



## FORMAT – 2024 CROSS COUNTRY SUB-SECTION MEET

**TO:** Sac-Joquin Section schools that participate in cross country  
**FROM:** Will DeBoard, Assistant Commissioner  
**DATE:** September 6, 2024

### 2024 CIF SAC-JOQUIN SECTION 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, 2024 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 - Vicky Johnson of Bret Harte  
Starters - Mike Brown, Gwen Brown and Aaron Weidcamp  
Scoring - Red Cap Timing  
Packet pickup - Bret Harte

#### **MANDATORY COACHES MEETING ON THE STAGE:**

**Divisions I and II at 8:15 a.m.**

**Divisions 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:** MOUNTAIN HOUSE, Modesto, Franklin-S.

**Div. III-V:** ROSEVILLE, Elliot Christian, Rio Linda, Ripon, River Valley, Victory Christian.

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

(Help Starters) **Div. I-II: LAGUNA CREEK**, Grant, Golden Valley  
**Div. III-V: DIXON**, Burbank, Holt Academy, Lindhurst, Lincoln-L, Sutter,  
Valley

**Course Monitors** - *Monitor athletes and spectators on course.*

**Div. I-II: Start Line** - SHELDON, Ceres, Pacheco, Woodcreek

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

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

**Bottom of Steep Hill on Back Loop** – PITMAN, Central Valley, Rodriguez

**Finishing Turns** - FOLSOM, Cosumnes Oaks, Rocklin, Turlock, Cordova.

**Entrance Area** – OAK RIDGE, Chavez, Inderkum, Gregori.

**Pond Turn Split** - JOHANSEN, Granite Bay, Pleasant Grove.

**1st Pond Turn** – LINCOLN-S, Bear Creek, Enochs, Lodi, Whitney.

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

**Hill Loop Gate** - DEL ORO, Center, St. Francis, Foothill, Leroy Greene,  
Union Mine, Riverbank, Stone Ridge Christian

**Back Hill** - WOODLAND, Argonaut, Calaveras, Delta, Galt, Weston Ranch

**Bottom of Steep Hill on Back Loop** - EL CAMINO, ABLE Charter, Beyer,  
Casa Roble, Delta Charter, Golden Sierra, Kimball

**Finishing Turns** - OAKDALE, Central Catholic, Cristo Rey, Marysville,  
Orestimba, Ripon Christian, Sac Country Day; ESCALON, Mira Loma, Delhi,  
Encina, Foresthill, Mariposa, Millennium, Ponderosa, Rosemont

**Entrance Area** - CHRISTIAN BROTHERS, Buckingham Charter, Destiny  
Christian, Forest Lake Christian, Liberty Ranch, Nevada Union

**Pond Turn Split** - EL DORADO, Bear River, Florin, Mesa Verde, Buhach  
Colony, Turlock Christian, Tracy, Vacaville Christian, Western Sierra,  
Westlake Charter

**1st Pond Turn** - PLACER, East Union, Gustine, Highlands, Hughes  
Academy, Lathrop, Elk Grove, Los Banos, Wheatland

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

**Div. I-II: WEST PARK**, Patterson, Edison, Stagg, Vista del Lago, West

**Div. III-V: SIERRA**, Amador, Colfax, Denair, Esparto, Hilmar, Hughson, John  
Adams Academy-R, Natomas, Pioneer, River Islands, 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, Atwater

**Div. III-V: ST. MARY'S**, Del Campo, Fairfield, Sacramento, Waterford, West Campus, Will C. Wood

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

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

**Div. III-V: OAKMONT**, Faith Christian, Le Grand, Linden, Lodi Academy, Sacramento Waldorf, Summerville, Tioga, Twelve Bridges, Valley Christian.

B. **Entries:**

1. All team entries are due online at LINK by October 1, 2024.
2. Final entries are due online by ***NOON*** on ***Sunday, November 2, 2024.***

C. **Entry Fee:** A \$6.00 entry fee will be charged for each athlete who is entered in the Sub-Section meet.

All entry fees will be invoiced by the Section Office once entries are received. Checks will not be accepted on site.

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 frosh-soph girl but is now competing in the varsity girls 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 (not divisions). 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 for sale 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 Girls - 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 Boys – 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 Girls - Div. 2	11:50	23	Frosh Boys - Div. 3, 4, 5	3:40
12	Varsity Boys - Div. 1	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 the 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. The competitor's uniform shall be school-issued or school approved, worn as intended by the manufacturer, and meet the following requirements and restrictions:
  - a. Each competitor shall wear shoes on both feet.
    - (1) The shoes shall have an upper and 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 school-issued or school-approved full-length track top and track bottom or one-piece uniform. Any outer garment (e.g., t-shirts, sweatpants, tights) that is school-issued or school-approved becomes the official uniform, when worn.
    - (1) The top and/or bottom or one-piece uniform may have school name, school logo, school nickname and/or competitor's name.
    - (2) The top shall not be knotted or have a knot-like protrusion. Bare midriff tops are not permitted. The top must hang below or be tucked into the waistband of the uniform bottom when the competitor is standing upright.
    - (3) A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the top and bottom or one-piece uniform.
    - (4) One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.

