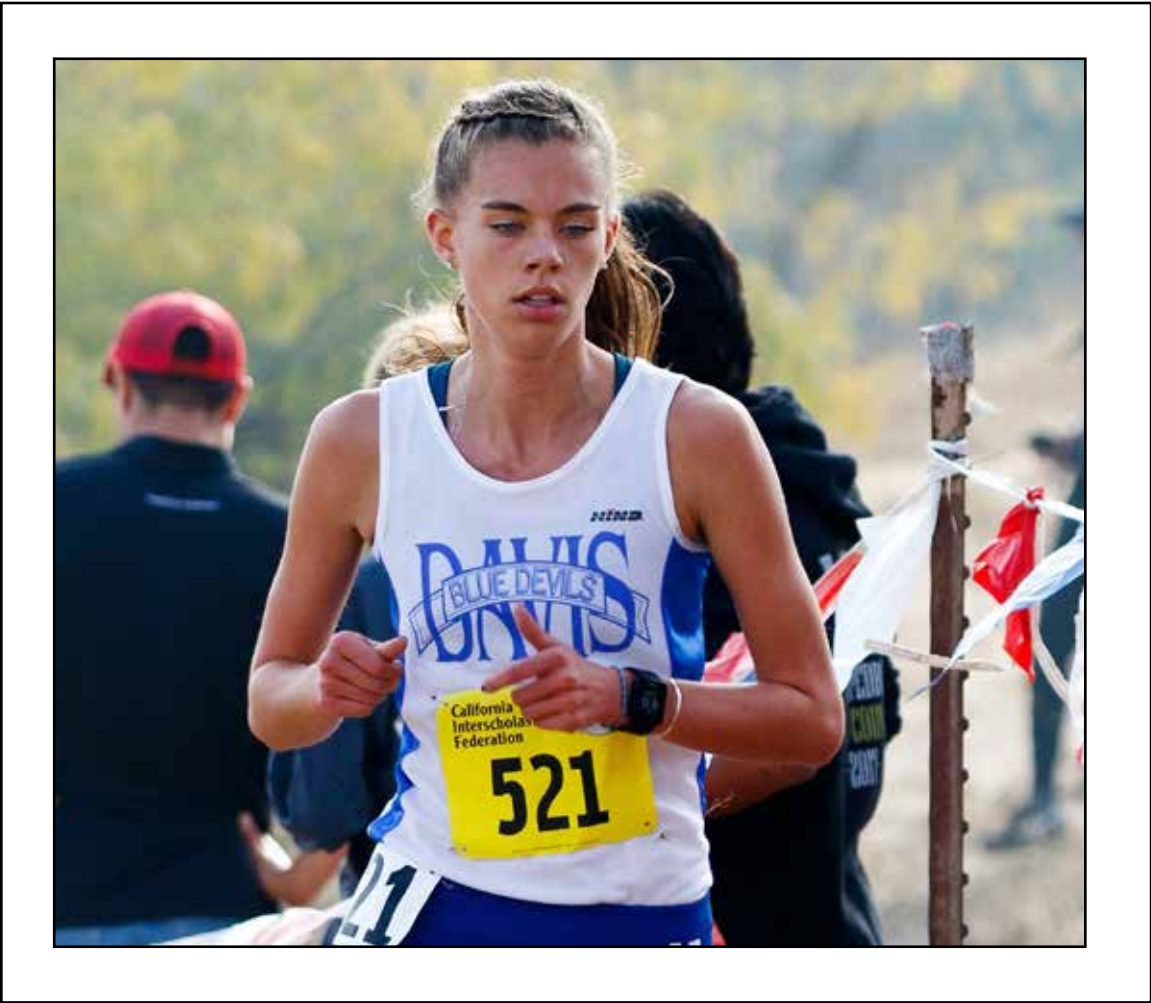


SAC-JOQUIN SECTION
CROSS-COUNTRY
CHAMPIONSHIPS
2018-2019
LES SCHWAB

Cross Country Sub-Section Format
2018-19



PRESIDENT
JOHN BECKER
Executive Director of Personnel Services
Roseville Joint Union High School District
1750 Citby Way
Roseville, CA 95661
(916) 786-2051 ext. 1057
FAX: (916) 786-2681



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

FORMAT – 2018 CROSS COUNTRY SUB-SECTION

TO: Sac-Joquin Section schools that participate in cross country
FROM: Mike Garrison, Commissioner
Will DeBoard, Assistant Commissioner
DATE: September 28, 2018

**2018 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 3, 2018 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 I and II at 11:30 a.m./Div III, IV and V at 8:15 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, Franklin-S.

