



CIF-San Diego Section
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**FROM DENNIS ACKERMAN, COMMISSIONER
BILL MCLAUGHLIN, ASSISTANT COMMISSIONER**

DATE JULY 30, 2009

RE 2009-10 BOYS' AND GIRLS' CROSS COUNTRY PRESEASON BULLETIN

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, Macy's, and MaxPreps Inc.** are statewide corporate sponsors with the CIF and **Farmers Insurance Group** is the statewide "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; Mikasa; Molten; Morley Field; Movin' Shoes; National Football Foundation; Neil, Dymott, Frank, McFall & Trexler; North County Basketball Officials Association; North County Gymniny 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; Soccer Fanatic-Southern California; South County Softball Umpires Association; Sport Chalet; Sports Plex USA; Susan Cooper Photography; U.S. Awards; Verizon; 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. **PRESEASON ADVISORY MEETING**

August 25, 2009 - 4:30 p.m., Room 401 at the San Diego County Office of Education.

3. **POST-SEASON ADVISORY MEETING**

December 8, 2009 - 5:00 p.m., Room 401 at the San Diego County Office of Education.

4. **2009 RULES BOOK**

A copy of the **2009** National Federation Track and Field/Cross Country Rule Book is being mailed to schools for the head varsity coach. It is the official rules book for the CIF and will govern all interscholastic Cross Country competition in the San Diego Section unless otherwise provided in the Green Book or bulletins. Please note carefully the rules book changes from those by which the CIF operated during the **2008** season.

5. **GREEN BOOK**

Coaches are advised to review general eligibility rules as well as special Cross Country rules in the **2009-10** Green Book. Copies of the Green Book are made available to school administrators in August. For more information contact your school administration or log onto the CIFSDS website @ www.cifsd.org, click on Green Book.

6. **A GUIDE FOR STUDENT-ATHLETES – YOUR HIGH SCHOOL ELIGIBILITY**

Attached is a copy of the new eligibility guideline created by the State CIF – **A Guide for Student-Athletes – Your High School Eligibility**. This guideline replaces the former CIFSDS form **Athletes Are You Eligible**. Make copies as needed to disburse to current athletes and new enrollees. It is also available online at www.cifsd.org, click on Forms, Eligibility.

7. **RECOMMENDED GUIDELINES FOR GAME MANAGEMENT**

The form titled Recommended Guidelines for Game Management is available online at www.cifsdcs.org, click on Forms, Miscellaneous.

8. **ORGANIZED TEAM PRACTICE**

First day of practice for Boys' and Girls' Cross Country **August 12, 2009.**

9. **MAXIMUM CONTESTS**

The combined total of the Dual/Tri-contests and invitationals shall not exceed 13. This includes "Time Trials," but does not include post-season CIFSDS competition. Participation in any invitational by an individual counts as one of the 13 permitted. **NEW FOR 2009 - TO BE ELIGIBLE TO COMPETE IN CIFSDS CROSS COUNTRY FINALS, AN ATHLETE MUST COMPETE IN AT LEAST FIVE (5) OF THE TEAMS REGULARLY SCHEDULED MEETS.**

10. **COMPETITION DATES**

September 2, 2009 - First possible interscholastic contest.

November 13, 2009 - Last possible pre-playoff competition.

11. **"ETHICS IN SPORTS" POLICY**

Coaches are reminded of the "ETHICS IN SPORTS" Policy:

EJECTION POLICY:

Any coach, team attendant, or spectator ejected by a contest official from any contest for any reason, at any level, is suspended indefinitely from participation, practice, or attending (site and sound) any sports contest, until the first of the following occurs: the ejected person serves the tentative penalty recommended by the commissioner; or a meeting is held among the school administration, coach, player, and custodial parent(s)/guardian(s) with CIFSDS staff member(s) to discuss and impose an appropriate penalty which is served before participation resumes.

Any player ejected by a contest official from any contest for any reason is suspended from participation in the next contest(s) until the tentative penalty recommended by the commissioner is served; or a meeting is held among the school administration, coach, player, and custodial parent(s)/guardian(s) with CIFSDS staff member(s) to discuss and impose an appropriate penalty which is served before participation resumes. **Players are permitted to practice with the team and attend contests, but not in game uniform, during the period of suspension.** (*Approved June 3, 2008, Board of Managers*). Meetings will be scheduled at a time to be announced. There is no appeal of the Commissioner's decision. Telephonic and electronic meetings are not permitted.

Additionally, any person ejected (coach, player, spectator) is required to attend a CIFSDS Ethics In Sports Sportsmanship Meeting, which will be held at a time to be announced. Failure to attend the sportsmanship meeting will result in immediate suspension of athletic eligibility or attendance (site and sound) at contests or practices until such time as the ejected person attends a Sportsmanship Meeting. (*Approved June 7, 2005, Board of Managers*).

A copy of the policy (**revised 3/09**) must be signed by each athlete and parent/guardian before the athlete can compete and by each coach before he/she can coach a contest. The signed copies are to be filed at each school, and each principal (by Board of Managers directive) is to forward a compliance form to the CIFSDS Office.

