



CIF/Central Coast Section  
**2011 CROSS COUNTRY CHAMPIONSHIPS**  
 Participant Information Bulletin

Presented by



**FARMERS**

This Bulletin was e-mailed to all member-schools on or about  
 October 17, 2011

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**ATTENTION ATHLETIC DIRECTORS:**

Please route this bulletin to your HEAD VARSITY CROSS COUNTRY COACH, and make sure that you and your coach have read the [CCS CROSS COUNTRY BYLAWS](#) Section of the CCS TOURNAMENT GUIDE.

cc: League Commissioners, Site Directors, Executive Committee

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**CCS STAFF LIAISON:** [STEVE FILIOS](#), Assistant Commissioner

**MEET DIRECTOR:** [BILL DASKAROLIS](#), Aragon High School,  
 Email: [bdasko@comcast.net](mailto:bdasko@comcast.net) Phone: (510) 657-7592

**MEETINGS:**

- ENTRIES:** **NO MEETING.** League Representatives must e-mail the CCS [Cross Country Entry Form](#) with their Leagues' official results and entries, including names of both Team and Individual Qualifiers **on or before:**  
**MONDAY, NOVEMBER 7th, 2011, 12 noon to:**
  - Mark McConnell @ [racetimer@aol.com](mailto:racetimer@aol.com), AND
  - Steve Filios @ [sfilios@cifccs.org](mailto:sfilios@cifccs.org)
- EVALUATION: WEDNESDAY, NOVEMBER 30, 2011, @ 7:00pm - CCS**

**CHAMPIONSHIP MEET DATE:** **SATURDAY, NOVEMBER 12, 2011**  
**@ Crystal Spring Cross Country Course, Belmont**

**TIMES SCHEDULE:**

<b>DIVISION IV</b>	Boys: 10:00 am	Girls: 10:35 am
<b>DIVISION V</b>	Boys: 11:10 am	Girls: 11:45 am
<b>DIVISION I</b>	Boys: 12:20 pm	Girls: 12:55 pm
<b>DIVISION II</b>	Boys: 1:30 pm	Girls: 2:05 pm
<b>DIVISION III</b>	Boys: 2:40 pm	Girls: 3:15 pm

**An awards presentation will take place immediately after completion of each division.**

**Rain-out Date: Tuesday, November 15th** – Same schedule as November 12<sup>th</sup>. The decision to postpone the Meet will be made by 6:00 am by the Meet Director and CCS Staff. League representatives will be notified immediately by phone and shall be responsible for notifying their respective League's coaches.

**DIRECTIONS: Crystal Spring Cross Country Course, Belmont**

Take I-280 to Hwy. 92 (toward San Mateo); follow Hwy. 92 to the Ralston Ave. exit; at the exit ramp light, turn LEFT onto Ralston Ave.; turn RIGHT on Hallmark, and follow to course site about a mile on the right hand side, up the hill from Hallmark Park (between Comstock Cir. and Wakefield Dr.). Parking is available on street. PLEASE TAKE CARE NOT TO PARK IN DRIVEWAYS.

**PARKING INFORMATION:**

Parking is available on street. PLEASE TAKE CARE NOT TO PARK IN DRIVEWAYS.

- o **SPECIAL NOTE (BUSES):** For those arriving later, please remember that other races are already going on. **DO NOT DOUBLE PARK! GO PAST THE LAST HOUSE ON THE RIGHT TO UNLOAD AND PARK!**

**IMPORTANT NOTICE TO ALL PARTICIPANTS AND COACHES:**

The CIF-Central Coast Section is well aware that many other school and non-school activities (AP tests, SAT/ACT tests, proms, plays, holidays, senior trips, religious days, etc.) may occur during CCS Play-offs. The CCS tries to avoid as many conflicts as possible; however, with so many activities available for today's student-athlete, it is not reasonable to assume that all such activities can be taken into account, and thus, CCS Play-off events will go on as originally scheduled. Participants and coaches are therefore expected to plan in advance for such possible scheduling conflicts and make those difficult choices as to which events will take precedence for that individual. Generally, although it is ultimately the personal choice of the student-athlete and/or his/her parent(s), an academic activity should take precedence over an extra-curricular event.

