



10932 PINE STREET
LOS ALAMITOS, CA 90720
(562) 493-9500 • Fax (562) 493-6266

ATHLETIC DIRECTOR

DATE: OCTOBER, 2009

TO: BOYS AND GIRLS CROSS COUNTRY COACHES

FROM: RAINER WULF, ASSISTANT COMMISSIONER

SUBJECT: CIF SOUTHERN SECTION TOYOTA BOYS AND GIRLS CROSS COUNTRY CHAMPIONSHIPS - PRELIMS AND FINALS MEETS

This bulletin is to serve as an orientation to the CIF Southern Section Cross Country Preliminary and Championship meets for both boys and girls. Please note, the information and instructions contained below will serve as final notice to all coaches.

1. **DATE:** Saturday, November 14, 2009 Preliminaries
Saturday, November 21, 2009 Championships
2. **SITE:** Mt. San Antonio College
3. **DIRECTIONS:** See Attached
4. **STARTING TIME:** Prelims - First Race - 7:45 a.m. (Subject to change)
Finals - First Race - 7:45 a.m.
5. **MEET MANAGEMENT:**
Rainer Wulf, Assistant Commissioner, Meet Director
Hal Harkness, Meet Manager
Bob McGuire, Assistant Meet Manager
6. **INTERNET INFORMATION:** You can obtain information regarding heat information and results on the following websites - www.cifss.org; www.dyestatcal.com. SEEDING OF ALL ENTRIES, TEAM AND INDIVIDUAL, WILL BE DONE ON SATURDAY, NOVEMBER 7. THE LAST DATE FOR LEAGUE COMPETITION IS FRIDAY, NOVEMBER 6. THE HEAT SHEETS WILL BE AVAILABLE ON www.dyestatcal.com ON SATURDAY, NOVEMBER 7 AFTER 3:00 P.M. **DO NOT CALL THE CIF-SS OFFICE FOR THIS INFORMATION.**
7. **PACKET PICK UP: COACHES ONLY** will be able to pick up team packets beginning at 6:30 a.m. Packets will be located at the north end of the stadium. Packets will include a map of the course (including the rain course), a program, contestant numbers, two (2) coaches admission tickets and a ticket to obtain results. **Coaches are reminded to bring four (4) safety pins per number.**
8. **ADMISSION TO THE STADIUM:** Coaches and athletes will be admitted beginning at **6:30 a.m.**, spectators will be admitted beginning at **7:00 a.m.**
9. **PRELIM SCHEDULE:** Prelim heats/schedule will be available on www.dyestatcal.com Saturday, November 7, 2009 after 3:00 p.m.

10. **CONTESTANT BIBS:** Contestant bibs will be provided for each participant. All runners should pin their contestant number to the front of their running jersey. **DO NOT** pin the tear off strip at the bottom of the bib. This bib is the runner's admission for entrance. **Coaches are reminded to bring four (4) safety pins per number.**
11. **TEAM SIZE:** Nine names may be submitted from League Finals. Up to two substitutions may be made each day (Prelims/Finals) and reported to George Varvas in the Finish area a minimum of 20 minutes prior to your race time. No changes will be accepted after that deadline. Only nine team members will be allowed to enter through the Athletes Gate.
12. **TIME SCHEDULE FOR 2009 - COMPLETE TIME SCHEDULE WILL BE PUBLISHED WITH SEEDING INFORMATION ON NOVEMBER 7, 2009.**

Prelims - Saturday, November 14

7:45 A.M. Division 1 Boys
Division 3 Girls
Division 5 Boys
Division 1 Girls
Division 3 Boys
Division 5 Girls
Break
1:30 P.M. Division 2 Boys
Division 4 Girls
Break
Division 4 Boys
Division 2 Girls

Finals - Saturday, November 21 -

7:45 Division 2 Girls
8:05 Division 3 Girls
8:25 Division 2 Boys
8:45 Division 3 Boys
9:05 Division 4 Girls
9:25 Division 5 Boys
9:45 Division 1 Girls
10:05 Division 4 Boys
10:25 Division 5 Girls
10:45 Division 1 Boys

13. **AWARDS:** The first, and second place teams in each division will receive CIF-SS championship plaques. The nine (9) members of each winning team will receive CIF-SS Championship patches, while the nine (9) members of each second place team will receive CIF-SS medals. The winner of each race will receive a plaque and the first fifteen (15) finishers in each race will receive medals. Additional **team championship chenille patches** are available from JL Custom Jackets, (951) 688-6710 or online at www.jlcustomjackets.com. (There is also a link on our website, www.cifss.org – go to STORE – go to PATCHES and you will be able to download an order form). Additional **team champions or runner-up plaques and runner-up medals** may be order directly from Elizabeth at All American Trophy (323) 725-1962. Additional CIF-t-shirt (sold at some events) or generic patches (finalist or semifinalist) may be purchased from Mark Le Duc at CIF T-Shirts, (951) 789-4404 (There is also a link on our website, www.cifss.org – go to STORE – go to SOUVENIRS and link onto www.ciftshirts.com).

Each member of a team participating in the CIF Southern Section playoffs can receive a CIF SOUTHERN SECTION PARTICIPATION CERTIFICATE. These certificates will be printed out solely by your school. The document is included on the 2009-10 Schools Forms Disk and also on our website: www.cifss.org – go to the FORMS button on lower left hand corner of the opening page – in the CATEGORY column scroll down to “Playoff Forms” – in the NAME column scroll down to “Certificate of Participation (all sports) for 2009-10 and download the “type in” document or you may order custom certificates from PJ Printers by going to prepressgroup.com and use the username: cif and the password: cif101.

