



Cross Country Section Format 2017-18



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FORMAT – 2017 CROSS COUNTRY SECTION

TO: Sac-Joquin Section member schools that participate in Cross Country
FROM: Mike Garrison, Commissioner
Will DeBoard, Assistant Commissioner
DATE: September 15, 2017 - *updated September 21, 2017*

2017 CIF SAC-JOQUIN SECTION/LES SCHWAB TIRES CROSS COUNTRY SECTION MEET

Please note your school's responsibilities

- A. **Location:** Del Campo High School will be hosting the CIF Sac-Joquin Section/Les Schwab Tires Cross Country Meet on **Friday, November 10, 2017** at Willow Hill Cross Country Course in Folsom, adjacent to the Folsom High School campus. The meet is scheduled to start at 9:00 a.m.
NOTE: Please, no tents/team areas in start/finish area.

Directors - Bob King of Rio Americano and Amber Lassetter of Cosumnes Oaks.
Starters - Al Baker, Chuck Buettner and Aaron Weidcamp.
Scoring - Red Cap Timing
Packet pickup - Del Campo; Cosumnes Oaks

Mandatory Coaches Meeting @ the Packet pick up room: *Div III, IV and V @ 8:15am*
Div I and II @ 11:15am

NOTE: TEAMS IN BOLD WILL BE IN CHARGE OF THAT AREA

Clerk/Start Line - Check teams in, place teams in box, **CHECK UNIFORMS, BIBS & CHIPS**
Div. I-II: GRANITE BAY/LAGUNA CREEK, Bethel, Grant, Lincoln-L.
Div. III-V: DIXON, Bradshaw Christian, Ceres, El Capitan, Fairfield, Holt Academy, Kimball, Lindhurst, Modesto Christian, Mountain House, Valley.

Course Monitors - Monitor athletes and spectators on course.
Div. I-II: Start Line (first 100m) - SHELDON, Franklin-S, Gregori, Lincoln-S, Tracy.
Levee (School loop side) - LODI, Bear Creek, Whitney.
Levee (Bridge side) - BELLA VISTA, Grace Davis, Johansen, Monterey Trail.
Bathroom Turn - PONDEROSA, Oakmont, Rodriguez.
Oak Tree Turn - ELK GROVE, Pleasant Grove, Vallejo.
Freeway Loop (At bottom of first hill and at top of row of trees) - FOLSOM, McClatchy, Turlock.
Bridge (both sides) - JESUIT, Antelope, Downey.
Oak Tree Loop - ROSEVILLE, Franklin-EG, Mira Loma.
School loop bottom turn - WOODCREEK, Vintage.
Finish Area - ARMIJO, Central Valley, Inderkum.

Div. III-V: Start Line (first 100m) - BRET HARTE, Delta, Livingston, Rio Vista, Sonora, Western Sierra.
Levee (school loop side) - DEL ORO, Center, Sierra Ridge.

*Levee (Bridge side) - **UNION MINE**, Riverbank.*

*Bathroom Turn - **ESCALON**, Beyer, Cordova, Delhi, Encina, Foresthill, Golden Sierra.*

*Oak Tree Turn - **NEVADA UNION**, Del Campo, Manteca, Patterson.*

Freeway Loop (At bottom of first hill and at top of row of trees) -

***EL DORADO**, Bear River, Merced, Turlock Christian, Vacaville Christian, Waterford, Wood.*

*Bridge (both sides) - **CHRISTIAN BROTHERS**, Capital Christian, Foothill, Forest Lake Christian, Liberty Ranch, Oakdale, Rio Linda, Weston Ranch.*

*Oak Tree Loop - **LATHROP**, East Union, Galt, Gustine, Highlands, Pacheco, Waterford.*

*School loop bottom turn - **PLACER**.*

*Finish Area - **HUGHSON**, Cristo Rey, Mesa Verde.*

Finish Chute - **Div. I-II: ST. FRANCIS**, Buhach Colony, Burbank, Edison, Enochs, Modesto, River City, Stagg, West
Div. III-V: SIERRA, Amador, American Canyon, Argonaut, Benicia, Buckingham Charter, Colfax, Denair, Florin, Freedom Christian, Hilmar, Mariposa, Mountain Oaks, Natomas, Orestimba, Pioneer, Ripon, San Juan, Vanden, Venture Academy, Woodland Christian.

