

- Principal
- Athletic Director
- Head Cross Country Coach



2008 NCS/LES SCHWAB TIRES CROSS COUNTRY CHAMPIONSHIPS

Presented by Farmers
North Coast Section, CIF
12925 Alcosta Blvd., Suite 8, San Ramon CA 94583
Phone: 925-866-8400 Fax: 925-866-7100

TO: CROSS COUNTRY COACHES OF DIVISION I, II, III, IV & V
SCHOOLS, PRINCIPALS, ATHLETIC
DIRECTORS, LEAGUE COMMISSIONERS,
MEET DIRECTORS, MANAGEMENT
COMMITTEE, NCS COMMISSIONER, PREP
EDITOR AND NCS STAFF.



FARMERS

FROM: Gil Lemmon, Commissioner of Athletics

DATE: August, 2008

*** * * IMPORTANT CROSS COUNTRY INFORMATION * * ***

FINAL DATE FOR LEAGUE COMPETITION: Saturday, November 15, 2008

NCS/LES SCHWAB TIRES MEET OF CHAMPIONS (STATE QUALIFYING) MEET: Div. I, II, III, IV and V
Sat. Nov. 22, 2008.

SITE: Hayward High School, 1633 East Ave.
Hayward CA 94541

CO-MEET: Tim Bruder, Alhambra High School
DIRECTORS: 150 E Street
Martinez CA 94553
925-313-0439 x2078
Fax: 925-229-2097
tbruder@martinez.k12.ca.us
or tjbruder@infionline.net

Doyle O'Regan, Piedmont High School
800 Magnolia Ave.
Piedmont CA 94611
510-552-9793
doyleoregan@yahoo.com

The NCS/Les Schwab Tires Cross Country Championships will be conducted in five (5) divisions. Schools must compete in the division determined by their school's 2007 CBED enrollment for grades 9, 10, 11 and 12; unless a school incurs a gain/loss of enrollment of a minimum of fifteen (15) percent in the current year (October 2008 CBED), then the October 2008 CBED enrollment figures shall be used in place of the 2007 CBEDS enrollment figures to determine the school's division for 2008 (per CIF Bylaws).

NO Petitioning Up – Schools must participate in the division that has been established by their respective CIF Section using the previous years' CBED enrollment. Although the State CIF now allows petitioning NCS member school have chosen to not allow petitioning.

The State CIF/NCS Divisions are as follows:

<u>Division</u>	<u>NCS/CIF Enrollment Divisions</u>
I	2,101 and up
II	1,651 – 2,100
III	1,151 – 1,650
IV	500 – 1,150
V	499 or less



► **Coaches are reminded to submit the “Cross Country Gate List” form upon arrival at the site, in order to pick up their school packet.**

CROSS COUNTRY DIVISIONS 2008-09
BASED ON 2007-08 CBEDS ENROLLMENT - GRADES 9 - 12

Last updated 5/29/08

DIVISION I - 2,101 & ABOVE

AMADOR VALLEY HIGH SCHOOL	2581	FOOTHILL HIGH SCHOOL	2304	PITTSBURG HIGH SCHOOL	2401
ANTIOCH HIGH SCHOOL	2555	FREEDOM HIGH SCHOOL	2243	SAN LEANDRO HIGH SCHOOL	2632
BERKELEY HIGH SCHOOL	3318	GRANADA HIGH SCHOOL	2362	SAN RAMON VALLEY HS	2116
CALIFORNIA HIGH SCHOOL	2394	JAMES LOGAN HIGH SCHOOL	4051		
CASTRO VALLEY HIGH SCHOOL	2833	MISSION SAN JOSE HS	2103		
COLLEGE PARK HIGH SCHOOL	2165	MONTE VISTA HIGH SCHOOL	2460		
DEER VALLEY HIGH SCHOOL	3315	NEWARK MEMORIAL HS	2199		

DIVISION II 1,651- 2,100

ALAMEDA HIGH SCHOOL	1909	IRVINGTON HIGH SCHOOL	2090	TENNYSON HIGH SCHOOL	1708
AMERICAN HIGH SCHOOL	2057	LIBERTY HIGH SCHOOL	2033	UKIAH HIGH SCHOOL	1911
ARROYO HIGH SCHOOL	1992	LIVERMORE HIGH SCHOOL	2015	WASHINGTON HIGH SCHOOL	2091
CARONDELET HIGH SCHOOL	1704	MONTGOMERY HIGH SCHOOL	1832	WINDSOR HIGH SCHOOL	1699
CASA GRANDE HIGH SCHOOL	1967	MT DIABLO HIGH SCHOOL	1653*		
CLAYTON VALLEY HIGH SCHOOL	1817	MT EDEN HIGH SCHOOL	2021		
DE LA SALLE HIGH SCHOOL	2078	RANCHO COTATE HIGH SCHOOL	1790		
HAYWARD HIGH SCHOOL	1698	SAN LORENZO HIGH SCHOOL	1670		
HERITAGE HIGH SCHOOL	1886	SANTA ROSA HIGH SCHOOL	2050		

