



Cross Country Sub-Section Format 2017-18



PRESIDENT
ALAN PETERSON
Superintendent
Merced Union High School District
3430 "A" Street
Atwater, CA 95301
(209) 325-2020



COMMISSIONER
MICHAEL S. GARRISON
CIF Sac-Joquin Section
P.O. Box 289
Lodi, CA 95241
(209) 334-5900
FAX: (209) 334-0300
website: www.cifsjs.org

FORMAT – 2017 CROSS COUNTRY SUB-SECTION

TO: Sac-Joquin Section schools that participate in cross country
FROM: Mike Garrison, Commissioner
Will DeBoard, Assistant Commissioner
DATE: September 10, 2017 - *updated September 21, 2017*

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

Please note your school's responsibilities

- A. **Location:** Bret Harte High School will be hosting the **CIF Sac-Joquin Section/Les Schwab Tires Sub-Section Cross Country Meet** for Division I-II-III-IV-V on Saturday, November 4, 2017 at Frogtown, which is located on the Calaveras County Fairgrounds, 2 and 1/2 miles south of Angels Camp. The meet is scheduled to start at 9:00 a.m.

Director - Keith Maurer of Bret Harte.
Starters - Al Baker, Chuck Buettner and Aaron Weidcamp.
Scoring - Red Cap Timing
Packet pickup - Bret Harte

Mandatory Coaches Meeting on the Stage: Div III, IV and V at 8:15 a.m./Div I and II at 11:30 a.m.

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

Entrance Workers - Control foot traffic cutting across course by main gate.
Div. I-II: **Roseville**, Modesto, Woodcreek.
Div. III-V: **Mountain House**, Rio Linda, Ripon.

Clerk/Start Line - Check teams in, place teams in box, CHECK UNIFORMS, BIBS & CHIPS.
(Help Starters) 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, Valley.

Course Monitors - Monitor athletes and spectators on course.
Div. I-II: **Start Line** - **SHELDON**, Franklin-S, River Valley, Tracy.
Hill Loop Gate - **JESUIT**, Armijo, Downey.
Back Hill - **BELLA VISTA**, Franklin-EG, Johansen, Monterey Trail.
Bottom of Steep Hill on Back Loop - **PONDEROSA**, Chavez, Central Valley, Pitman, Rodriguez.
Finishing Turns - **FOLSOM**, Antelope, Rocklin, Turlock.
Entrance Area - **OAKRIDGE**, Chavez, Inderkum, Gregori.
Pond Turn Split - **ELK GROVE**, Oakmont, Pleasant Grove, Vallejo, Vintage.
1st Pond Turn - **LODI**, Bear Creek, Enochs, Lincoln-S, Whitney.

Div. III-V: **Start Line** - **BRET HARTE**, Livingston, Rio Vista, Sonora, Western Sierra.
Hill Loop Gate - **DEL ORO**, Center, Union Mine, Riverbank, Sierra Ridge.

Back Hill - WOODLAND, Argonaut, Calavares, Delta, Galt, Weston Ranch.
Bottom of Steep Hill on Back Loop - EL CAMINO, ABLE Charter, Beyer, Casa Roble, Golden Sierra.
Finishing Turns - OAKDALE, Central Catholic, Cristo Rey, Marysville, Orestimba, Ripon Christian, Sac Country Day; **ESCALON**, Cordova, Delhi, Encina, Foresthill, Manteca, Mariposa, Millenium, Patterson, Rosemont.
Entrance Area - CHRISTIAN BROTHERS, Capital Christian, Forest Lake Christian, Liberty Ranch, Nevada Union.
Pond Turn Split - EL DORADO, Bear River, Mesa Verde, Mira Loma, Turlock Christian, Waterford, Vacaville Christian.
1st Pond Turn - PLACER, East Union, Gustine, Highlands, Lathrop, Merced, Pacheco.

Finish Chute - *Keep athletes moving through chute into the finish corral.*

Div. I-II: ST. FRANCIS, Buhach Colony, Burbank, Edison, River City, Stagg, West.

