

# 2004 State CIF Cross Country Championships



**PUBLISHED BY:**

**The State CIF Office**

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**Visit our web site at: [www.cifstate.org](http://www.cifstate.org)**

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**OFFICIAL TITLE**

The official title of this event is the **2004 CIF State Cross Country Championships**.

**MANAGEMENT**

The CIF State California High School Cross Country Championships shall be managed by the State CIF, which will have final authority and responsibility for the championships.

**MEET DIRECTOR**

The on-site Meet Director, employed by the State CIF to oversee championship meet operations, is available to assist participating schools. All questions on meet specifics should be addressed to:

**Meet Director:**

**Marty Simpson**

Buchanan High School

1560 N. Minnewawa

Clovis, CA 93611

(559) 327-3360 school

(559) 435-9836 home (559) 327-3065 FAX

emails: (School) MartinSimpson@cusd.com or (Home) martnnanc@comcast.net

**DATE AND SITE**

Saturday, November 27, 2004 - Woodward Park, Fresno

**NOTE:** Competitors will not leave school on the day preceding the competition prior to the close of the school day unless travel requires two days. If travel requirements warrant, schools may petition their section CIF office for the additional day. Violation of this regulation may result in disqualification.

**IN CASE OF A NATIONAL EMERGENCY – CHANGE IN TERROR ALERT STATUS**

If, prior to or during the State CIF Championships, there is a change in the Terror Alert Status or a National Emergency, all schools, administrators, coaches, parents and athletes should go to the State CIF web site at [www.cifstate.org](http://www.cifstate.org) for the latest information. The State CIF and all of our championship venues work closely with local and national law enforcement authorities and Homeland Security prior to making any determination on postponing, canceling or continuing with the championships.

**CLASSIFICATION SYSTEM**<sup>[S3]</sup>

The CIF State Cross Country Championships shall be conducted in five divisions for both boys and girls. The following C-BED parameters will be in effect. Each CIF Section must establish enrollment ranges for Divisions I-V that fall within the following C-BED parameters. Schools **MUST** participate in their enrollment division (revised May 2004 Federated Council). (CBEDS revised by Executive Committee, June 2004)

	<u>Starting #</u>	<u>Ending#</u>
<i>DIVISION I</i>	<i>1400-1800</i>	
<i>DIVISION II</i>	<i>1100-1350</i>	<i>1400-1800</i>
<i>DIVISION III</i>	<i>700-900</i>	<i>1100-1350</i>
<i>DIVISION IV</i>	<i>150-350</i>	<i>700-900</i>
<i>DIVISION V</i>	<i>1</i>	<i>150-350</i>

**The C-BED enrollment** figures to be used for schools in cross country are those figures certified by the school principal in October of the previous school year (2003-2004). If a school incurs a gain/loss on enrollment of a minimum of fifteen percent in the current year, the current year C-BED enrollment figures shall be used in place of the prior year. Non-public school principals are to certify their enrollment figures on **October 1** of each year.

**Three and Four-Year School:** The enrollment for the 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> grades shall be used to gain a total enrollment figure for the school.

**Single Gender Schools:** The enrollment for single gender schools shall be doubled using the 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> grades.

**TIME SCHEDULES**

Division II Boys Race	8:30am
Division III Boys Race	9:00am
Division II Girls Race	9:30am
Division III Girls Race	10:05am
Division IV Boys Race	10:40am
Division V Girls Race	11:10am
Division I Boys Race	11:45am
Division IV Girls Race	12:15pm
Division V Boys Race	12:50pm
Division I Girls Race	1:20pm

**AWARD SCHEDULE**

Division II Boys	10:00 a.m.
Division II Girls	10:20 a.m.
Division III Boys	10:40 a.m.
Division III Girls	11:00 a.m.
Division IV Boys	11:20 a.m.
Division V Girls	11:50 a.m.
Division I Boys	12:25 p.m.
Division IV Girls	12:55 p.m.
Division V Boys	1:30 p.m.
Division I Girls	1:50 p.m.