DIVISION III - 1,151 - 1,650

ACALANES HIGH SCHOOL	1385	EL CERRITO HIGH SCHOOL	1197	NORTHGATE HIGH SCHOOL	1548
ALBANY HIGH SCHOOL	1327	ELSIE ALLEN HIGH SCHOOL	1237	NOVATO HIGH SCHOOL	1293
ALHAMBRA HIGH SCHOOL	1383	EUREKA HIGH SCHOOL	1487	PETALUMA HIGH SCHOOL	1644
ANALY HIGH SCHOOL	1288	JOHN F. KENNEDY - FREMONT	1435	PINER HIGH SCHOOL	1357
BISHOP O'DOWD HIGH SCHOOL	1174	JOHN F. KENNEDY - RICHMOND	1218	REDWOOD HIGH SCHOOL	1503
CAMPOLINDO HIGH SCHOOL	1411	LAS LOMAS HIGH SCHOOL	1581	SIR FRANCIS DRAKE HS	1264
CONCORD HIGH SCHOOL	1570	MARIA CARRILLO HIGH SCHOOL	1499	SONOMA VALLEY HIGH SCHOOL	1556
DUBLIN HIGH SCHOOL	1374	MIRAMONTE HIGH SCHOOL	1386	YGNACIO VALLEY HIGH SCHOOL	1445

DIVISION IV - 500 - 1,150

ARCATA HIGH SCHOOL	933	JOHN SWETT HIGH SCHOOL	559	SAN MARIN HIGH SCHOOL	1099
CARDINAL NEWMAN HS	866	JUSTIN-SIENA HIGH SCHOOL	609	SAN RAFAEL HIGH SCHOOL	1027
CLEAR LAKE HIGH SCHOOL	527	KELSEYVILLE HIGH SCHOOL	611	ST. MARY'S COLLEGE HS	628
DEL NORTE HIGH SCHOOL	1081	LOWER LAKE HIGH SCHOOL	774	ST. PATRICK/ST. VINCENT HIGH	682
DOUGHERTY HIGH SCHOOL	570	MARIN CATHOLIC HIGH SCHOOL	714	TAMALPAIS HIGH SCHOOL	1092
EL MOLINO HIGH SCHOOL	952	MCKINLEYVILLE HIGH SCHOOL	712	TERRA LINDA HIGH SCHOOL	1106
ENCINAL HIGH SCHOOL	1068	MIDDLETOWN HIGH SCHOOL	541	URSULINE HIGH SCHOOL	636
FORT BRAGG HIGH SCHOOL	585	MOREAU CATHOLIC HS	905	WILLITS HIGH SCHOOL	624
FORTUNA HIGH SCHOOL	940	PIEDMONT HIGH SCHOOL	941*		
HEALDSBURG HIGH SCHOOL	885	SALESIAN HIGH SCHOOL	580		
HERCULES HIGH SCHOOL	1135				

