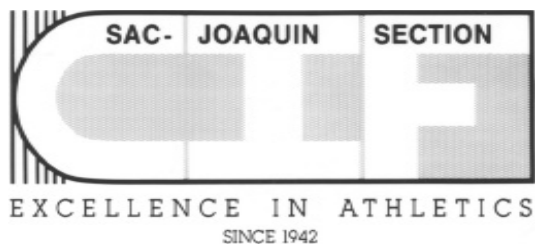




Cross Country Section Format 2009-10



PRESIDENT
RALF SWENSON
Superintendent
Nevada Joint Union H.S. Dist.
11645 Ridge Road
Grass Valley, CA 95945
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COMMISSIONER
PETER J. SACO
CIF Sac-Joaquin Section
1368 E. Turner Road, Ste. A
Lodi, CA 95240
(209) 334-5900
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FORMAT – 2009 CROSS COUNTRY SECTION

TO: Sac-Joaquin Section member schools that participate in Cross Country
FROM: Peter J. Saco, Commissioner
John Williams, Asst. Commissioner
DATE: ~~September 30, 2009~~ Revised October 8, 2009

2009 CIF SAC-JOQUIN SECTION/LES SCHWAB TIRES CROSS COUNTRY SECTION MEET PRESENTED BY FARMERS INSURANCE

Please note your school's responsibilities

- A. **Location:** Del Campo High School will be hosting the CIF Sac-Joaquin Section/Les Schwab Tires Cross Country Meet Presented by Farmers Insurance on **Saturday, November 14, 2009** at Willow Hill Cross Country Course in Folsom, adjacent to the Folsom High School campus. The meet is scheduled to start at 9:00 a.m.
- Director - Bob King of Del Campo and Amber Lassetter of Cosumnes Oaks.
- Starters - Al Baker, Chuck Buettner and Aaron Weidcamp.
- Scoring - Phil Watkins, Dick Iwamiya and Dan Davidson.
- Packet pickup - Del Campo; Cosumnes Oaks
- Clerk - *Check teams in and place teams in box*
Div. I-II: LAGUNA CREEK; Franklin-EG; Granite Bay; Nevada Union
Div. III-V: RIO AMERICANO; Ceres; Kimball; Lincoln-L; Lindhurst; Modesto Christian; Ripon
- Start Line - *Help starters with uniform and jewelry check*
Div. I-II: WOODCREEK; Grant; Kennedy; Pitman; Roseville; River Valley; Vintage
Div. III-V: PLACER; Bradshaw Christian; Foresthill; Livingston; Mesa Verde
- Timing - *Serve as a back-up timer*
Div. I-II: YUBA CITY; Beyer; Fairfield; Wood
Div. III-V: UNION MINE; Linden; Summerville
- Course Monitors *Monitor athletes and spectators on course*
- **Div. I-II: JESUIT**; Folsom; Johnson; Pleasant Grove; Rosemont; Stagg; Tracy
Div. III-V: DEL ORO; Bear River; Capital Christian; Christian Brothers; El Dorado; Le Grand; Lathrop; Manteca; Mira Loma; Oakdale
- Finish Line - *Determine athletes' finish place; keep them in order*
Div. I-II: ROCKLIN; Buhach Colony; Chavez; Cordova; Elk Grove; Vallejo; Valley
Div. III-V: EL CAMINO; Escalon; Golden Sierra; Hogan; Mariposa; Millennium; Patterson; Sacramento