NOTE: Compliance form due dates are as follows: **Fall Sports = September 15, 2009; Winter Sports = December 15, 2009; Spring Sports = March 15, 2010.**

12. **REMINDER - COACHING COMPENSATION (CIF STATE BYLAW 507)**

A coach shall not be reimbursed for coaching services from any source other than the school funds without the approval of the school's governing board, nor be subject to any bonus arrangement dependent upon the success of the school's team.

13. **COACHING CERTIFICATION**

Reminder that all coaches (paid or unpaid) must be certified in coaching education. Coaches may become certified online for a fee of \$52.00 or in a classroom setting by one of California's instructors. For information, go to State CIF website www.cifstate.org and click on one of the following links:

- About CIF Coaching Education Program
- CIF/NFHS Online Coaching Education Course (\$52.00 per coach)

14. **SANCTIONED TOURNAMENT/INVITATIONAL EVENTS - NEW FORMAT - BEGINNING AUGUST 1, 2009**

CIFSDS SANCTIONING - CIFSDS will sanction tournaments/invitationals when invited schools are from California, Arizona, Nevada, Oregon, Alaska, and Hawaii and/or from non-border states when invited schools are less than eight

(8) or invited states are less than five (5). New CIFSDS sanction application is on website www.cifsd.org - Tournaments.

CIFSDS sanction is necessary for all tournaments at all levels (Varsity, JV, Frosh, Club). Tournament/Invitational Directors must provide the assignment secretary with a sanction number (issued by CIFSDS office) **before** officials may be assigned. Please check the CIFSDS website for approved sanction numbers @ www.cifsd.org click on Tournaments.

Reminder - sanctioning deadline for CIFSDS applications for FALL tournaments/invitational is December 1 (\$25 sanction fee). After deadline \$100 late fee will be assessed for a total of \$125.

NFHS SANCTIONING - Sanction requests involving five (5) or more non-border states or eight (8) or more schools from non-border states and/or schools from foreign countries (including Canada and Mexico) must be sanctioned online through NFHS. For sanctioning procedures go to www.nfhs.org. NFHS will notify the CIFSDS office when sanctioning process is completed for CIFSDS schools and will post approved events on their website.

Feel free to call the CIFSDS office 858-292-8165 or email jbrewer@sdcoe.net if you have any questions.

15. **CIFSDS CHAMPIONSHIP FORMAT**

- The host will be City Conference.
- Meet directors – Jerry Downey, Saint Augustine
- All schools will be eligible to compete.
- The San Diego Section meet will be conducted in five divisions each for boys and girls (Divisions I, II, III, IV, and V).
- School enrollments will be based upon **October 2008** CBED data for grades 9-12. The division breakdown is attached to this bulletin.
- 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).
- The order of races will be the same as that of the State CIF Championship meet.
- Online entries are mandatory for the 2008 meet. Details to follow.

16. **PLAYOFF DATES**

Section Finals/State Qualifying: **Saturday, November 21, 2009**, at Morley Field, Balboa Park.

State Meet: **Saturday, November 28, 2009** at Woodward Park, Fresno.

17. **HIGH SCHOOL SPORTS SPONSORSHIP PROGRAM**

The CIF-San Diego Section is beginning its **14th year** of a High School Sports Sponsorship Program to help offset the ever-increasing costs of conducting section championships in all sports. The purpose of the program is to seek and solicit support (financial, products, or services) from individuals, organizations, and/or businesses desiring to sponsor CIFSDS activities; whereby the CIFSDS provides specific sponsorship acknowledgment. The goal of the High School Sports Sponsorship Program is to have each of the 22 section-approved sports sponsored by a wide range of the San Diego community. For an application or more information on the sports sponsorship program, please contact the CIF-San Diego Section office or visit our web site at www.cifsd.org.

18. **2009 CROSS COUNTRY ADVISORY COMMITTEE**

Below are listed the members of the San Diego CIF Cross Country Advisory Committee. They will be responsible for many of the recommendations for the 2009 Cross Country playoffs.

<u>League</u>	<u>Boys' Rep/School</u>	<u>Girls' Rep/School</u>
Avocado	Pat King - San Pasqual	Troy Hamlin - Fallbrook
Palomar	Trevor Sybert - Vista	Terry Dockery – Rancho Bernardo
Valley	Mike Cummings - Valley Center	Nate Boyer - Mt. Carmel
Eastern	Ed Ramos - San Diego	Andrew Myette – Patrick Henry
Western	Jerry Downey - Saint Augustine	Jim McCarthy – University City
Central	George Green - Coronado	George Green - Coronado
Grossmont Hills	*TBA	*TBA
Grossmont Valley	*TBA	*TBA
Mesa	Mark Hedderson - Hilltop	Ian Cumming - Otay Ranch
South Bay	Tim Latham - Sweetwater	Ruben Ledesma - Montgomery
Citrus 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 Academy	Gordy Haskett – San Dieguito Academy	Gordy Haskett – San Dieguito
<u>League</u>	<u>Boys’ Rep/School</u>	<u>Girls’ Rep/School</u>
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 representative and change in any representative.**

19. **COACH PHONE/EMAIL LIST – CROSS COUNTRY**

Attached is a copy of the Cross Country Coach Phone List. Please check the information for your school (i.e., coach name, home phone, email). If there are corrections, please either email jbrewer@sdcoe.net or fax 858-292-1375.