DIVISION V - 499 AND FEWER

ASA ACADEMY	24	FREMONT CHRISTIAN	199	SAN FRANCISCO WALDORF HIGH	127
ATHENIAN SCHOOL	296	GATEWAY HIGH SCHOOL	441	SANTA ROSA CHRISTIAN SCHOOL	155
BAY SCHOOL OF SAN FRANCISCO	245	HEAD-ROYCE SCHOOL	344	SONOMA ACADEMY	197
BENTLEY UPPER SCHOOL	328	HOLY NAMES HIGH SCHOOL	466	SOUTH FORK HIGH SCHOOL	273
BEREAN CHRISTIAN HS	441	HOOPA VALLEY HIGH SCHOOL	249	SOUTHERN TRINITY HS	48
BRANSON SCHOOL	327	INTERNATIONAL HS FAIS	327	ST. BERNARD CATHOLIC SCHOOL	108
CALIFORNIA SCHOOL FOR THE DEAF	222	LICK WILMERDING HIGH SCHOOL	430	ST. ELIZABETH HIGH SCHOOL	247
CALISTOGA JR/SR HIGH SCHOOL	255	MARIN ACADEMY HIGH SCHOOL	365	ST. HELENA HIGH SCHOOL	477
CHINESE CHRISTIAN SCHOOL	225	MENDOCINO HIGH SCHOOL	213	ST. JOSEPH NOTRE DAME HIGH	431
CLOVERDALE HIGH SCHOOL	454	NORTH COAST PREP. ACADEMY	87	ST. VINCENT HIGH SCHOOL	399
COLLEGE PREPARATORY SCHOOL	342	POINT ARENA HIGH SCHOOL	179	STUART HALL HIGH SCHOOL	160
CONVENT OF THE SACRED HEART HS	440	POTTER VALLEY HIGH SCHOOL	95	TOMALES HIGH SCHOOL	199
FERNDALE HIGH SCHOOL	158	REDWOOD CHRISTIAN	272	UPPER LAKE HIGH SCHOOL	419
		RINCON VALLEY CHRISTIAN	169	URBAN SCHOOL OF SAN FRANCISCO	343
		SAN DOMENICO HIGH SCHOOL	306	VALLEY CHRISTIAN - DUBLIN	321
		SAN FRANCISCO UNIVERSITY H. S.	390		

*Schools that have not submitted their October 2007 CBED information.

ENTRIES

EACH SCHOOL MUST ENTER THEIR OFFICIAL ENTRIES

Each coach must individually enter his/her official entries, team or individuals, using the EZMeets.com website. The deadline for the acceptance of entries is Sunday, November 16, 2008, prior to midnight. There will be no exceptions. Although the entry deadline is Sunday, November 16, 2008 coaches may enter their school's potential entries as of the reception of their school's password.

PROCEDURES FOR ENTERING YOUR SCHOOLS POTENTIAL PARTICIPANTS

PASSWORD

Each team needs an entry password. Go to <http://www.EZMeets.com>. Under the 2008 NCS/Les Schwab Tires Cross Country Championships – Presented by Farmers click on “Password Request”. Select your school from the team list (If your team is not listed, please email gdemmon@cifncs.org). Enter all team information and submit. An email address is mandatory. Submit only one request for both boys and girls since all coaches will share the same password at one school. Please request your password early. If you request a password near the entry deadline, entries may close before NCS can send you a password. NCS Meet Management will review your password request and email your password within 48 hours. If you don't receive a password within 48 hours, first check to see if your email account's spam filter blocked the password email to you. If you still have not received your password, please email gdemmon@cifncs.org.

ENTRIES

When you have your password, go to <http://www.EZMeets.com>. You may also go to the NCS website, www.cifncs.org, choose the sport of cross-country and click on the EZMeets.com link. Once at the EZMeets.com website scroll down to “North Coast Section/Les Schwab Tires Cross Country Championships – Presented by Farmers” and Click “Entries”. Below is a copy of the NCS entry home page.

2008 NCS/Les Schwab Tires Cross Country Championships Entries

Updated: June 21 at 8:09:38 AM

Boys

Password Girls

Instructions

- For meet information, please go to: [Meet Information](#)
- Only teams that have been issued passwords are listed. Please see [Meet Information](#) for details
- You may enter and update your entries for until the entry **deadline of 11:59 PM November 16.**
- **Make all entries & changes here. Do not e-mail, fax or phone them.**
- **Enter ALL competing athletes. Please scratch non-competing athletes.**
- **Most entry problems are caused by viewing obsolete pages from your browser's "cache", instead of new pages from EZMeets.com. Be sure to empty your browser's cache.**
- **If entry boxes get filled with obsolete information, turn off your browser's autofill option.**
- **If you have entry or password problems, contact Gil Lemmon via E-mail: gdemmon@cifncs.org.**

Follow the instructions on the “NCS Entries” home page at EZMeets.com website to enter your school entries.

You may enter, change or scratch athletes at any time until the entry deadline on November 16. Although only a maximum of seven (7) athletes may compete, you may enter more than seven on EZMeets.com. For example, if you're not sure which seven of nine athletes will compete, enter all nine. Be sure your entries include all athletes that will compete. There will be no additions or substitutions on race day. **When your team arrives at the NCS/Les Schwab Tires Cross**

Country Championships you will be limited to seven (7) runners per team.