- Finish Chute - *Keep athletes moving and in order in the chute*
Div. I-II: ST. FRANCIS; Benicia; Edison; Enochs; McClatchy; Modesto;
 Natomas; Oakmont; River City; West
Div. III-V: SIERRA; Amador; Buckingham Charter; Colfax; Denair; Freedom
 Christian; Hilmar; Pioneer; Riverbank; San Juan; Sonora; Vanden; Venture
 Academy; Whitney
- Finish Line
 Tag Pullers - *Collect tags at end of finish chute*
Div. I-II: PONDEROSA; Bear Creek; Bella Vista; Johansen; Monterey Trail;
 Rodriguez
Div. III-V: CALAVERAS; Antelope; Argonaut; Bethel; Center; Central Catholic;
 Ceres; Dixon; Liberty Ranch
- Finish Line
 Runner - *Take finish tags to results room*
Div. I-II: OAK RIDGE; Downey; Franklin-S; Grace Davis; Lincoln-S; Lodi;
 Sheldon
Div. III-V: WOODLAND; Marysville; Orestimba; St. Mary's; Vacaville
 Christian; Vista del Lago; Weston Ranch
- Duplicating - *Assist in the results room with copying results*
Div. I-II: CASA ROBLE; Armijo; Burbank; Inderkum; Los Banos; Rio Linda
Div. III-V: CENTRAL VALLEY; East Union; Foothill; Hughson
- Post Results - *Assist with delivering finish tags to results room and posting final results*
Div. I-II: VACAVILLE; Atwater; Golden Valley; McNair; Merced; Pitman
Div. III-V: WEST CAMPUS; Delhi; Encina; Gustine; Highlands; Lindhurst;
 Waterford
- Awards - *Assist at awards table and ceremony with disbursement of medals*
Div. I-II: DAVIS SR.; Florin; Napa; Tokay
Div. III-V: GALT; Faith Christian; Pioneer

Note: Teams in bold will be in charge of that area.

- B. **Entry Fees:** A \$7.00 entry fee will be charged for each athlete who enters the Section meet. The money must be **hand-carried** and received the day of the meet. Those not complying will not be allowed to participate. Make checks payable to CIF Sac-Joaquin Section. Money must be paid before first race.
- C. **Admission:** There is no charge for admission to the championships.
- D. **Parking:** Park in the Prairie City Road parking lot near the football field. Do not park in the small lot near the course. Folsom High School will charge \$5 per vehicle for parking.
- E. **Description of Course:** The course is situated adjacent and south of the Folsom High School campus. The course is rolling dirt hills (See map). If excessive rain, meet will be run on alternate course on November 14.
- F. **Interference:** Any athlete who interferes with a race in progress is subject to disqualification. **ATHLETES ARE TO STAY OUT OF THE FOLSOM HIGH SCHOOL CAMPUS!!**
- G. **Identification:** Coaches who change any members of their qualified team or have an incomplete team or whose team started race with five or more and finished with less than five, notify meet officials immediately.

No athlete may run in a lower classification in the Section meet than the athlete ran in during the Subsection.

H. **Section Meet Awards:**

Pennants: To the boys and girls varsity champions in each division
Plaques: 2nd place in varsity divisions I-V

Medals:

DIVISIONS I, II & III:

<u>Medals:</u>	<u>Team Medals</u>	<u>Individual Medals</u>
Boys Varsity	7 medals to first 3 teams (21 medals)	10 medals to ind. not on 1st 3 teams
Girls Varsity	7 medals to first 3 teams (21 medals)	10 medals to ind. not on 1st 3 teams
Boys Soph	7 medals to first 2 teams (14 medals)	8 medals to ind. not on 1st 2 teams
Boys Frosh	7 medals to first 2 teams (14 medals)	8 medals to ind. not on 1st 2 teams
Girls F/S	7 medals to first 3 teams (21 medals)	8 medals to ind. not on 1st 3 teams

DIVISIONS IV & V:

<u>Medals:</u>	<u>Team Medals</u>	<u>Individual Medals</u>
Boys Varsity	7 medals to first 2 teams (14 medals)	8 medals to ind. not on 1st 2 teams
Girls Varsity	7 medals to first 2 teams (14 medals)	8 medals to ind. not on 1st 2 teams
Boys Soph	7 medals to first 2 teams (14 medals)	5 medals to ind. not on 1st 2 teams
Boys Frosh	7 medals to first 2 teams (14 medals)	5 medals to ind. not on 1st 2 teams
Girls F/S	7 medals to first 2 teams (14 medals)	5 medals to ind. not on 1st 2 teams

