

2009 Valley Meet



Central California Sectional Cross Country Championships

LEAGUES

EYL
NYL
SEYL
SWYL
TRAC
WYL
NSL
ESL
SSL
CSL
WSL
CSIL
ESIL
WSIL
FREEWAY

BE PREPARED MAYBE \$5 per vehicle at Woodward Park (buses included)

To: Cross Country Coaches, Principals, Athletic Directors,
Section Commissioner, Meet Director
From: Cross Country Advisory Committee
Date: October, 2009

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

Final Date for League Competitions: November 6, 2009
Valley Meet Championship: Thursday, November 12, 2009
Site: Woodward Park Fresno, CA
Meet Director: Shane Riddle (A. D.)
Madera High School

200 South "L"
Madera, CA 93637
Email: riddle_sh@madera.k12.ca.us
Phone number: 559-675-4663
FAX number: 559-675-4667

Entries due Saturday before the Valley Meet.
CIF Cross Country Advisory Committee Chair:
Larry Lung
1509 S. Cain St.
Visalia, Ca 93292
E-mail: larrylung@comcast.net
Phone # 559-738-1736 Cell Phone 559-280-7003

The Valley meet will be conducted in five (5) divisions. Schools will compete in the division determined by Section CIF office. If any questions contact Jim Crichlow . This is a link to the Central Section website:
<http://www.cifcs.org/>

NO Petitioning Up

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.

The State CIF/CS Divisions are as follows:

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

The CIF Sectional Championships 2008

In each of the five (5) divisions.

One race for boys - 5 kilometers

One race for girls - 5 kilometers

1-7 runners per team

All runners and all teams in the CIF Central Section MAY participate in the Sectional Championships.

Team Qualifiers: Varsity boys and girls only. A team will consist of 5 to 7 runners from any one school of boys and girls.

Individual Qualifications: All Central Section schools may enter individual runners (whether member of a team or not) in each division from each league meet. Entries of less than 5 from one school will be considered individual entries, and will compete only for individual awards. Their order of finish will not be considered in the team scoring.

NATIONAL FEDERATION CROSS COUNTRY RULES

The National Federation rules will be enforced at all Valley Cross Country Championship events. Uniforms must comply with the rules.

AWARDS

The following awards will be presented:

- a) Plaques to each Girls' and Boys' championship and runner-up teams
- b) The top 12 runners in each race

The permanent site for the Sectional Championships will be Woodward Park, Fresno (Executive Board 3/08)

DIRECTIONS

Woodward Park is located in Fresno, CA. Take HWY. 41 to Front Rd. exit. Turn right and continue to Audubon Dr. where you will be taking a left turn. From the right lane you will be entering the park.

Headquarters are at the Mountain View picnic area.

If it is apparent your team will be late to the championship meet, it is the responsibility of the coach to contact the meet director by phone. (559-215-0886)

BILLING OF ENTRY FEES

The fee is **\$5 per athlete** and must be paid before the meet or the fee will be double as allowed by the CIF.

RACE SCHEDULE

Check-in – 9:30

Division 4 Boys – 11:00

Division 5 Girls 11:30

Division 4 Girls 12:00

Division 5 Boys 12:30

RESERVE RACE 1:00

Division 3 Girls 1:30

Division 2 Boys 2:00

Division 1 Girls 2:30

Division 3 Boys 3:00

Division 2 Girls 3:30

Division 1 Boys 4:00