14. **AWARD CEREMONY:** The awards ceremony will be held in a tent by the field house. Awards ceremonies will take place after the conclusion of a division. The awards area will be set up similar to the state awards area. First and second place teams and the first ten finishers in each division should report for each ceremony. Awards schedule is as follows:

8:40	Division 2 Girls	10:00	Division 5 Boys
9:00	Division 3 Girls	10:20	Division 1 Girls
9:15	Division 2 Boys	10:40	Division 4 Boys
9:30	Division 3 Boys	10:55	Division 5 Girls
9:45	Division 4 Girls	11:15	Division 1 Boys

15. **CLERK OF COURSE:** All members of each team, as well as individual runners, **MUST** check in at the staging area by the starting line with the Clerk of Course. All runners must be in regulation uniform with the contestant bibs properly placed on the front of the jersey. All seven (7) team members must arrive together and check-in with the Clerk of the course at least ten (10) minutes prior to the scheduled start of their race.
16. **WARM UP AREA:** No one is permitted to be on the football field in the stadium. The warm up area is on the lower field, southwest of the stadium. Camping is only permitted on the lower field. No school set ups will be allowed on the upper field.
17. **GAMES IN THE WARM UP AREA:** Absolutely **NO** footballs, volleyballs, soccer balls, frisbees, etc. will be allowed in the warm up area on the lower field or on the upper field. **Use of such items could result in a team's disqualification.**
18. **RACE RESULTS:** Result sheets will be available to **COACHES ONLY** at the Coaches Corner. Coaches must present a Results Ticket to obtain a copy of results for their division only. All results will be posted on the results board near the Field House.
19. **QUALIFYING FOR PRELIMS:** Each league is entitled to two (2) entries for a four (4) team league, three (3) entries for a five or six (5 or 6) team league, and four (4) entries for a seven or eight (7 or 8) team league. Each league may enter the top three (3) individual runners not on a qualifying team, provided they finish in the top six (6) in their league meet. When listing team on league entry form, please list team members in order of ability, not alphabetically.

AT-LARGE ENTRY TO SOUTHERN SECTION PRELIMS: Teams that are ranked in the top thirteen (13) in any two of the final four Southern Section cross country polls and who do not advance from league final meets will be invited as "at-large" entries into the prelims. These polls will reflect the week prior to the Mt. Sac Invitational, the Mt. Sac Invitational week, the final week of dual meets and the week of most league final meets. No petitions are necessary and none will be accepted.

• • • **LEAGUE MEET MANAGERS** • • •

League entries, both team and individuals, are due in the CIF-SS Office **NO LATER THAN 9:00 P.M., FRIDAY, NOVEMBER 6. ALL LEAGUE FINAL COMPETITION MUST BE FINISHED BY FRIDAY, NOVEMBER 6.** Entry forms will be provided for League Managers.

20. QUALIFYING TO FINALS: There will be sixteen (16) teams in each final race.

In divisions with four (4) qualifying heats, the top four teams in each heat will qualify. Individuals who finish in the first six (6) actual places and are not members of qualifying teams will also advance to the finals.

In divisions with three (3) qualifying heats, the top five (5) teams in each heat will qualify plus the 6th place team with the fastest team time. Individuals who finish in the first eight (8) places and are not members of qualifying teams will also advance.

In divisions with two (2) qualifying heats, the top eight (8) teams in each heat will qualify. Individuals who finish in the first twelve (12) places and are not members of qualifying teams will also advance.

21. ELIGIBILITY LIST: Eligibility lists are required for all teams and all individuals entered in the prelims. **THE LISTS MUST BE FILED WITH THE CIF-SS OFFICE NO LATER THAN THURSDAY, NOVEMBER 12. DO NOT FAX** the eligibility lists. **MAIL THEM** before the deadline, please!

22. OFFICIAL TEAM: An official team shall consist of a **minimum of five and a maximum of seven runners**. Five team members must finish the race to score as a team. If fewer than five finish, they may advance as individuals and will not count in the team scoring.

23. COURSE CLOSED: Coaches are reminded the Mt. San Antonio College course will be **CLOSED** to all practice from November 7, 2009, through the CIF Southern Section Championships.

24. STADIUM ACCESS AND PARKING: All participants, coaches, parents and spectators must enter the stadium area through the pedestrian tunnel under Temple Avenue coming from the parking area. **ALL** parking will be in Lot S, north of Temple Avenue. Buses will be allowed to drop-off in Lot S and will be directed to another area for parking

25. PURCHASING TICKETS FOR PRELIMS AND FINALS: All runners and coaches will be admitted through the participant's gate located at the north end of the stadium. All spectators, non-qualifying athletes, extra coaches, managers, pep squad members, bus drivers, faculty members, timers, etc., **MUST PURCHASE** general admission tickets and enter through the spectator gates at the north end of the stadium. Gates will open each morning at 7:00 a.m. **NO CHECKS OR CREDIT CARDS WILL BE ACCEPTED AT THIS EVENT. CASH ONLY!**

GENERAL ADMISSION	\$7.00 prelims	\$8.00 finals
HS STUDENTS WITH CURRENT PHOTO I.D.	\$5.00 prelims	\$5.00 finals
CHILDREN 13 & under (under three free)	\$5.00 prelims	\$5.00 finals

26. PASSES: CIF-SS courtesy cards, CIF-SS press and photo passes will be honored. Faculty passes, league passes, school passes, district passes, Los Angeles or other section passes, Official's Organization cards, coaches passes and any other passes **WILL NOT BE HONORED**.

27. DRESSING FACILITIES: There are no dressing facilities available. Contestants are responsible for their own belongings and valuables.