JV RACES—DIVISIONS I, II

<u>Medals</u>	<u>Team Medals</u>	<u>Individual Medals</u>
Boys JV	7 medals to first 2 teams (14 medals)	8 medals to ind. not on 1st 2 teams
Girls JV	7 medals to first 2 teams (14 medals)	8 medals to ind. not on 1st 2 teams

JV RACES—DIVISIONS III, IV & V

<u>Medals</u>	<u>Team Medals</u>	<u>Individual Medals</u>
Boys JV	7 medals to first 2 teams (14 medals)	8 medals to ind. not on 1st 2 teams
Girls JV	7 medals to first 2 teams (14 medals)	8 medals to ind. not on 1st 2 teams

I. **State Meet Qualifying Standards:**

1. **TEAM:** The Sac-Joaquin Section number of automatic team qualifiers to the State meet are:

Division	Boys	Girls
Division I	2	3
Division II	4	3
Division III	2	3
Division IV	3	3
Division V	2	2

Note: Eight or more eligible schools must compete 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.

2. **INDIVIDUAL:** A maximum of five (5) individuals (not on an automatic team entry), per the criteria in each division, will qualify from the Section meet to the State meet finals as follows:

# of Section's team automatic qualifiers	Section's five individual qualifiers to State meet must finish in the top:
1	8
2	12
3	14
4	16
5	18
6	20

Note: The California State Championships will be held November 28, 2009 at Woodward Park in Fresno.

J. **Alternates:** No alternates from Subsection to Section.

K. **Unable to field team:** If a team that has qualified for the Section meet does not have enough runners to run as a team, the individuals of the incomplete team may run in the race. Please notify meet director.

L. **Uniforms:**

NOTE: No body decor will be allowed (i.e., body paint, markign pen, etc.) on any visible part of the body.

1. Each competitor's uniform shall consist of:
 - a. Shoes;
 - b. Full-length cross country jersey and cross country shorts or one-piece uniform issued by the school;
 - (1) Shorts may vary in length and style, but must be the same color for all team members;
 - (2) Loose-fitting, boxer-type shorts are permitted for boys and girls and closed-leg briefs/shorts are acceptable for girls;
 - (3) The one-piece uniform, jersey and shorts may have school identification and the jersey may have the competitor's name;
 - (4) The jersey shall not be knotted or have a knot-like protrusion;
 - (5) A single manufacturer's logo/trademark, no more than 2 and 1/4 square inches with no dimension more than 2 and 1/4 inches, is permitted on each item of apparel;
 - (6) The American flag, not exceeding 2 x 3 inches, is permitted.
 - (7) Any visible shirt(s) worn under the jersey and other visible apparel worn under the shorts must be unadorned and of a single (and the same) color. Visible items worn under both the jersey and the shorts do not have to be the same color;
 - (8) French or high-cut apparel may be worn under the shorts, but not in lieu of shorts.
2. Uniforms must be worn as intended by the manufacturer. The waistband of a competitor's shorts shall be worn above the hips.
3. A shoe is a covering for the foot. Shoes shall be worn on both feet and shall have an upper and definitely recognizable sole and heel. The upper must be designed so that it can be fastened securely to the foot. The sole and heel may contain grooves, ridges or track spikes which are no longer than 1 inch. The use of slippers or socks does not meet the requirements of the rule.
4. Each team member shall wear the same color and design school uniform. Any visible shirt(s) worn under the jersey and other visible apparel worn under the shorts must be unadorned and of a single (and the same) color. Visible items worn under both the jersey and the shorts do not have to be the same color. If worn by more than one team member (two or more), that apparel must be the same color, but not necessarily the same length.
5. A competitor shall wear the assigned unaltered contestant number, when numbers are used.
6. Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, shall lead to a warning and if repeated, to disqualification from the event. If the incident recurs, the athlete will be disqualified from further competition in the meet.
7. Contestants shall not wear jewelry with the exception of religious or medical medals. If such medals are worn, they shall be taped to the body under the uniform.

RATIONALE: This rule will enhance safety issues and bring track and field/cross country in line with other NFHS rule codes. Approximately 50% of our state associations have enforced a no jewelry rule, and this change will make all states consistent regarding this issue.