ENTRY RECEIPT

Each time you visit the EZMeets.com and change your school's entries, print a copy of the EZMeets.com team entry web page. This is your official receipt. Do this at the end of each on-line session. Only the most recent printout showing your latest changes is your official receipt. Others are invalid. Emails of your entries are not official receipts. Contact the NCS Office with any questions or concerns.

Team Qualifications: **All NCS member schools are eligible** to participate in the NCS/Les Schwab Tires Cross Country Championships. Complete teams consist of a minimum of five and maximum of seven eligible competitors.

Individual Qualifications: **All NCS member schools may enter individual finishers** (fewer than five team members) in each division.

RACE SCHEDULE

WALK THE COURSE 7:30 - 8:45 A.M.

9:00 am	Division I Boys' Race
9:30 am	Division II Boys' Race
10:00 am	Division I Girls' Race
10:30 am	Division II Girls' Race
11:00 am	Division III Boys' Race
11:30 am	Division IV Girls' Race
12:00 pm	Division V Boys' Race
12:30 pm	Division III Girls' Race
1:00 pm	Division IV Boys' Race
1:30 pm	Division V Girls' Race



NATIONAL FEDERATION CROSS COUNTRY RULES

The National Federation rules will be enforced at all NCS/Les Schwab Tires Cross Country Championship events. Uniforms must comply with the rules.

CERTIFICATION OF COACHES - Instructions

CIF (506) and NCS (209) Bylaws require that coaches meet certain standards. The State of Calif. Education Code requires that all public school teams must be under the supervision of a person who meets all of the requirements of California Administrative Code Title V, Section 5531. Coaches of non-public schools must be engaged by that school on a yearly contract basis and be certified by the administrator of that school as competent for that position held. Representative from each participating school must meet these standards.

CHUTE PERSONNEL

Meet management is looking for experienced individuals who would be willing to work the finish chute during each race. If you are interested, or know of someone who is interested, please contact Mr. Chuck Woolridge, cross country coach at Campolindo High School at iiffb@comcast.net regarding this very important responsibility.

NFHS CROSS COUNTRY UNIFORM RULES

All 2008 National Federation Cross Country Rules will be followed. Coaches are encouraged to review the 2008 NFHS Cross Country Rules Book concerning all rules of competition. Additional information concerning jewelry is located on page 9 of this bulletin. Coaches must submit, along with their school's "Gate List" the document on page 7 confirming their knowledge of the NFHS Cross Country rules and proper attire of their competitors.

ADMISSION

Participating schools will list team party members on a gate list. (See page 14)
Team Party - includes up to two certified coaches, certified trainer and team drivers. Participants listed on the gate list will be admitted as a group without a ticket. The certified coach must be present at the gate to identify these participants.

ADMISSION FEES

General Admission (Adults) \$5.00
Special \$3.00 (Seniors, Students, & Children with Adults)

SOUVENIRS

Schools may purchase NCS/Les Schwab Tires Meet of Champions Championship Cross Country T-Shirts (\$15.00, XX Lg. shirts are \$17.), Long sleeve T-shirts (\$18.00, XXLg. shirts are \$20.00), sweatshirts (\$30.00, XXLg. Sweatshirts are \$32.00), hats (\$15.00), Wind shirts (\$45.00, XXLg. \$47.00), patches (\$15.00) and Polo shirts (\$25.00, XXLg. \$27.00) at the 2008 NCS/Les Schwab Tires Meet of Champions Cross Country Championships. Souvenir programs will also be sold at the NCS/Les Schwab Tires Meet of Champions Cross Country Championship for \$4.00. Schools may also order NCS/Les Schwab Tires Meet of Champions Cross Country Championship T-Shirts, patches and other NCS souvenirs using the enclosed souvenir order form. Coaches may use check, cash, MasterCard, Visa, American Express, Discover, school purchase order, requisition form and school billing to purchase souvenirs. See the Souvenir order form on page 12 to order souvenirs. Call the NCS office if you have any questions. Information regarding souvenirs is also available at the NCS Website - <http://www.cifncs.org>.

AWARDS

The following awards will be presented according to the awards schedule below:

- a) Plaques to each Girls' and Boys' championship teams,
- b) Pennants to the first and second place Boys' and Girls' teams in all Divisions
- c) Certificates for all participants
- d) The top three teams in each division will receive medals. Seven (7) medals will be provided per team of seven.
- e) The **top seven** individuals in each race will receive medals.

