

**2008
CIF STATE
CROSS COUNTRY CHAMPIONSHIPS
HANDBOOK**



PUBLISHED BY:

The State CIF Office

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Visit our web site at: www.cifstate.org

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OFFICIAL TITLE

The official title of this event is the **2008 CIF State Cross Country Championships presented by Farmers.**

MANAGEMENT

The CIF State California High School Cross Country Championships shall be managed by the State CIF, which will have final authority and responsibility for the championships.

MEET DIRECTOR

The on-site Meet Director, employed by the State CIF to oversee championship meet operations, is available to assist participating schools. All questions on meet specifics should be addressed to:

Meet Director:

Marty Simpson

Buchanan High School

1560 N. Minnewawa

Clovis, CA 93611

(559) 327-3360 School

(559) 299-3610 home (559) 709-4152 cell (559) 327-3065 FAX

Emails: (School) martinsimpson@cusd.com or (Home) martnnanc@gmail.com

CHAMPIONSHIP DATE AND SITE

Saturday, November 29, 2008 - Woodward Park, Fresno

NOTE: Competitors will not leave school on the day preceding the competition prior to the close of the school day unless travel requires two days. If travel requirements warrant, schools may petition their section CIF office for the additional day. Violation of this regulation may result in disqualification.

IN CASE OF A NATIONAL EMERGENCY – CHANGE IN TERROR ALERT STATUS

If, prior to or during the State CIF Championships, there is a change in the Terror Alert Status or a National Emergency, all schools, administrators, coaches, parents and athletes should go to the CIF State web site at www.cifstate.org for the latest information. The State CIF and all of our championship venues work closely with local and national law enforcement authorities and Homeland Security prior to making any determination on postponing, canceling or continuing with the championships.

STATE CHAMPIONSHIP DIVISIONAL PLACEMENT OF SCHOOLS

Each Section will determine the divisional placement for its schools who qualify for the state cross country championships and is required to submit the placement of schools into the five divisions to the State CIF Office no later than October 1. CIF-member schools will be required to participate in the division that has been established by their respective Section. Sections may use their own established criteria to determine placement of teams in the five divisions based on the following guidelines:

- Division I As determined by Section
- Division II As determined by Section
- Division III As determined by Section
- Division IV * As determined by Section, but enrollment may not exceed 1,250
- Division V * As determined by Section, but enrollment may not exceed 500

(Revised May 2008 Federated Council)

** The following information relates to Divisions IV and V only.*

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

Note: Grades 9-12 are utilized for CBEDS enrollment.

Single Gender Schools - The enrollment for single gender schools shall be doubled in grades 9-12 to gain a total figure for the single gender school.

<u>TIME SCHEDULE</u>	<u>2008 Schedule</u>
Division I Boys Race	8:30 a.m.
Division II Boys Race	9:00 a.m.
Division I Girls Race	9:30 a.m.
Division II Girls Race	10:05 a.m.
Division III Boys Race	10:40 a.m.
Division IV Girls Race	11:10 a.m.
Division V Boys Race	11:45 a.m.
Division III Girls Race	12:15 p.m.
Division IV Boys Race	12:50 p.m.
Division V Girls Race	1:20 p.m.
<u>AWARD SCHEDULE</u>	
Division I Boys	10:00 a.m.
Division I Girls	10:20 a.m.
Division II Boys	10:40 a.m.
Division II Girls	11:00 a.m.
Division III Boys	11:20 a.m.
Division IV Girls	11:50 a.m.
Division V Boys	12:25 p.m.
Division III Girls	12:55 p.m.
Division IV Boys	1:30 p.m.
Division V Girls	1:50 p.m.

INTRODUCTIONS

All 2008 Section champions and returning state champions, will be introduced **10 minutes** prior to the start of their race. Please make contact with announcer when you arrive at the park. Please have your athletes at the introductions **15 minutes** prior to race time.