**INTRODUCTIONS**

All 2004 section champions, or returning state champions, will be introduced **10 minutes** prior to the start of their race. Please make contact with announcer when you arrive at the park. Please have your athletes at the introductions **15 minutes** prior to race time.

**AWARDS**

- (a) **TEAM AWARDS** - Plaques for champion, runner-up, and third place team. Medals 1<sup>st</sup> through 7<sup>th</sup> for championship team, runner-up, and third place.
- (b) **INDIVIDUAL AWARDS** - Individual medals 1<sup>st</sup> through 10<sup>th</sup> runner, each division.
- (c) **PLAQUES** - will be awarded to individual champions in each division (boys & girls).
- (d) **CERTIFICATES** - will be awarded to all participants

- (e) **COACHES' MEMENTOS** - coaches' mementos will be provided to coaches of first, second and third place teams.
- (f) **SPORTSMANSHIP/CITIZENSHIP AWARD** – Sportsmanship/Citizenship medals will be awarded to student-athletes who demonstrate exemplary sportsmanship and citizenship. Coaches of first, second and third place teams will be asked to select one representative from their team based on the following criteria: demonstrated principles of good sportsmanship including treatment of teammates, officials and opposing runners and leadership.

**AWARDS CEREMONY**

Please have your medal winners (top 3 teams/top 10 individuals per division) **in school-issued uniform** at the awards ceremony **15 minutes** prior to presentation times.

**COURSE AND RUNNING SURFACE**

- (a) All races will be 5000 meters
- (b) The course is in Woodward Park on hard packed dirt trails with some grass and asphalt. It has mild ups and downs over rolling hills with one steep short hill.
- (c) Many major cross country meets have been run on this course (Foot Locker Meet, State J.C., Regional and District N.C.A.A. Meets).
- (d) No spikes are allowed on this course.
- (e) **Meet will be run - rain or shine.** The Games Committee will be the sole determiner if the race is to be run on the “rain” course. Their decision is final.

**AUTOMATIC TEAM ENTRIES (Article 1701)**

Team entries into the state championship meet would be based on a formula that includes the comprised of two factors: 1) An established baseline providing a minimum number of entries for each section. 2) Additional entries based upon the most recent four (4) year history of the section team performance in each divisional race. No section shall have more than seven (7) team entries in any divisional race. (Federated Council May 2003)

**2004 CROSS COUNTRY TEAM ENTRIES<sup>[S5]</sup>  
STATE CHAMPIONSHIPS (revised 1/22/03)**

	DIVISION I		DIVISION II		DIVISION III		DIVISION IV		DIVISION V
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
Central Coast	2	2	3	3	4	3	3	3	
Central Section	3	3	2	2	2	2	3	2	
Los Angeles	2	2	0	0	0	0	0	0	
North Coast	2	2	4	4	4	4	3	4	
Northern Section	0	0	1	1	1	1	2	2	
Oakland	1	1	0	0	0	0	0	0	
San Diego	3	3	3	3	3	3	2	2	
San Francisco	1	1	0	0	0	0	0	0	
Sac-Joaquin	3	2	3	3	2	3	3	3	
Southern Section	6	7	7	7	7	7	7	7	
	23	23	23	23	23	23	23	23	

**NOTE:** Sections must have 8 or more eligible schools competing in a given classification in order to qualify for the maximum number of automatic entries in that classification. An eligible school is interpreted to mean "schools with five or more athletes who have qualified to compete in a section prelim or finals. Sections offices will verify this information by October 13, 2004 with the State office.

### **INDIVIDUAL ENTRIES**

Maximum of **five** entries per Section based on the following criteria:

**Southern Section** - Individual must place in top 20 at section finals to qualify

**Sections Entering Two or More Teams** - Individuals must place in top 12 at section finals to qualify.

**Sections Entering One Team** - Individuals must place in top 8 at section finals to qualify.

Qualifications from sectional competition to the State CIF Cross Country Championships as an **individual entry** are based upon **individual place finish**. Qualifying teams plus the top five highest placed individuals (not on a qualifying team) as per the criteria above in each division will qualify from section to state meet finals.