28. **MEDICAL SUPPORT:** COACHES ARE ASKED TO REVIEW CAREFULLY THE ATTACHED INFORMATION REGARDING HEAT INJURY STRATEGIES FOR COACHES AND ATHLETES. COACHES/SCHOOLS ARE RESPONSIBLE FOR TAPING OF ATHLETES.
29. **USE OF MEDICINAL MISTERS/ATOMIZERS:** National Federation Rule 4-5-8 (note) permits the use of such devices for medicinal reasons as long as a letter from a licensed Physician is presented to the Clerk of the Course at check-in. All letters will be kept on file for both Prelims and Finals.
30. **RULES OF COMPETITION:** National Federation Cross Country Rules will govern the running to this meet, except where superseded by this bulletin or Articles 1700-1715 (Cross Country Regulations) of the 2009-2010 CIF-SS Blue Book.
31. **UNIFORM REGULATIONS:** Each member of a team will wear the **SAME** color and design school issued uniform—**JERSEY AND SHORTS** or one-piece. When other apparel is worn under the jersey and/or shorts by more than one (1) team member, the apparel must be the same solid color. Running shoes are required for cross country competition. Shoes with spikes are **NOT** allowed. Hair ribbons and sweat/head bands (blank except for manufacturer's logo) will be allowed.
32. **USE OF PINS TO FASTEN CONTESTANT NUMBERS:** All runners should pin their contestant number to the front of their running jersey. **DO NOT** pin the tear off strip at the bottom of the number. **Coaches are reminded to bring four (4) safety pins per number.**
33. **ABNORMAL WEATHER:** In the event of abnormal weather conditions (rain or heat) before or during the meet, every effort will be made to conduct each heat as scheduled. Because of travel involved for all participating team and individuals, the meet would be postponed only if conditions were such that they were deemed to be hazardous for the competitors involved. Mt. Sac has a rain course that could be utilized. IN CASE OF EXTREME HEAT CONDITIONS, CONSIDERATION WILL BE GIVEN BY MEET MANAGEMENT TO REDUCE THE RACE DISTANCE TO TWO (2) MILES.
34. **USE OF WATER:** Water is provided at the end of the finish chute. No water bottles or containers are to be taken out of the Clerk's area to the starting line. **Coaches are reminded that they need to bring liquids, ice, tape, safety pins, etc. for their athletes. Coaches and their school trainers are responsible for meeting the needs of their athletes.** **Coaches MUST have WATER and ICE available for their athletes as they exit the finish chute. Coaches are to deal with minor medical issues. Event trainers are available for EMERGENICES ONLY.**
35. **FACILITY CLEAN UP:** We must leave the grounds/restrooms as we found them. We ask that coaches take it upon themselves to help in this endeavor. Please see to it that you police the area in which your team is located. Trash bags will be included in each team packet.
36. **NO DOGS ALLOWED INSIDE FACILITY!** Please ask all parents and fans to leave all pets at home. Mt. San Antonio College will not allow dogs in the facility unless they are aiding the disabled.

• • • **STATE REVIEW** • • •

STATE MEET: The first seven (7) teams in all Divisions will automatically qualify for the State Championships in Fresno (Woodward Park) on November 28.

A maximum of five (5) individual finishers who are not members of qualifying teams and who finish in the first twenty (20) places in their respective divisions, will also advance to the State Championships.

**COACHES ARE REMINDED TO PICK UP A STATE MEET BULLETIN
IF THEY HAVE QUALIFIERS OR VISIT WWW.CIFSTATE.ORG TO VIEW/PRINT BULLETIN**

**COACHES MUST FILL OUT THE STATE MEET ROSTER FORMS
BEFORE ENTERING THE STADIUM FOR THE SOUTHERN SECTION FINALS**

DIRECTIONS TO MT. SAN ANTONIO COLLEGE

The Mt. San Antonio College Stadium is located in Walnut on Temple Avenue just west of Grand Avenue. From the 10 Freeway take the Grand Avenue exit south to Temple Avenue and turn left to the stadium. From the 60 Freeway take the Brea Canyon Road exit north to Valley Blvd. Turn right on Valley Blvd. to Grand Avenue and turn right on Temple Avenue to the stadium. **ALL PARKING IS ACROSS THE STREET FROM THE STADIUM.**

STRATEGIES FOR AVOIDING HEAT INJURIES DURING THE 2009 CIF CROSS COUNTRY SEASON

COACHES

Educate your runners about the need to drink fluids throughout the day in preparation for their training and racing.

Emphasize that:

- * Dehydration causes a decrease in blood volume which greatly decreases the ability of their cardiovascular system to deliver oxygen to their muscles. In a 20-minute cross country race, just a 2% decrease in performance represents more than :20 seconds.
- * Drinking before racing will not cause abdominal cramps. Research shows that it is dehydration that causes most gastrointestinal problems during running.
- * You can't just drink when you're thirsty! By then it is too late to quickly achieve the adequate balance of body fluids needed for maximum performance.
- * Runners need to drink 16-32 ounces of fluids (preferably water) between lunch and an hour before a practice or weekday afternoon league meet...or between breakfast and an hour before a Saturday morning invitational. One gulp is about one ounce.
- * Runners need to drink 6-8 ounces of water just before going to the starting line. 93% of that will be absorbed into the blood stream, not emptied into the bladder, during the race.
- * The best time to drink electrolytes (e.g. Gatorade) or carbohydrate replacements (e.g. Exceed) is AFTER the race, not before.

Schedule water breaks in your daily workouts where everybody drinks.

Present drinking adequate amounts of water before your meets as part of your pre-race strategy.

Make a 6.5 gallon Gatorade-type water jug part of the standard equipment for your cross country team. (For sanitation purposes, your jug should be washed with soap and sun-dried daily.)

Encourage each of your runners to have their own 16-32 ounce water bottle and bring it filled to every meet.

STRATEGIES FOR AVOIDING HEAT INJURIES DURING THE 2009 CIF CROSS COUNTRY SEASON

RUNNERS

- * You need to drink fluids throughout the day, every day, to maximize your performance in training and racing.
- * Hot, dry conditions accelerate your loss of body fluids. This is called "dehydration."
- * Dehydration causes a decrease in blood volume which greatly decreases the ability of your cardiovascular system to deliver oxygen to your muscles. In a 20-minute cross country race, just a 2% decrease in performance represents more than :20 seconds.
- * Drinking before racing will not cause stomach cramps! Research shows it is dehydration that causes most abdominal problems during running.
- * It takes several hours to become properly hydrated to achieve the adequate balance of body fluids needed for peak performance in distance running. You can't just drink when you become thirsty! By then it is usually too late.
- * You need to drink 16-32 ounces of fluids (preferably water) between lunch and an hour before a practice or weekday afternoon league meet, or between breakfast and an hour before a Saturday morning invitational. One gulp is about one ounce.
- * You should drink 6-8 ounces of water just before you go to the starting line. 93% of that will be absorbed into your blood stream, not emptied into your bladder, during the race.
- * Don't count on water being easily available at your meets. You should have your own 16-32 ounce water bottle and bring it filled to every meet.
- * The best time for you to drink electrolytes (e.g. Gatorade) or carbohydrate replacements (e.g. Exceed) is AFTER your race. Water is the best thing to drink before your race.