*NOTE: Athletes while competitors (after reporting to the starting line) are forbidden to wear all forms of **visible** jewelry including bracelets – regardless of material, metal pins/clips or hard plastic barrettes in their hair, rings, earrings or studs, and any type of body piercing. The operative word is visible; however, if a competitor competes with something that is illegal that becomes visible during the course of his/her event, he/she can be disqualified.*

 - a. Wrist watches are exempt from this rule.

- b. *Taping over pieces of jewelry is **not** allowed. Jewelry is to be removed completely or an athlete shall not be allowed to compete. The fact that an item cannot be removed or ears were just pierced is not to be considered as an acceptable excuse for compliance.*
- c. *A medical alert bracelet is permitted if taped to the wrist with the faceplate showing.*
- d. *Religious medals must be removed from around the neck and taped to the body under the jersey.*
- e. *Beads tightly woven into the hair are allowed, but beads dangling from strands of hair are not allowed.*
- f. *The penalty for competing while wearing prohibited jewelry is event disqualification.*

PENALTY: (All articles) For illegal uniform, the competitor is disqualified from the event.

- M. **Locker rooms:** Locker room facilities are not available. Please come to the meet dressed to compete.
- N. **Concessions:** A concession stand will be available. Water will be provided on the course (if necessary).
- O. **T-Shirts:** T-Shirts will be available for \$13.00 on the day of the meet.
- P. **We Are Guests:** PLEASE REMEMBER THAT WE ARE GUESTS OF FOLSOM HIGH SCHOOL. Stay out of classroom area! Our use of the facility is contingent upon our continued good conduct. NO RADIOS PLEASE!!! Each team is responsible to clean up its area. Garbage bags will be issued to each school to help with the clean-up.
- Q. **Restricted areas:** No athletes or spectators will be allowed on the football field or the football bleachers. Coaches are responsible for their team’s area.
- R. **Bylaw 501.5:** “All principals are responsible to ensure that their school is represented in CIF playoff competition in all team sports in which they qualify. If a school does not meet its playoff commitment, it may be subject to disciplinary action in accordance with Article III, Section 3B, of the Constitution.”

S. **Time Schedule:**

<u>Event No.</u>	<u>Event</u>	<u>Time</u>	<u>Event No.</u>	<u>Event</u>	<u>Time</u>
1	Frosh Boys - Div. 1, 2	9:00	10	Varsity Girls - Div. 3	12:40
2	Frosh-Soph Girls - Div. 1, 2	9:20	11	Varsity Boys - Div. 4	1:10
3	Soph Boys - Div. 1, 2	9:40	12	Varsity Girls - Div. 5	1:15
4	Varsity Girls - Div. 1	10:00	13	Varsity Boys - Div. 3	1:45
5	Varsity Boys - Div. 2	10:30	14	Varsity Girls - Div. 4	2:15
6	Varsity Boys - Div. 1	11:00	15	Varsity Boys - Div. 5	2:20
7	Varsity Girls - Div. 2	11:30	16	Frosh. Boys - Div. 3, 4, 5	2:50
8	Jr. Varsity Boys - Div. 1, 2, 3, 4, 5	12:00	17	Frosh-Soph Girls - Div. 3, 4, 5	3:10
9	Jr. Varsity Girls - Div. 1, 2, 3, 4, 5	12:05	18	Soph Boys - Div. 3, 4, 5	3:30

Race times are approximate. Most of the previous race will clear before next start, but races may not start on time due to circumstances beyond control of the meet management.

Awards Ceremony Schedule: (VARSITY ONLY).

(To be held at the Folsom High School Amphitheater)

All Division I and II Races.....12:30 p.m.

All Division III, IV and V Races.....4:00 p.m.

Lower level competition awards will be given out at the awards table at the finish line area

- T. **JV Rule:** The boys’ and girls’ JV races are open to athletes who are not part of their varsity top five (5). If a school does not enter its top five (5) in the varsity division, it is not allowed any entry in the JV division.