Div. III-V: SIERRA, Amador, American Canyon, Benicia, Buckingham Charter, Colfax, Denair, Florin, Freedom Christian, Hilmar, Hughson, Mountain Oaks, Natomas, Pioneer, San Juan, Vanden, Venture Academy, Woodland Christian.

Post Results - *Assist with posting results; check in at scoring room.*

Div. I-II: VACAVILLE, Atwater, Grace Davis, Johnson, Kennedy.

Div. III-V: ST. MARY'S, Del Campo, Golden Valley, Sacramento, West Campus, Wood.

Awards - *Assist at awards table and ceremony with disbursement of medals.*

Div. I-II: DAVIS SR., McClatchy, Napa, Tokay.

Div. III-V: VISTA DEL LAGO, Brookside Christian, Faith Christian, Le Grand, Linden, Lodi Academy, Los Banos, McNair, Sacramento Waldorf, Summerville, Tioga, Valley Christian, Yuba City.

B. **Entries:**

1. All team entries are due online at www.athletic.net by October 1, 2017.
2. Final entries are due online by **NOON** on **Sunday, October 29, 2017**.

- C. **Entry Fee:** A \$6.00 entry fee will be charged for each athlete who enters in the Subsection meet. The ***money must be hand carried and received the day of the meet***. There will be no refunds for overpayment. 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.

- D. **Check-in:** All Division III, IV and V teams and coaches must report at the stage in front of the bleacher area by 8:30 a.m. to check in and pick up stickers. If runners miss their race, they do not compete.
All Division I and II teams and coaches must report at the stage in front of the bleacher area by 11:00 a.m. to check in and pick up stickers. If runners miss their race, they do not compete.

- E. **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.

- F. **Admission:** There is no charge for spectator admission to the championships.

- G. **Description of course:** The course consists of pavement, grass and dirt (map enclosed).

H. **Interference:** Any athlete who interferes with a race in progress is subject to disqualification.

I. **Names and Numbers**

FINISH CORRAL (CHUTE) PROCEDURES

1. The runners will each have a racing bib with a chip embedded in it.
2. 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.**
4. **There will be no collection of the bib numbers (tear off section will not be used due to timing chips).**
5. 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!!!!
6. 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 athlete's 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 **chest 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 Qualifying:** Varsity boys and varsity girls will qualify 10 teams and 10 individuals. All others will qualify six teams and 10 individuals.

M. **Sub-Section Awards:** The only awards given at the Sub-Section meet are medals. Twenty-five medals will be awarded in all varsity races. Twenty medals will be awarded in all other races. Division V will compete with Division IV for medals. Medals will be given in the finish chute.

N. **Facilities:** No locker room facilities are available. Bathrooms only - please come dressed.

O. **Concessions:** Concessions will be available. Water will be provided on the course (if necessary).

P. **T-shirts:** T-shirts will be available on the day of the meet.

Q. **Check-out:** Once meet is complete, coaches are required to submit any changes to the Sub-Section team roster for the Section meet by e-mail to: redcaptiming@gmail.com by **Sunday, November 5** at 5:00 p.m.

R. **IV rule:** The boys' and girls' JV races are open to athletes who are not part of their varsity top five. If a school does not enter its top five in the varsity division, it is not allowed any entry in the JV division.

S. **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. III, IV, V	9:00	13	Varsity Girls - Div. II	12:55
2	Frosh-Soph Girls - Div. III	9:15	14	Varsity Boys - Div. I	1:15
3	Soph Boys - Div. III, IV, V	9:30	15	Varsity Boys - Div. II	1:35
4	Frosh-Soph Girls - Div. IV, V	9:45	16	Varsity Girls - Div. I	1:55
5	Jr. Varsity Boys - Div. III, IV, V	10:00	17	Jr. Varsity Boys - Div. I, II	2:15
6	Jr. Varsity Girls - Div. III, IV, V	10:20	18	Jr. Varsity Girls - Div. I, II	2:35
7	Varsity Girls - Div. III	10:40	19	Soph Boys - Div. I	2:55
8	Varsity Boys - Div. IV	11:00	20	Frosh-Soph Girls - Div. II	3:10
9	Varsity Boys - Div. V	11:20	21	Soph Boys - Div. II	3:25
10	Varsity Boys - Div. III	11:40	22	Frosh-Soph Girls - Div. I	3:40
11	Varsity Girls - Div. IV	12:00	23	Frosh Boys - Div. I, II	3:55
12	Varsity Girls - Div. V	12:20			