**ADMISSION:**

**Note: All participants (in uniform) will be admitted at no charge. A maximum of four (4) coaches will be admitted with their team.**

General Admission	Senior Citizens	Student Discount (w/ ASB card)	Children (under 12)
<b>\$8</b>	<b>\$3</b>	<b>\$3</b>	<b>\$2</b>

**PRE-MEET / WARMING UP:**

Jogging the course prior to the Meet is permitted. The course must be cleared and will be closed to warm-ups prior to the start of the first race. Warm-Up areas will be available, as designated by the Meet Director.

**CHECK-IN:**

All coaches must check in at the scorer's table to pick up their Meet packets. This packet will include assigned numbers (to be worn on the chest), pins, and starting positions. Please insure that runners do not crumple bibs.

**STARTING POSITION:**

- o Starting positions for the individuals and teams will be determined by random drawing.
- o A double starting line, with a 5-yard separation, will be used. Three (3) runners from each team will line up on the front line of the starting box, and the remaining team members will line up on the second line.

**SCORING PROCEDURE:**

- o The double tag and chest number system will be used to provide immediate results, identify qualifying teams and individuals to the State CIF Meet and to provide a back-up system.
- o There will be pre-assigned chest numbers and safety pins in each school's meet packet, which you will pick up prior to the Meet. These numbers are to be worn on the front of the jersey. They will have a tear-off bottom portion with a pre-printed name tag. This tear-off portion will be collected at the finish line. Do not crumple the bibs.
- o Coaches are reminded to stay away from the chute area as their athletes are finishing -- **WE NEED YOUR COOPERATION!**
- o In case of tied teams, the tie shall be broken by comparing the 6th-place finishers of the tied teams.
- o Official results of the Section Meet will be completed and posted at the meet, and available on the CCS website ([www.cifccs.org](http://www.cifccs.org)).

### **COURSE CONDUCT:**

- Please stay out of the fenced-off areas. Climbing in trees is prohibited.
- There is an EXTREME fire hazard in this area, and SMOKING is prohibited.
- PETS (leashed or unleashed) ARE NOT ALLOWED ON THE COURSE.
- BICYCLES ARE NOT ALLOWED ON THE COURSE.
- Each team is responsible for cleaning up the area it has occupied during the day. ***Please remove all trash and recycling (including all plastic water bottles and cardboard boxes) from the course AND Hallmark Park. This saves room in the dumpster and is good for the environment.***
- Radios, frisbees or footballs should not be taken onto the course.
- Throwing rocks and/or other similar types of objects is prohibited.
- Coaches & athletes are reminded to stay out of the scoring area.
- All spectators and coaches must stay behind the ropes and/or chalk markings. Do not assist your runners on the course by running with them. This is considered unsportsmanlike.
- COACHES MUST STAY OFF THE RUNNING COURSE.

### **PRACTICE AT CHAMPIONSHIP SITE:**

Practice at the championship site must be in accordance with the [Crystal Springs Cross Country Course Handbook](#).

### **SPORTSMANSHIP:**

Each Principal is required by the CCS Board of Managers to meet with any team from his/her school participating in the CCS Tournament to review CCS Sportsmanship Information. See [CCS Tournament Guide](#) for REQUIRED PRE-GAME SPORTSMANSHIP MEETING INFORMATION SHEET.

Coaches will meet with the Meet Director, pre-race, as specified in the coaches packet.

Any player or coach who is disqualified from a Tournament contest for flagrant misconduct or unsportsmanlike behavior shall be disqualified from all remaining contests in that sport that season, including the State CIF Championships.

### **CHAMPIONSHIP T-SHIRTS:**

While supplies last, CCS Championship T-shirts may be ordered online using the [T-Shirt Order Form](#) which can be found on the CCS Cross Country webpage. While supplies last, T-shirts will be available at the Meet site for \$15 each. No other merchandise may be sold without CCS approval.

### **PARTICIPANT CERTIFICATES**

Participant Certificates are available on the CCS secure website which is accessible to all CCS member school Athletic Directors and Principals.

### **CIF STATE CHAMPIONSHIPS presented by Farmers:**

WOODWARD PARK, FRESNO, CA - NOVEMBER 26, 2011

CCS Teams and Individuals will qualify for the CIF State Cross Country Meet in accordance with the [CIF State Cross Country Meet Handbook](#).