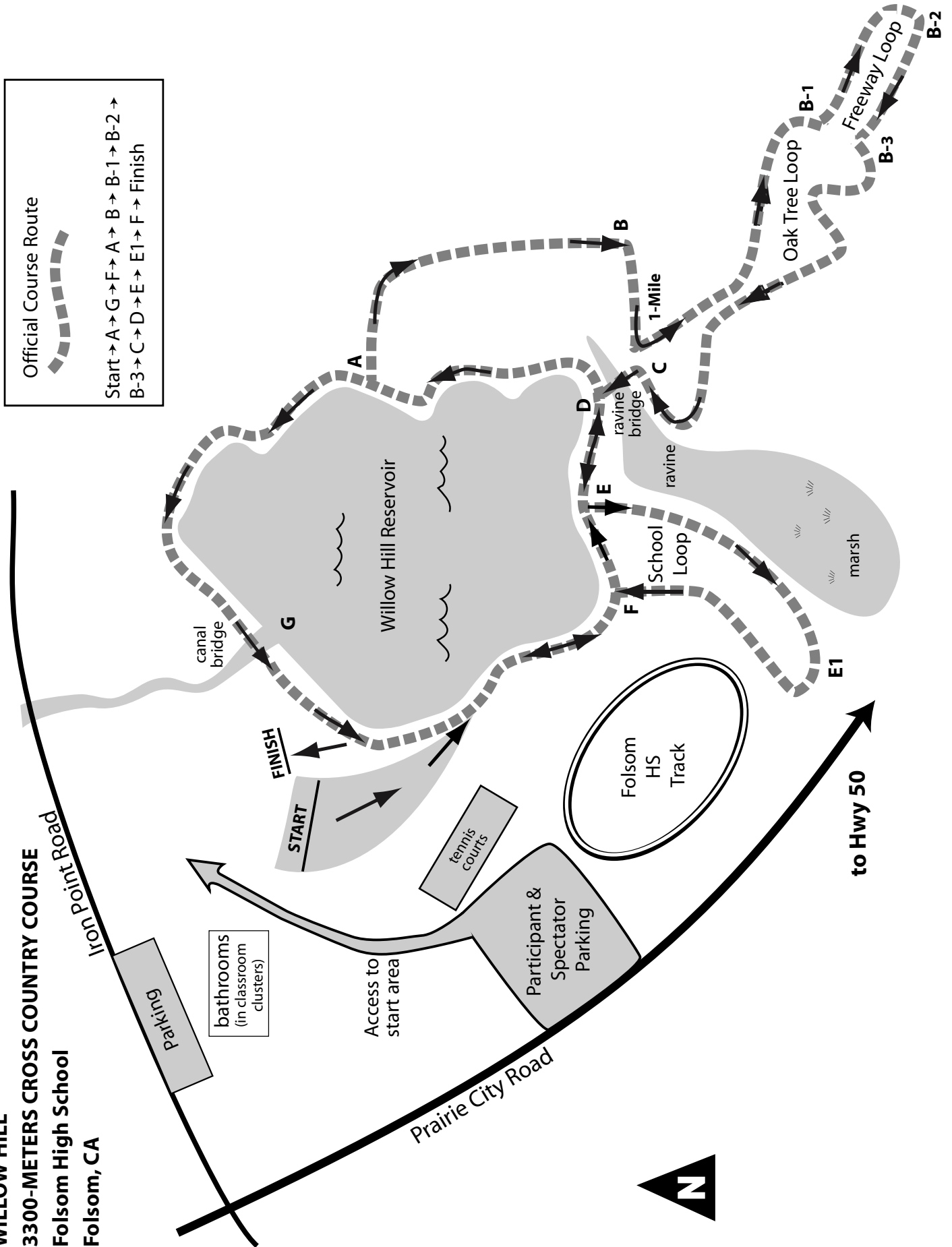
- U. **Note:** Coaches are responsible for the behavior of their athletes for the entire day. Schools will be billed for any vandalism that might occur.
 - 1. Varsity Section meet results will be available at the end of the meet. All other results will be posted. Coaches are responsible for checking the results after the race is posted.
 - 2. Coaches: Stay out of scoring area.

