Mc0IEkeTqWgcHE3Q8bY9Ow.docx">https://www.cifccshome.org/sanction-event/invitation-letter/XAMkXLPGN8DojxNGE6Mc0IEkeTqWgcHE3Q8bY9Ow.docx</a>
40th Annual Holiday Classic	Basketball, Girls	Varsity   Junior Varsity	Adrian Trujillo	King City	12/28/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/nROQOa0lKNexR7ELBZYdFfCokKFIWJatWc8UQpjy.docx">https://www.cifccshome.org/sanction-event/invitation-letter/nROQOa0lKNexR7ELBZYdFfCokKFIWJatWc8UQpjy.docx</a>
40th Annual Holiday Classic	Basketball, Girls	Varsity   Junior Varsity	Adrian Trujillo	King City	12/28/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/nROQOa0lKNexR7ELBZYdFfCokKFIWJatWc8UQpjy.docx">https://www.cifccshome.org/sanction-event/invitation-letter/nROQOa0lKNexR7ELBZYdFfCokKFIWJatWc8UQpjy.docx</a>
Eagles Classic	Basketball, Girls	Junior Varsity	Juan Arreola	Los Altos	12/27/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/pdpg5l0DvJmxhQoBKfvnzdzlOpWZbFK0fzFcaqIK.png">https://www.cifccshome.org/sanction-event/invitation-letter/pdpg5l0DvJmxhQoBKfvnzdzlOpWZbFK0fzFcaqIK.png</a>
22nd Annual Sandi Stober Classic	Basketball, Girls	Varsity	Lynley Takaki	Lynbrook	11/30/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/eE40nZTrXga7If0OheirVvUOumRP1cn4V0PtruSS.docx">https://www.cifccshome.org/sanction-event/invitation-letter/eE40nZTrXga7If0OheirVvUOumRP1cn4V0PtruSS.docx</a>

2023 Presentation JV Basketball Holiday Classic	Basketball, Girls	Junior Varsity	Mike West	Presentation	12/08/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/WmGTmShTvmldcq1EoPXiPv82QTk2Q2Liu9iNNpUJ.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/WmGTmShTvmldcq1EoPXiPv82QTk2Q2Liu9iNNpUJ.pdf</a>
Warren Johnson Memorial Tip-Off Classic	Basketball, Girls	Junior Varsity	Melodee Kiyota	Santa Clara	12/05/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/FKd0w5UvfmYvKUsqF0NpFk1ilvx9Zx9QT7Yyszf.docx">https://www.cifccshome.org/sanction-event/invitation-letter/FKd0w5UvfmYvKUsqF0NpFk1ilvx9Zx9QT7Yyszf.docx</a>
Warren Johnson Memorial Tip-Off Classic	Basketball, Girls	Varsity	Melodee Kiyota	Santa Clara	12/06/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/9HBayFLULOceQWOzXMTnOo1yP8XSKxS3Ctr80pRC.docx">https://www.cifccshome.org/sanction-event/invitation-letter/9HBayFLULOceQWOzXMTnOo1yP8XSKxS3Ctr80pRC.docx</a>
Seaside Sweet 16 Holiday Varsity Tournament	Basketball, Girls	Varsity	Steve Vasquez	Seaside	12/27/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/uOIKYNUl0Ii0trb9HEqbMcDEHun93RW0wevK5j7L.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/uOIKYNUl0Ii0trb9HEqbMcDEHun93RW0wevK5j7L.pdf</a>
St. Francis High School 2023 Lady Shark Shootout	Basketball, Girls	Varsity	John Ausman/Jesse Yniguez	St. Francis SCP	12/27/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/gxhRncY781jiaoDwQkiVSLzm2ovd3w9Rpwao5JA2.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/gxhRncY781jiaoDwQkiVSLzm2ovd3w9Rpwao5JA2.pdf</a>
WHS Girls Varsity Basketball Tournament	Basketball, Girls	Varsity	Brad Hubbard & Zachary Cook	Watsonville	11/29/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/34Inp8uSzDiEIJHgsjB377hrEHUTq6ZqmslvkIA.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/34Inp8uSzDiEIJHgsjB377hrEHUTq6ZqmslvkIA.pdf</a>
WHS Girls JV Basketball Tournament	Basketball, Girls	Junior Varsity	Brad Hubbard & Zachary Cook	Watsonville	12/13/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/7O18F6yOAINyZ4cu1Zq5JUkpmxFUtM4iYZpmSpPL.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/7O18F6yOAINyZ4cu1Zq5JUkpmxFUtM4iYZpmSpPL.pdf</a>
TCC Mustang Invitational	Competitive Sport Cheer	Varsity   Junior Varsity	Issy Menez	Monte Vista Christian	02/03/2024	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/ZQ89s99CwceDeZvUly36qC12osFZ6qcAns9WqFHC.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/ZQ89s99CwceDeZvUly36qC12osFZ6qcAns9WqFHC.pdf</a>
Terry Ward Invite	Cross Country, Boys	Varsity   Frosh Soph	John Maloney	Bellarmino	10/14/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/dZWfKcnbDk2ro7JiMS1bQ8DobW1CW98g0CVITInO.docx">https://www.cifccshome.org/sanction-event/invitation-letter/dZWfKcnbDk2ro7JiMS1bQ8DobW1CW98g0CVITInO.docx</a>
Artichoke Invitational	Cross Country, Boys	Varsity Varsity   Junior Varsity   Frosh	Paul Farnsworth	Half Moon Bay	10/07/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/Gimij1JYB0sPw8Yc9iteo7b86IOcGGC3KVmxqYP.doc">https://www.cifccshome.org/sanction-event/invitation-letter/Gimij1JYB0sPw8Yc9iteo7b86IOcGGC3KVmxqYP.doc</a>
Monterey Bay Invitational	Cross Country, Boys	Soph	Joshua Small	North Salinas	09/16/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/1S7oU4AKPMtfJM9S8oIMvPhUdF88dn9aDneHuibH.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/1S7oU4AKPMtfJM9S8oIMvPhUdF88dn9aDneHuibH.pdf</a>