Awards Schedule:

10:30 am	Boys' Division I	12:20 pm	Girls' Division IV
10:50 am	Boys' Division II	12:55 pm	Boys' Division V
11:10 am	Girls' Division I	1:25 pm	Girls' Division III
11:30 am	Girls' Division II	2:00 pm	Boys' Division IV
11:50 am	Boys' Division III	2:20 pm	Girls' Division V

EMS PERSONNEL

Approved medical personnel will be available to athletes for the duration of the 2008 NCS/Les Schwab Tires Cross Country Championships. EMS personnel present at NCS/Les Schwab Tires Championship Series Events are present for paramedic services. These services will be performed by approved medical personnel. EMS personnel will perform only those services that are within the scope of the license or certification. During NCS/Les Schwab Tires Championship Series Events EMS personnel will respond to emergencies immediately. All other non-emergency services may be provided; however, they may be interrupted or may become unavailable if an emergency arises. EMS personnel do not replace the responsibility of the coach of each represented school as the responsible party of their athlete's medical care. Coaches are expected to have a medical kit as well as all emergency medical forms necessary to respond to the health and welfare of their athletes.

RESTROOM FACILITIES

The NCS/Les Schwab Tires Cross Country Championship meet management have arranged for portable toilets and use of Hayward High School's restroom facilities. Spectators are asked to use restroom facilities in the area of the main gate and gymnasium. Participants may use the same facilities or additional facilities in the area just north of the starting line. Two portable facilities and school restrooms will be available in this area. Please plan accordingly.

EXTRA NON-RELATED CROSS COUNTRY ACTIVITIES

In respect and safety for competing athletes and best possible spectator observation possibilities meet management ask that no other non-related cross country activities be conducted during the championships. Such activities include, but are not limited to, football, Frisbees, basketballs, baseball, other games, etc. Your cooperation in advance is greatly appreciated.

DIRECTIONS

Hayward High School is located in Hayward, CA – just south of Oakland. Take Hwy. 880 north or south to the Jackson St. exit. Proceed east. Just past the large intersection of Mission Blvd. and Jackson turn right on Main St. At the dead end turn left onto E St. Follow E St. to East Ave. and Hayward High School.

REVIEW OF COURSE PRIOR TO THE DAY OF THE RACE

The Hayward High School cross-country course is not available for review until after 3:30 p.m. during the school week. Please do not enter the campus prior to 3:30 p.m. during the week. Cross-country teams should not be on campus without proper supervision. Hayward High School administration has been asked to contact the NCS Office concerning any violation of this request. While on campus there is the possibility that no restrooms will be available.

On November 15th the HAAL will conduct the HAAL Cross Country Championships on the Hayward H.S. course. The course will be closed to any individuals and teams not members of the HAAL on that day until approximately 1:00 p.m., or until the event is finished

Please plan accordingly. Thank you in advance for your cooperation.

BILLING OF ENTRY FEES

The North Coast Section will bill each league/conference commissioner for the total entry fees for each entrant to the Meet of Champions at the rate of \$60.00 per team of five or more competitors (maximum of seven) or \$7.00 per individual competitor.

CIF STATE CROSS COUNTRY CHAMPIONSHIPS – Saturday, November 29, 2008 at Woodward Park, Fresno.

The State CIF will mail CIF State Cross Country Championship Bulletins to each CIF member school. The State CIF Cross Country Championship Bulletin is also available online at www.cifstate.org. The following criteria shall be used to determine the number of teams and individuals who will qualify to the CIF State Cross Country Championships:

Automatic Teams

Team entries into the State CIF Cross Country Championships shall be based on a formula that is comprised of two factors: 1) An established baseline providing a minimum number of entries for each section; 2) Additional entries based upon the most recent four (4) year history of the section team performance in each divisional race. No section shall have more than seven (7) team entries in any divisional race. Based on the above criteria North Coast Section will have the following entries to the 2007 State CIF Cross Country Championships:

	Boys	Girls
Division I	2 entries	2 entries
Division II	3 entries	3 entries
Division III	4 entries	4 entries

Division IV	3 entries	3 entries
Division V	5 entries	4 entries

Individuals

The top five highest placed individuals (not on an automatic team entry), per the criteria below in each division will qualify from section to state meet finals.

Divisions Qualifying Two Teams - Individuals must place in the top 12 at section finals to qualify.

Divisions Qualifying Three Teams – Individuals must place in the top 14 at section finals to qualify.

Divisions Qualifying Four Teams – Individuals must place in the top 16 at section finals to qualify.

Divisions Qualifying Five Teams – Individuals must place in the top 18 at section finals to qualify.

