

SAC-JOQUIN SECTION
CROSS-COUNTRY
CHAMPIONSHIPS
2018-2019
iros LES SCHWAB

Cross Country Section Format
2018-19



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FORMAT – 2018 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, 2018

2018 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 **Saturday, November 10, 2018** 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 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 I and II @ 8:15am*
Div III, IV and V @ 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: LAGUNA CREEK, 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, River City.

Bathroom Turn - **PONDEROSA**, Oakmont, Rodriguez.

Oak Tree Turn - **ELK GROVE**, Downey, Granite Bay.

Freeway Loop (At bottom of first hill and at top of row of trees) - **FOLSOM**, Turlock.

Bridge (both sides) - **JESUIT**, Antelope, Pleasant Grove.

Oak Tree Loop - **ROSEVILLE**, Franklin-EG, Mira Loma.

School loop bottom turn - **WOODCREEK**, McClatchy.

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, Florin, Merced, Turlock Christian, Vacaville Christian, Waterford, Wood.

Bridge (both sides) - **CHRISTIAN BROTHERS**, Buckingham Charter, 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**, Summerville, Ripon Christian, Futures.

Finish Area - **HUGHSON**, Cristo Rey, Hughes Academy, ABLE Charter, Mesa Verde.

Finish Chute - **Div. I-II: ST. FRANCIS**, Buhach Colony, Burbank, Edison, Enochs, Modesto, Stagg, West

Div. III-V: SIERRA, Amador, Argonaut, Colfax, Denair, Freedom Christian, Hilmar, Mariposa, 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, McNair, Pitman.

Div. III-V: EL CAMINO, Calaveras, Casa Roble, Golden Valley, Gustine, Marysville, Millenium, Rosemont, Sacramento, St. Mary's, 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, Oakridge, Rocklin, Tokay, Yuba City.

Div. III-V: VISTA DEL LAGO, Brookside Christian, Central Catholic, Faith Christian, Le Grand, Linden, Lodi Academy, Los Banos, Sacramento Waldorf, Tioga, Valley Christian, Woodland

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 I and II 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 III, IV and V 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:

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	2	3
Division II	3	3
Division III	3	3
Division IV	3	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 24, 2018 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. 1, 2	9:00	10	Varsity Girls - Div. 3	12:40
2	Frosh-Soph Girls - Div. 1, 2	9:20	11	Varsity Boys - Div. 4, 5	1:10
3	Soph Boys - Div. 1, 2	9:40		(scored separately)	
4	Varsity Girls - Div. 1	10:00	12	Varsity Boys - Div. 3	1:45
5	Varsity Boys - Div. 2	10:30	13	Varsity Girls - Div. 4, 5	2:15
6	Varsity Boys - Div. 1	11:00		(scored separately)	
7	Varsity Girls - Div. 2	11:30	14	Frosh. Boys - Div. 3, 4, 5	2:50
8	Jr. Varsity Boys - Div. 1, 2, 3, 4, 5	12:00	15	Frosh-Soph Girls - Div. 3, 4, 5	3:10
9	Jr. Varsity Girls - Div. 1, 2, 3, 4, 5	12:02	16	Soph Boys - Div. 3, 4, 5	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 I and II Races1:00 p.m.

All Division III, IV and V Races4:00 p.m.