Ram Invitational	Cross Country, Boys	Varsity   Junior Varsity   Freshman   Frosh Soph   Sophomore	Ron DiMaggio	Westmoor	9/30/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/CpQtsATOIVbXUVgczOXdtUIhFCAlDGH5gzQFz080.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/CpQtsATOIVbXUVgczOXdtUIhFCAlDGH5gzQFz080.pdf</a>
Fighting Knights Joust	Cross Country, Boys   Cross Country, Girls	Freshman   Sophomore	Chris Lucey	Hillsdale	09/16/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/UdHe2tz9h2yDi2vAlxsBngfU9BK A1pRPuy6msfcZ.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/UdHe2tz9h2yDi2vAlxsBngfU9BK A1pRPuy6msfcZ.pdf</a>
2023 Mustang Cross Country Invitational	Cross Country, Boys   Cross Country, Girls	Varsity   Junior Varsity Varsity   Junior Varsity   Freshman	Jeff Silveira	Monte Vista Christian	08/24/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/gftAVYXRGO7CHYJhwC5OR9u9I8ZvSDnIVXtqdFct.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/gftAVYXRGO7CHYJhwC5OR9u9I8ZvSDnIVXtqdFct.pdf</a>
Jackie Henderson Memorial Cross Country Invitational	Cross Country, Boys   Cross Country, Girls	Frosh Soph   Sophomore	Gus Ibarra	North Monterey County	09/09/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/3WuLuH1pCrW2LpaZ32IU2ij04XqwQGbySERwaj5s.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/3WuLuH1pCrW2LpaZ32IU2ij04XqwQGbySERwaj5s.pdf</a>
PGHS Palo Corona Invitational	Cross Country, Boys   Cross Country, Girls	Varsity   Junior Varsity   Freshman   Sophomore	Peter Jordan	Pacific Grove	10/07/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/6pI9lPqll4Wt0SQ11KkP0FJ6Izqu0tg0G4ZMB0Qf.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/6pI9lPqll4Wt0SQ11KkP0FJ6Izqu0tg0G4ZMB0Qf.pdf</a>
Crystal Springs Invite	Cross Country, Boys	Varsity   Junior Varsity   Freshman Varsity   Frosh Soph	Ron Dimaggio	Junipero Serra/San Mateo	10/07/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/PwVBdeM0BuYCoLqbfqy41XBi0cHbcq2fBhzNoRLd.docx">https://www.cifccshome.org/sanction-event/invitation-letter/PwVBdeM0BuYCoLqbfqy41XBi0cHbcq2fBhzNoRLd.docx</a>
Bayland Fall Preview	Golf, Girls	Varsity	Chris Redfield	Gunn	9/6/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/F8ZBTaqPp8O93i9UABkX49kn9AGg9phq69NImwTT.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/F8ZBTaqPp8O93i9UABkX49kn9AGg9phq69NImwTT.pdf</a>
NorCal High School Invitational	Golf, Girls	Varsity	Abe Roof	Los Altos	10/10/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/TVHehcEaMjmDQ6nEQ0Xm8taRpTwAp5vYXoAgoDPZ.docx">https://www.cifccshome.org/sanction-event/invitation-letter/TVHehcEaMjmDQ6nEQ0Xm8taRpTwAp5vYXoAgoDPZ.docx</a>
Helen Lengfield Memorial	Golf, Girls	Varsity	Scot Hathaway	Valley Christian	09/11/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/Qkl4ursh8v0Br6ZWEKQtlwGTTccamdvinv0JaPR2.docx">https://www.cifccshome.org/sanction-event/invitation-letter/Qkl4ursh8v0Br6ZWEKQtlwGTTccamdvinv0JaPR2.docx</a>

Carlmont Cup	Soccer, Boys	Freshman	Ryan Freeman	Carlmont	12/01/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/7CarR9hWqXpT531abPE3L8NiaUcbr8rQEfJMUMY6.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/7CarR9hWqXpT531abPE3L8NiaUcbr8rQEfJMUMY6.pdf</a>
Tom Moore Invitational	Soccer, Boys	Varsity	Toby Elmore	Stevenson School	12/08/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/IsMs0MzKS695IWQ1xv238SUaA37LXvtDgidTIU1i.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/IsMs0MzKS695IWQ1xv238SUaA37LXvtDgidTIU1i.pdf</a>
WHS Boys JV Soccer Tournament	Soccer, Boys	Junior Varsity	Brad Hubbard	Watsonville	12/09/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/SwH62tCiKCFgyOwOguXC9IXkn45ALocln5qPwMuJ.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/SwH62tCiKCFgyOwOguXC9IXkn45ALocln5qPwMuJ.pdf</a>
Firebird Classic	Soccer, Girls	Varsity   Junior Varsity	Payam Hajjarian	Fremont	11/30/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/pJMVA17IJQU1o11p9EO94SX7M9Z5X20Xq3EHYSN.docx">https://www.cifccshome.org/sanction-event/invitation-letter/pJMVA17IJQU1o11p9EO94SX7M9Z5X20Xq3EHYSN.docx</a>
28th Annual Sunnyvale Cup (Boys)	Soccer, Girls	Varsity   Junior Varsity	Payam Hajjarian	Fremont	12/02/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/RmXZpnYo3cnZXLxciilKBgNJ7sixlVPRxsJcJeCK.docx">https://www.cifccshome.org/sanction-event/invitation-letter/RmXZpnYo3cnZXLxciilKBgNJ7sixlVPRxsJcJeCK.docx</a>
WHS Girls Soccer Tournament	Soccer, Girls	Varsity	Brad Hubbard	Watsonville	11/25/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/iNpfxiFgEwJzikipOMNbuNxrsQBxk3p65OKtiUItnE.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/iNpfxiFgEwJzikipOMNbuNxrsQBxk3p65OKtiUItnE.pdf</a>
WHS Girls JV Soccer Tournament	Soccer, Girls	Junior Varsity	Brad Hubbard	Watsonville	12/09/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/jrNjbgnpug3VZ3FGPwJdCfG33mzi64vWAN4dpw00.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/jrNjbgnpug3VZ3FGPwJdCfG33mzi64vWAN4dpw00.pdf</a>
