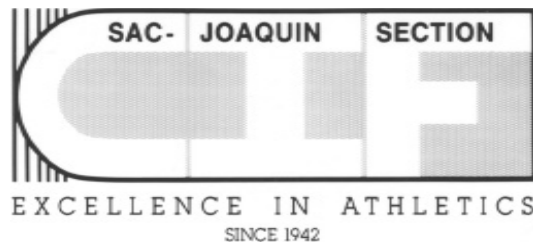




# Cross Country Subsection Format 2009-10



PRESIDENT  
**RALF SWENSON**  
Superintendent  
Nevada Joint Union H.S. Dist.  
11645 Ridge Road  
Grass Valley, CA 95945  
(530) 273-3351, Ext. 212  
rswenson@njuhsd.com



COMMISSIONER  
**PETER J. SACO**  
CIF Sac-Joaquin Section  
1368 E. Turner Road, Ste. A  
Lodi, CA 95240  
(209) 334-5900  
FAX: (209) 334-0300  
Web site: www.cifsjs.org

## FORMAT – 2009 CROSS COUNTRY SUBSECTION

**TO:** Sac-Joaquin Section 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 SUBSECTION CROSS COUNTRY MEET PRESENTED BY FARMERS INSURANCE

*Please note your school's responsibilities*

- A. **Location:** Bret Harte High School will be hosting the **CIF Sac-Joaquin Section/Les Schwab Tires Subsection Cross Country Meet Presented by Farmers Insurance** for Division I-II-III-IV-V on Saturday, November 7, 2009 at Frogtown, which is located on the Calaveras County Fairgrounds, 2 and 1/2 miles south of Angels Camp. The meet is scheduled to start at 9:30 a.m.

- Director - Keith Maurer of Bret Harte.
- 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; Stag; 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. **Description of course:** The course consists of pavement, grass and dirt (map enclosed).
- C. **Walk-throughs:** The course will be open for walk-throughs until 9:20 a.m. At 9:20 a.m., the course will be closed to everyone except meet officials.
- D. **Entry Fee:** A \$5.00 entry fee will be charged for each athlete who competes in the Subsection meet. The money must be **hand carried** and received the day of the meet. There will be no refunds. Those not complying will not be allowed to participate. Make checks payable to the CIF Sac-Joaquin Section. Money must be paid before the first race.
- E. **Subsection Awards:** The only awards given at the Subsection meet are medals. Twenty-five medals will be awarded in all varsity races. Twenty medals will be awarded in all other races. Division V will compete with Division IV for medals.
- F. **Section Qualifying:** Varsity boys and varsity girls will qualify eight (8) teams and 10 individuals. All others, except Division I and II JVs will qualify five (5) teams and 10 individuals per division. Divisions I and II (JVs) will send six (6) teams and 10 individuals.
- G. **Facilities:** No locker room facilities are available. Bathrooms only - please come dressed.
- H. **Concessions:** Concessions will be available. Water will be provided on the course (if necessary).
- I. **T-shirts:** T-Shirts will be available for \$13.00 on the day of the meet.

- J. **Check-in:** All Division I and II teams and coaches must report at the stage in front of the bleacher area by 9:00 a.m. to check in and pick up stickers. If runners miss their race, they do not compete. All Division III, IV and V teams and coaches must report at the stage in front of the bleacher area by 11:00 a.m. to check in and pick up stickers. If runners miss their race, they do not compete.
- K. **Check-out:** Once meet is complete, coaches are required to submit any changes to the Subsection team roster for the Section meet by e-mail to: xctiming@aol.com by Monday, November 9.
- L. **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.

