

CIF SAC-JOQUIN SECTION

20

**SJS**

19

EXCELLENCE IN ATHLETICS

**CIF-SJS**

**CROSS COUNTRY**

**SUB-SECTION MEET**



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## FORMAT – 2019 CROSS COUNTRY SUB-SECTION

**TO:** Sac-Joquin Section schools that participate in cross country  
**FROM:** Mike Garrison, Commissioner  
Will DeBoard, Assistant Commissioner  
**DATE:** October 1, 2019

### 2019 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 Sub-Section Cross Country Meet** for Division I-II-III-IV-V on Saturday, November 9, 2019 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 8:15 a.m./Div III, IV and V 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, 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, Vista del Lago, 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**, Grace Davis, Kennedy.

**Div. III-V: ST. MARY'S**, Atwater, 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: ANTELOPE**, 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](http://www.athletic.net) by October 1, 2019.
2. Final entries are due online by **NOON** on **Sunday, November 3, 2019**.

C. **Entry Fee:** A \$6.00 entry fee will be charged for each athlete who enters in the Section meet. All entry fees will be invoiced by the Section Office once entries are received. Checks will not be accepted on site.

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 10** 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](http://www.redcaptiming.com) and [www.cifsjs.org](http://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 **11/3/2018** 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 11/9/2019.**
  - Use the boxes on the bottom of the page to add additional athletes to your roster.

Once entries are closed on Nov. 3, 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.