- (5) Any visible garment(s) worn underneath the uniform top and/or bottom is considered a foundation garment. Foundation garments are not subject to logo/trademark/reference or color restrictions.

**NOTES:**

1. All cross country team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team.

**NOTE:** The official should be able to observe that all members are from the same team.

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.**

3. 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.**

**W. Postponements**

1. If the event is postponed due to any reason, the Section will make any and all adjustments as needed.

# How to Submit Meet Entries Online



**MileSplit**

## **MileSplit/Red Cap Timing Onboarding Document**

This year we will be utilizing MileSplit for our meet's registration. If you are new to MileSplit, read below for helpful information on getting you and your team set up.

The first step is claiming your team.

### **Claiming Team**

1. If you do not already have an account, create a free one at <https://ca.milesplit.com/register>
2. Once your account is created go to <https://ca.milesplit.com/teams>
3. Find your team on the list, click on it, and click the claim team button.

Helpful Article/Video: <https://support.milesplit.com/en/a/how-do-i-claim-my-team>

### **Updating Your Roster**

You may need to update your roster to reflect this year's team. You can do so from your team page after being approved as a coach.

Article/Video: <https://support.milesplit.com/en/a/how-do-i-edit-my-teams-roster>

### **Entering a Meet**

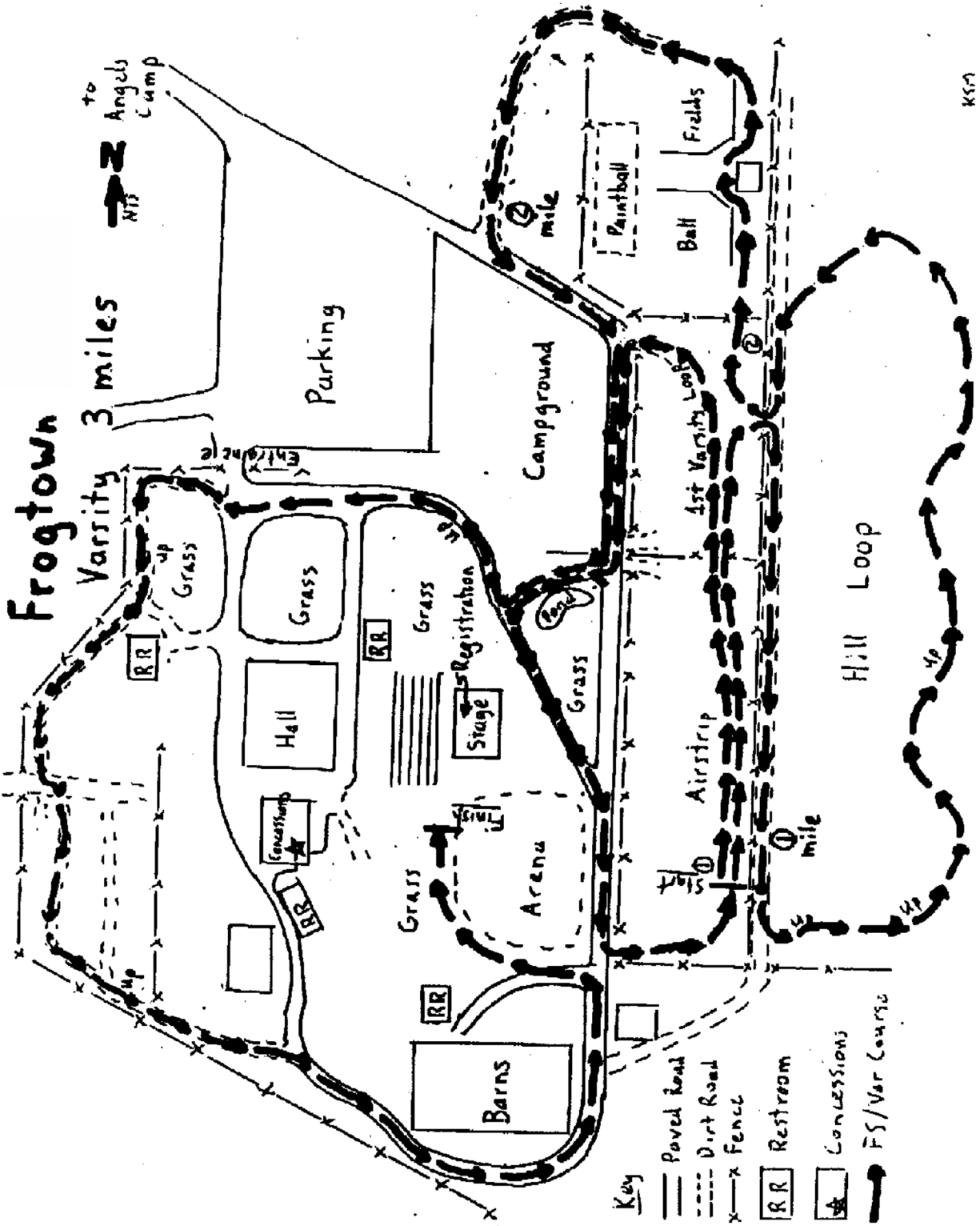
Once you have claimed your team and made sure your roster is up to date, you are ready to register your team for meets! The walkthrough guide below will take you through the process step-by-step.