Post Results - *Assist with posting results; check in at scoring room.*
Div. I-II: VACAVILLE, Atwater, Chavez, Kennedy, Pitman.
Div. III-V: EL CAMINO, Calaveras, Casa Roble, Golden Valley, Gustine, Marysville, McNair, Millenium, Rosemont, Sacramento, Waterford, Victory Christian, West Campus.

Awards - *Assist at awards table and ceremony with disbursement of medals at amphitheater. Varsity awards at the amphitheater; all others at the table by the scoring.*
Div. I-II: DAVIS SR., Johnson, Napa, Oakridge, Rocklin, Tokay.
Div. III-V: VISTA DEL LAGO, Brookside Christian, Central Christian, Faith Christian, Johnson, Le Grand, Linden, Lodi Academy, Los Banos, Sacramento Waldorf, Tioga, Valley Christian, Yuba City.

White Fencing - *Return white fencing to Sacramento Running Association - **JESUIT***

- B. **Entry Fee:** An \$8.00 entry fee will be charged for each athlete who enters in the Section meet. The ***money must be hand carried and received the day of the meet***. Those not complying will not be allowed to participate. ***Make checks payable to: CIF Sac-Joaquin Section***. Money must be paid before the first race.
1. Fees will be capped at 50 runners per school.
- C. **Check-in:** All Division III, IV and V teams and coaches must report to the check-in room at Folsom High School by 9:00 a.m. to check in and pick up their bibs and chips. If runners miss their race, they do not compete.
All Division I and II teams and coaches must report to the check-in room at Folsom High School by 11:00 a.m. to pick up bibs for their athletes. If runners miss their race, they do not compete.
- D. **Athlete Changes:** If a registered runner is going to compete in a DIFFERENT race division than they were originally registered, the coach MUST notify the scoring room BEFORE the athlete competes (i.e., athlete registered as a FSG but is now competing in the VG race). Or, if an athlete needs to be registered, the coach MUST notify the scoring room.
- E. **Admission:** There is no charge for spectator admission to the championships.
1. Tents will not be allowed adjacent to the start and finish areas.

- F. **Parking:** Park in the Prairie City Road parking lot near the football field. Do not park in the small lot near the course. Folsom High School will charge \$5.00 per vehicle for parking. Also, do not park in the Treehouse Shopping Center across from the high school.
- G. **Description of Course:** The course is situated adjacent and south of the Folsom High School campus. The course is rolling dirt hills (see map). If excessive rain, meet will be run on alternate course on November 10.
- H. **Interference:** Any athlete who interferes with a race in progress is subject to disqualification. **ATHLETES ARE TO STAY OUT OF THE FOLSOM HIGH SCHOOL CAMPUS!!**

I. **Names and Numbers**

FINISH CORRAL (CHUTE) PROCEDURES

1. The finish chute (now called the finish corral) will be composed of mat-like sensors. The *runners are to run across all mats* and continue running approximately 10 feet beyond the last mat. Any runner who stops or walks will be physically removed from **this zone**.
3. They do not have to stay in finish order once they clear the sensor mats. The athletes must continue toward the finish corral.
5. There will be no collection of the bib numbers (tear off section will not be used due to timing chips).
7. Year and /or spelling corrections and substitution of a runner may be done as usual at packet pick-up. Be sure to bring the bib number of the runner!!!!
8. The name that is in the database will be reflected in the results unless changed at packet pick-up.

Coaches **MUST** go over the above procedures with their runners.

Please double-check your athletes' name(s) and school affiliation. If a team is substituting a runner or any spelling errors occur, please inform an official at the scoring room by bringing the **bib number with necessary corrections** and they will take down the information to give to RED CAP TIMING.

J. **Scoring Procedures:**

1. Scoring, placement and timing will be done in accordance with NFHS rules. It is imperative that ALL runners wear their assigned bib numbers.
2. The runner's bib number will be used to determine the appropriate place and time.
3. Meet results will be posted no more than 30 minutes after the finish of each race.
4. Scoring will be in compliance with National Federation rules. Five runners score and two displace.