MHS Pentathlon and 50yd Elimination	Swimming & Diving, Boys   Swimming & Diving, Girls	Freshman   Frosh Soph   Sophomore	Kyler VanSwol	Milpitas	03/02/2024	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/oev8IK7cSGAZcvb3mD5cXRIOxW1Gwfc6QMbiAKlw.docx">https://www.cifccshome.org/sanction-event/invitation-letter/oev8IK7cSGAZcvb3mD5cXRIOxW1Gwfc6QMbiAKlw.docx</a>
Milpitas High School Open Invitational	Swimming & Diving, Boys   Swimming & Diving, Girls	Freshman   Frosh Soph   Sophomore	Kyler VanSwol	Milpitas	03/23/2024	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/uMrjijCbC9XLRT5WdYov5az25Wtk3ZEghbsqmCr8m.docx">https://www.cifccshome.org/sanction-event/invitation-letter/uMrjijCbC9XLRT5WdYov5az25Wtk3ZEghbsqmCr8m.docx</a>
Surf City Singles Invitational	Tennis, Girls	Varsity	James Gaynor	Harbor	09/02/2023	CANCELLED	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/KT4zC65nyj9YzdfUoOBWwRHECiGzZUXpkTyf4HkS.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/KT4zC65nyj9YzdfUoOBWwRHECiGzZUXpkTyf4HkS.pdf</a>

Surf City Doubles Invitational	Tennis, Girls	Varsity	James Gaynor	Harbor	09/09/2023	CANCELLED	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/zorcVH4rRY1M6cIVYGCN4D0o2KrsFccKwn0LXOYd.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/zorcVH4rRY1M6cIVYGCN4D0o2KrsFccKwn0LXOYd.pdf</a>
Surf City Singles Invitational	Tennis, Girls	Varsity	James Gaynor	Harbor	09/02/2023	CANCELLED	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/KT4zC65nyJ9YzdfUoOBWwRHECIGzZUXpkTyf4HkS.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/KT4zC65nyJ9YzdfUoOBWwRHECIGzZUXpkTyf4HkS.pdf</a>
Surf City Doubles Invitational	Tennis, Girls	Varsity	James Gaynor	Harbor	09/09/2023	CANCELLED	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/zorcVH4rRY1M6cIVYGCN4D0o2KrsFccKwn0LXOYd.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/zorcVH4rRY1M6cIVYGCN4D0o2KrsFccKwn0LXOYd.pdf</a>
Golden State Classic 2023 TYLER NII MEMORIAL CHAMPIONS CUP	Tennis, Girls	Varsity	Bill Shine / Gene Fortino	Menlo School	09/08/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/ygex4PNGgURtqCG2y31yVfFqGBDfEJsz7AWHYDpk.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/ygex4PNGgURtqCG2y31yVfFqGBDfEJsz7AWHYDpk.pdf</a>
65th Annual Santa Catalina Tennis Tournament	Tennis, Girls	Varsity	Gene Fortino	Monta Vista (Cupertino)	8/31/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/mPDocBTNmh1kXJ9slrzfYGkjFYACEyKZnu4s7KzH.docx">https://www.cifccshome.org/sanction-event/invitation-letter/mPDocBTNmh1kXJ9slrzfYGkjFYACEyKZnu4s7KzH.docx</a>
65th Annual Santa Catalina Tennis Tournament	Tennis, Girls	Varsity	Kendra Klein	Santa Catalina	09/15/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/yAY4o04Vsz9zrT6JanaS6p66tQ02Hny5uPxVug7D.docx">https://www.cifccshome.org/sanction-event/invitation-letter/yAY4o04Vsz9zrT6JanaS6p66tQ02Hny5uPxVug7D.docx</a>
10th ANNUAL DON JV TOURNAMENT	Volleyball, Girls	Junior Varsity   Freshman	Annette Genanro-Trimble	Santa Catalina	09/15/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/yAY4o04Vsz9zrT6JanaS6p66tQ02Hny5uPxVug7D.docx">https://www.cifccshome.org/sanction-event/invitation-letter/yAY4o04Vsz9zrT6JanaS6p66tQ02Hny5uPxVug7D.docx</a>
10th ANNUAL DON VARSITY TOURNAMENT	Volleyball, Girls	Varsity	Annette Gennaro-Trimble	Aragon	09/23/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/xiZCH30uhSvIAUix0WuxKyE9FQAFpIpnDMDb7tlm.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/xiZCH30uhSvIAUix0WuxKyE9FQAFpIpnDMDb7tlm.pdf</a>
2023 Bay Area Classic Volleyball Tournaments	Volleyball, Girls	Varsity	Gabe Leal	Aragon	10/14/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/g4e4JV98ks3nreawOv073PTFuoFFA62LgiiIfoPw.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/g4e4JV98ks3nreawOv073PTFuoFFA62LgiiIfoPw.pdf</a>
2023 Bay Area Classic Volleyball Tournaments	Volleyball, Girls	Varsity	Gabe Leal	Carlmont	09/16/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/15HDBXg9JAoby6BIF9qpU4dazD0eCU6h37PqJJG2.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/15HDBXg9JAoby6BIF9qpU4dazD0eCU6h37PqJJG2.pdf</a>
	Volleyball, Girls	Junior Varsity	Gabe Leal	Carlmont	09/30/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/Dj83zuNpXabpVphltDQ2ihkfIQ4ROXBwqwm15gnf.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/Dj83zuNpXabpVphltDQ2ihkfIQ4ROXBwqwm15gnf.pdf</a>

2023 Bay Area Classic Volleyball Tournaments	Volleyball, Girls	Freshman	Gabe Leal	Carlmont	10/14/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/f9ixmxg6pHQ2iNvcb5wBuldfpmHdeCSacdKV1Lcl.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/f9ixmxg6pHQ2iNvcb5wBuldfpmHdeCSacdKV1Lcl.pdf</a>
2nd Annual HMBHS Varsity Tournament	Volleyball, Girls	Varsity	Brendan Roth	Half Moon Bay	09/09/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/AKxq8pxRJBHUgwt55QfldHmug6Cd2WQTDmngpfRc.doc">https://www.cifccshome.org/sanction-event/invitation-letter/AKxq8pxRJBHUgwt55QfldHmug6Cd2WQTDmngpfRc.doc</a>