Article/Video: <https://support.milesplit.com/en/a/how-do-i-enter-my-team-in-a-meet>

**\*\*\*If you need any further assistance, please contact [registration@milesplit.com](mailto:registration@milesplit.com).**



# Frogtown

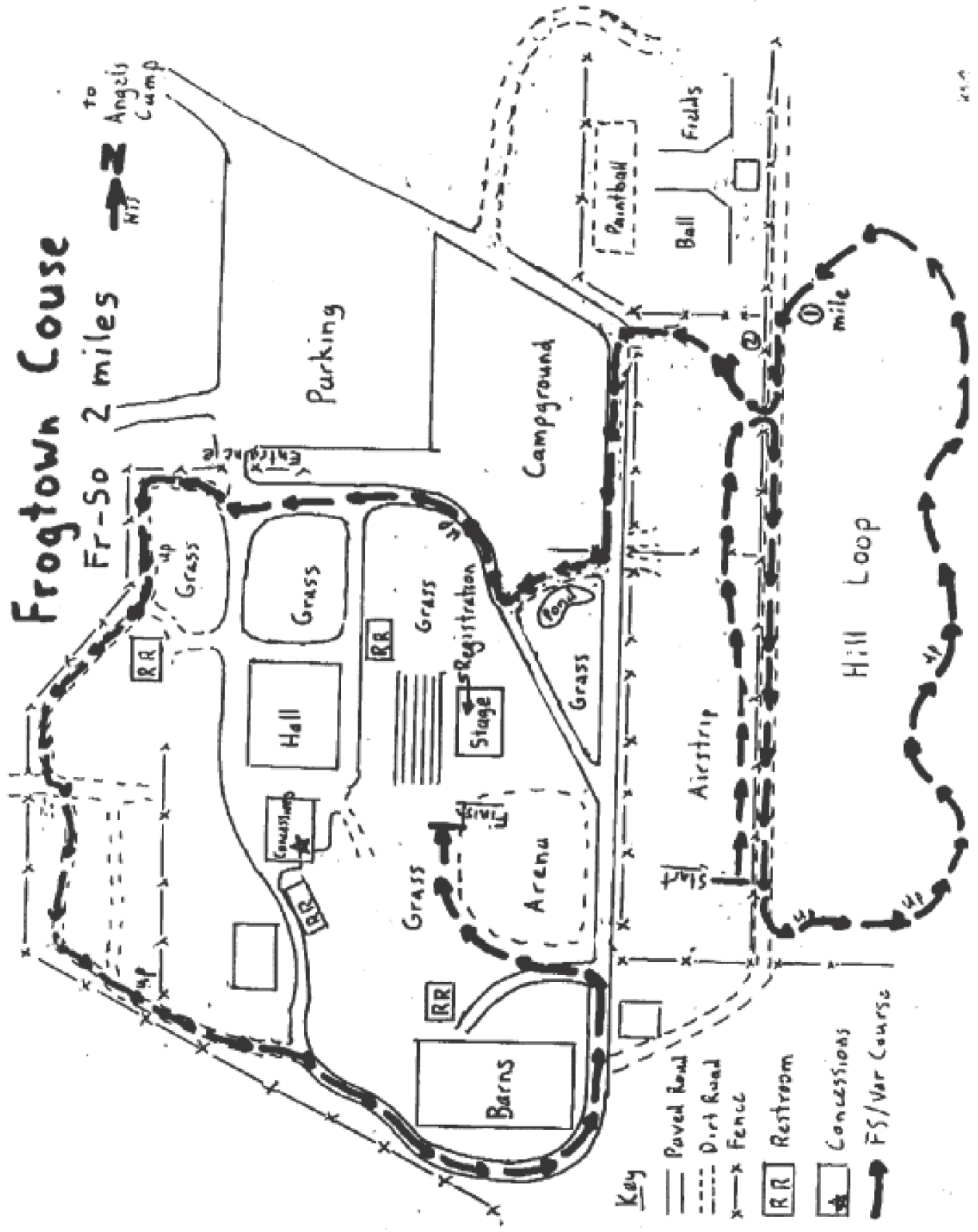