- K. **Identification:** Coaches who change any members of their qualified team or have an incomplete team or whose team started the race with five or more and finished with less than five, **MUST** notify meet officials immediately.

No athlete may run in a lower classification in the Section meet than the athlete ran in during the Sub-Section.

- L. **Section Meet Awards:** Varsity awards in amphitheater. F/S awards at table in front of scoring room.

Pennants: To the boys and girls varsity champions in each division
Plaques: 2nd place in varsity divisions I-V

Medals:

All teams qualifying for the State Championships will receive team medals.

DIVISIONS I, II, III, IV & V:

Medals:

Team Medals

Individual Medals

Boys Varsity	7 medals to first 3 teams (21 medals)	10 medals to Top 10 individuals
Girls Varsity	7 medals to first 3 teams (21 medals)	10 medals to Top 10 individuals
Boys JV	7 medals to first 2 teams (14 medals)	8 medals to Top 8 individuals
Girls JV	7 medals to first 2 teams (14 medals)	8 medals to Top 8 individuals
Boys Soph	7 medals to first 2 teams (14 medals)	8 medals to Top 8 individuals
Boys Frosh	7 medals to first 2 teams (14 medals)	8 medals to Top 8 individuals
Girls F/S	7 medals to first 2 teams (14 medals)	8 medals to Top 8 individuals

M. **State Meet Qualifying Standards:**

1. **TEAM:** The Sac-Joaquin Section number of automatic team qualifiers to the State meet are:

Division	Boys	Girls
Division I	3	3
Division II	3	3
Division III	3	3
Division IV	2	2
Division V	2	2

2. **INDIVIDUAL:** A maximum of five individuals (not on an automatic team entry), per the criteria in each division, will qualify from the Section meet to the State meet finals as follows:

# of Section's team automatic qualifiers	Section's five individual qualifiers to State meet must finish in the top:
1	8
2	12
3	14
4	16
5	18
6	20

Note: The California State Championships will be held November 25, 2017 at Woodward Park in Fresno.

- N. **Alternates:** No alternates from Sub-Section to Section if an athlete qualified as an individual. If a team qualifies, then you may substitute team members. (An athlete MAY NOT move down from the division they qualified in at the Sub-Section meet.)
- O. **Unable to field team:** If a team that has qualified for the Section meet does not have enough runners to run as a team, the individuals of the incomplete team may run in the race. Please notify meet director.
- P. **Uniforms:**
NOTE: No body decor will be allowed (i.e., body paint, marking pen, etc.) on any visible part of the body.
1. Each team member's uniform shall be issued by the school, worn as intended by the manufacturer, be of the same color and design and have the following restrictions:
 - a. Each competitor shall wear shoes.
 - (1) Shoes shall be worn on both feet and shall have an upper and definitely recognizable sole and heel.
 - (2) The (shoe) upper must be designed so that it can be fastened securely to the foot.
 - (3) The use of slippers or socks does not meet the requirements of the rule.
 - b. Each competitor shall wear a full-length uniform top or one-piece uniform issued by the school.
 - (1) The top or one-piece uniform may have school identification and the top may have the competitor's name.
 - (2) The top shall not be knotted or have a knot-like protrusion.

- (3) A single manufacturer's logo-trademark/reference, no more than 2 1/4 square inches with no dimension more than 2 1/4 inches, is permitted on the top or one-piece uniform.
- (4) The American flag, not exceeding 2x3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top.
NOTE: Only one American flag and/or commemorative patch may be displayed on the uniform (one or two piece).
- (5) Bare midriff tops are not allowed.
- (6) The top must hang below or be tucked into the waistband of the bottom when the competitor is standing upright.
- (7) Any visible garment(s) worn by two or more team members underneath the uniform top and/or bottom shall be unadorned and of the same single, solid color, but not necessarily the same length. As per NFHS rules, a single, visible manufacturer's logo and/or single school name or insignia no more than 2 1/4 inches are permitted on the undergarment.