SPECIAL NOTICE

SUPERVISION OF ATHLETES

The Southern Section Office has experienced a problem which has perpetuated itself over the past few years as it pertains to proper supervision and entry of student-athletes in the post-season playoffs.

The situation relates only to individual sports, i.e. CROSS COUNTRY, INDIVIDUAL TENNIS, TRACK, SWIMMING, etc. and the official recognition and registration of entrants at the respective playoff sites.

State and Southern Section Rule 309 states:

No CIF team (i.e., individual) shall participate in inter-scholastic or approved competition with any other team unless the CIF team is under supervision as required by the California Administrative Code Title V and CIF By-Law #506A and #506B. (Additionally, refer to Rule 123.) The supervisor must remain in attendance at all times.

Those persons APPROVED FOR SUPERVISION PURPOSES are limited to:

A. Certificated personnel

B. Certified Coaches (certified credentialed coaches)

C. Non-certificated temporary coaches (certified walk-on coaches.)

(It should be noted that schools representing the same DISTRICT may send one credentialed or certified supervisor for three or four athletes. These individuals have been recognized and are to continue to be recognized for registration and participation purposes in that the district has assigned the supervisory role for all students from its' member schools to this one individual.)

However, the concern is for those students who ARE NOT accompanied by a faculty representative and report to the playoff site by themselves or with a parent. ***GIVING PARENTS THE SUPERVISION AUTHORITY, WHETHER IN WRITING OR NOT, DOES NOT MEET THE STANDARDS SET FORTH IN THE ABOVE REGULATIONS.*** This also applies to parents who are the student's private coach but are not under contract to the member school.

PLEASE NOTE, THIS RULE WAS REVIEWED BY BOTH THE STATE CIF OFFICE, IT'S GENERAL COUNSEL AND THE SOUTHERN SECTION EXECUTIVE COMMITTEE. IT HAS BEEN REAFFIRMED THAT THE INTERPRETATION STAND AS ABOVE AND THAT ANY STUDENT REPORTING FOR COMPETITION WHO IS NOT UNDER DIRECT SUPERVISION IN ACCORDANCE WITH STATE AND SOUTHERN SECTION RULE 309, IS TO BE DENIED ENTRY FOR PARTICIPATION IN THE COMPETITION.

As pointed out by the Southern Section and State CIF attorney, there are inherent liability problems when an individual competes in violation of said rule. Please review this rule with your staff in that it will be strictly enforced as per the above application.

IMPORTANT NOTICE

TO ALL COACHES

REGARDING

PROTEST OF PLAYOFF CONTESTS

*** * * IMPORTANT * * ***

By action of the CIF-SS Council, protests of playoff contests involving National Federation rules will no longer be entertained following the conclusion of the contest.

Coaches may direct questions to the game officials as they pertain to a possible mis-application of the rules in accordance with the National Federation rules governing that sport. No protest may be carried forth once the contest is completed.

Coaches are encouraged to carry National Federation rule books with them for all playoff contests.

Schools will still have the opportunity to protest a contest in accordance with Southern Section, Rule 1110, as it pertains to use of an ineligible player or violations of any CIF-SS rule in connection with the contest.



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DATE: OCTOBER, 2009

TO: CIF SOUTHERN SECTION
BOYS AND GIRLS CROSS COUNTRY COACHES

FROM: RAINER WULF, ASSISTANT COMMISSIONER

SUBJECT: *UPDATED* 2009 ENROLLMENT CLASSIFICATIONS

Enclosed are the *UPDATED* CBED enrollments for the 2009-2010 school year which have been certified by the State Department of Education for public and private schools from the 2008-2009 year.

Reminder: By action of the CIF-SS Council at the March 23, 2000 meeting, no schools will be allowed to compete outside of their enrollment based division.

**CIF Southern Section
2009 Boys and Girls Cross Country
Division 1 (2640 and Above)
AS OF OCTOBER 26, 2009**

(B)-Boys; (G)-Girls; *- Official CBED Number from State Report

			ALPHA
ALHAMBRA*	3218	MURRIETA VALLEY	2652
ALISO NIGUEL*	3128	ONTARIO*	2842
ALTA LOMA	2737	OXNARD*	3209
ANAHEIM*	2945	PACIFICA (OXNARD)	3226
ARCADIA	3659	PALMDALE*	3184
ARROYO VALLEY	3107	PALOMA VALLEY*	2963
BELL GARDENS*	3656	PARAMOUNT	4541
BLOOMINGTON*	3137	PERRIS*	2691
BURBANK	2747	PIONEER VALLEY	2694
BURROUGHS (BURBANK)	2739	POLY (LONG BEACH)	4754
CABRILLO (LONG BEACH)*	3575	POLY (RIVERSIDE)	2837
CAJON*	2898	QUARTZ HILL	3195
CALIFORNIA	2799	RANCHO CUCAMONGA	2968
CANYON SPRINGS*	2684	RANCHO VERDE*	3254
CAPISTRANO VALLEY*	2921	REDLANDS	3471
CATHEDRAL CITY	2882	REDLANDS EAST VALLEY	3018
CENTENNIAL (CORONA)	2872	RIALTO	3217
CHAFFEY	3403	ROOSEVELT	2861
CHAPARRAL	3001	ROYAL*	2665
CHINO HILLS	2907	SAN GORGONIO	3118
CHINO*	2855	SAN CLEMENTE	3180
COACHELLA VALLEY*	2743	SANTA MONICA*	3060
COLTON*	3320	SANTA ANA VALLEY	2640
CORONA	3280	SANTA ANA*	3368
CRESCENTA VALLEY*	2996	SANTA FE	2911
DANA HILLS*	2946	SANTIAGO (CORONA)*	3916
DIAMOND BAR*	3193	SCHURR	3405
DOMINGUEZ	2668	SILVERADO*	3669
DOWNEY*	3986	SIMI VALLEY	2658
EL RANCHO*	3411	TEMECULA VALLEY	2769
EL TORO	2862	TESORO	2733
ETIWANDA*	3313	TRABUCO HILLS*	3270
FONTANA*	3792	TROY	2641
FOUNTAIN VALLEY	3252	UPLAND*	3755
GLENDALE	3052	VALENCIA (VALENCIA)	2976
GREAT OAK	3161	VALLEY VIEW	2815
HIGHLAND	2992	VISTA MURRIETA	3604
INDIO*	2688	WALNUT*	2908
JORDAN*	4104	WARREN	3559
KATELLA	2655	WEST COVINA*	2918
KING, M.L.	3063	WESTMINSTER	2726
KNIGHT	3380	WILSON (LONG BEACH)	4343
LA QUINTA (LA QUINTA)	3087	YUCAIPA*	3015
LA SIERRA	3206		
LAKEWOOD	4297		
LANCASTER	2964		
LEUZINGER*	2943		
LOARA	2646		
LOS ALAMITOS	3246		
LOS OSOS	3208		
LYNWOOD*	3152		
MARINA	2826		
MILLER, A.B.	3008		
MILLIKAN*	4296		
MISSION VIEJO	2845		
MONTCLAIR*	3124		
MONTEBELLO*	3553		