- V. **Inclement Weather:** In case of *inclement* weather, please contact the Section office at (209) 334-5900, ext. 3, to listen to the cross country message for updated information.

- W. **Limit on Entrants:** No team may have more than seven (7) varsity entrants at the Section. PENALTY: Team is disqualified. Individuals from that team may qualify as individuals.

- X. **State Meet Entrants:** Coaches who have state meet qualifiers **must** come to the copy room and fill out the proper form or their runners will not be entered in the State meet.
 - 1. The State Meet qualifiers from the Sac-Joaquin Section will be posted on the Section Web site (www.cifsjs.org).

**WILLOW HILL
3300-METERS CROSS COUNTRY COURSE
Folsom High School
Folsom, CA**



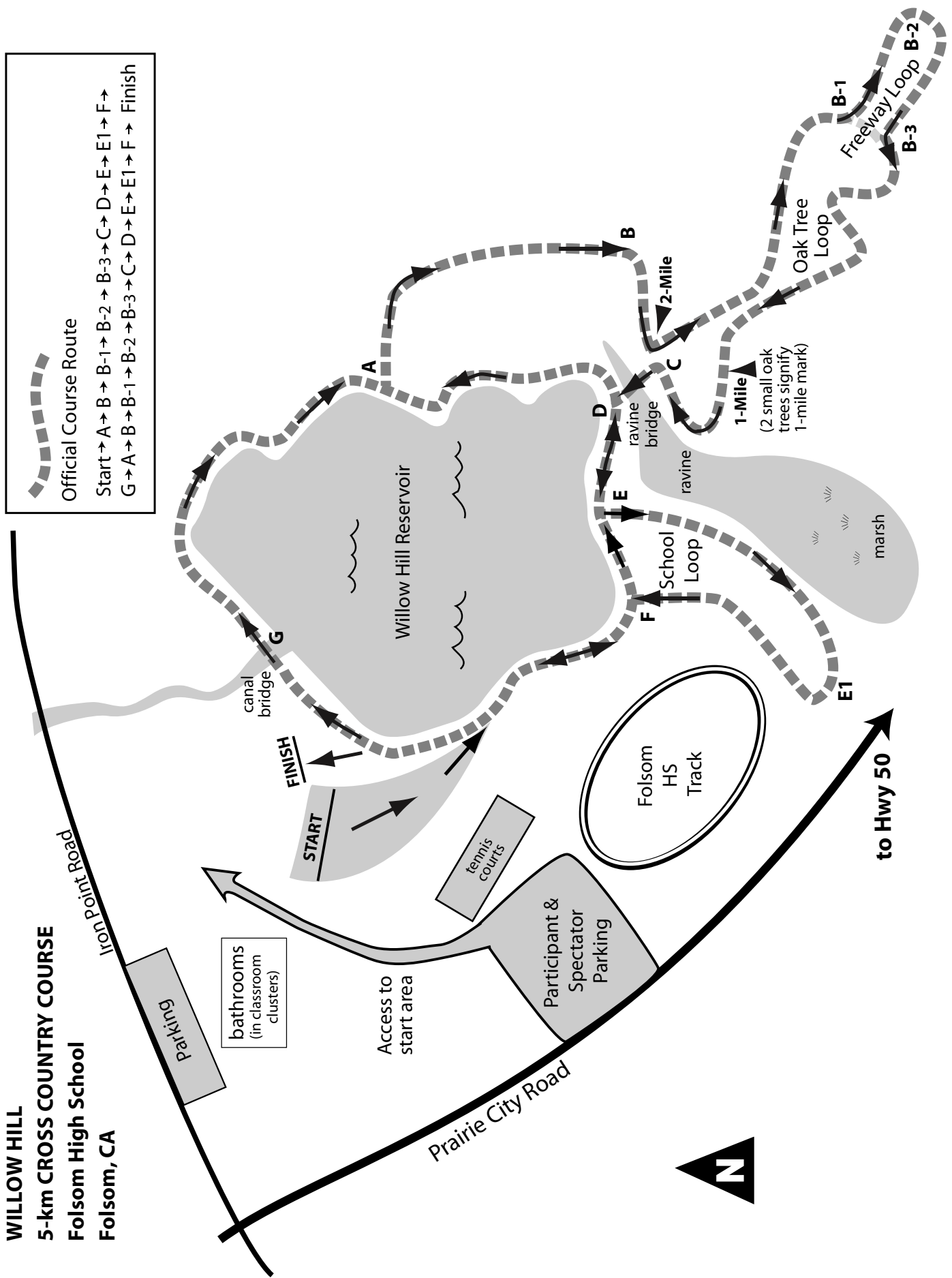
Official Course Route

Start → A → G → F → A → B → B-1 → B-2 → B-3 → C → D → E → E1 → F → Finish



**WILLOW HILL
5-km CROSS COUNTRY COURSE
Folsom High School
Folsom, CA**

Official Course Route
 Start → A → B → B-1 → B-2 → B-3 → C → D → E → E1 → F →
 G → A → B → B-1 → B-2 → B-3 → C → D → E → E1 → F → Finish



**CIF SAC-JOQUIN SECTION
CROSS COUNTRY DIVISIONS 2009-10
BASED ON 2008-09 CBEDS ENROLLMENT (Grades 9-12)**

DIVISION I 2191 & Above	DIVISION II 1701-2190	DIVISION III 1126-1700	DIVISION IV 301-1125	DIVISION V 300 & below
<p>Armijo Burbank Chavez Grace Davis Davis Sr. Downey Edison Enochs Franklin-EG Franklin-S Golden Valley Johansen Johnson Kennedy Lincoln-S * Lodi Los Banos McClatchy McNair Merced Modesto * Monterey Trail Napa Nevada Union Oak Ridge Pleasant Grove Rodriguez Sheldon * Tokay Tracy Turlock Vintage West</p>	<p>Atwater Bear Creek Bella Vista Benicia Beyer