NOTES:

1. Visible items worn under both the top and the bottom do not have to be the same color.
2. If more than one visible garment is worn under the uniform top, all must be the same color.
3. A visible garment worn under the uniform top displaying contrasting stitching to the single, solid color of the undergarment and functions as the actual seam for the undergarment's construction is legal.
4. Each competitor shall wear a uniform bottom or one-piece uniform issued by the school.
 - (1) The bottom or one-piece uniform may have the school identification.
 - (2) Loose-fitting, boxer-type bottoms or compression-style bottom are permitted for boys and girls. Closed-leg briefs are acceptable for girls.
 - (3) French or high-cut apparel shall not be worn in lieu of the uniform bottom.
 - (4) The waistband of a competitor's bottom shall be worn above the hips.
 - (5) A single manufacturer's logo/trademark/reference, no more than 2 1/4 square inches with no dimension more than 2 1/4 inches, is permitted on the bottom or one-piece uniform.
 - (6) The American flag, not exceeding 2x3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform bottom or top.
5. Visible items under both the top and the bottom do not have to be the same color.
6. If more than one visible garment is worn under the uniform bottom, all must be the same color.
7. A visible garment worn under the uniform bottom displaying contrasting stitching to the single, solid color of the undergarment and functions as the actual seam for the undergarment's construction is legal.
2. A competitor shall wear the assigned contestant number and/or computerized transponders/chips during competition. The number and/or transponders/chips shall be worn, unaltered, for purposes of official timing and place finish.
PENALTY: (1 and 2) For illegal uniform, the competitor is disqualified from the meet.
3. Jewelry is no longer prohibited.
4. Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, is illegal.
PENALTY: This shall lead to a warning and if repeated, to disqualification from the meet. If the incident recurs, the competitor will be disqualified from further competition in the meet.

Q. **Locker rooms:** Locker room facilities are not available. Please come to the meet dressed to compete.

R. **Concessions:** A concession stand will be available. Water will be provided on the course (if necessary).

S. **T-Shirts:** T-Shirts will be available on the day of the meet.

- T. **We Are Guests:** PLEASE REMEMBER THAT WE ARE GUESTS OF FOLSOM HIGH SCHOOL. Stay out of classroom area! Our use of the facility is contingent upon our continued good conduct. NO RADIOS PLEASE!!! Each team is responsible to clean up its area. Garbage bags will be issued to each school to help with the clean-up.
- U. **Restricted areas:** No athletes or spectators will be allowed on the football field or the football bleachers. Coaches are responsible for their team’s area.
- V. **Bylaw 501.4:** “All principals are responsible to ensure that their school is represented in CIF playoff competition in all team sports in which they qualify. If a school does not meet its playoff commitment, it may be subject to disciplinary action in accordance with Article III, Section 2.2, of the Constitution.”

W. **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. 3, 4, 5	9:00	8	Jr. Varsity Boys - Div. 1, 2, 3, 4, 5	12:00
2	Frosh-Soph Girls - Div. 3, 4, 5	9:20	9	Jr. Varsity Girls - Div. 1, 2, 3, 4, 5	12:02
3	Soph Boys - Div. 3, 4, 5	9:40	10	Varsity Girls - Div. 1	12:40
4	Varsity Girls - Div. 3	10:00	11	Varsity Boys - Div. 2	1:10
5	Varsity Boys - Div. 4, 5 (scored separately)	10:30	12	Varsity Boys - Div. 1	1:45
6	Varsity Boys - Div. 3	11:00	13	Varsity Girls - Div. 2	2:15
7	Varsity Girls - Div. 4, 5 (scored separately)	11:30	14	Frosh. Boys - Div. 1, 2	2:50
			15	Frosh-Soph Girls - Div. 1, 2	3:10
			16	Soph Boys - Div. 1, 2	3:30

Race times are approximate. Most of the previous race will clear before next start, but race may not start on time due to circumstances beyond control of the meet management.

Awards Ceremony Schedule: (VARSITY ONLY).

(To be held at the Folsom High School Amphitheater)

All Division III, IV and V Races.....1:00 p.m.

All Division I and II Races.....4:00 p.m.

Lower level competition awards will be given out at the awards table in front of the scoring room.