**CIF Southern Section
2009 Boys and Girls Cross Country
Division 2 (2160 - 2639)
AS OF OCTOBER 26, 2009**

ADOLFO CAMARILLO*	2397	NEWBURY PARK*	2407
ARLINGTON*	2221	NEWPORT HARBOR	2424
ARROYO GRANDE	2233	NOGALES	2342
ARROYO	2232	NORCO	2171
AYALA, RUBEN	2429	NORTE VISTA*	2388
BALDWIN PARK	2434	NORTH, J.W.	2496
BEAUMONT*	2274	NORTH (TORRANCE)*	2215
BECKMAN	2222	NORWALK*	2375
BEVERLY HILLS*	2322	ORANGE*	2458
BUENA*	2201	PACIFIC*	2254
CANYON (CANYON COUNTRY)	2586	PALM SPRINGS	2266
CANYON (ANAHEIM)	2411	PALM DESERT	2164
CARTER*	2576	PASADENA*	2214
CENTURY	2472	PATRIOT*	2460
CHANNEL ISLANDS	2639	PENINSULA	2459
CLAREMONT	2297	RAMONA*	2200
COLONY*	2312	REDONDO UNION	2584
COMPTON*	2530	RIGHETTI	2393
CULVER CITY	2310	RIO MESA	2307
CYPRESS	2465	ROWLAND*	2373
DAMIEN (B)	2318	SAN BERNARDINO*	2452
DON LUGO	2294	SAN GABRIEL*	2431
DOS PUEBLOS*	2358	SAN JACINTO	2375
EASTSIDE	2332	SANTA MARIA*	2452
EDISON	2611	SANTIAGO (GARDEN GROVE)	2191
EISENHOWER	2201	SAUGUS	2531
EL MODENA	2192	SAVANNA	2376
EL DORADO	2556	SEGERSTROM	2451
ELSINORE	2189	SERRANO	2617
ESPERANZA	2503	SOUTH TORRANCE	2238
FOOTHILL	2161	SULTANA*	2589
GARDEN GROVE	2293	SUMMIT	2526
GAREY*	2167	SUNNY HILLS*	2631
GLENDORA	2398	THOUSAND OAKS*	2502
GODINEZ	2172	TORRANCE*	2186
HART	2182	UNIVERSITY	2436
HEMET*	2423	VALENCIA (PLACENTIA)	2566
HERITAGE	2529	VENTURA	2593
HESPERIA	2295	VICTOR VALLEY*	2633
HUENEME*	2177	VILLA PARK	2403
HUNTINGTON BEACH	2577	VISTA DEL LAGO	2603
JURUPA VALLEY	2204	WEST VALLEY*	2200
KAISER*	2560	WEST RANCH	2610
KENNEDY	2357	WESTERN	2263
LA HABRA	2269	WESTLAKE*	2373
LA SERNA*	2431	WHITTIER	2501
LA MIRADA*	2202		
LAKESIDE	2236		
LOS ALTOS	2209		
LOS AMIGOS	2242		
LOYOLA (B)	2510		
MAGNOLIA	2224		
MARK KEPPEL	2404		
MATER DEI	2280		
MAYFAIR	2411		
MIRA COSTA*	2381		
MOORPARK	2308		
MORENO VALLEY	2278		

