



# CIF LOS ANGELES CITY SECTION 2009 ALL-CITY CROSS COUNTRY MEET



## FARMERS

### Presented by Farmers Insurance

October 6, 2009

DATE: **Preliminaries:** Thursday, November 12, 2009 - 2:30 p.m.  
**Finals:** Saturday, November 21, 2009 - 8:30 a.m.

PLACE: Preliminaries and Finals will be held at Pierce College,  
6201 Winnetka Avenue, Woodland Hills.

Directions: Intersection of Winnetka Ave. and Ventura Freeway,  
north on Winnetka Ave., 3/4 mile to Calvert Street,  
left (West) to college.

TIME: **PRELIMINARIES** (Thursday, November 12, 2009)

Approximate starting times:

2:30 p.m.	Boys Varsity	Heat 1
2:47 p.m.	Girls Varsity	Heat 1
3:10 p.m.	Boys Varsity	Heat 2
3:27 p.m.	Girls Varsity	Heat 2
3:50 p.m.	Boys Varsity	Heat 3
4:07 p.m.	Girls Varsity	Heat 3

\*There shall be no competition or racing on the course other than what is listed on the championship racing schedule at the City Prelims or Finals. Any violation of this rule will result in the disqualification of the school's entire list of qualified teams and athletes.

### **FINALS** (Saturday, November 21, 2009)

Starting times: (Starting times may be adjusted if inclement weather occurs.)

8:30 a.m.	Boys Large School
9:00 a.m.	Boys Small School
9:30 a.m.	Girls Large School
10:00 a.m.	Girls Small School

### LEAGUE FINALS MEETS AND DETERMINING LEAGUE CHAMPIONSHIP

- Tuesday, November 3- Valley Mission, Valley, and Eastern Leagues @ Pierce College
- Wednesday, November 4- Northern, Freeway, and West Valley Leagues @ Pierce College
- Thursday, November 5- Western, Crosstown, Southern and East Valley @ Pierce College
- Thursday, November 5- Coliseum and Marine Leagues @ Peck Park

(Rules and Regulations Governing Interscholastic Athletics, Rule 133, page 24)

- a. Percentage of meets won.
- b. Tie to count half win and half loss.
- c. First, second, third, etc., places will be determined solely by percentages of meets won.

If the above rules do not determine the league winner, then no winner shall be declared, but all those tying, shall be declared co-champions.

### LEAGUE DUAL MEETS

Once the dual meet season begins, Frosh/Soph athletes may move up to the varsity level, but they must remain at the varsity level throughout the dual meet season. Athletes may then move down to the Frosh/Soph level for the league finals. (Frosh/Soph status indicates the student is within the first four semesters of a four-year high school.)

### QUALIFYING FOR PRELIMINARIES

1. The top four teams in each Varsity division out of league will qualify for city prelims.
2. All individuals not on a qualifying team who finish in the first 10 places in a Varsity race in each league that are not on qualifying teams in the Varsity Divisions.
3. All competitors who finish the race shall be ranked and tallied. The team score shall then be determined by totaling the points by the first five (5) finishers of each team and displacing places six and seven on each team where applicable. The team which scores the lowest number of points is the winner.
4. **League Managers must send Hy-Tek backup file of their meet to Tina Tamura no later than 9:00 p.m. on the day of their League Final meet.**

### PRELIMINARY HEATS

Schools must put a **minimum** of **five (5)** runners on the starting line in order to participate in the Prelims or Finals. With prior notification (at least 30 minutes **before** the scheduled start of a race), schools with less than five runners present may request Meet Management to allow those runners who would have qualified from the previous round as individuals to compete. **Teams will be seeded into Varsity heats based upon team rankings and season's performance in major invitational meets.** Some **heats** may be adjusted to more evenly distribute schools from the same league.