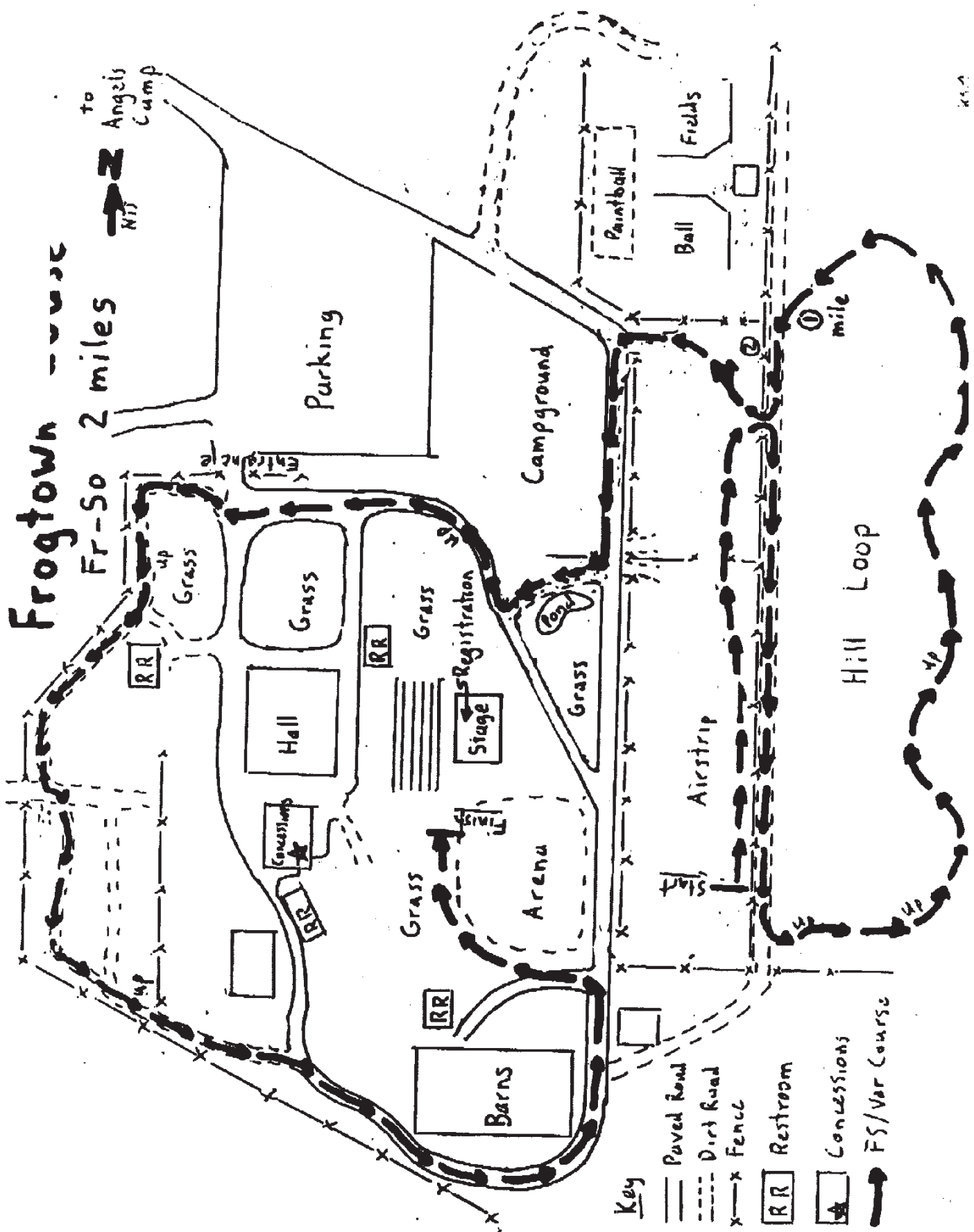




# Frogtown

Fr-So 2 miles

to Angels Camp



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

**CIF SAC-JOQUIN SECTION  
CROSS COUNTRY DIVISIONS  
2019-20**

<b>DIVISION I</b>	<b>DIVISION II</b>	<b>DIVISION III</b>	<b>DIVISION IV</b>	<b>DIVISION V 600 &amp; below</b>
Davis Sr. 2864	Lodi 2161	Atwater 1860	Woodland 1325	Waterford 585   Mountain Oaks 195
Lincoln (S) 2854	St. Francis 2146	Antelope 1826	Lathrop 1309	Colfax 581   Big Valley Christian 188
Franklin (EG) 2656	Pitman 2131	Yuba City 1787	Center 1292	Gustine 565   Vacaville Christian 181
Turlock 2577	Downey 2114	Del Campo 1778	Livingston 1243	551   Forest Lake Christian 175
Edison 2570	Granite Bay 2094	Wood 1768	Casa Roble 1220	505   Ripon Christian 175
Pleasant Grove 2560	Bella Vista 2082	Pacheco 1763	Weston Ranch 1208	501   Modesto Christian 162
Mc Clatchy 2551	Central Valley 2079	Golden Valley 1752	Foothill 1189	478   Turlock Christian 161
Sheldon 2523	Mc Nair 2076	Ceres 1747	Liberty Ranch 1180	474   Sacramento Waldorf 143
Modesto 2514	Oakmont 2065	Johansen 1731	Christian Brothers 1156	461   Stone Ridge Christian 139
Folsom 2503	Tokay 2060	Vanden 1730	Lindhurst 1143	414   Sacramento Country Day 128
Oak Ridge 2482	West 2043	Merced 1725	El Dorado 1131	405   Sacramento Adventist 116
Chavez 2471	Lincoln (L) 2018	Patterson 1723	Dixon 1097	371   Valley Christian 106
Franklin (S) 2380	Stagg 2010	Del Oro 1715	Union Mine 1094	371   Brookside Christian 96
Kennedy 2357	Johnson 2003	Oakdale 1690	Galt 999	371   Lodi Academy 94
Epochs 2323	Roseville 2002	Manteca 1686	Natomas 979	370   Victory Christian 76
Monterey Trail 2288	Tracy 1999	Fairfield 1668	Ripon 963	359   Elliot Christian 65
Gregori 2264	Vacaville 1992	El Capitan 1662	Sonora 957	350   Sierra Ridge/ROP 65
River City 2250	Grant 1985	Beyer 1654	Orestimba 943	346   Faith Christian 63
Inderkum 2243	Rio Americano 1970	Rio Linda 1616	Marysville 938	337   Tioga 55
Cosumnes Oaks 2207	Laguna Creek 1968	East Union 1615	Mesa Verde 927	320   Alpha Charter 54
Armijo 2205	Ponderosa 1964	Nevada Union 1611	West Campus 840	298   Don Pedro 53
Woodcreek 2186	Whitney 1959	Valley 1606	Calaveras 825	274   El Dorado Adventist 43
Rocklin 2177	Rodriguez 1928	Florin 1548	Escalon 823	271   Stockton Christian 36
Bear Creek 2173	Vista del Lago 1923	Pioneer 1544	Highlands 798	242   Trinity Prep 28
Jesuit (D1) 2124	Cordova 1920	Kimball 1507	St. Mary's 794	198   New Life Christian 25
	Buhach Colony 1918	Rosemont 1480	Delhi 769	
	Davis, Grace 1901	Sierra 1427	Riverbank 752	
	Mira Loma 1900	Los Banos 1411	Hughson 710	
	Burbank 1897	El Camino 1363	Hilmar 696	
	Elk Grove 1879	Mountain House 1348	Amador 694	
	River Valley 1872	Placer 1340	Linden 672	
			San Juan 658	
			Encina 647	
			Bret Harte 630	
			Sacramento 630	
			Bear River 615	
			Western Sierra 609	
			Summerville 603	

*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%.  
\*Per Bylaw 1800.2 Jesuit (defending D1 Champion) must be no lower than Division 1*