2007 NCS/Les Schwab Tires Cross Country Championships – Hayward High School – Presented by Farmers





NORTH COAST SECTION, CIF

12925 Alcosta Blvd., Suite 8, San Ramon, CA 94583

Phone: 925-866-8400 // Fax: 925-866-7100

NCS Website: www.cifnco.org



FARMERS

To: All Head Coaches of schools participating in the 2008 NCS/Les Schwab Tires Cross Country Championships – Presented by Farmers
 From: Gil Lemmon, Commissioner of Athletics
 Date: November, 2008
 RE: Meet Information

Congratulations on your season to date and best of luck today. The NCS/Les Schwab Tires Cross Country Management Committee/Games Committee has worked very hard to host another outstanding NCS/Les Schwab Tires Cross Country Championship. Special thanks to Hayward High School for again hosting this event. Below are some important points for this year's competition. Questions can be directed to either Doyle O'Regan or Tim Bruder, Co-NCS Meet Directors. Again, good luck!

- North Coast Section schools have adopted National Federation rules for cross-country. Therefore, during the 2008 NCS/Les Schwab Tires Cross Country Championships officials have been instructed to follow the rules of the 2008 NFHS Cross Country rules book. Uniform rules will be enforced according the rulebook. Please be sure that your athletes are in proper uniform.
- The following awards will be presented according to the awards schedule below:
 - a) Plaques to each Girls' and Boys' championship teams,
 - b) Pennants to the first and second place Boys' and Girls' teams in all Divisions
 - c) Certificates for all participants
 - d) The top three teams in each division will receive medals. Seven (7) medals will be provided per team of seven.
 - e) The **top seven** individuals in each race will receive medals.

✂-----✂

In accordance with National Federation High School Cross Country Rules, Rule 3, Section 4, Article 8, please review the following sentences, check the appropriate boxes and sign on the signature line. Tear off at the dotted line and keep the top portion for your information.

NFHS Cross Country Rule 3, Section 4, Art. 8 states...Prior to the meet, the referee shall, either by a meeting or written communication, address the following with all head coaches and team captains:

- a. All team members are expected to exhibit good sportsmanship.
- b. The head coach shall verify verbally, or in writing, that all of his/her competitors are properly equipped (uniform, equipment, and no jewelry) in compliance with these rules.
- c. Any special circumstances, procedures and information pertaining to the meet.

Please check each box, if appropriate.

- I have reviewed with all team members the importance of good sportsmanship
- Each of my school's competitors is properly equipped in compliance with NFHS Cross Country Rules.
- I have read the NCS/Les Schwab Tires Cross Country Championship Bulletin.



Signature of Head Coach

Please print your name

Map of City of Hayward and surrounding area



2008 NCS/Les Schwab Tires Cross Country Championships
CLARIFICATION OF THE NFHS RULES BOOK CONCERNING JEWELRY

Track & Field and Cross Country athletes are prohibited from competing while wearing jewelry. (Track & Field RULE 4, 3-6, X C - Rule 9, 5-7 NFHS 2008 Rules Book). The only exception to this rule is religious and medical medals if not detached, must be taped to the body. A watch may be worn. While not inclusive, the following are some examples of allowed vs. prohibited items. It is the responsibility of each coach to know the rules and instruct each athlete concerning these rules.

Examples of Legal Items:

One watch – worn on the wrist

Religious medal – Medal must be taped to the body under the uniform.

Medical alert bracelet – taped to the wrist with the faceplate showing.

Insulin Pump – approved and verified in writing from physician

Heart monitor – only with physician's statement documenting the need.

Atomizer - only with physician's statement documenting the need

Glasses – preferred framed to eliminate the chance of injury

Sunglasses – preferred framed to eliminate the chance of injury

Rubber bands or elastic bands to control the hair – even if the elastic band has a small piece of metal. (Additional – girls may wear ribbons in the hair that match the school colors) not extreme.

A scrunches or ribbon to control the hair – maximum of two ribbons in total – school colors.

Tattoo – unless objectionable – if objectionable it must be covered.

Regulation headband or knit cap – Must be unadorned except for school name, school nickname, or school mascot, school colors.

Regulation "sweat band" for the head when needed - Must be unadorned except for school name, school nickname, or school mascot, school colors.

An American Flag, not to exceed 2 X 3 inches.

One manufacturer's logo/ trademark is permitted on each piece of apparel which does not exceed 2 ¼ square inches and may not exceed 2 ¼ inches in any direction.

Examples of Illegal Items:

No chains or necklaces.

Cloth/ yarn/ hemp /etc., bracelets.