AWARDS

- (a) **TEAM AWARDS** - Plaques for champion, runner-up, and third place team
Medals 1st through 7th for championship team, runner-up, and third place
- (b) **INDIVIDUAL AWARDS** - Individual medals 1st through 10th runner, each division
- (c) **PLAQUES** - will be awarded to individual champions in each division (boys & girls)
- (d) **CERTIFICATES** - will be awarded to all participants plus up to two alternates
- (e) **COACHES' MEMENTOS** - coaches' mementos will be provided to coaches of first, second and third place teams
- (f) **SPORTSMANSHIP/CITIZENSHIP AWARD** – Sportsmanship/Citizenship medals will be awarded to student-athletes who demonstrate exemplary sportsmanship and citizenship throughout the season. Coaches are encouraged to forward worthy nominees to the State CIF office.

AWARDS CEREMONY

Please have your medal winners (top 3 teams/top 10 individuals per division) **in school-issued uniform** at the awards ceremony **15 minutes** prior to presentation times.

PLEASE NOTE: ONLY YOUR 7 ATHLETES WHO COMPETED IN THE STATE CHAMPIONSHIP RACE ON NOVEMBER 29, 2008, ARE TO GO UP ON THE STAGE TO RECEIVE MEDALS. The rest of your team is invited to be in the audience to support the team ... BUT ONLY PARTICIPATING RUNNERS WILL BE ALLOWED ON STAGE.

COURSE AND RUNNING SURFACE

- (a) All races will be 5,000 meters.
- (b) The course is in Woodward Park on hard-packed dirt trails with some grass and asphalt. It has mild ups and downs over rolling hills with one steep short hill.
- (c) Many major cross country meets have been run on this course (Foot Locker National Meet, State J.C., Regional and District N.C.A.A. Meets).
- (d) No spikes are allowed on this course.
- (e) **Meet will be run - rain or shine.**

AUTOMATIC TEAM ENTRIES (Bylaw 1701)

Team entries into the state championship meet are based on a formula that includes two factors: 1) An established baseline providing a minimum number of entries for each Section.

2) Additional entries based upon the most recent four-year history of the Section team performance in each divisional race. No Section shall have more than seven team entries in any divisional race.

(Federated Council May 2003)

2008 CROSS COUNTRY TEAM ENTRIES

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

NOTE: Sections must have eight (8) or more eligible schools competing in a given classification in order to qualify for the maximum number of automatic entries in that classification. An eligible school is interpreted to mean "schools with five or more athletes who have qualified to compete in a Section prelim or finals. Section offices will verify this information by October 1, 2008, with the State office.

INDIVIDUAL ENTRIES

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

Qualifications from sectional competition to the CIF State Cross Country Championships as an **individual entry** are based upon **individual place finish**. Qualifying teams plus the top five highest placed individuals (not on a qualifying team) as per the criteria above in each division will qualify from section to state meet finals.

NOTE: There are no alternates for the state meet.

OFFICIAL RULES

2008 National Federation Cross Country Rules (located in Track and Field Rules Book) are official and will be enforced. *"All individual runners and teams must be accompanied by a certified person from the school district."*

UNIFORMS

National Federation Rules 9-6-1, 9-6-2, 9-6-4, and 9-6-7 regarding uniforms will be enforced.

If your team is planning on using a new, or different school uniform for the state meet, please make sure the uniform adheres to CIF and National Federation uniform rules. For questions, contact rules interpreter Hal Harkness at 714-529-6938.

NOTE: All runners must wear their competitor's number on the front of their jersey and on no other place.

COACHES PACKETS

The coaches of a qualified team or individual may pick up their packets on **Friday, November 28, 2008**, at Woodward Park from **12 noon - 5 p.m.** OR at **Woodward Park after 7:00 a.m.** on Saturday, November 29, 2008, at the **Coaches/Athletes Entrance**. Only the coaches' names that appear on the section qualifying entry form will be allowed to receive that school's packet.

NAMES AND NUMBERS

Please double check your athlete's name(s) and school affiliation. If a team is substituting a runner or any spelling errors occur, please inform an official at the packet pick-up area by bringing the **chest number with necessary corrections** and they will take down the information to give to Bob Rush, or changes with Bob Rush can be done Friday from **12:00-5:00 p.m.** at Woodward Park.

DO NOT CALL THE STATE CIF OFFICE WITH THESE MINOR CORRECTIONS.