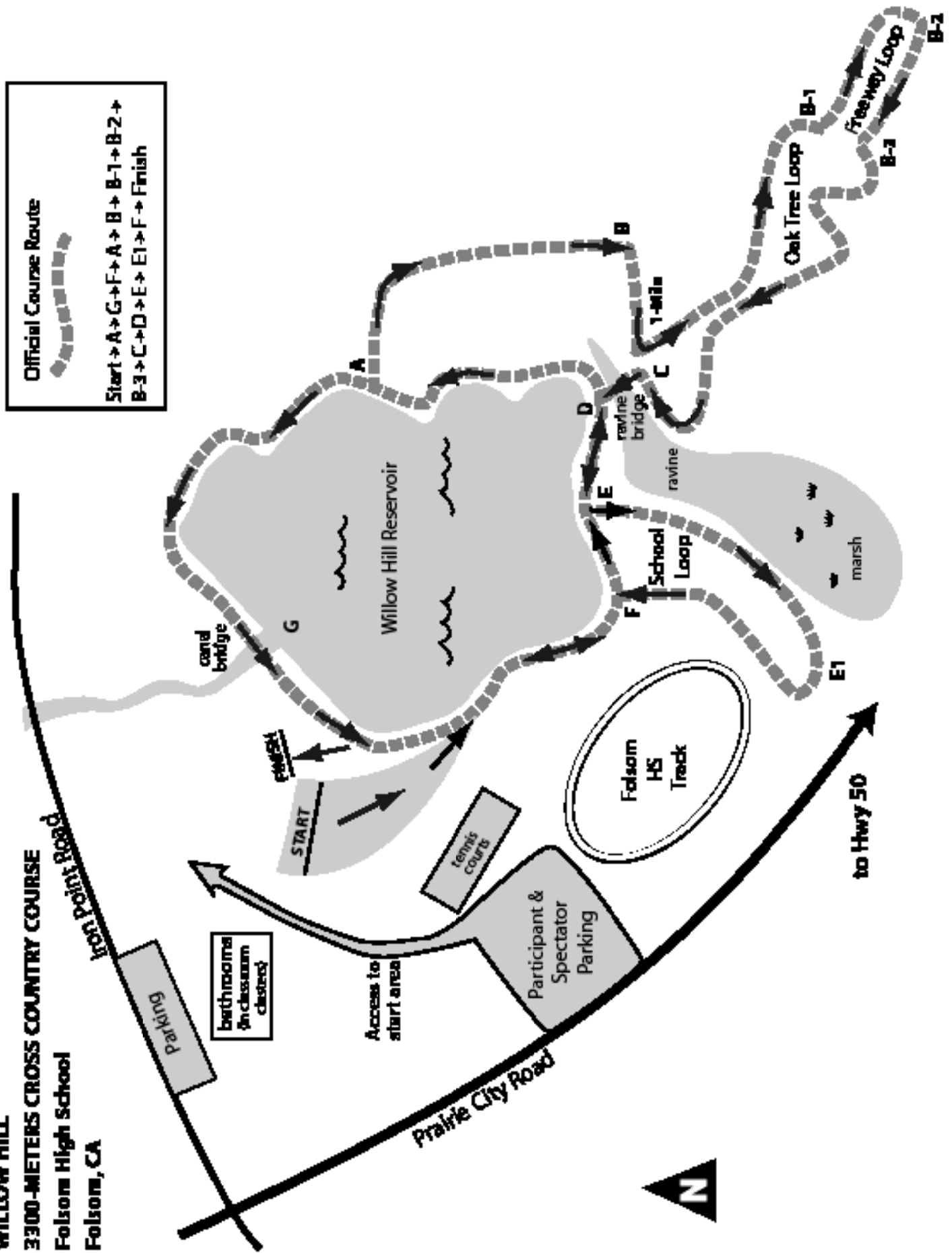
- X. **JV Rule:** The boys’ and girls’ JV races are open to athletes who are not part of their varsity top five (5). If a school does not enter its top five (5) in the varsity division, it is not allowed any entry in the JV division.
- Y. **Note:** Coaches are responsible for the behavior of their athletes for the entire day. Schools will be billed for any vandalism that might occur.
 1. Varsity Section meet results will be available at the end of the meet. All other results will be posted. Coaches are responsible for checking the results after the race is posted.
 2. Coaches: Stay out of scoring area.
- Z. **Inclement Weather:** In case of *inclement* weather, please visit the Section website at www.cifsjs.org.
- AA. **Limit on Entrants:** No team may have more than seven (7) varsity entrants at the Section. **PENALTY:** Team is disqualified. Individuals from that team may qualify as individuals.
- BB. **State Meet Entrants:** Coaches who have state meet qualifiers **should** come to the copy room **ONLY** to make changes in team members or correct names and grade level.
 1. The State Meet qualifiers from the Sac-Joaquin Section will be posted on the Section website (www.cifsjs.org).
- CC. **Meet Results:** Meet results will be posted on the Sac-Joaquin Section website (www.cifsjs.org) and Red Cap Timing website (redcaptiming.com).