KSM

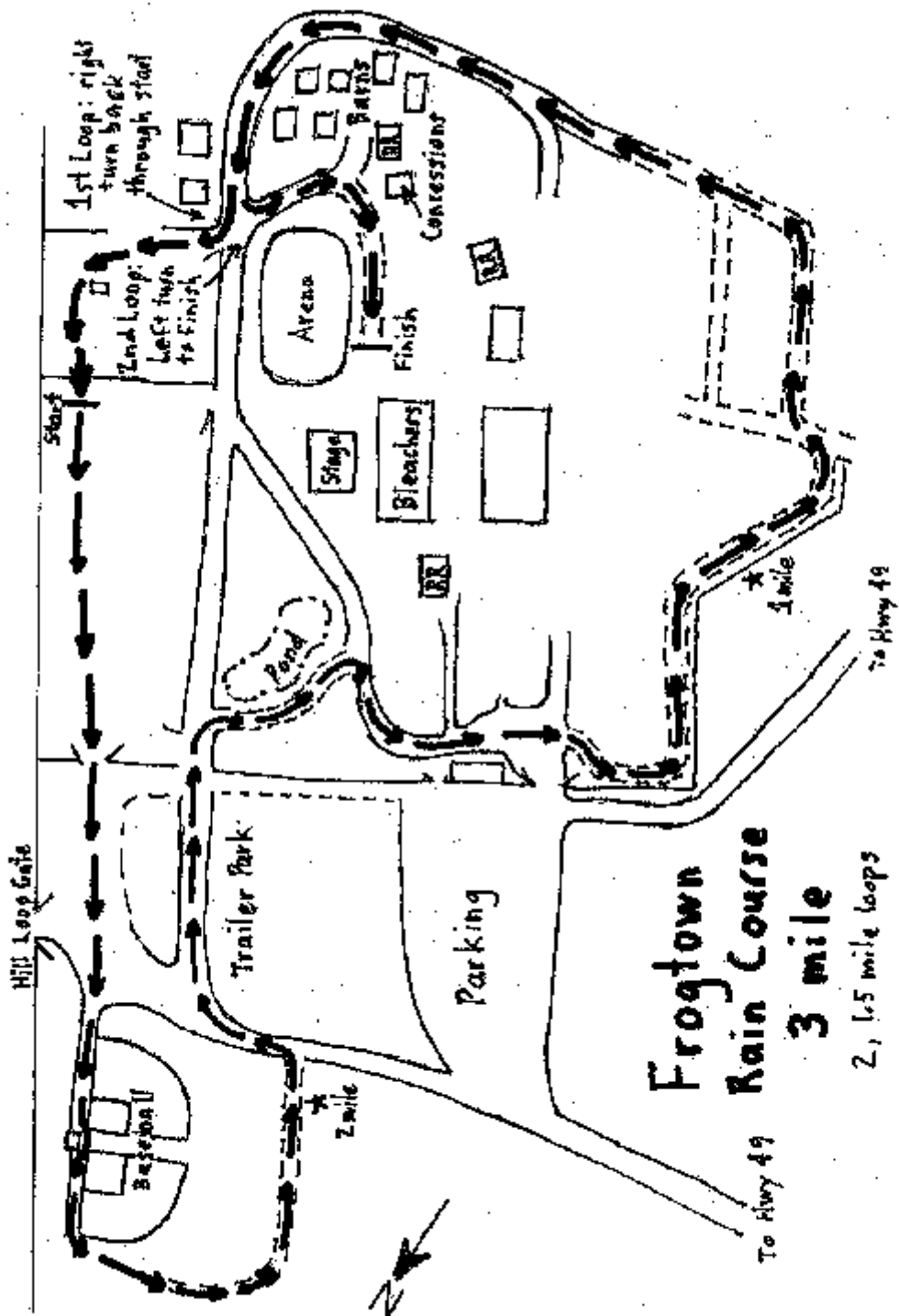
# Frogtown Couse

Fr-So 2 miles

to Angels Camp



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



**Frogtown  
Rain Course**  
**3 mile**  
2, 1.5 mile loops