**CIF Southern Section
2009 Boys and Girls Cross Country
Division 3 (1251 - 2159)
AS OF OCTOBER 26, 2009**

AGOURA*	2136	PACIFICA (GARDEN GROVE)	1951
ALEMANY	1589	PALOS VERDES*	1838
ANTELOPE VALLEY	1819	PASO ROBLES*	2089
APPLE VALLEY	2097	PIONEER	1593
ARTESIA*	1746	POMONA	1839
ATASCADERO	1518	RANCHO ALAMITOS*	1955
AZUSA	1594	RIM OF THE WORLD	1547
BARSTOW	1846	ROSARY (G)	1376
BASSETT	1346	ROSEMEAD	2058
BELLFLOWER*	2116	RUBIDOUX	1484
BISHOP AMAT	1427	SADDLEBACK	2144
BOLSA GRANDE	1926	SAN JUAN HILLS (9-11)	1508
BONITA	1955	SAN MARCOS	1980
BREA OLINDA	2059	SAN LUIS OBISPO*	1526
BUENA PARK*	1970	SAN DIMAS	1388
BURROUGHS (RIDGECREST)	1623	SANTA BARBARA	2067
CABRILLO (LOMPOC)	1531	SANTA MARGARITA	1610
CALABASAS*	2017	SANTA PAULA*	1528
CATHEDRAL (B)	1362	SERVITE (B)	1874
CENTENNIAL (COMPTON)*	1396	SIERRA VISTA	2069
CERRITOS*	2137	SONORA	2126
CHARTER OAK	1955	SOUTH HILLS	2068
CITRUS HILL	1789	SOUTH PASADENA*	1508
CORONA DEL MAR	1525	SOUTH EL MONTE	1633
COVINA	1526	ST. JOSEPH (LAKEWOOD) (G)	1664
DESERT MIRAGE	1848	ST. JOHN BOSCO (B)	1854
DESERT HOT SPRINGS	1954	ST. FRANCIS (B)	1374
DIAMOND RANCH	1820	ST. LUCY'S PRIORY (G)	1640
EL MONTE	2026	TAHQUITZ	1500
ESTANCIA	1306	TEMESCAL CANYON*	1947
FIREBAUGH*	1875	TEMPLE CITY	1979
FULLERTON	2068	TUSTIN	1980
GABRIELINO*	1794	WEST TORRANCE	2117
GAHR*	2066	WILSON (HACIENDA HEIGHTS)*	1783
GANESHA*	1788	WOODBIDGE	2120
GLADSTONE	1546	YUCCA VALLEY	1674
GLENN*	1960		
GOLDEN VALLEY	2025		
GRANITE HILLS*	2111		
HOOVER	2128		
INGLEWOOD	1736		
IRVINE	1921		
LA PUENTE	1679		
LA QUINTA (WESTMINSTER)	1953		
LA CANADA	1473		
LAGUNA HILLS*	1842		
LITTLE ROCK	1840		
LOMPOC	1462		
LUTHERAN (ORANGE)	1318		
MONROVIA	1810		
MORNINGSIDE*	1282		
MOUNTAIN VIEW*	1970		
NORTHVIEW*	1616		
NORTHWOOD*	2117		
OAK HILLS (9-11)	1632		
OAK PARK	1288		
OCEAN VIEW	1549		

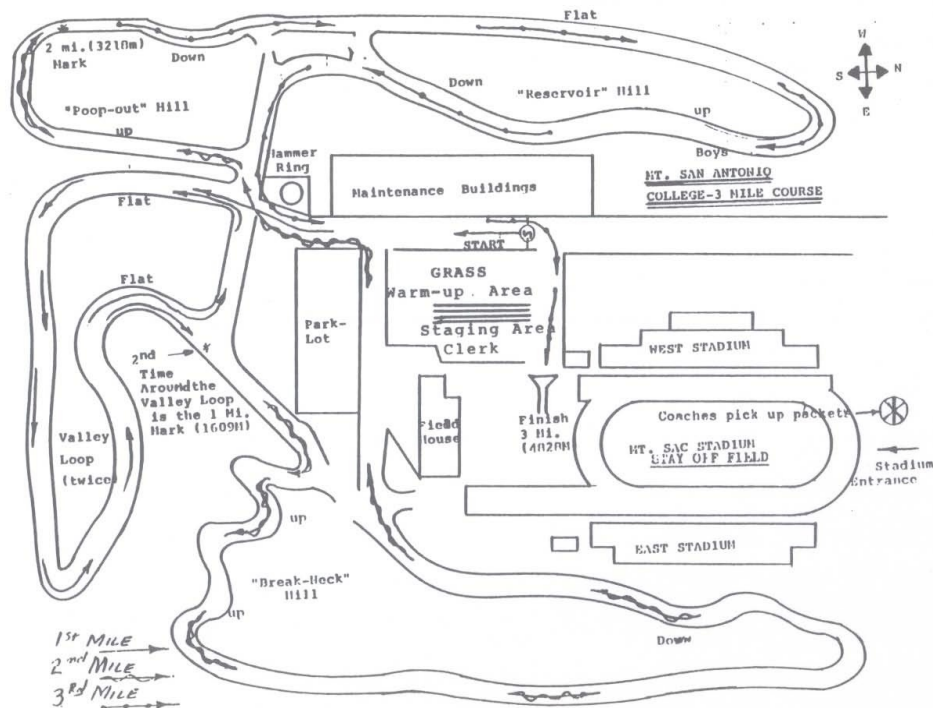
**CIF Southern Section
2009 Boys and Girls Cross Country
Division 4 (501 - 1250)
AS OF OCTOBER 26, 2009**

ALVERNO (G)	522	RAMONA CONVENT (G)	770
ANIMO LEADERSHIP CHARTER*	531	ROSAMOND	926
ARCHER SCHOOL FOR GIRLS (G)	562	SACRED HEART OF JESUS (G)	530
BANNING	1213	SALESIAN (B)	790
BIG BEAR	1016	SAN MARINO	1097
BISHOP MONTGOMERY	1206	SAN GABRIEL MISSION (G)	544
BISHOP CONATY-LORETTO (G)	676	SANTA YNEZ*	1120
BISHOP UNION	641	SERRA	650
BLAIR*	924	SHADOW HILLS (9-10)	641
CALVARY CHAPEL (SANTA ANA)	619	SILVER VALLEY	541
CAMPBELL HALL	534	ST. MATTHIAS (G)	542
CAMS*	614	ST. PAUL	651
CANTWELL-SACRED HEART OF MARY	609	ST. GENEVIEVE	565
CARPINTERIA*	783	ST. MONICA CATHOLIC	625
CHAMINADE	1200	ST. BONAVENTURE	608
CITRUS VALLEY	1035	ST. JOSEPH (SANTA MARIA)	599
CONNELLY (G)	586	ST. MARY'S ACADEMY (G)	770
COSTA MESA	1196	TEMPLETON	793
CRESPI (B)	1190	TWENTYNINE PALMS	949
DON BOSCO TECH (B)	1156	UNIVERSITY PREP	589
DUARTE	1230	VALLEY CHRISTIAN (CERRITOS)	613
EL SEGUNDO	1246	VASQUEZ*	593
EXCELSIOR EDUCATION CTR.*	1009	VERBUM DEI (B)	612
FAIRMONT PREPARATORY	540	VILLAGE CHRISTIAN	532
FILLMORE*	1112	WESTRIDGE (G)	576
FLINTRIDGE SACRED HEART (G)	800	WHITNEY	692
HARVARD WESTLAKE	1155	WHITTIER CHRISTIAN	719
HAWTHORNE MSA	613	WORKMAN	1172
HOLY FAMILY (G)	578	YORBA LINDA (9-10)	948
IMMACULATE HEART (G)	1046		
JSERRA	1018		
KERN VALLEY	637		
LA REINA (G)	820		
LA SALLE	745		
LAGUNA BEACH	1057		
LOMA LINDA ACADEMY	526		
LOS ANGELES BAPTIST	597		
LOUISVILLE (G)	908		
MALIBU*	753		
MARANATHA	682		
MARLBOROUGH (G)	726		
MARSHALL FUNDAMENTAL*	1049		
MARYMOUNT (G)	794		
MAYFIELD (G)	622		
MILKEN COMMUNITY	587		
MORRO BAY	905		
MUIR*	1204		
MURRIETA MESA (9-10)	1108		
NIPOMO*	1216		
NORDHOFF*	1046		
NOTRE DAME (SHERMAN OAKS)	1198		
NOTRE DAME ACADEMY (G)	868		
NOTRE DAME (RIVERSIDE)	551		
OAKS CHRISTIAN	727		
ONTARIO CHRISTIAN	520		
OXFORD ACADEMY	714		
PARACLETE	833		