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

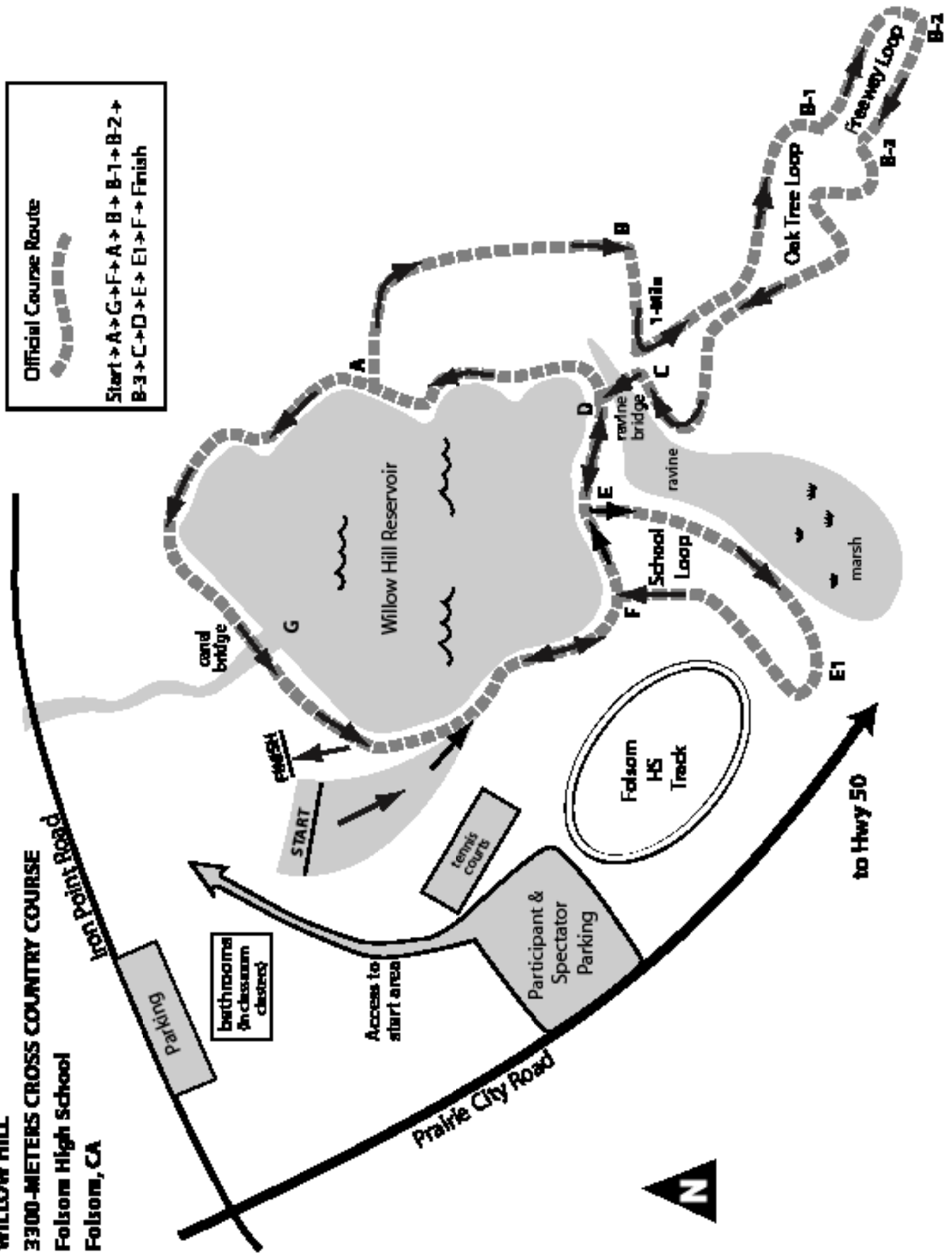
- X. **JV Rule:** The boys’ and girls’ JV races are open to athletes who are not part of their varsity top five (5). If a school does not enter its top five (5) in the varsity division, it is not allowed any entry in the JV division.
- Y. **Note:** Coaches are responsible for the behavior of their athletes 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 varsity team may have more than seven (7) runners in any race. **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).⁻⁶⁻