**NOTE:** There are no alternates for the state meet.

### **OFFICIAL RULES**

2004 National Federation Cross Country Rules (located in Track and Field Rule Book) are official and will be enforced. *"All individual runners and teams must be accompanied by a certified person from the school district."*

### **UNIFORMS**

National Federation Rule 4-3(1-6), pertaining to uniforms will be strictly enforced. All athletes competing must wear

**National Federation Rules 9-5-1 and 9-5-3 regarding uniforms will be enforced.**

**If your team is planning on using a new, or different, school uniform for the state meet, please make sure the uniform adheres to CIF and National Federation uniform rules. For questions, contact rules interpreter, Hal Harkness, at 714-529-6938.**

**NOTE:** All runners must wear their competitor's number on the front of their jersey and on no other place.

### **COACHES PACKETS**

The coaches of a qualified team or individual may pick up their packets on **Friday, November 26, 2004** at Woodward Park from **12 noon - 5 p.m.** OR at **Woodward Park after 7:00 a.m.** on Saturday, November 27, 2004 at the Coaches/Athletes Entrance. Only the coaches' names that appear on the section qualifying entry form will be allowed to receive that school's packet. Coaches please read below:

**NOTE: All runners must wear their competitor number on the front of their jersey and on NO other place.**

### **NAMES AND NUMBERS**

Please double check your athletes' name and school affiliation. If substituting a runner or spelling errors occur, please bring **chest number** to **Bob Rush** with necessary corrections so the information can be placed into the computer prior to the race time. Changes will be done Friday from **3:00-5:00 p.m.** at Woodward Park. Contact: **Bob Rush**, computer consultant. A maximum of 7 runners can be entered no alternates. Team entries can be changed please see Appendix E.

### **CHECK-IN/STARTING LINE ASSIGNMENTS**

Enclosed in your entry packet will be starting line assignments. Please have your athletes at the starting line **20 minutes** prior to race time for check in. The starting line must be cleared of all coaches **5 minutes** to race time.

### **STARTING AREA**

Please help us to keep the starting area free of spectators to allow the runners ample room to warm up.

### **SCORING PROCEDURES**

- (a) Each coach will receive a color-coded number for each runner. Each number will have pertinent information on it. Each runner must wear the number and the bar code portion will be removed in the finish chute at the conclusion of each race. Finishers are to jog through the chute; **DO NOT STOP!! DO NOT WALK!! COACHES, PLEASE INFORM YOUR ATHLETES!!**
- (b) Meet results will be posted thirty (30) minutes after the finish of each race. Only one copy of the typed results for school's division will be available following the awards presentation. Enclosed in your packet is a results ticket for your division. Additional copies will be sold for one dollar (\$1.00)
- (c) Scoring will be in compliance with the 2004 National Federation Rules. (Five {5} score and Two {2} displace).
- (d) Section 2 – Article 4 – Ties in team scoring shall be resolved by comparing the sixth place finishers from tying teams. The team with the best sixth place finisher shall prevail. If one team does not have a sixth finisher the team with a sixth place finisher shall prevail.

### **COACHES CORNER**

If you need answers fast, go to the Coaches Corner!

### **ADDITIONAL SAFETY PINS**

Additional pins will be available at Coaches Corner.

### **ATHLETE CONDUCT**

Notify your athletes to refrain from throwing footballs, frisbees, etc., around the start/finish and awards area. All athletes are expected to “Pursue Victory with Honor” and follow the CIF Codes of Conduct.

### **RESTROOMS**

Restrooms are located throughout the park, but please come dressed to run.

### **MOPEDS, BICYCLES, ETC.**

Mopeds, bicycles and other similar forms of transportation to traverse the course. Vehicles of this type should be limited to the paved roadway, and at no time be in position to interfere with runners or the normal operations of the meet. At this meet, the start/finish area gets extremely congested and will be closely monitored. Thank you for your cooperation.