5th Annual HMB Frosh Challenge	Volleyball, Girls	Freshman	Brendan Roth	Half Moon Bay	09/16/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/hHli29Phhgslzj4Xes41fcW5jcmC5P26TODEKfk.doc">https://www.cifccshome.org/sanction-event/invitation-letter/hHli29Phhgslzj4Xes41fcW5jcmC5P26TODEKfk.doc</a>
Pumpkin Classic JV Tournament	Volleyball, Girls	Junior Varsity	Brendan Roth	Half Moon Bay	10/07/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/ibR5SbXkcBijgxmEqkbtGpQoFu2lbPZBZ54SkW.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/ibR5SbXkcBijgxmEqkbtGpQoFu2lbPZBZ54SkW.pdf</a>
Harbor Tournament	Volleyball, Girls	Varsity	Matt Schutz	Harbor	09/22/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/ajXzenwm1W3Em72cfWd7HDH7rd1wti0YiEuipclR.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/ajXzenwm1W3Em72cfWd7HDH7rd1wti0YiEuipclR.pdf</a>
Surf City Frosh/Soph Tournament	Volleyball, Girls	Frosh Soph	Matt Schutz	Harbor	10/07/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/XMmdl87Jw0YUj6J3DyvkPkr0cyO0RY4M0ud83pR5.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/XMmdl87Jw0YUj6J3DyvkPkr0cyO0RY4M0ud83pR5.pdf</a>
Surf City JV Tournament	Volleyball, Girls	Junior Varsity	Matt Schutz	Harbor	10/14/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/WiJ8sbyTBnQlGo3zFkTY3E43zv78PSSh5AFw3wSB.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/WiJ8sbyTBnQlGo3zFkTY3E43zv78PSSh5AFw3wSB.pdf</a>
Lady Knights Varsity Challenge	Volleyball, Girls	Varsity   Junior Varsity	Dwight Crump	Hillsdale	08/26/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/PKxrEEenv8hmaymbADZt5zg5KoRxcbOoLlf6MPFy.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/PKxrEEenv8hmaymbADZt5zg5KoRxcbOoLlf6MPFy.pdf</a>
Lady Knights JV/Frosh Challenge	Volleyball, Girls	Freshman   Frosh Soph	Dwight Crump	Hillsdale	09/09/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/kjHQQxZVCM7VgHuVelvutuMVC8yAWnV0i15BsUJK.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/kjHQQxZVCM7VgHuVelvutuMVC8yAWnV0i15BsUJK.pdf</a>
Los Altos Invitational	Volleyball, Girls	Varsity	Peter Kim	Los Altos	10/07/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/nuGfxhp1o7kzsNydDa7iCXdlmnTm9cVWHdQoZbxy.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/nuGfxhp1o7kzsNydDa7iCXdlmnTm9cVWHdQoZbxy.pdf</a>
MHS Jeff Lamb Spikefest I	Volleyball, Girls	Varsity	Marissa Canez	Milpitas	08/26/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/7jhjuBIDAQprRALAn7JRrKeYp6yVJQ9CRetOd2et.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/7jhjuBIDAQprRALAn7JRrKeYp6yVJQ9CRetOd2et.pdf</a>

MHS Jeff Lamb Spikefest I	Volleyball, Girls	Varsity	Marissa Canez	Milpitas	08/26/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/LKKDC418diyYjzMTI9ixEUZFtThq4hia9nyNB82.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/LKKDC418diyYjzMTI9ixEUZFtThq4hia9nyNB82.pdf</a>
MHS Jeff Lamb JV Spikefest	Volleyball, Girls	Junior Varsity	Marissa Canez	Milpitas	09/09/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/rUzkiDmC55NB7M5lfwZX1ZOkU7PiF8vpWoErmBGy.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/rUzkiDmC55NB7M5lfwZX1ZOkU7PiF8vpWoErmBGy.pdf</a>
MHS Jeff Lamb Frosh Spikefest	Volleyball, Girls	Freshman	Marissa Canez	Milpitas	09/30/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/gpu9NdydjkLQfFp8athvsCBtR0Kb5eJDype9AXF9.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/gpu9NdydjkLQfFp8athvsCBtR0Kb5eJDype9AXF9.pdf</a>
MHS Jeff Lamb Spikefest II	Volleyball, Girls	Varsity	Marissa Canez	Milpitas	10/14/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/XOUm2MH7xPRNIWf1s38k784uVr4EH11ne1Qfrfh.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/XOUm2MH7xPRNIWf1s38k784uVr4EH11ne1Qfrfh.pdf</a>
Folleyball Bash	Volleyball, Girls	Frosh Soph	Julia Jensen	North Salinas	9/30/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/IbTNxh0J5N8cdDrOSXbcCOQ9R6TKRTXGmuWW4Aq2.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/IbTNxh0J5N8cdDrOSXbcCOQ9R6TKRTXGmuWW4Aq2.pdf</a>
Jim Reilly VB Panther Challenge	Volleyball, Girls	Varsity	Mike West	Presentation	09/16/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/cEDnC4wBjQzYFRb7GxIXy7hrmp14nEpS8a6Bb0YB.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/cEDnC4wBjQzYFRb7GxIXy7hrmp14nEpS8a6Bb0YB.pdf</a>
Frosh VB Panther Challenge	Volleyball, Girls	Freshman	Mike West	Presentation	09/23/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/aTYv0IXs5Imqs6oxgljGH0olR1RN1bW6pTFdXHxi.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/aTYv0IXs5Imqs6oxgljGH0olR1RN1bW6pTFdXHxi.pdf</a>
Panther Invitational Volleyball Tournament	Volleyball, Girls	Varsity	Rick Riebhoff	Priory	09/23/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/BIKxkDfK8Xlwq5vq948fDH1NQKfRH6NjY6WSO9gN.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/BIKxkDfK8Xlwq5vq948fDH1NQKfRH6NjY6WSO9gN.pdf</a>