M. **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        | 9:30        | 11               | Varsity Girls - Div. 2           | 12:10       |
| 2                | Frosh-Soph Girls - Div. 1     | 9:45        | 12               | Varsity Girls - Div. 3           | 12:45       |
| 3                | Soph Boys - Div. 2            | 10:00       | 13               | Varsity Boys - Div. 4, 5         | 1:05        |
| 4                | Frosh-Soph Girls - Div. 2     | 10:15       | 14               | Varsity Boys - Div. 3            | 1:30        |
| 5                | Soph Boys - Div. 1            | 10:30       | 15               | Varsity Girls - Div. 4, 5        | 1:50        |
| 6                | Jr. Varsity Boys - Div. 1, 2  | 10:45       | 16               | Jr. Varsity Boys - Div. 3, 4, 5  | 2:18        |
| 7                | Jr. Varsity Girls - Div. 1, 2 | 10:50       | 17               | Jr. Varsity Girls - Div. 3, 4, 5 | 2:23        |
| 8                | Varsity Girls - Div. 1        | 11:10       | 18               | Frosh Boys - Div. 3, 4, 5        | 2:50        |
| 9                | Varsity Boys - Div. 2         | 11:30       | 19               | Frosh-Soph Girls - Div. 3        | 3:05        |
| 10               | Varsity Boys - Div. 1         | 11:50       | 20               | Soph Boys - Div. 3, 4, 5         | 3:20        |
|                  |                               |             | 21               | Frosh-Soph Girls - Div. 4, 5     | 3:35        |

*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.*

*Note -- It is possible all runners may not be timed.*

- N. **Varsity entrants:** No team may have more than 10 varsity entrants at the Subsection. No team may have more than seven varsity entrants at the Section.

**PENALTY:** Team is disqualified. Individuals from that team may qualify as individuals.

- O. **Note:** Coaches are responsible for the behavior of their athletes for the entire day. Schools will be billed for any vandalism that should occur.

1. At the Subsection meet, results will be given to league reps. Each coach will be responsible for checking the posted results for their qualifiers and times, etc.
2. Coaches: Stay out of scoring area.

P. **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.**

**Q. Entries:**

1. Full school rosters are due online at athletic.net by October 1, 2009.
2. Final rosters are due online by Sunday, November 1.
3. See registration instruction at <http://www.athletic.net/Help/CrossCountry.aspx?Meet=586>. Additional instructions are also available on the following page.

## How to Submit Meet Entries Online

**Athletic.net** is a resource for high school Track & Field and Cross Country coaches, offering free **statistic tracking**, easing **meet registrations**, and providing free tools to simplify common coaching tasks. Follow the 4 steps below to get started:

### 1. Locate your school and sign up for a free coach account

- In a web browser, go to the website: [www.athletic.net](http://www.athletic.net)
- Locate your state, and then your school
- Once on your school's page, locate the "**Sign Up Here**" link, click it and follow the instructions
- After you have received the confirmation email, you may proceed to the next section

### 2. Enter your season calendar

- Use your email address and password to sign into the website, and again locate your school's page
- Click on "**Edit Calendar**" from the Coaches Tool Bar on your school home page
- Where it says "Add meet to the Calendar" select the date **11/7/2009** and click **Continue >**
- For Region, select: **CA: Sac-Joaquin**
- Click **Select** on line that says: **Calaveras County Fairgrounds, Angels Camp , Sac-Joaquin Sub-Section Meet**
- Review the information and click **Save and Continue >**
- You may need to click **Save and Continue >** one additional time
- Repeat this process for the rest of your cross country season calendar
- Verify on the "Edit Calendar" page that all your meets have been entered correctly. If you see a mistake, use the Edit button next to the meet to make corrections.

### 3. Enter team roster (*Due by October 1*)

- Click "**Edit Athletes**" from the Coaches Toolbar, on your schools page
- Add an athlete to the roster
- Repeat for all athletes

### 4. Register athletes for the Sac-Joaquin Sub-Section Meet (*Due by Sunday, November 1*)

- Back on your school's main cross country page
- Locate **Sac-Joaquin Sub-Section Meet** and click on it
- On the left, locate **Registration Tools** and click on **Register Athletes**.
- Click **Increment Divisions** to quickly register all of you athletes in the first race division, or you can manually select the race division for each athlete.
- Use the boxes on the bottom of the page to add additional athletes to your roster.

You can use the meet registration feature of Athletic.net for all your meets because you can print out and fax the entries, even if the host school is not collecting entries online!





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

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