Rubber band or bands on wrist/ ankle.

Earrings – even if covered with tape.

Rings or any other jewelry/ piercing (ie, navel rings, tongue rings, eyebrow rings, and other pierced body parts)

Barrettes or bobby pins/ beads/etc.

Face/ body paint and or stickers, Glitter.

Baseball hats, scarves, bandannas, do-rags, etc.

Pins, except to hold on competitor numbers.

Ribbons, pins, etc. Attached to the shoes/ shoes/ laces (exception-computer chips)

Clerks, the meet Referee, starters, and Field Event Judges, etc. must still do preventive officiating and check all athletes before they compete. However, if an athlete arrives at the venue to compete /or competes while wearing illegal uniform/other apparel, jewelry, and illegal items/ equipment, he/she will be disqualified.

The games Committee is responsible for the proper operation of the meet.

Rule 3, Section 2. Articles including article 2-3-4 including J – K & O enforced.

MOTELS, HOTELS & RESTAURANTS IN AND AROUND HAYWARD

Miles listed are from Hayward H.S.

Best Western Inn – Hayward
360 West A Street
Hayward
510-785-8700

Comfort Inn
24997 Mission Blvd.
Hayward
510-538-4466
1.0 miles

Days Inn - Airport
450 West A Street
Hayward
510-670-0555
2.3 miles

Days Inn – La Hacienda
24400 Mission Blvd.
Hayward
510-537-5404

Discovery Inn
333 East Jackson Street
Hayward
510-886-7111
1.2 miles

Executive Inn – Hayward Airport
20777 Hesperian Blvd.
Hayward
510-732-6300
2.7 miles

Heritage Inn
410 West A Street
Hayward
510-785-0260
Ramada Limited
21598 Foothill Blvd.
Hayward
1.4 miles

Casa Blanca Motel
1029 D St.
Hayward
510-582-7888
0.6 miles

Hampton Inn
24137 Mission Blvd.
Hayward
510-247-1555
0.7 miles

La Hacienda Hotel
24400 Mission Blvd.
Hayward
510-537-5404
0.7 miles

Super 8 Motel
21800 Foothill Blvd.
Hayward
510-733-5012
1.2 miles

Phlymore Motel
21172 Mission Blvd.
Hayward
510-537-1200
1.6 miles

Holiday Inn
2532 Castro Valley
Castro Valley
510-538-9501
1.8 miles

Comfort Suites
2419 Castro Valley
Castro Valley
1.8 miles

Econo Lodge
3928 E. Castro Valley Blvd.
Castro Valley
510-537-8833
1.8 miles

Phoenix Lodge
500 W A Street
Hayward
510-786-0417
2.3 miles

Valley Inn
17130 Foothill Blvd.
Castro Valley
510-276-8151
2.3 miles

Budget Inn
16500 Foothill Blvd.
Castro Valley
510-276-6290
2.7 miles

Hanford Hotels Inc.
20777 Hesperian Blvd.
Hayward
510-732-6300
2.7 miles

Vagabond Inn
20455 Hesperian Blvd.
Hayward
510-785-5480
2.8 miles

All Suites Islander Motel
29083 Mission Blvd.
Hayward
510-538-8700
2.8 miles

Five Eighty Motel
16320 Foothill Blvd.
San Leandro
510-276-4484
2.9 miles

Restaurants
KFC
22872 Main St.
Hayward
0.6 miles

Subway Sandwiches & Salads
22549 2nd St.
Hayward
0.7 miles

New York Style Pizza
22640 Vermont St.
Hayward
0.7 miles

Burger King
24119 Mission Blvd.
Hayward
0.7 miles

McDonald's
23989 Watkins St.
Hayward
0.8 miles

Hayward Grill
920 C St.
Hayward
0.8 miles
Round Table Pizza
22457 Foothill Blvd.
Hayward
0.8 miles

Togo's Eatery
798 Jackson St.
Hayward
0.8 miles

Pizza Express
22323 Redwood Rd.
Castro Valley
0.8 miles

International House Of Pancakes
22222 Foothill Blvd.
Hayward
1.1 miles

Taco Bell
21600 Foothill Blvd.
Hayward
1.2 miles

Hill's Coffee Shop
21458 Foothill Blvd.
Hayward
1.5 miles

Round Table Pizza
157 Harder Rd.
Hayward
1.6 miles

Round Table Pizza
20261 Patio Dr.
Castro Valley
1.6 miles

Baker's Square
3360 Castro Valley
Castro Valley
1.7 miles

Lyon's Restaurant
3240 Castro Valley Blvd.
Castro Valley
1.7 miles

Lyon's Restaurant
24100 Mission Blvd.
Hayward
0.7 miles

Banchero's Italian Dinners
20102 Mission Blvd.
Hayward
2.0 miles

NORTH COAST SECTION

CROSS COUNTRY GATE LIST

SCHOOL _____ SITE _____

COACH _____ DATE _____

ASS'T. COACH _____

Gate List to be presented to Gate Personnel upon arrival at site.