Buhach Colony Casa Roble Cordova Del Campo Elk Grove Fairfield Florin Folsom Granite Bay Grant Inderkum Jesuit (B) Laguna Creek Oakmont Pitman Ponderosa Rio Linda River City River Valley * Rocklin Rosemont Roseville St. Francis (G) Stagg Vacaville Vallejo Valley Wood Woodcreek Yuba City</p>	<p>Antelope (9-11) Bethel Center Central Valley Ceres Del Oro Dixon East Union El Camino El Dorado Foothill Galt Hogan Lincoln-L Lindhurst Livingston Manteca Mesa Verde Mira Loma Natomas Oakdale Patterson Pioneer Placer Rio Americano * Sacramento Sierra Sonora St. Mary's Union Mine Vanden Vista del Lago Weston Ranch Whitney Woodland</p>	<p>Amador Argonaut Bear River Bret Harte Buckingham Charter Calaveras Capital Christian Central Catholic Christian Brothers Colfax Cosumnes Oaks (9-11) Delhi Denair Encina Escalon Golden Sierra Gustine Highlands Hilmar Hughson Kimball (9-10) Lathrop (9-11) Le Grand Liberty Ranch (9-10) Linden Mariposa Marysville Millennium Modesto Christian Orestimba Ripon Riverbank San Juan Summerville Vacaville Christian Venture Academy Waterford West Campus</p>	<p>Big Valley Christian Bradshaw Christian Brookside Christian Delta Don Pedro Elliot Christian Excelsior Faith Christian Forest Lake Christian Foresthill Freedom Christian Global Youth Charter Lodi Academy Lutheran Mountain Oaks New Life Christian North Hills Christian Ripon Christian ROP / Sierra Ridge (B) Sacramento Adventist Sac Country Day Sac Waldorf Sierra Christian Stockton Christian Stone Ridge Christian Tioga Trinity Prep Turlock Christian Valley Christian Victory Christian Wilton Christian Woodland Christian</p>
<p><i>* Opted to play in a higher division</i></p>				<p>Revised 9-10-09</p>