Div. III-V: Mountain House, Elliott Christian, Rio Linda, Ripon, Victory Christian.

Clerk/Start Line - Check teams in, place teams in box, CHECK UNIFORMS, BIBS & CHIPS.

(Help Starters) **Div. I-II:** LAGUNA CREEK, Grant, Lincoln-L.

Div. III-V: DIXON, Ceres, El Capitan, Holt Academy, Lindhurst, Valley.

Course Monitors - Monitor athletes and spectators on course.

Div. I-II: Start Line - SHELDON, River Valley, Tracy, Woodcreek.

Hill Loop Gate - JESUIT, Armijo, Downey, Rio Americano.

Back Hill - BELLA VISTA, Franklin-EG, Johansen, Monterey Trail, River City.

Bottom of Steep Hill on Back Loop - PONDEROSA, Central Valley,

Kimball, Pitman, Rodriguez, Valley

Finishing Turns - FOLSOM, Antelope, Rocklin, Turlock.

Entrance Area - OAKRIDGE, Chavez, Inderkum, Gregori.

Pond Turn Split - ELK GROVE, Oakmont, Granite Bay, Pleasant Grove.

1st Pond Turn - LODI, Bear Creek, Enochs, Lincoln-S, Whitney.

Div. III-V: Start Line - BRET HARTE, Big Valley Christian, Futures, Livingston, Rio Vista, Sonora, Western Sierra.

Hill Loop Gate - DEL ORO, Center, Fairfield, Foothill, Leroy Greene, Union Mine, Riverbank, Sierra Ridge, Stone Ridge Christian.
Back Hill - WOODLAND, Argonaut, Calavares, Delta, Galt, Weston Ranch.
Bottom of Steep Hill on Back Loop - EL CAMINO, ABLE Charter, Beyer, Casa Roble, Delta Charter, Golden Sierra, Mountain Oaks.
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, Buckingham Charter, Capital Christian, Forest Lake Christian, Liberty Ranch, Nevada Union.
Pond Turn Split - EL DORADO, Bear River, Florin, Mesa Verde, Mira Loma, Turlock Christian, Waterford, Vacaville Christian.
1st Pond Turn - PLACER, East Union, Gustine, Highlands, Hughes Academy, Lathrop, Merced, Pacheco, Sacramento Adventist.

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

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

Div. III-V: SIERRA, Amador, Colfax, Denair, Freedom Christian, Hilmar, Hughson, 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, Kennedy.

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

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

Div. I-II: DAVIS SR., McClatchy, McNair, Tokay, Yuba City.

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

B. **Entries:**

1. All team entries are due online at www.athletic.net by October 1, 2018.
2. Final entries are due online by **NOON** on **Sunday, October 28, 2018**.

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 I and II 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 III, IV and V 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 4** at 5:00 p.m.

R. **JV 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. 1	9:00	13	Varsity Girls - Div. 3	12:30
2	Frosh Boys - Div. 2	9:15	14	Varsity Boys - Div. 4	12:50
3	Frosh-Soph Girls - Div. 1	9:30	15	Varsity Boys - Div. 5	1:10
4	Soph Boys - Div. 2	9:45	16	Varsity Boys - Div. 3	1:30
5	Frosh-Soph Girls - Div. 2	10:00	17	Varsity Girls - Div. 4	1:50
6	Soph Boys - Div. 1	10:15	18	Varsity Girls - Div. 5	2:10
7	Jr. Varsity Boys - Div. 1, 2	10:30	19	Jr. Varsity Boys - Div. 3, 4, 5	2:30
8	Jr. Varsity Girls - Div. 1, 2	10:50	20	Jr. Varsity Girls - Div. 3, 4, 5	2:50
9	Varsity Girls - Div. 1	11:10	21	Soph Boys - Div., 3, 4, 5	3:10
10	Varsity Boys - Div. 2	11:30	22	Frosh-Soph Girls - Div. 3, 4, 5	3:25
11	Varsity Boys - Div. 1	11:50	23	Frosh Boys - Div. 3, 4, 5	3:40
12	Varsity Girls - Div. 2	12:10			

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.
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: (1 and 2) For illegal uniform, the competitor is disqualified from the meet.