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

T. **Varsity entrants:** No team may have more than 10 varsity entrants at the Sub-Section. No team may have more than seven varsity entrants at the Section.

PENALTY: Team is disqualified. Individuals from that team may qualify as individuals.

U. Coaches are responsible for the behavior of their athletes for the entire day. Schools will be billed for any vandalism that should occur.

1. Subsection meet results will be posted at www.redcaptiming.com and www.cifsjs.org. Each coach will be responsible for checking the posted results for their qualifiers and times, etc.
2. Coaches: Please *stay out of scoring area*.

V. **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.
- c. 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.

NOTES:

1. Visible items 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 bottom, all must be the same color.
3. 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.

How to Submit Meet Entries Online

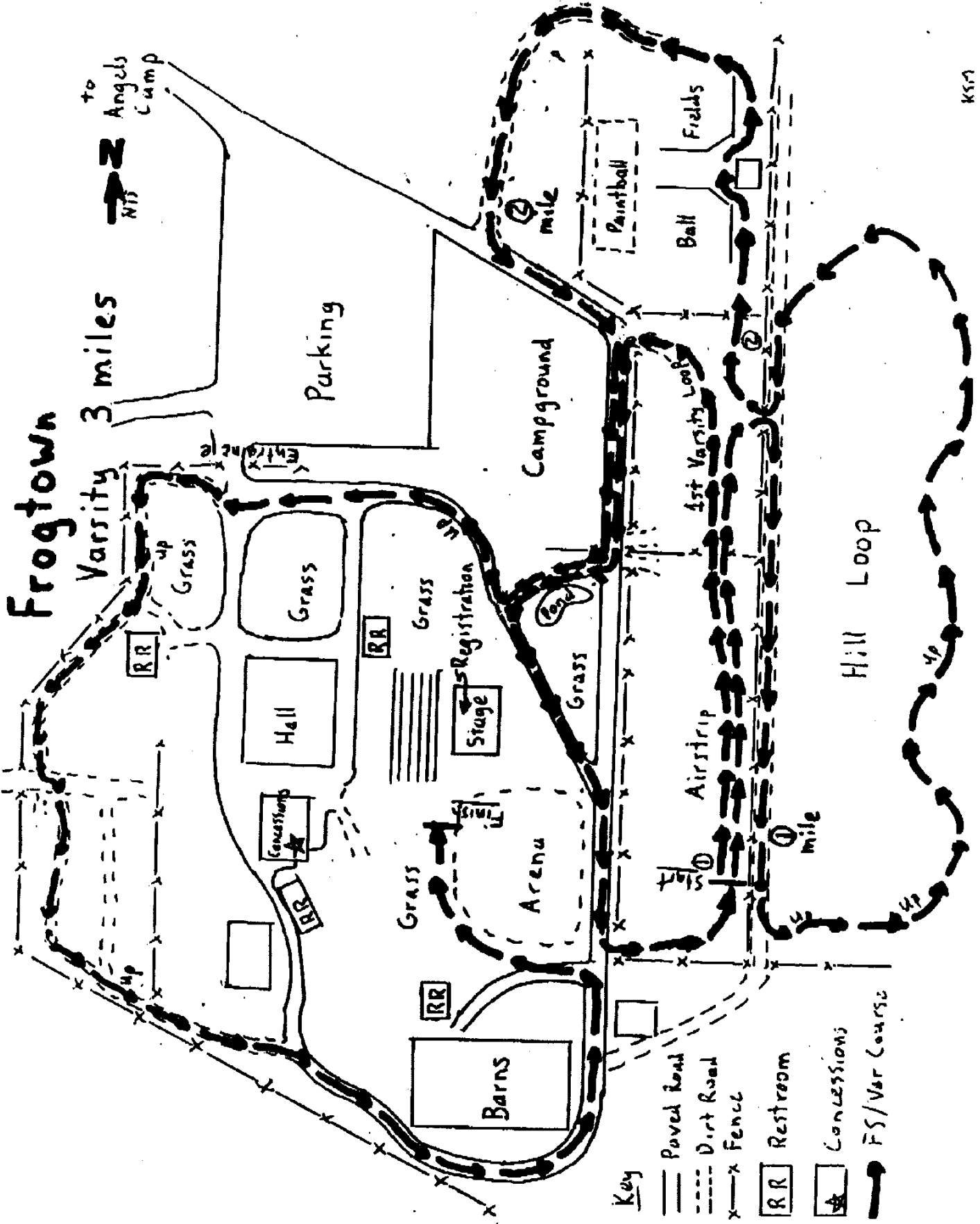
It is mandatory that each school submit entries using athletic.net for the Sac-Joaquin Sub-Section Meet.