### QUALIFYING FOR FINALS

The following will qualify for the Finals on Saturday, November 21, 2009:

1. The top four (4) teams in each of the three heats in each division.
2. All individuals who finish in the first 12 in each Heat, (whether or not their team qualified).
3. All competitors who finish the race shall be ranked and tallied. The team score shall then be determined by totaling the points by the first five finishers of each team and displacing the next two. The team which scores the smallest number of points is the winner.
4. Individual qualifiers will be able to start anywhere they choose on the starting line as long as there are no more than two to a lane.
5. In the small school division, all teams will qualify for the City Finals, (not City Prelims)

### QUALIFYING FOR STATE CHAMPIONSHIPS

The CIF State Cross Country Championships will be held on Saturday, November 28, 2009 at Woodard Park in Fresno.

The top two teams in the Boys' and Girl's Large School Division as well as a maximum of five (5) individuals on non-qualifying teams who finish in the first twelve (12) actual places will qualify.

The winner of the Small School Division (there must be a minimum of eight (8) teams on the starting line for the winner to advance) as well as a maximum of five (5) individuals on non-qualifying teams who finish in the first eight (8) actual places will qualify.

### COMPETITORS' IDENTIFICATION

In the Preliminaries, all runners will wear a computer label securely fastened to the upper right portion of their jersey. Coaches will be required to PRINT the name of each competitor below the school name on the upper half of each label prior to competition.

In the Finals, all runners will wear numbers with a tear-off portion at the bottom. No additional information from coaches will be necessary. The number tear-off will be used as the primary scoring system.

### RULES AND REGULATIONS

Rules and Regulations Governing Interscholastic Athletics Rules 1001 through 1010, pages 91-93, should be reviewed before entering the All-City Preliminary Cross Country Meet.

### NUMBER OF ENTRIES

Each school may enter seven runners in the Varsity division.

### AWARDS

**VARSITY:** Medals for first FIFTEEN individuals to finish and medals for seven members of the first through fifth place teams.  
(BOYS & GIRLS)

**SMALL SCHOOL:** Medals for the first TEN individuals to finish and medals for seven members of the first and second place teams.  
(BOYS & GIRLS)

Team Plaques will be awarded to the championship and runner-up teams in the Varsity Boys and Girls Large School and Small School Divisions.

### ADMISSION CHARGE

Admission will be charged for all spectators at both the Prelims and Finals.

General Admission	\$8.00
Students and Senior Citizens (with ID)	\$5.00
Children 4 and under	Free

### DRESSING QUARTERS

No dressing quarters are available at Pierce College. Contestants are to dress at schools.

### SHOES

No spiked shoes are permitted.

### MEDICAL ATTENDANT

A medical attendant will be in attendance and will be assigned by the Meet Manager.

### TRANSPORTATION

Schools must arrange their own transportation. Bus Operations is authorized to combine schools in order to fill buses.

### SUPERVISION

All coaches must know where their runners are at all times. They are not to be on the main campus area at anytime. Restroom facilities are located next to the snack bar on the northwest side of the football stadium.

**Restrooms are to be kept clean and neat. Please emphasize these matters to your team. Failure to do so may result in coaches, students and schools paying for the damage.**

### T-SHIRTS

Cross Country Championship T-shirts and other championship apparel will be on sale at both the Preliminaries and Finals.

### STEREO "NOISE" PROHIBITED

Only radios/tape/CD players with earphones are permitted at championship events.

INCLEMENT WEATHER

If there is any doubt that the meets will be held or not, you may call Bus Operations at (323) 342-1460 or the Athletics Office at (213) 207-2200 prior to 11:00 a.m. (prelims), or Bus Operations prior to 6:00 a.m. (finals).

WARMING UP ON THE COURSE

No teams or individuals may use the competitive cross country course for warmup or inspection once the first race of the day (either prelim or finals) has begun. The trail must be kept completely clear of non-competitors and spectators during the time period races are scheduled. Athletes who violate this policy will be disqualified immediately from further competition.

For assistance, please call Vicky Lagos in the Athletics Office at (213) 207-2200.

APPROVED: BARBARA FIEGE, Director, Interscholastic Athletics

DISTRIBUTION: Senior High School Principal, Administrator in Charge of Athletics, Athletic Director, and Cross Country Coach (2)