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 your school's page.
- Where it says **Add meet to the Calendar** select the date **11/3/2018** 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.

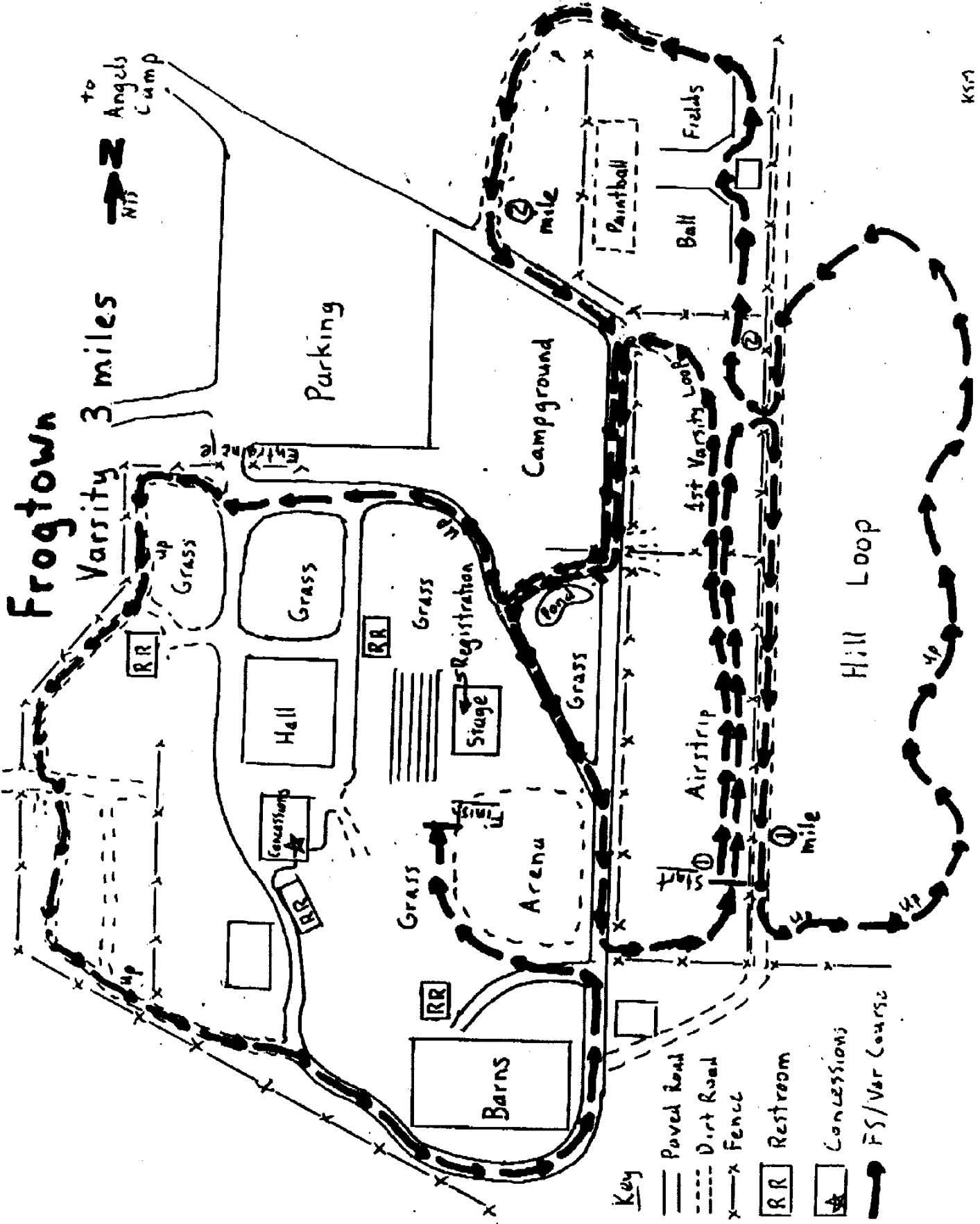
- Click **Edit Athletes** from the **Coach Tools bar**, on your school's page.
- Add an athlete to the roster.
- Repeat for all athletes.