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

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

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

CHECK-IN/STARTING LINE ASSIGNMENTS

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

STARTING AREA

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

SCORING PROCEDURES

- (a) Each coach will receive a color-coded number for each runner. Each number will have pertinent information on it. Each runner must wear the number and the bar code portion will be removed in the finish chute at the conclusion of each race. Finishers are to jog through the chute. **DO NOT STOP!! DO NOT WALK!! COACHES, PLEASE INFORM YOUR ATHLETES!!**
- (b) Meet results will be posted thirty (30) minutes after the finish of each race. Only one copy of the typed results for each division will be available following the awards presentation. Enclosed in your packet is a results ticket for your division. Additional copies will be sold for \$1.00.
- (c) Scoring will be in compliance with the 2008 National Federation Rules. (Five {5} score and Two {2} displace).
- (d) Section 2 – Article 4 – Ties in team scoring shall be resolved by comparing the sixth place finishers from tying teams. The team with the best sixth place finisher shall prevail. If one team does not have a sixth finisher the team with a sixth place finisher shall prevail.

COACHES CORNER

If you need answers fast, go to the Coaches Corner.

ADDITIONAL SAFETY PINS

Additional pins will be available at Coaches Corner.

ATHLETE CONDUCT

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

RESTROOMS

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

MOPEDS, BICYCLES, ETC.

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

WATER/LIQUID REMINDER

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

DISQUALIFICATION

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

COURSE MAPS

The course map is enclosed in this bulletin. Please feel free to ask for clarification.

EMERGENCY MEDICAL CARE

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

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

ENTRANCE/PARKING/CONCESSIONS

- (a) **Athletes, coaches and officials - Entrance to Woodward Park will be at the North East gate off Friant Road only** (see map).
- (b) Spectator's entrance to Woodward Park will be at the South Gate off Audubon.
- (c) Admission charges: **General Admission - \$10.00 CHILDREN - \$5.00**
Coaches must present ribbon and athletes their race number to be admitted to the park.
Pre-race admission tickets will be sold Friday, November 28, at Woodward Park, Mt. View Shelter, from 12 noon - 4:00 p.m. Parking is allowed in designated areas only. All vehicles parked illegally, inside or outside of the park, will be ticketed and towed. Do not park on any grassy areas inside the park.
- (d) A concession stand will be available at the park.

CIF MERCHANDISE

A souvenir concession stand will be open race day from 8 a.m. - 3:30 p.m. It also will be open at Woodward Park at Mt. View Pavilion from 12 noon - 5 p.m., Friday, November 28. T-shirts, sweatshirts, patches, pins and other cross country materials will be on sale. Supply is limited to those on hand.

SOUVENIR PROGRAM

Souvenir programs will be available for purchase at Woodward Park on Friday, November 28, from 12 noon – 4:00 p.m., as well as all day Saturday. The program will include all entered participants and numerous photos of student-athletes from across the state.

Help for the program is requested. Coaches are asked to submit **action photos** of top student-athletes **NO LATER THAN WEDNESDAY, NOVEMBER 5**. Please identify all photos sent with name, school and division. Digital photos (preferred) can be emailed to ezack@cifstate.org. Photographs can also be sent to:

Emmy Zack
Director of Communications
State CIF Office
1320 Harbor Bay Parkway, Suite 140
Alameda, CA 94502-6578

MEDIA CREDENTIAL REQUESTS

Requests for media credentials must be made on the appropriate credential request form and received by the State CIF office no later than Tuesday, November 25, 2008, at 12 noon. Credential request forms will be sent via the State CIF email distribution list and also will be available on the State CIF web site (www.cifstate.org) under the “Media” link. Late requests for credentials will not be accepted. Approved media members may pick up their credential Friday, November 28, from 12 noon – 4:00 p.m. at the Coaches Packet Pickup area at Woodward Park. Media who do not claim credentials Friday, will need to show their media affiliation identification to gain complimentary entrance to the park on Saturday, and then come to the working press area to obtain their credential.