**CIF Southern Section
2009 Boys and Girls Cross Country
Division 5 (500 and Below)
AS OF OCTOBER 26, 2009**

ACADEMY/ACADEMIC EXCELLENCE	457	NEW COMMUNITY JEWISH	415
ACADEMY CAREERS/EXPLORATION (9-11)	117	NEW ROADS*	372
APPLE VALLEY CHRISTIAN	78	NUVIEW BRIDGE	344
AQUINAS	357	OAKWOOD	307
ARROWHEAD CHRISTIAN ACADEMY	337	OJAI VALLEY	124
ARSHAG DICKRANIAN	86	ORCUTT ACADEMY*	213
AVALON	219	PACIFIC LUTHERAN	73
BELLARMINE- JEFFERSON	295	PACIFIC HILLS	149
BESANT HILL	108	PACIFICA CHRISTIAN	151
BETHEL CHRISTIAN (RIVERSIDE)	44	POLY (PASADENA)	378
BETHEL BAPTIST	38	PROVIDENCE	438
BISHOP DIEGO	302	PUBLIC SAFETY ACADEMY	133
BLOOMINGTON CHRISTIAN	264	RENAISSANCE ACADEMY	31
BORON	156	RIVERSIDE CHRISTIAN	213
BOYS REPUBLIC (B)	308	RIVERSIDE PREP	311
BRENTWOOD	462	ROLLING HILLS PREP	147
BRETHREN CHRISTIAN	289	SADDLEBACK VALLEY CHRISTIAN	243
BRIDGES ACADEMY	61	SAGE HILL	434
BUCKLEY	286	SAN GABRIEL ACADEMY	218
CALIFORNIA MILITARY INSTITUTE	159	SANTA CLARA	445
CALIFORNIA CITY (9-11)	393	SHERMAN INDIAN	305
CALVARY CHAPEL (MORENO VALLEY)	111	SIERRA CANYON	249
CALVARY CHAPEL (DOWNEY)	386	ST. BERNARD	365
CALVARY MURRIETA	408	ST. MARGARET'S	389
CAPISTRANO VALLEY CHRISTIAN	195	ST. MONICA ACADEMY	48
CATE	277	ST. MICHAEL'S PREP (B)	110
CHADWICK	359	SUMMIT VIEW WEST	75
CORNERSTONE CHR.(CAMARILLO)	72	SUMMIT VIEW	93
CREAN LUTHERAN SOUTH	303	TARBUT V'TORAH	145
CROSSROADS CHRISTIAN (9)	28	THACHER	245
CROSSROADS	489	TWIN PINES	58
CSDR*	202	UPLAND CHRISTIAN ACADEMY	117
DESERT	400	VAN HORN CENTER (B)	48
DESERT CHRISTIAN (BERMUDA DUNES)	98	VICTOR VALLEY CHRISTIAN	165
DESERT CHRISTIAN (LANCASTER)	462	VIEWPOINT	475
DUNN	186	VILLANOVA PREP	319
EASTSIDE CHRISTIAN	118	VISTAMAR	202
EMERSON HONORS	80	WEBB	390
FIRST LUTHERAN	102	WEST SHORES*	272
FLINTRIDGE PREPARATORY	407	WEST VALLEY CHRISTIAN	64
FRAZIER MOUNTAIN	459	WESTERN CHRISTIAN	409
GRACE BRETHREN	259	WILDWOOD	227
GROVE	113	WINDWARD	346
HALSTROM	66	WOODCREST CHRISTIAN	436
HAMILTON	410	XAVIER PREP	343
HESPERIA CHRISTIAN	121	YESHIVA	379
HOLY MARTYRS	206		
LA SIERRA ACADEMY	292		
LAGUNA BLANCA	204		
LINFIELD CHRISTIAN	367		
LOS ANGELES ADVENTIST	106		
MAMMOTH	292		
MARICOPA*	117		
MARY STAR OF THE SEA	500		
MARYWOOD - PALM VALLEY	81		
MESA GRANDE ACADEMY	130		
MIDLAND	87		
MONTCLAIR PREPARATORY	241		

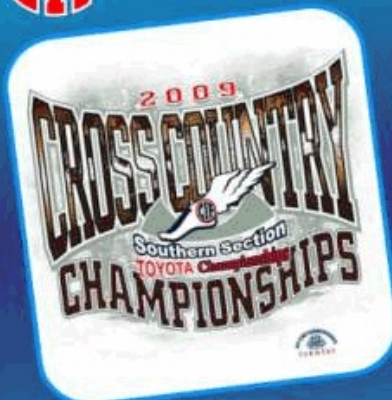
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ELIGIBILITY LIST:

The CIF Southern Section Eligibility List can be found on our website, www.cifss.org, under forms and on the forms disk which was included in your Fall Packet. Please locate this form, fill it out, have it signed and return it to the office as soon as possible. Thank you.