4. Register athletes for the Sac-Joaquin Sub-Section Meet (**Due on Sunday, October 28 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 11/3/2018.**
- Use the boxes on the bottom of the page to add additional athletes to your roster.

Once entries are closed on October 28, 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
 NIS

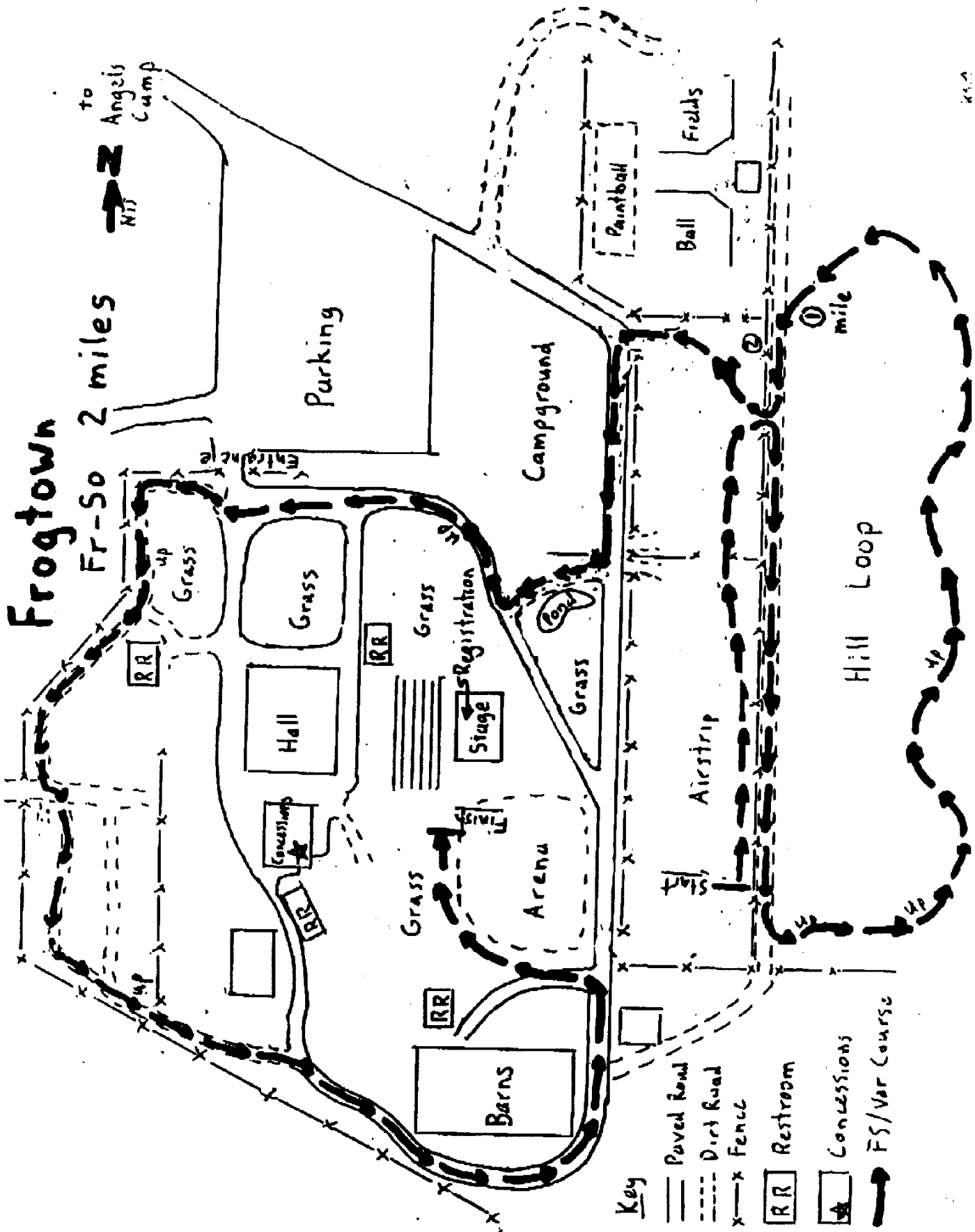


- Key
- Paved Road
 - - - - - Dirt Road
 - x-x-x-x-x Fence
 - RR Restroom
 - ★ Concessions
 - FS/Var Course

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
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 Summersville 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