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

MEDIA PARKING

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

PRESS FACILITY

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

APPENDIX A

Headquarters Hotels:



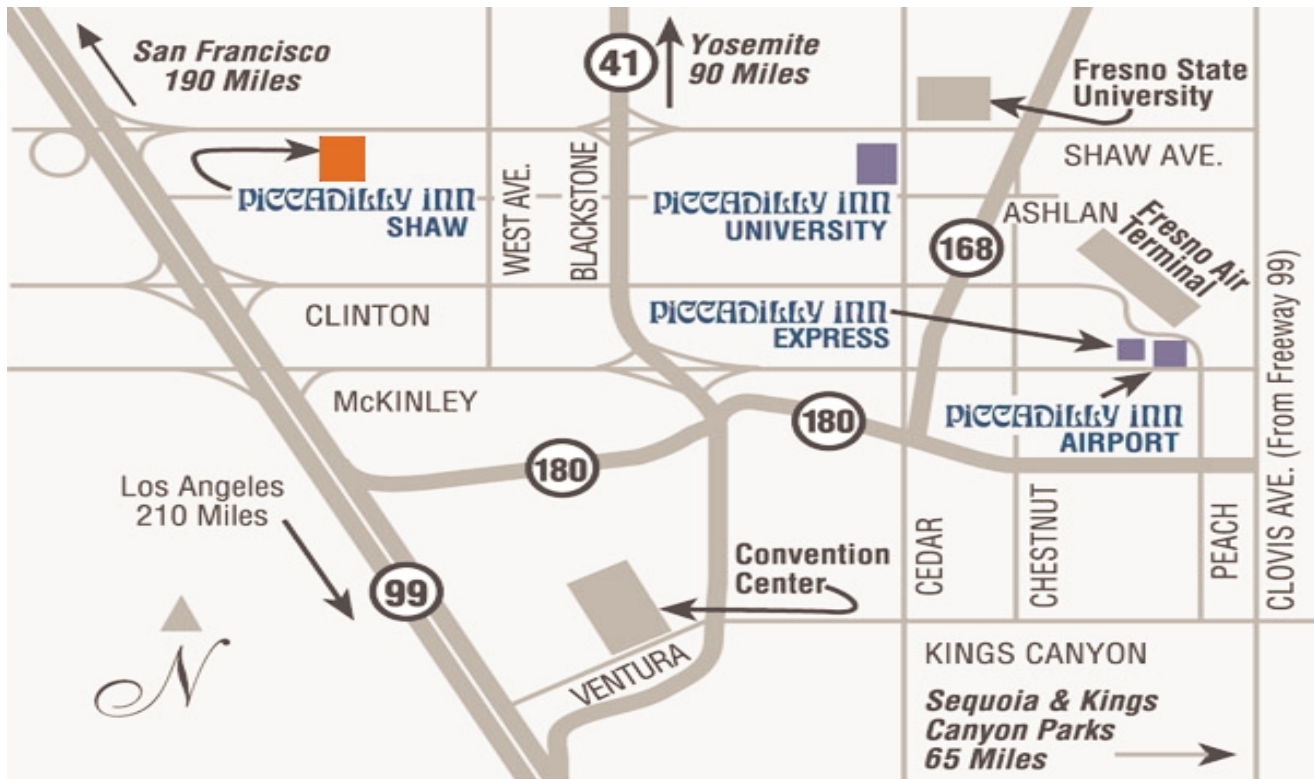
Piccadilly Inn Hotels Fresno, CA

Piccadilly Inn - West Shaw Hotel
2305 West Shaw
Fresno, CA 93711
Tel: 559.226.3850

Piccadilly Inn – Express Hotel
5113 East McKinley
Fresno, CA 93726
Tel: 559.456.1418

Piccadilly Inn - University Hotel
4961 North Cedar
Fresno, CA 93726
Tel: 559.224.4200

Piccadilly Inn – Airport Hotel
4961 North Cedar
Fresno, CA 93727
Tel: 559.251.6000



APPENDIX B
CIF State Cross Country Championships – OVERFLOW HOTELS
November 28-29, 2008