There will be no additional personnel allowed on the gate list, please adhere to the gate list policy.

PLEASE NOTE: ONLY ONE NAME PER LINE ALLOWED

TEAM MEMBERS (maximum of 7 per boys and girls team)

- | | |
|----------|----------|
| 1. _____ | 1. _____ |
| 2. _____ | 2. _____ |
| 3. _____ | 3. _____ |
| 4. _____ | 4. _____ |
| 5. _____ | 5. _____ |
| 6. _____ | 6. _____ |
| 7. _____ | 7. _____ |

BUS DRIVER OR TEAM DRIVERS (maximum of 4)

(If a team arrives by bus, only the bus driver will be allowed free admission) (Only drivers that transport team members, up to 4 individuals, will be allowed admission at no charge)

1. _____
2. _____
3. _____
4. _____

CERTIFIED ATHLETIC TRAINER

1. _____

FORWARD MOTION SPORTS®

Proud Sponsor of the CIF NORTH COAST SECTION CROSS COUNTRY CHAMPIONSHIP
HAYWARD HIGH SCHOOL, NOVEMBER 17TH, 2008

WE LOVE THIS SPORT!



The Hayward High School Cross Country Course is one of the best Championship Courses around. It is hands down the best place to spectate a XC meet with views of nearly the entire race. It is not terribly challenging, with a couple of mild up-hill climbs with immediate downhills. Almost a mile of grass field slows the times down a bit (especially on a soggy day), but if you can take advantage of the fast parts of the course, you'll make up time.

Good Luck !

FORWARD MOTION SPORTS, Inc.

MILE 1 _____

MILE 2 _____

MILE 3 _____

NCS Order Form
CROSS COUNTRY
 (Payment must accompany all orders)

DEADLINE TO ORDER: DECEMBER 12, 2008

Description	Sizes					Unit Price	Unit Total	Shipping	Shipping Total
	S	M	L	XL	XXL(add \$2.00)				
T-Shirt						\$15.00		\$3.50each	
Sweatshirt (Hooded)						\$30.00		\$4.80 each	
Long Sleeve T-Shirt						\$18.00		\$3.50each	
Patch, Sport (sport/year: _____)						\$15.00		\$1.50each	
Patch, Scholar (sport/year: _____)						\$15.00		\$1.50each	
Patch, Scholastic (sport/year: _____)						\$15.00		\$1.50each	
NCS Hat (circle color: Black, Navy, Tan, Grey, Red)						\$15.00		\$1.50each	
NCS Visor (circle color: Black, Navy, Grey, Red)						\$12.00		\$1.50each	
Program (sport: _____) (not available in Tennis, Golf, Badminton)						\$4.00		\$1.50each	
NCS Blanket						\$25.00		\$3.50each	
Polar Tec Vest (circle color: Black, Grey)						\$45.00		\$3.50each	
Polo Shirts (circle color: Tan, Navy, Black, Green)						\$30.00		\$3.50each	
Windshirts (circle color: Tan, Navy, Black, Green)						\$45.00		\$3.50each	

Tax (8.25%)

TOTAL

Merchandise subject to availability. All prices subject to change without notice.
***Shipping and Handling charges on TEAM orders shall not exceed actual shipping charges plus 1.5%.**

When filling out credit card orders please complete all of the following. Credit Cards will be processed the day the merchandise is shipped.

Method of Payment (circle one)	Name on card	Expiration Date	Card Number	Zip Code
Cash, Check, VISA, MASTERCARD, AMEX, DISCOVER				

Home phone	Date	Authorized Signature if using P.O. or school requisition
------------	------	--

Receipt:
Name:
Payment method:
Sport/location:
Sales person:



Address label (Please Print)
NAME:
ADDRESS:
CITY, ZIP:

Send to: North Coast Section, CIF
 12925 Alcosta Blvd. Suite 8
 San Ramon, Ca 94583
 (925) 866-8400
 Fax: (925) 866-7100
 www.cifncs.org