Volleyball Smash at the Ranch	Volleyball, Girls	Varsity	Pomaikai Bush	Rancho San Juan	09/30/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/Rz2QRX3GDSne48K71nwkxJW0ZE6mT45gqvQbrHJj.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/Rz2QRX3GDSne48K71nwkxJW0ZE6mT45gqvQbrHJj.pdf</a>
Bulldog Classic Varsity Volleyball Tournament	Volleyball, Girls	Varsity	Albert Valdivia	San Jose High	09/16/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/qu4wQIYrfwOSIz77Oaxhq8iXLkNoeZ1aWBPUOKHn.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/qu4wQIYrfwOSIz77Oaxhq8iXLkNoeZ1aWBPUOKHn.pdf</a>
Bulldog Classic JV Tournament	Volleyball, Girls	Junior Varsity	Albert Valdivia	San Jose High	10/07/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/KsaPYvVB9f5ltz4PS8jiT19aiZibxMXoCyMW2CZy.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/KsaPYvVB9f5ltz4PS8jiT19aiZibxMXoCyMW2CZy.pdf</a>

WHS Girls JV Volleyball Tournament	Volleyball, Girls	Junior Varsity	Brad Hubbard & Crystal Cornejo-Perez	Watsonville	09/02/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/NeGi2C9jph9ZH1v3jgnAKdU6fFdEYVcpFV8zzlBH.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/NeGi2C9jph9ZH1v3jgnAKdU6fFdEYVcpFV8zzlBH.pdf</a>
WHS Girls Frosh-Soph Volleyball Tournament	Volleyball, Girls	Frosh Soph	Brad Hubbard & Crystal Cornejo-Perez	Watsonville	09/23/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/YKiiKdP5h9jdJ1dFHRivqCEStL2kEfoQyJ5bhH.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/YKiiKdP5h9jdJ1dFHRivqCEStL2kEfoQyJ5bhH.pdf</a>
WHS Girls Varsity Volleyball Tournament	Volleyball, Girls	Varsity	Brad Hubbard & Crystal Cornejo-Perez	Watsonville	10/07/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/HKEVnByrQBnMYi2jUSpTakUOnxsZxrsYv5cD9Szn.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/HKEVnByrQBnMYi2jUSpTakUOnxsZxrsYv5cD9Szn.pdf</a>
WHS Boys JV Water Polo Tournament	Water Polo	Junior Varsity	Brad Hubbard & Zachary Cook	Watsonville	09/01/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/eSgd60Ck4qfWUIKfsd6Oca0OUFArexxwvAzJpXcQp.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/eSgd60Ck4qfWUIKfsd6Oca0OUFArexxwvAzJpXcQp.pdf</a>
WHS Boys JV Water Polo Tournament	Water Polo	Junior Varsity	Brad Hubbard & Zachary Cook	Watsonville	09/08/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/kc7D0T6XRwOtQYWYzv1TINC3OVzGH6IP3F1763v.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/kc7D0T6XRwOtQYWYzv1TINC3OVzGH6IP3F1763v.pdf</a>
WHS Girls Varsity Water Polo Tournament	Water Polo	Varsity	Brad Hubbard & Zachary Cook	Watsonville	09/22/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/TpF5U5mv7d79nVbjpYVTB1sYyeNG4hnlX1HcW7o.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/TpF5U5mv7d79nVbjpYVTB1sYyeNG4hnlX1HcW7o.pdf</a>
Aptos High School JV Boys Water Polo Tournament	Water Polo, Boys	Junior Varsity	Cody Gilbert	Aptos	09/15/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/88uGnZ7QaIP5788XlnH2AHwkm0HrMwmcb2MIMqT.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/88uGnZ7QaIP5788XlnH2AHwkm0HrMwmcb2MIMqT.pdf</a>
Aptos High School Varsity Boys Water Polo Tournament	Water Polo, Boys	Varsity	Cody Gilbert	Aptos	10/06/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/KJd2qN2q9lhbozJfXVxGZPdJEFa3YLyYBNpnlc93.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/KJd2qN2q9lhbozJfXVxGZPdJEFa3YLyYBNpnlc93.pdf</a>
Don's JV Boys Water Polo Tournament	Water Polo, Boys	Junior Varsity	Carly DeMarchena	Aragon	08/26/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/mt3JlXnvSCaH3or2sXa1g8PbMXW1uEGgoBMgkpRp.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/mt3JlXnvSCaH3or2sXa1g8PbMXW1uEGgoBMgkpRp.pdf</a>
Don's Varsity Boys Water Polo Tournament	Water Polo, Boys	Varsity	Carly DeMarchena	Aragon	09/09/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/ICOIA0kVqsyQ0L9fbqFvLwnefrIZ9h79YoF2zqME.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/ICOIA0kVqsyQ0L9fbqFvLwnefrIZ9h79YoF2zqME.pdf</a>
Bellarmine Frosh Jamboree #1	Water Polo, Boys	Frosh Soph	Colin Mello	Bellarmine	09/08/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/6KpGMOf1SZoTweRCSVTqNGeBv5PtIcGmLwe00wZd.docx">https://www.cifccshome.org/sanction-event/invitation-letter/6KpGMOf1SZoTweRCSVTqNGeBv5PtIcGmLwe00wZd.docx</a>

Bellarmine Frosh Jamboree #2	Water Polo, Boys	Frosh Soph	Colin Mello	Bellarmine	09/29/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/Vp0NCf6mjdEdEhbhvnWOVC3EqZXDgFiaGp009rVz.docx">https://www.cifccshome.org/sanction-event/invitation-letter/Vp0NCf6mjdEdEhbhvnWOVC3EqZXDgFiaGp009rVz.docx</a>
Bellarmine NorCal F/S Championships	Water Polo, Boys	Frosh Soph	Colin Mello	Bellarmine	10/13/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/pA353CLggds4xMhAKM1c8fo0dRUIUZtNuJW9Y.docx">https://www.cifccshome.org/sanction-event/invitation-letter/pA353CLggds4xMhAKM1c8fo0dRUIUZtNuJW9Y.docx</a>