Contact the hotels directly or book online at www.fresnocvb.org

Hotel	G.M.	Address	City	State	Zip Code	Phone	Fax
Ambassador Inn & Suites	Mr. San Patel	1804 W. Olive Ave.	Fresno	CA	93728	(559) 442-1082	497-9545
America's Best Value Inn -Water Tree Inn	Ms. Lynn Parsons	4141 N. Blackstone Ave.	Fresno	CA	93726	(559) 222-4445	226-4589
America's Best Value Inn-Downtown	Mr. Peter Patel	2425 Merced St.	Fresno	CA	93721	(559) 233-4896	233-4898
Apple Tree Inn	Ms. Debbie Vrab	P.O. Box 41	Fish Camp	CA	93623	(559) 683-5111	642-6280
Best Western Village Inn	Ms. Renee McCoy	3110 N. Blackstone Ave.	Fresno	CA	93703	(559) 226-2110	226-0539
Comfort Inn	Mr. Bart Chatkara	5455 W. Shaw	Fresno	CA	93711	(559) 275-2374	275-7674
Comfort Suites Clovis	Mr. Rick Cobb	143 Clovis Ave.	Clovis	CA	93612	(559) 299-9992	299-9994
Country Inn & Suites	Ms. Cynthia Jones	6065 N. Thesta	Fresno	CA	93710	(559) 435-5838	435-6439
Courtyard by Marriott-Airport	Mr. Jason Quigley	1551 N. Peach	Fresno	CA	93727	(559) 251-5200 ext 156	454-0552
Courtyard by Marriott-Shaw	Mr. Mgeni Mpolo	140 E. Shaw Ave.	Fresno	CA	93710	(559) 221-6000	226-3896
Day's Inn Highway 99	Mr. Raju Verma	2640 S. Second	Fresno	CA	93706	(559) 237-6644	237-0705
DNC Parks & Resorts at Yosemite, Inc.	Ms. Deb Collins	P.O. Box 578	Yosemite	CA	95389	(209) 372-1162	
Econo Lodge - North Blackstone	Mr. Vick Patel	6309 N. Blackstone Ave.	Fresno	CA	93710	(559) 439-0320	436-8030
Econo Lodge-Parkway	Mr. Arvind Bhakta	445 N. Parkway Dr.	Fresno	CA	93706	(559) 485-5012	495-0567
Four Points by Sheraton	Ms. Diane Colebrook	3737 N. Blackstone Ave.	Fresno	CA	93726	(559) 230-8495	227-2084
Garden Inn & Suites	Ms. Jaime Shih	4949 N. Forestiere Ave.	Fresno	CA	93722	(559) 277-3888	same (call first)
Hampton Inn & Suites Fresno	Ms. Jennifer M. Machado	327 E. Fir Ave.	Fresno	CA	93720	(559) 447-5900	449-1500
Holiday Inn Express/Riverpark	Ms. Lydia Galvin	7115 N. Howard St.	Fresno	CA	93720	(559) 577-1350	577-1355
Holiday Inn Fresno Airport	Mr. Ken Stiles	5090 E. Clinton Way.	Fresno	CA	93727	(559) 455-2501	455-2511
Holiday Inn Swan Court	Ms. Lauri Pentorali	2950 Split Pea Anderson Blvd.	Selma	CA	93662	(559) 891-8000	891-9575
Holiday Inn Visalia	Ms. Barbara Tuch	9000 W. Airport Dr.	Visalia,	CA	93277	(559) 651-5000	651-5014
Kings Canyon Park Services Co.	Ms. Judy Morris	PO Box 907	Kings Canyon National Park	CA	93633	(559) 335-5500	333-5502
La Quinta Inn (North)	Mr. Victor Patel	330 E. Fir Ave.	Fresno	CA	93720	(559) 313-3485/449-0928	449-1869
La Quinta Inn, Fresno	Mr. Mark Knudsen	2926 Tulare Street	Fresno	CA	93721	(559) 442-1110	237-0415

