



CIF-San Diego Section
6401 Linda Vista Road, Room 504
San Diego, CA 92111
Phone 858-292-8165
Fax 858-292-1375
www.cifsds.org



**FROM DENNIS ACKERMAN, COMMISSIONER
BILL MCLAUGHLIN, ASSISTANT COMMISSIONER**

DATE OCTOBER 28, 2009

**RE 2009 SAN DIEGO CIF CROSS COUNTRY CHAMPIONSHIPS PRESENTED BY
FARMERS INSURANCE GROUP**

1. **2009-10 STATEWIDE/LOCAL CORPORATE SPONSORSHIP**

Coaches are reminded of the statewide and local corporate sponsors that should be supported by your program: **CCPOA and MaxPreps Inc.** are statewide corporate sponsors with the CIF and **Farmers Insurance Group** is the State/Sectional "Presenting" Sponsor. Additionally, the playoffs are sponsored by the following: **Baden Sports, Inc.; Balfour; Barnes Tennis Center; Batters Box; Bocks Awards; Breitbard Foundation; The Century Club; Channel 4 San Diego; Coggan Family Aquatics Complex; Comfort Hotels San Diego; Cubic Corporation; Diamond Embroidery; Groovy Like a Movie; HL Corporation; Jenny Craig Pavilion-USD; The Kukulski Brothers; Margarita Officials Association; Marrokal Design & Remodeling; Mikasa; Molten; Morley Field; Movin' Shoes; National Football Foundation; Neil, Dymott, Frank, McFall & Trexler; North County Basketball Officials Association; North County Gymninny Kids Gymnastics, Inc.; Pepsi Bottling Group, Ranch Catering; Rancho Pharmacy; Rawlings/ deBeer, Inc.; San Diego Chargers; San Diego County Baseball Umpires Association; San Diego County Basketball Officials Association; San Diego County Football Officials Association; San Diego Federated Volleyball Officials Association; San Diego Fireworks; San Diego Padres; City of San Diego-Qualcomm Stadium; San Diego State University; The San Diego Union-Tribune; San Diego Wrestling Officials Association; Section Sports; Soccer Fanatic-Southern California; South County Softball Umpires Association; Sport Chalet; Sports Plex USA; Susan Cooper Photography; U.S. Awards; Warner Springs Ranch; Wilson Racquet Sports; Debby Ahrenstein; Rob Bryson; Paula Davila; Richard Davila; Sehnaz & Dale Endreson; Cal & Anthony Evans; Ron & Linda Filson; Eric Gaer & Mary Ackermann-Gaer; James Girten; Carl Goff; Richard Graf; Jan Jessop; Bob Kauffman; Terry McIntyre; Bruce Morehouse; Mike Morrow; Liz Mullarkey; Quentin Norman, Mark Ochsner; Reed Roadman; Dal Williams.** We thank these sponsors for their generous support of high school athletics.

2. **CHAMPIONSHIP FORMAT**

- a. Host Conference: **City Conference –Jerry Downey (Saint Augustine), Tournament Director.**
- b. All schools that submit a timely, official entry form **online** are eligible to compete.
- c. There are no prelims in the CIFSDS Cross Country Championships.
- d. The 2009 San Diego CIF Cross Country Championships will be conducted in five divisions, and the October 2007 CBED enrollment figures shall determine division placement (breakdown is attached).
- e. Ten students may be entered as a Cross Country team for the Finals, but only seven may run, and only five shall be counted (except in the case of a tie breaker). Ties will be resolved by counting the sixth finisher from each team concerned. Seventh runner will displace.
- f. **CIF ENTRIES ONLINE FOR 2009** Go to www.sdtrackmag.com for instructions to submit entries. Team entries for 5-10 athletes and/or individual entries for 1-4 athletes: **ENTRY DEADLINE IS MONDAY, NOVEMBER 16, AT 12:00 P.M. (NOON).** All CIFSDS meet information will be posted on the website. Entry fee of **\$10.00** per athlete or **\$50.00** per team will be assessed to each school to defray costs of conducting meet. The school finance office will be invoiced per entries submitted online. There will be no seeding meeting - all starting positions are random.
- g. **NOTE: Hair ribbons and headbands are not considered adornments and will be allowed per State Meet Director.**
- h. Protests will be addressed by the Meet Directors.

3. **RACE TIMES AND AWARD SCHEDULE CIFSDS CROSS COUNTRY MEET NOVEMBER 21 AT MORLEY FIELD**

<u>RACE TIME</u>	<u>EVENT/DIVISION</u>	<u>AWARDS TIME</u>
8:30 a.m.	Girls II	10:00 a.m.
9:05 a.m.	Girls III	10:40 a.m.
9:40 a.m.	Boys II	10:20 a.m.
10:10 a.m.	Boys III	11:00 a.m.
10:40 a.m.	Girls IV	11:20 a.m.
11:15 a.m.	Boys V	11:50 a.m.
11:45 a.m.	Girls I	12:25 p.m.
12:20 p.m.	Boys IV	12:55 p.m.
12:50 p.m.	Girls V	1:30 p.m.
1:25 p.m.	Boys I	1:55 p.m.