Memorial Cup	Water Polo, Boys	Varsity	Colin Mello	Bellarmine	10/20/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/ojvcUfyba0X65pgCl2YwgH3YoiS XkfsabtrtQsZ.docx">https://www.cifccshome.org/sanction-event/invitation-letter/ojvcUfyba0X65pgCl2YwgH3YoiS XkfsabtrtQsZ.docx</a>
JV Boy's Monterey Bay Invitational	Water Polo, Boys	Junior Varsity	John Norall	Carmel	10/20/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/uncMptKh8VVsbGeRVuwP2vliHc8Rk0dnZdpIKPTT.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/uncMptKh8VVsbGeRVuwP2vliHc8Rk0dnZdpIKPTT.pdf</a>
Harbor JV Water Polo Tournament	Water Polo, Boys	Junior Varsity	Chris Iniguez	Harbor	09/22/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/8ym70vpDQgfD45U6YSo8XF1oVW8paVP1dUMTy4O.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/8ym70vpDQgfD45U6YSo8XF1oVW8paVP1dUMTy4O.pdf</a>
Harbor Varsity Water Polo Tournament	Water Polo, Boys	Varsity	Chris Iniguez	Harbor	10/13/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/HaWzFYF6ibQ6suMgM51NQzmY OEBdE4Cil5QjQ1Yz.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/HaWzFYF6ibQ6suMgM51NQzmY OEBdE4Cil5QjQ1Yz.pdf</a>
Lincoln Fall Classic Varsity Tournament	Water Polo, Boys	Varsity	Bruce Garibaldi	Lincoln/San Jose	10/06/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/S3K8mTkwlYimR0iC1o74fdJTG OXGctuhXuIF7oX.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/S3K8mTkwlYimR0iC1o74fdJTG OXGctuhXuIF7oX.pdf</a>
Lincoln High School JV Water Polo Classic	Water Polo, Boys	Junior Varsity	Bruce Garibaldi	Lincoln/San Jose	10/20/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/qdsQi7qn9g6bRDROxEiW3bhJLp dfiZlvWdEROGxa.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/qdsQi7qn9g6bRDROxEiW3bhJLp dfiZlvWdEROGxa.pdf</a>
MHS Varsity Boys Water Polo Tournament	Water Polo, Boys	Varsity	Kyler VanSwol	Milpitas	09/30/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/JdhMumksI9hTT9oLYSXGkaI579kzgpXJ52hKHPu.docx">https://www.cifccshome.org/sanction-event/invitation-letter/JdhMumksI9hTT9oLYSXGkaI579kzgpXJ52hKHPu.docx</a>
Ronald J. Freeman Memorial Varsity Boys Water Polo Tournament	Water Polo, Boys	Varsity	Lauren Tang	Monta Vista (Cupertino)	09/29/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/kamoXHW7kDWN3eKMVKGaRbwnyPXNw0BDtxpvxi0a.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/kamoXHW7kDWN3eKMVKGaRbwnyPXNw0BDtxpvxi0a.pdf</a>
Spartan Varsity Boys Water Polo Tournament One Day	Water Polo, Boys	Varsity	Rafael Alapont	Mountain View	09/02/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/zMHPejgJhFCOqb2sH8GCayPIOD EXavy8auupgTOW.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/zMHPejgJhFCOqb2sH8GCayPIOD EXavy8auupgTOW.pdf</a>

Spartan Varsity Boys Water Polo Tournament	Water Polo, Boys	Varsity	Rafael Alapont	Mountain View	09/22/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/WZuo4LTjc8BkwK651zEtAD65whwJlsoqfhBRSMFu.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/WZuo4LTjc8BkwK651zEtAD65whwJlsoqfhBRSMFu.pdf</a>
Spartan FS Boys Water Polo Tournament	Water Polo, Boys	Frosh Soph	Rafael Alapont	Mountain View	09/30/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/b9MtzjEneSyQ8ErI5UXePpYk2GHAQ2TVdj1Tt1oq.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/b9MtzjEneSyQ8ErI5UXePpYk2GHAQ2TVdj1Tt1oq.pdf</a>
SHP FS and JV Jamboree	Water Polo, Boys	Junior Varsity   Frosh Soph	Brian Kreutzkamp	Sacred Heart Prep	10/07/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/QSAsQNzGrEcFX14IUSSWMrnprEWDguH5CbbHumCU.docx">https://www.cifccshome.org/sanction-event/invitation-letter/QSAsQNzGrEcFX14IUSSWMrnprEWDguH5CbbHumCU.docx</a>
North vs South Challenge	Water Polo, Boys	Varsity	Brian Kreutzkamp	Sacred Heart Prep	10/13/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/gaORlInfCsgKcKXEFm1V3rtGZLd928DaG7Xgo3G.docx">https://www.cifccshome.org/sanction-event/invitation-letter/gaORlInfCsgKcKXEFm1V3rtGZLd928DaG7Xgo3G.docx</a>
San Lorenzo Valley Boys Water Polo Tournament	Water Polo, Boys	Varsity	Chris Coulson	San Lorenzo Valley	09/16/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/GiDRpdFMWyOh3MBX9LCyg37lURnhO0PJNMq43MWg.docx">https://www.cifccshome.org/sanction-event/invitation-letter/GiDRpdFMWyOh3MBX9LCyg37lURnhO0PJNMq43MWg.docx</a>
Steve Martin Memorial Water Polo Tournament	Water Polo, Boys	Varsity	Trevor Wiens	Soquel	09/15/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/NwuiobEel3GLVxFz3xLSb41xwx2EVJrS34zJubP.docx">https://www.cifccshome.org/sanction-event/invitation-letter/NwuiobEel3GLVxFz3xLSb41xwx2EVJrS34zJubP.docx</a>
Steve Martin Memorial Water Polo Tournament	Water Polo, Boys	Varsity	Trevor Wiens	Soquel	09/15/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/NwuiobEel3GLVxFz3xLSb41xwx2EVJrS34zJubP.docx">https://www.cifccshome.org/sanction-event/invitation-letter/NwuiobEel3GLVxFz3xLSb41xwx2EVJrS34zJubP.docx</a>