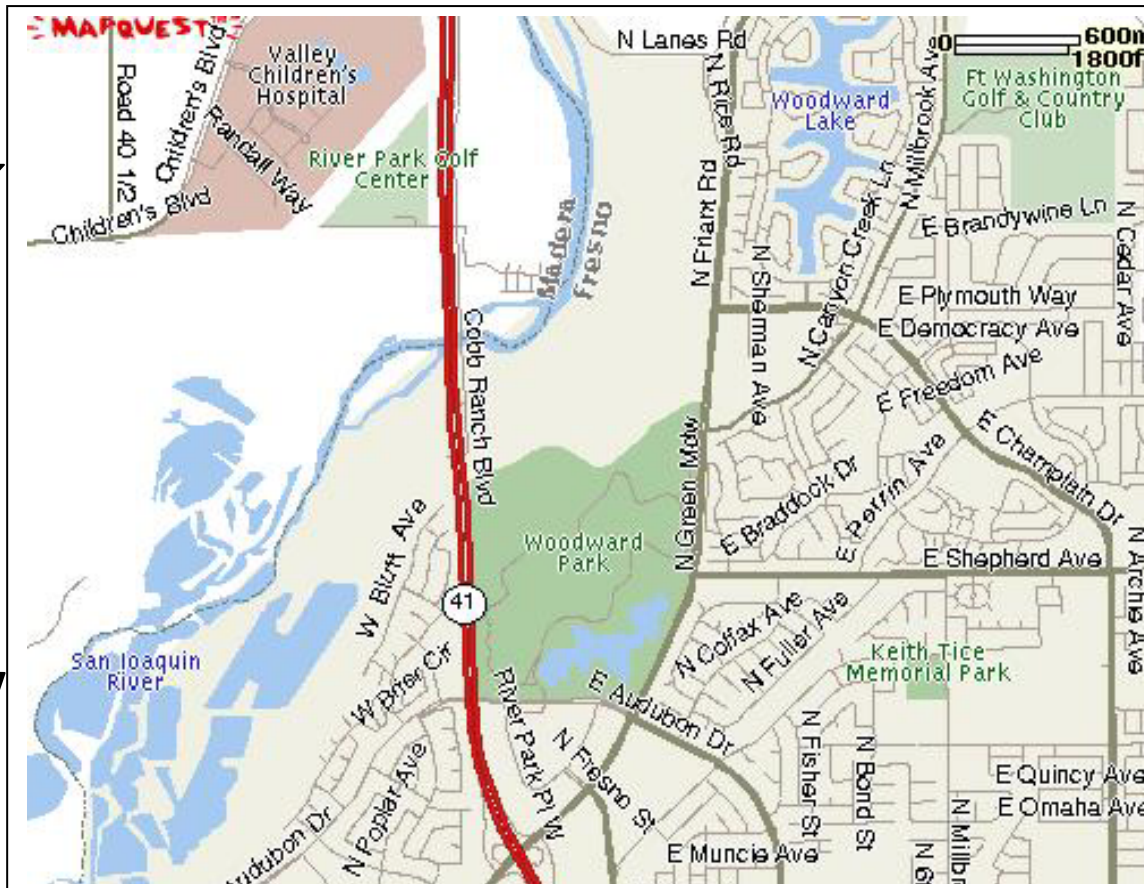
Lone Oak Lodge	Mr. Richard Quaglia	2221 N. Fremont Street	Monterey	CA	93940	(831) 372-4924	831-372-4985
Montecito Sequoia Lodge	Ms. Virginia Barnes	8000 Generals Hwy-Box 858	Kings Canyon Nat'l Park	CA	93633	(800) 227-9900	(650) 967-0540
Parkside Inn	Mr. Mitch Gajjar	1415 W. Olive	Fresno	CA	93728	(559) 237-2086	237-3742
Piccadilly Inn Express	Ms. Paula Flores	5113 E. McKinley Ave.	Fresno	CA	93727	(559) 456-1418	456-4643
Piccadilly Inn-Airport	Ms. Julie Mayewski	5115 E. McKinley	Fresno	CA	93727	(559) 251-6000	251-6956
Piccadilly Inn-Shaw	Ms. Layla Forstedt	2305 W. Shaw Ave.	Fresno	CA	93711	(559) 222-3719	222-0562
Piccadilly Inn-University	Ms. Bonnie Hansen	4961 N. Cedar Ave.	Fresno	CA	93726	(559) 224-4200	227-2382
Quality Inn	Bryan Hashimoto	4278 W. Ashlan Ave.	Fresno	CA	93722	(559) 275-2727	275-9103
Quality Inn & Suites	Mr. Mark Soares	480 E. Shaw Ave.	Fresno	CA	93710	(559) 229-5811	229-5911
Radisson Hotel & Conference Center	Mr. Steve Klein	2233 Ventura Street	Fresno	CA	93721	(559) 268-1000	441-2954
Ramada University	Ms. Judy Ramos	324 E. Shaw Ave.	Fresno	CA	93710	(559) 224-4040	224-4017
Redwoods In Yosemite/Home Rentals	Ms. Pamela Cornell	P.O. Box 2085	Yosemite National Park	CA	95389	(209) 375-6666	209-375-6400
Residence Inn by Marriott	Mr. Mgeni Mpolo	5322 N. Diana Ave.	Fresno	CA	93710	(559) 222-8900	226-3896
San Joaquin Suites	Mr. Wes Roland	1309 W. Shaw Ave.	Fresno	CA	93711	(559) 225-1309	225-6021
Sequoia Lodging Sales & Marketing	Mr. Andy Grinsfelder	220 N. Santa Fe	Visalia	CA	93292	(559) 565-4070	335-5502
Super 8 Motel		2127 Inyo Street	Fresno	CA	93721	(559) 268-0621	233-9300
Super 8 Motel	Andy or Kathy Panchal	3142 Highland Ave.	Selma	CA	93662	(559) 896-2800 or cell # 260-7011	896-7244