4. **IMPORTANT MEET INFORMATION**

- Attached, find a map of the 2009 San Diego CIF Championship course.
- Upon arrival, coaches **only** will be allowed to pick up packets in front of the Senior Citizens Building. Please follow instructions in packet carefully.
- Divisional results will be available for coaches approximately 30-45 minutes after their school's Divisional Race.
- Awards presentations will be held on the east side of the Senior Citizens Building.

5. **CIFSDS TRAVEL EXPENSE FORM**

CIFSDS Travel Expense Form for reimbursement for State CIF Cross Country Meet on **November 28, 2009**, in Fresno is attached to the coach's copy of this bulletin. Form must be completed and returned to the CIFSDS Office within ten (10) days following the meet.

6. **ADVISORY COMMITTEE**

The following League/Conference Representatives are the 2009 San Diego CIF Cross Country Advisory Committee:

<u>League</u>	<u>Boys' Representative/School</u>	<u>Girls' Representative/School</u>
Avocado	Pat King - San Pasqual	Troy Hamlin - Fallbrook
Palomar	Trevor Sybert - Vista	Terry Dockery - Rancho Bernardo
Valley	Mike Cummings - Valley Center	Pat King - San Pasqual
Eastern	Ed Ramos - San Diego	Andrew Myette - Patrick Henry
Western	Jerry Downey - St. Augustine	Jim McCarthy - University City
Central	George Green - Coronado	George Green - Coronado
Grossmont Hills	Dave Yarbrough - Granite Hills	*TBA
Grossmont Valley	*TBA	Bob Muschek - Monte Vista
Mesa	Mark Hedderson - Hilltop	Ian Cumming - Otay Ranch
South Bay	Tim Latham - Sweetwater	Ruben Ledesma - Montgomery
Cirrus - East	*TBA	*TBA
Citrus - West	Pat Duffy - Guajome Park Academy	Pat Duffy - Guajome Park Academy
Imperial Valley	Jesus Rojas - Calexico	Jose Flores - Brawley
Coastal - North	Gordy Haskett - San Dieguito Academy	Gordy Haskett - San Dieguito Academy
Coastal - South	Scott Sanders - La Jolla Country Day	Scott Sanders - La Jolla Country Day
Frontier League	Jim Lorden - SCY High	Jim Lorden - SCY High

*Please notify the CIFSDS Office ASAP with name of rep.

7. **NON-FOOD CONCESSION**

The 2009 Cross Country non-food concession (T-shirts, sweatshirts, etc.) has been awarded to the **Kukulski Bros.** If you have special ordering needs, contact David Kukulski at 480-921-1975.

8. **PROGRAM**

The 2009 Program concession has not been awarded at this time. Please contact the CIFSDS office at 858-292-8165 or **jbrewer@sdcoe.net** if interested.

9. **CIFSDS RECORD BOOK UPDATE**

A copy of the CIF-San Diego Section Record Consideration Form is attached to coach's copy of this bulletin. Follow the instructions on the form and **fax or mail to San Diego Sports Publications** ASAP.

10. **PLAYOFF PARTICIPATION PATCHES**

Playoff participation patches may be purchased for **\$8.00** each. Only written orders will be accepted - orders may either be faxed (858) 292-1375 or emailed [**choggard@sdcoe.net**](mailto:choggard@sdcoe.net). (Order form is attached to coach's copy of this bulletin.)

11. **RUNNER-UP PATCHES**

Runner-up patches may be purchased for **\$10.00** each. Only written orders will be accepted - orders may either be faxed 858-292-1375 or emailed [**choggard@sdcoe.net**](mailto:choggard@sdcoe.net).

12. **OFFICIAL CIF – SAN DIEGO SECTION PHOTOGRAPHER**

Susan Cooper Photography will photograph all CIF – San Diego Section Finals. An official team photo of the winners will be taken and will be available for purchase at [**www.susancooperphotography.com**](http://www.susancooperphotography.com). Action photos may also be available. Contact Susan Cooper Photography to make arrangements for any photographic needs that you may have. (619) 501-7128, or [**susan@susancooperphotography.com**](mailto:susan@susancooperphotography.com)

13. **OFFICIAL CIF-SAN DIEGO SECTION CHAMPIONSHIP RINGS**

Official CIF-San Diego Section Championship rings are now available from **Balfour**. Rings are available for participants, finalists, and champions. For information/orders, contact David Honnold at 619-434-6855.

14. **INFORMATION FOR STATE CIF CROSS COUNTRY MEET**

For information on the State CIF Cross Country Meet go to the State CIF web site at [**www.cifstate.org**](http://www.cifstate.org) .