WILLOW HILL

3300-METERS CROSS COUNTRY COURSE

Folsom High School

Folsom, CA

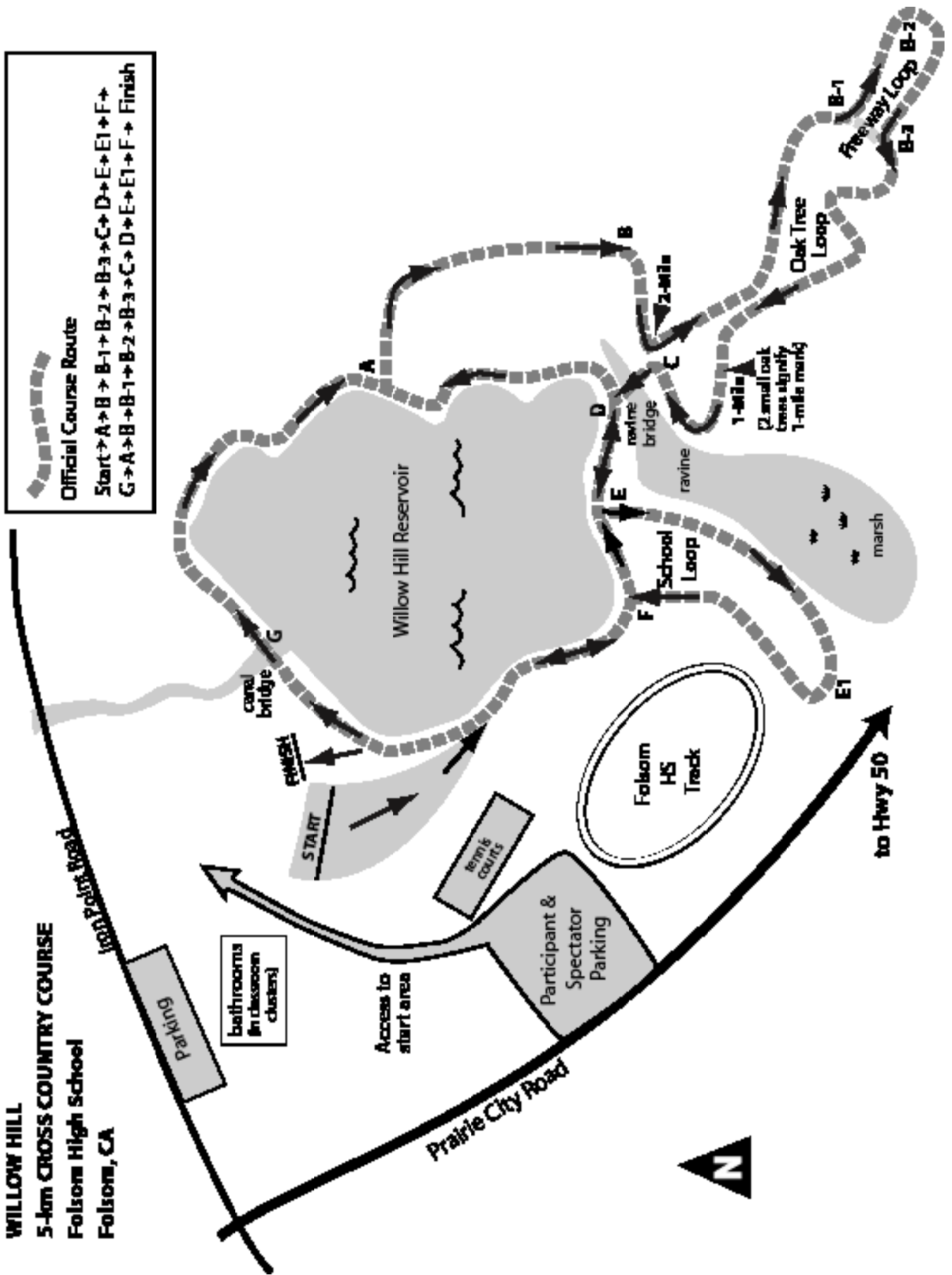


WILLOW HILL

5-km CROSS COUNTRY COURSE

Folsom High School

Folsom, CA



**CROSS COUNTRY DIVISIONS
2017-18**

DIVISION I	DIVISION II	DIVISION III	DIVISION IV	DIVISION V 600 & below	
Lincoln (S) Davis Sr. Franklin (EG) Pleasant Grove Oak Ridge Edison Mc Clatchy Modesto Turtlock Kennedy Folsom Enochs Chavez Cosumnes Oaks Armijo Franklin (S) Sheldon Gregori Monterey Trail Pitman Woodcreek Jesuit River City Lodi Tracy West	Bear Creek Downey Napa Granite Bay Tokay Rocklin Randerkum Bella Vista St. Francis Vacaville Roseville Stags Vintage Central Valley Grant Oakmont Burbank Whitney Lincoln (L) Johnson Vallejo Atwater Ponderosa Mira Loma Buhach Colony Laguna Creek Rodriguez Antelope Davis, Grace Elk Grove River Valley Bethel Johansen	Del Campo Yuba City Nevada Union Vista del Lago Del Oro Patterson Golden Valley Wood Mc Nair Ceres Rio Americano Merced Cordova Vanden Rio Linda Beyer Benicia East Union Pacheco Fairfield El Capitan Pioneer Florin Manteca American Canyon Rosemont Oakdale Kimball El Camino Valley Sierra Los Banos Center	Placer Lathrop Woodland Casa Roble El Dorado Weston Ranch Liberty Ranch Foothill Livingston Christian Brothers Union Mine Dixon Natomas Lindhurst Mountain House Galt Calaveras Sonora Mesa Verde Venture Academy Marysville Ripon Sacramento West Campus Orestimba Highlands St. Mary's Escalon