Athletic.net is a free resource for high school Track and Field and Cross Country coaches, offering free statistics tracking, easing meet registration, and providing tools to simplify common coaching tasks. Follow the four steps below to get started.

1. Type athletic.net into your browser.
If you do not have an account, locate your school and create a new account by clicking **Sign Up Here** and follow the instructions. Once you get confirmation, proceed to next section.
2. Enter the Sac-Joaquin Sub-Section Meet on your athletic.net calendar.
 - Use your email address and password to sign into athletic.net.
 - Locate your school's cross country page.
 - Click on **Edit Calendar** from the **Coach Tools bar** on you school's page.
 - Where it says **Add meet to the Calendar** select the date **11/4/2017** and then click **Search by Date** to continue.
 - For Region select: **CA: Sac-Joaquin**. Then click **Next** to continue.
 - Click Select on line that says: **Calaveras County Fairgrounds, Angels Camp, Sac-Joaquin Sub-Section Meet**.
 - Review the information to make sure the correct meet is selected and click **Select**.
 - Review the meet information and then click **Save and Continue**.
3. Enter Team Roster.
 - Click **Edit Athletes** from the **Coach Tools bar**, on your school's page.
 - Add an athlete to the roster.
 - Repeat for all athletes.
4. Register athletes for the Sac-Joaquin Sub-Section Meet (**Due on Sunday, October 29 at Noon**).
 - Back on your school's main cross country page.
 - Locate Sac-Joaquin Sub-Section Meet and click on the meet name (**Sub-Section Meet**).
 - On the left, locate **Registration Tools** and click on **Register Athletes**.
 - Select the race division for each athlete (**this is important**). **If necessary, this can be changed by Red Cap Timing up until 11/4/2017.**
 - Use the boxes on the bottom of the page to add additional athletes to your roster.

Once entries are closed on October 29, you will not be able to enter your runners on athletic.net. If you have questions, please contact Craig Wilson (Red Cap Timing) at 916-521-8021 or redcaptiming@gmail.com.