WILLOW HILL

3300-METERS CROSS COUNTRY COURSE

Folsom High School

Folsom, CA

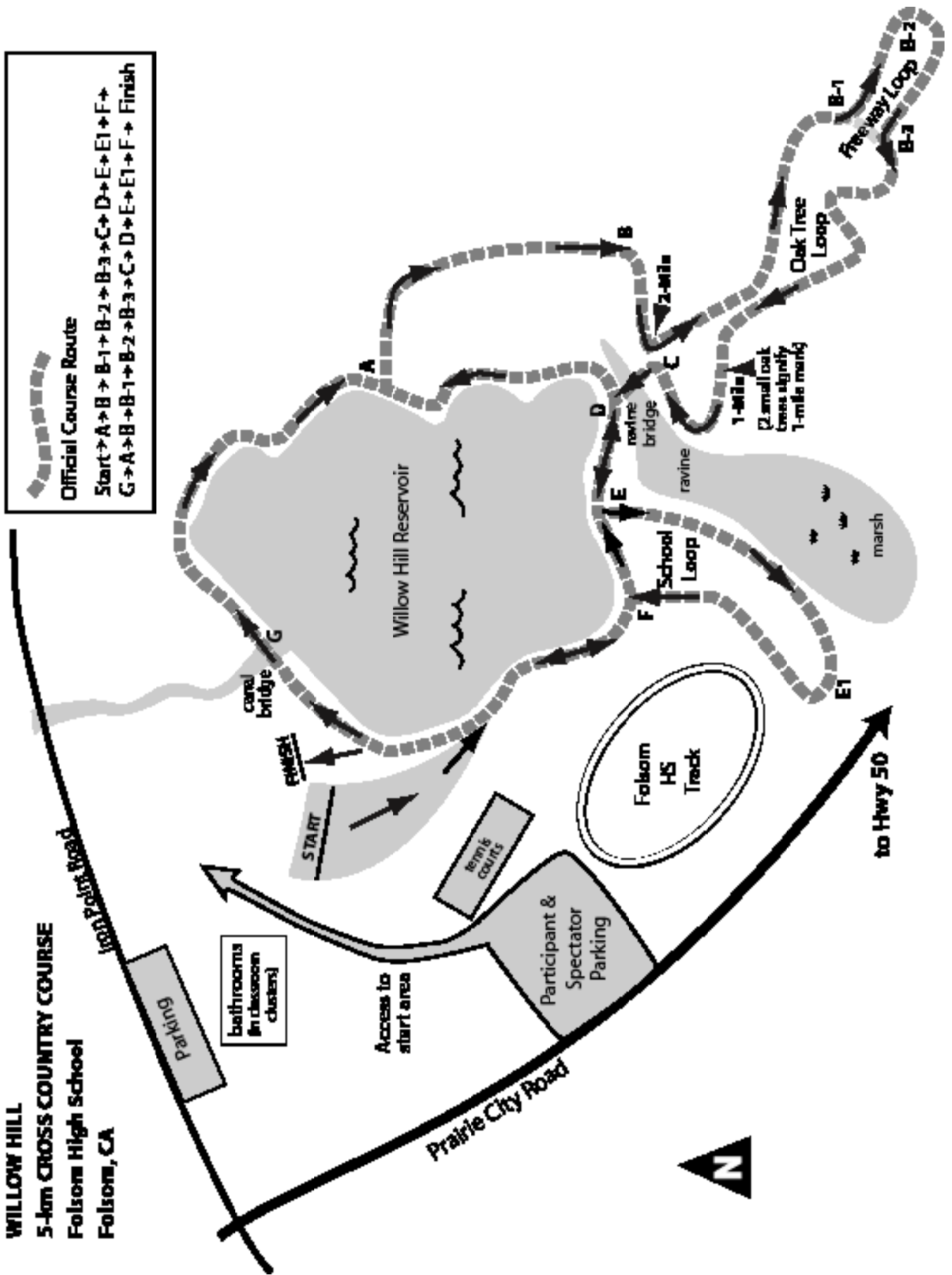


WILLOW HILL

5-km CROSS COUNTRY COURSE

Folsom High School

Folsom, CA



**CROSS COUNTRY DIVISIONS
2018-19**

DIVISION I	DIVISION II	DIVISION III	DIVISION IV	DIVISION V 600 & below
Lincoln (S) Davis Sr. Pleasant Grove Franklin (EG) Turlock Oak Ridge Modesto Armijo Edison Mc Clatchy Sheldon Franklin (S) Folsom Chavez Enochs Kennedy Cosumnes Oaks Gregori Monterey Trail River City Pitman Lodi Jesuit Bear Creek West	Tracy Woodcreek St. Francis Inderkum Downey Tokay Rocklin Bella Vista Oakmont Roseville Granite Bay Central Valley Stagg Vacaville Lincoln (L) Grant Mc Nair Burbank Whitney Yuba City Rodriguez Ponderosa River Valley Buhach Colony Rio Americano Johansen Atwater Davis, Grace Johnson Elk Grove Antelope	Vista del Lago Laguna Creek Golden Valley Mira Loma Wood Cordova Del Oro Del Campo Florin Vanden Patterson Merced Ceres Pacheco Fairfield El Capitan Nevada Union Rio Linda East Union Beyer Manteca Oakdale Rosemont Valley Pioneer Kimball Sierra Lathrop Los Banos El Camino Woodland	Center Placer Casa Roble Weston Ranch Livingston Liberty Ranch Mountain House Foothill Christian Brothers El Dorado Union Mine Lindhurst Dixon Natomas Venture Academy Sonora Galt Mesa Verde Marysville Ripon Orestimba Calaveras West Campus Highlands St. Mary's Escalon Riverbank Sacramento Delhi Encina Amador Hughson Hilmar Bret Harte Summerville Linden Bear River Colfax	Western Sierra San Juan Waterford Gustine Millennium Argonaut Buckingham Mariposa Le Grand Capital Christian Holt Academy Futures Rio Vista Cristo Rey Hughes Academy Golden Sierra Central Catholic Leroy Greene Delta ABLE Charter Bradshaw Christian Delta Charter Denair Adams Academy Woodland Christian Foresthill
2862 2835 2622 2606 2593 2547 2546 2500 2492 2471 2471 2436 2426 2395 2383 2368 2352 2301 2277 2240 2183 2181 2168 2153 2124	2122 2121 2120 2119 2098 2054 2046 2015 1990 1985 1982 1979 1979 1978 1969 1943 1937 1869 1866 1860 1857 1848 1845 1841 1841 1834 1830 1829 1825 1816 1814	1800 1800 1793 1775 1774 1771 1752 1750 1740 1740 1739 1731 1717 1711 1679 1663 1659 1659 1651 1625 1619 1568 1561 1556 1556 1478 1459 1390 1388 1346 1285	1284 1282 1264 1221 1215 1211 1208 1167 1159 1158 1123 1099 1076 1000 983 973 958 940 924 923 919 878 859 852 821 804 764 758 751 737 723 688 673 647 641 631 611 601	590 576 573 553 536 500 498 495 469 449 417 399 381 379 374 369 369 336 322 322 316 316 296 285 210 207

*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%.*

Revised 8.22.18