24rd ANNUAL SAINT FRANCIS INVITATIONAL VARSITY BOYS' WATER POLO TOURNAMENT	Water Polo, Boys	Varsity	Evan Dellinger	St. Francis	09/15/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/iVtPZuuLhcAKOvrnJ3UMTDzOI9zdTh7RaGYuHbN.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/iVtPZuuLhcAKOvrnJ3UMTDzOI9zdTh7RaGYuHbN.pdf</a>
SAINT FRANCIS INVITATIONAL JUNIOR VARSITY BOYS WATER POLO TOURNAMENT	Water Polo, Boys	Junior Varsity	Evan Dellinger	St. Francis	09/23/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/yfxwuBYrAY9GfQwPKW4Uiz9nVkdDlyl9HBq5U4NQ6.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/yfxwuBYrAY9GfQwPKW4Uiz9nVkdDlyl9HBq5U4NQ6.pdf</a>



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VARSITY WATER POLO TOURNAMENT	Water Polo, Boys	Varsity	Brooke Higgins	Stevenson School	10/06/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/O7sXvBuWopcxekdWZs3icZGDwKCiWnqvlZgpNhi.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/O7sXvBuWopcxekdWZs3icZGDwKCiWnqvlZgpNhi.pdf</a>
Aptos High School JV Girls Water Polo Tournament	Water Polo, Girls	Junior Varsity	Cory Murphy	Aptos	08/26/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/658RT56sZxl41SuHpiZpTsZPZDSHs49ws3TE9AZq.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/658RT56sZxl41SuHpiZpTsZPZDSHs49ws3TE9AZq.pdf</a>
Aptos High School Varsity Girls Water Polo Tournament	Water Polo, Girls	Varsity	Cory Murphy	Aptos	09/09/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/Z8ZQkNA1x2OtaW6tTy5tTu5WLzh4QJaFqK9tYUrQ.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/Z8ZQkNA1x2OtaW6tTy5tTu5WLzh4QJaFqK9tYUrQ.pdf</a>
Harbor Girls JV Water Polo Invitational	Water Polo, Girls	Junior Varsity	Regan Eymann	Harbor	09/16/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/Df8UYnG8mZAO3luulv0Eiltv7dIijFcdh45TdZa.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/Df8UYnG8mZAO3luulv0Eiltv7dIijFcdh45TdZa.pdf</a>
Harbor Girls Varsity Water Polo Tournament	Water Polo, Girls	Varsity	Regan Eymann	Harbor	09/29/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/gYMoQ5IW7JiY5aCGPM2mSqaawLuZatyxvi0Qmo1g.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/gYMoQ5IW7JiY5aCGPM2mSqaawLuZatyxvi0Qmo1g.pdf</a>
The Baler Treadout Lincoln Fall Classic Girl's Varsity Tournament	Water Polo, Girls	Varsity   Junior Varsity	Spenser Simmons	Hollister	09/01/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/iddOFINXrzKOHt5su7rGJm41hHjgTloDVCSxCLw6.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/iddOFINXrzKOHt5su7rGJm41hHjgTloDVCSxCLw6.pdf</a>
Lincoln High School Girl's JV Water Polo Classic	Water Polo, Girls	Varsity	Bruce Garibaldi	Lincoln/San Jose	10/06/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/MOyohaF1fb9fnGd9vB4W3RhvrHt4MH0o2U14PFva.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/MOyohaF1fb9fnGd9vB4W3RhvrHt4MH0o2U14PFva.pdf</a>
4th Annual Jeff Lamb Girls Water Polo Tournament	Water Polo, Girls	Junior Varsity	Bruce Garibaldi	Lincoln/San Jose	10/20/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/qoeZhw8lWRLRpyySxS5oTmCXHecz72ve8xUxgmAB.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/qoeZhw8lWRLRpyySxS5oTmCXHecz72ve8xUxgmAB.pdf</a>
Ronald J. Freeman Memorial Varsity Girls' Water Polo Tournament	Water Polo, Girls	Varsity	Kyler VanSwol	Milpitas	09/23/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/VZEoxOv3YwP3BLpD5A3MQM52x3NNHr2ytCvMIYNE.docx">https://www.cifccshome.org/sanction-event/invitation-letter/VZEoxOv3YwP3BLpD5A3MQM52x3NNHr2ytCvMIYNE.docx</a>
				Monta Vista (Cupertino)	09/22/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/cpuaCQDYQBSZMEMbqzNyShdPnqwpmFijB3gtLi5U.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/cpuaCQDYQBSZMEMbqzNyShdPnqwpmFijB3gtLi5U.pdf</a>
			Shravya Guda				

Spartan Tournament	Water Polo, Girls	Junior Varsity	Alex Hsueh	Mountain View	10/14/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/OT31XZaqzSpYUBqTostCJnpSjIDJ u5vp8lhLyaig.docx">https://www.cifccshome.org/sanction-event/invitation-letter/OT31XZaqzSpYUBqTostCJnpSjIDJ u5vp8lhLyaig.docx</a>
Spartan Tournament	Water Polo, Girls	Varsity	Alex Hsueh	Mountain View	10/20/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/aQbMhSs7XCwavZPUENh2U4k5 OnggqYue1J11WcY.docx">https://www.cifccshome.org/sanction-event/invitation-letter/aQbMhSs7XCwavZPUENh2U4k5 OnggqYue1J11WcY.docx</a>
Presentation JV Invitational	Water Polo, Girls	Junior Varsity	Mike West	Presentation	09/22/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/kci6Gn7U0irxzVEsn16BQTMlcwv tg3WBnK0GfCsm.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/kci6Gn7U0irxzVEsn16BQTMlcwv tg3WBnK0GfCsm.pdf</a>
Varsity Panther Challenge	Water Polo, Girls	Varsity	Mike West	Presentation	10/14/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/z439eZIKV3G49QvEk0fpxx6DhU 4SlnDCMPcLfzz1.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/z439eZIKV3G49QvEk0fpxx6DhU 4SlnDCMPcLfzz1.pdf</a>