Frogtown
Varsity 3 miles
to Angels Camp

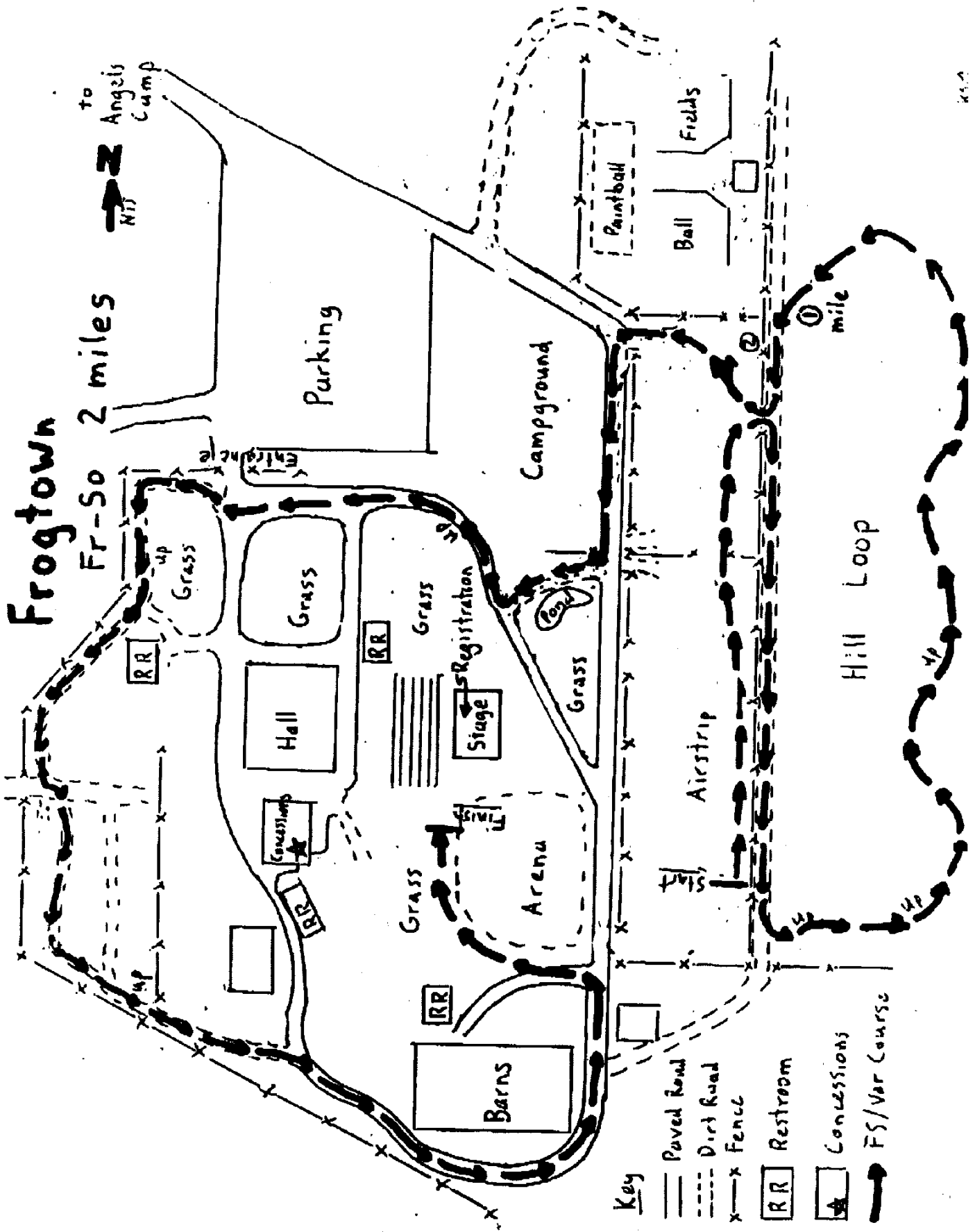


- Key
- Paved Road
 - - - - - Dirt Road
 - x-x-x-x-x Fence
 - RR Restroom
 - ★ Concessions
 - FS/Var Course

Frogtown

Fr-So 2 miles

to
NIT →
Angels
Camp



- Key**
- ▬ Paved Road
 - - - - - Dirt Road
 - x-x-x-x-x Fence
 - RR Restroom
 - ★ Concessions
 - FS/Var Course

**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 Turllock 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 Inderkum Bella Vista St. Francis Vacaville Roseville Stagg 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
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 979 973 973 971 931 919 910 902 857 844 836 830 821 704 688 678 678 678 668 666 653 650 625 612	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
<p><i>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%.</i></p>				

Revised 8.30.17