Tenaya Lodge at Yosemite/DNC P&R @ Yosemite	Ms. Pam Rudd	PO Box 159	Fish Camp	CA	93623	(559) 683-6555	683-6147
The Pines Resort	Ms. Maureen Otterson	P.O. Box 109	Bass Lake	CA	93604	(559) 642-8816	642-2517
Towne Place Suites	Ms. Denise Matheson	7127 N. Fresno St.	Fresno	CA	93720	(559) 435-4600	435-4613
Travelodge	Ms. Cora Labung	3093 N. Parkway Dr.	Fresno	CA	93722	(559) 276-7745	271-7966
Vagabond Inn	Mr. Shafi Ahmed	2570 S. East Ave.	Fresno	CA	93706	(559) 486-1188	486-2743
Vagabond Inn Executive	Mr. Zafar Kamal	2141 N. Parkway Dr.	Fresno	CA	93705	(559) 237-1881	237-9717
Valley Inn	Mr. Nash Patel	933 N. Parkway Drive	Fresno	CA	93728	(559) 233-3913	498-8526
Welcome Inn	Mr. Mitch Gajjar	777 N. Parkway Drive	Fresno	CA	93728	(559) 237-3742	same
Wonder Valley Ranch Resort & Conference Center	Ms. Vonda Hutchinson	6450 Elwood Road	Sanger	CA	93657	(559) 787-2551	787-2556
Yosemite West Cottages/Yosemite West Lodging, Inc.	Ms. Debra Kroon	PO Box 507	Bass Lake	CA	93604	(559) 642-2211	683-5451

APPENDIX C

Fresno Map



Woodward Park Map



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

Coaches-
 Athletes
 Entrance



APPENDIX E

RUNNER NAME/SPELLING/CORRECTIONS PROCEDURE

1. Cross out the name of the runner who is **NOT** running with a single line.
2. **PRINT IN CAPS**—The **FIRST NAME** and **LAST NAME** and **YEAR IN SCHOOL** or any other **CORRECTIONS** on the label on the chest number.
3. You must bring the corrected chest number to the computer operator.

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

SEE EXAMPLE BELOW

1801

CIF CROSS COUNTRY CHAMPIONSHIPS

RAINBOW RACING SYSTEM® 1982 • P.O. BOX 18310 • SPOKANE WA 99208 • 800-962-1011 • MADE IN THE U.S.A.

DO NOT PIN



FINISH TAG - DO NOT DETACH UNTIL IN FINISH CHUTES

1801
BOB RUSH SR
~~Paul Jones SR~~
Palo Alto



1801