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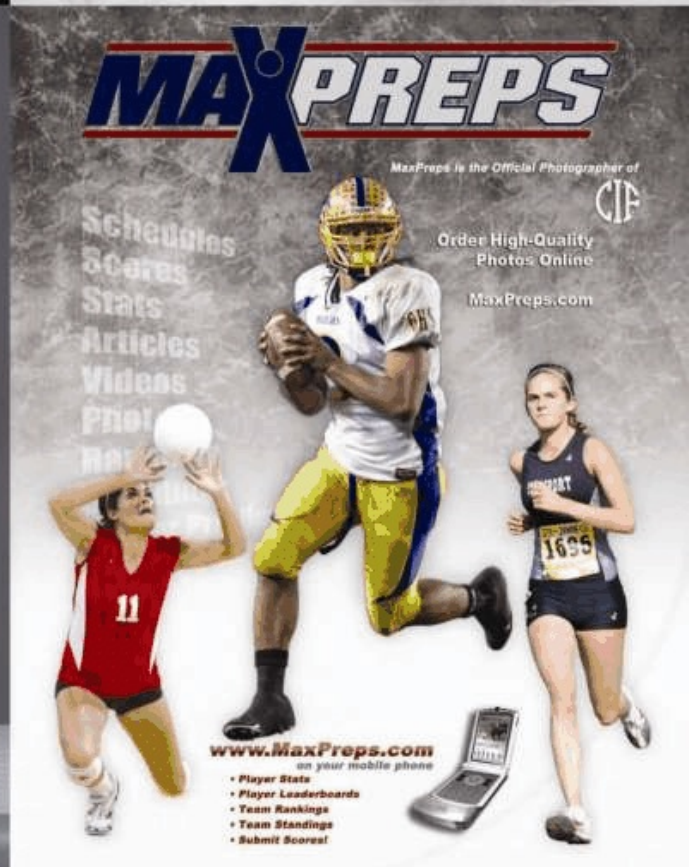
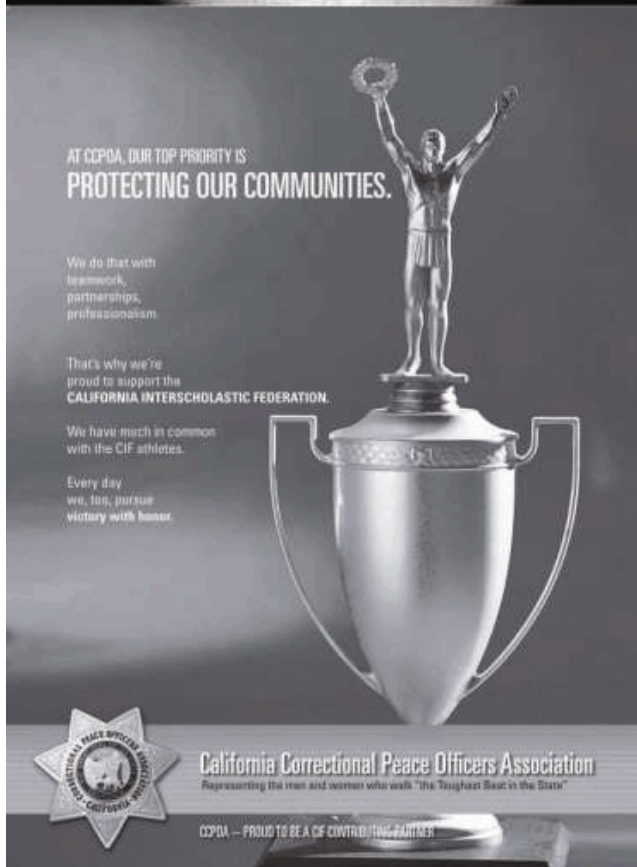
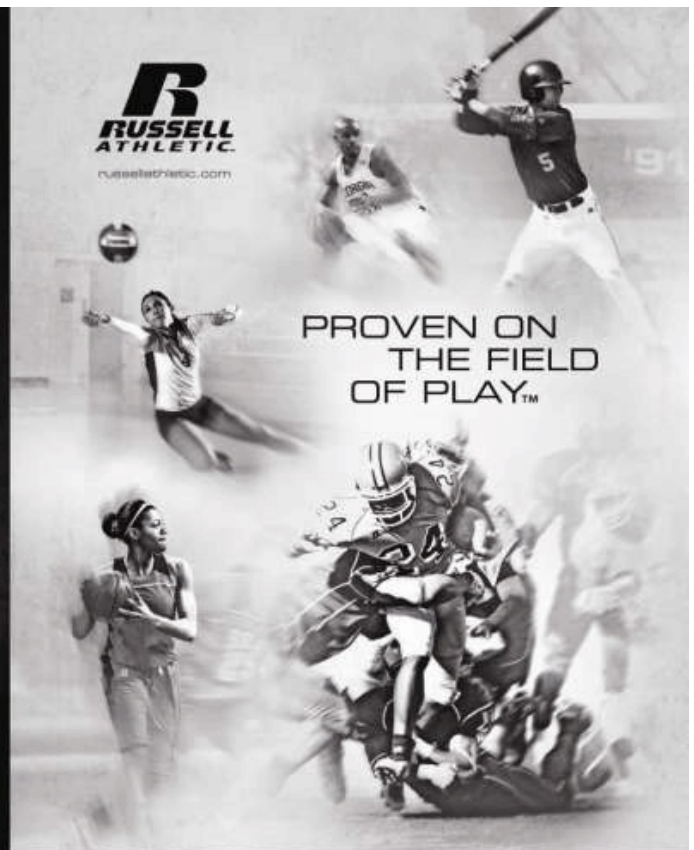
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