Delhi Hughson Riverbank San Juan Amador Hilmar Bret Harte Bear River Linden Encina	Waterford Summerville Colfax Gustine Western Sierra Argonaut Mariposa Millennium Denair Buckingham Charter Le Grand Capital Christian Holt Academy Central Catholic Rio Vista Cristo Rey Bradshaw Christian Golden Sierra Hughes Academy ABLE Charter Greene Academy Delta Charter Delta Adams Academy Foresthill Sierra Ridge / ROP Big Valley Christian	195 191 187 185 180 172 156 149 137 127 120 113 107 99 95 94 77 73 70 52 50 48 40 35 33 11
2855 2823 2536 2536 2533 2507 2478 2472 2450 2421 2419 2416 2409 2397 2397 2387 2385 2273 2246 2247 2182 2172 2155 2122 2108 2105	2074 2067 2045 2037 2037 2018 2006 2006 1996 1981 1978 1969 1966 1914 1903 1877 1869 1860 1858 1856 1840 1820 1819 1817 1816 1815 1810 1808 1807 1789 1789 1783 1774	1766 1765 1763 1761 1745 1731 1729 1729 1717 1716 1703 1700 1688 1678 1676 1674 1674 1658 1652 1622 1620 1589 1588 1586 1564 1551 1543 1516 1491 1477 1458 1363 1356	1339 1315 1297 1266 1254 1236 1192 1183 1172 1144 1136 1110 1104 1092 1078 979 973 973 971 931 919 910 902 857 844 836 830 821 821 704 688 678 678 668 666 653 650 625 612	592 591 586 585 563 554 537 532 504 482 467 444 384 379 371 354 348 347 334 316 298 294 249 223 200 198 197	

*Division V is comprised of all schools with enrollment between 1 and 600. The other four divisions for schools larger than 600 are divided by percentages:
D1 - 20%; D2 - 25%; D3 - 25%; D4-30%.*