NorCal Invitational San Lorenzo Valley Invitational Water Polo Tournament	Water Polo, Girls	Varsity	Jamie Frank	Sacred Heart Prep	10/20/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/dpw70A8EgUVf4BqCkm6Wh5krl gehcTv008is8MsS.docx">https://www.cifccshome.org/sanction-event/invitation-letter/dpw70A8EgUVf4BqCkm6Wh5krl gehcTv008is8MsS.docx</a>
NorCal JV Water Polo Invitational	Water Polo, Girls	Varsity	Chris Coulson	San Lorenzo Valley	09/09/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/mBrRUYQeJLRfttOveT6IDPBsRz W1jnK4IjYQICrh.docx">https://www.cifccshome.org/sanction-event/invitation-letter/mBrRUYQeJLRfttOveT6IDPBsRz W1jnK4IjYQICrh.docx</a>
NorCal JV Water Polo Invitational	Water Polo, Girls	Junior Varsity	Ryan Chapatte	Soquel	10/13/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/HpHvkhSwvpuiMdAua93ToYPw7 pxhEjltvhKwnAF.docx">https://www.cifccshome.org/sanction-event/invitation-letter/HpHvkhSwvpuiMdAua93ToYPw7 pxhEjltvhKwnAF.docx</a>
NorCal JV Water Polo Invitational SAINT FRANCIS HIGH SCHOOL AUTUMN INVITATIONAL GIRLS VARSITY WATER POLO TOURNAMENT 2023	Water Polo, Girls	Junior Varsity	Ryan Chapatte	Soquel	10/13/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/HpHvkhSwvpuiMdAua93ToYPw7 pxhEjltvhKwnAF.docx">https://www.cifccshome.org/sanction-event/invitation-letter/HpHvkhSwvpuiMdAua93ToYPw7 pxhEjltvhKwnAF.docx</a>
2023 SFHS JV Girls Water Polo Tournament	Water Polo, Girls	Varsity	Brendon Reutebuch	St. Francis	09/08/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/D1Oo4sR3xib2cB9qrzA0XpNBns 3kdseHWWL1eKLi.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/D1Oo4sR3xib2cB9qrzA0XpNBns 3kdseHWWL1eKLi.pdf</a>
2023 SFHS JV Girls Water Polo Tournament	Water Polo, Girls	Junior Varsity	Brendon Reutebuch	St. Francis	10/07/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/jJln9VLj7kTFIESDMXwrsRM1Rj3K IU3mMre5xBJm.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/jJln9VLj7kTFIESDMXwrsRM1Rj3K IU3mMre5xBJm.pdf</a>
Webber Lawson Girls Varsity Tournament	Wrestling, Boys	Varsity	Daniel McCune	Fremont	12/08/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/7I75tyvkFcOrHmpQKfLft9xZWBE ekOckp9WJQXQO.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/7I75tyvkFcOrHmpQKfLft9xZWBE ekOckp9WJQXQO.pdf</a>

Webber Lawson Boys Varsity Tournament	Wrestling, Boys	Varsity	Daniel McCune	Fremont	12/09/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/5du2AbyyGxI9aZAQevOT4o0Xq0ISciuYE04eVHTi.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/5du2AbyyGxI9aZAQevOT4o0Xq0ISciuYE04eVHTi.pdf</a>
Webber Lawson 2nd Man Tournament	Wrestling, Boys	Junior Varsity	Daniel McCune	Fremont	12/22/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/00Fbhp4pYbHnum0u15BCA7UMGs8qvSkFGg0jx794.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/00Fbhp4pYbHnum0u15BCA7UMGs8qvSkFGg0jx794.pdf</a>
Peninsula Invitational Wrestling Tournament	Wrestling, Boys	Varsity	Ronnie Ekis	Half Moon Bay	12/02/2023	Pending	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/4QdqoZlqG6O1UaMBEbdzKvw7l52chQSSBCXuR8IU.pdf">https://www.cifccshome.org/sanction-event/invitation-letter/4QdqoZlqG6O1UaMBEbdzKvw7l52chQSSBCXuR8IU.pdf</a>
Ed Ferrell Classic 20th Annual Taz Wrestling Tournament	Wrestling, Boys	Frosh Soph	Daniel McCune	Harbor	12/02/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/59n68MpGimGrEjZdUGqkNRuyM9Ugh0VorSM46yZH.doc">https://www.cifccshome.org/sanction-event/invitation-letter/59n68MpGimGrEjZdUGqkNRuyM9Ugh0VorSM46yZH.doc</a>
	Wrestling, Boys	Junior Varsity   Freshman	Julie Gonzalez	Overfelt	12/01/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/imHCCRHPWsUL4JBaZyh1nbMg6qQ1WcQ8ObFvhxJZ.docx">https://www.cifccshome.org/sanction-event/invitation-letter/imHCCRHPWsUL4JBaZyh1nbMg6qQ1WcQ8ObFvhxJZ.docx</a>
43rd Annual Overfelt JV Wrestling Tournament	Wrestling, Boys	Junior Varsity	Julie Gonzalez	Overfelt	01/26/2024	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/M9IEV9DtDQpbPDx7D6JoWFACL Czy31NsbkBd9mhs.docx">https://www.cifccshome.org/sanction-event/invitation-letter/M9IEV9DtDQpbPDx7D6JoWFACL Czy31NsbkBd9mhs.docx</a>
60th Annual Overfelt Classic	Wrestling, Boys	Varsity	Julie Gonzalez	Overfelt	01/27/2024	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/q0AMxaNgr4NIYEdUuBoG5PCT WPKBAkinEESmm5nu.docx">https://www.cifccshome.org/sanction-event/invitation-letter/q0AMxaNgr4NIYEdUuBoG5PCT WPKBAkinEESmm5nu.docx</a>
Ed Ferrell Classic 14th Annual Lady Royal Wrestling Tournament	Wrestling, Girls	Varsity	Daniel McCune	Harbor	12/02/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/wvIFrsUeFdnuplrLLzJAHRH5gFgXBi1pQQQzhzq0.doc">https://www.cifccshome.org/sanction-event/invitation-letter/wvIFrsUeFdnuplrLLzJAHRH5gFgXBi1pQQQzhzq0.doc</a>
	Wrestling, Girls	Varsity	Julie Gonzalez	Overfelt	12/02/2023	Approved	<a href="https://www.cifccshome.org/sanction-event/invitation-letter/WoNy3bwTtvos0ezzRpaSGmKKK3emybkRVgeUP8qb.docx">https://www.cifccshome.org/sanction-event/invitation-letter/WoNy3bwTtvos0ezzRpaSGmKKK3emybkRVgeUP8qb.docx</a>