### **WATER/LIQUID REMINDER**

Meet management, or individual coaches, may provide water/liquids during a cross country race as long as **it has been announced before the start of the race, and regardless of whomever is providing water/liquids, they are equally available to all runners, regardless of team affiliation.** A coach/school may not provide water/liquids for only their runners.

### **DISQUALIFICATION**

The CIF will consider disqualifying a runner or team only if a meet official detects or can verify the infraction. Meet management **will not** rely on information provided by non-officials. If you have a concern or complaint, contact Meet Director, **Marty Simpson** or Dave Dodson, through the Coaches' Corner.

### **COURSE MAPS**

The course map **and the "Rain" course map** are enclosed in this bulletin. Please feel free to ask for clarification.

### **EMERGENCY MEDICAL CARE**

Medical care will be available for emergencies only. Trainers will NOT be available for taping or massaging of athletes. Trainers will be out on the course during races and will also be available at the Mt. View Shelter. **IT IS THE COACHES RESPONSIBILITY TO ENSURE THAT COMPETITORS WHO USE "INHALERS" HAVE THE COMPETITORS INHALAR DURING THE RACE AND MUST BE PRESENT AT THE FINISH LINE AREA.**

### **ENTRANCE/PARKING/CONCESSIONS**

- (a) **Athletes, coaches and officials - Entrance to Woodward Park will be at the North East gate off Friant Road only** (see map).
- (b) Spectator's entrance to Woodward Park will be at the South Gate off Audubon.
- (c) Admission charges: **ADULTS - \$8.00 CHILDREN - \$5.00**  
**Coaches must present ribbon and athletes their race number** to be admitted to the park. Pre-race admission tickets will be sold Friday, November 26 at Woodward Park, Mt. View Shelter, from 12 noon - 4:00 p.m. Parking is allowed in designated areas only. All vehicles parked illegally inside or outside of the park, will be ticketed and towed. Do not park on any grassy areas inside the park.
- (d) A concession stand will be available at the park.
- (e) A souvenir concession stand will be open race day from 8 a.m. to 3:30 p.m. It will also be open at Woodward Park at Mt. View Pavilion from 12 noon-5 p. m., Friday, November 26. T-shirts, sweatshirts, pins and other cross country materials will be on sale. Supply is limited to those on hand.

### **CIF MERCHANDISE**



Souvenir merchandise will be available for purchase at Woodward Park on Friday afternoon, November 26, from 12 noon – 4:00 p.m. T-shirts will also be on sale at Woodward Park all day Saturday.

## **SOUVENIR PROGRAM**

A quality souvenir program will be available for purchase at Woodward Park on Friday afternoon, November 26, from 12noon –4:00p.m., as well as at Woodward Park all day Saturday. The program will include photos and information on the outstanding athletes in the state.

Help is requested. Coaches are asked to send **ACTION PHOTOS** of top athletes. Mug shots are also acceptable. Please include top times for each athlete photo/photos submitted and any other pertinent information **NO LATER THAN WEDNESDAY, NOVEMBER 10 to:**

### **SPORTS INFORMATION DIRECTOR**

State CIF Office

333 Hegenberger Road, Suite 511

Oakland, CA

510-639-4445 phone

510-639-4449 fax

[info@cifstate.org](mailto:info@cifstate.org) - email

## **MEDIA INFORMATION**

### ***MEDIA REQUESTS***

Media requests for credentials should be made to Sports Information Director, State CIF sports information director, ONE WEEK prior to the championships by calling 510-639-4445. Media requests may also be faxed to the State CIF Office at 510-639-4449 or emailed ([info@cifstate.org](mailto:info@cifstate.org)). Members of the media are requested to pick up ribbons and press packets at the **spectators entrance** to Woodward Park on the day of the event. Ribbons must be worn at all times for access to the media areas. Passes can be picked up the day of the event at the North Friant entrance or at the Media Table on Friday from 12noon to 4:00pm. **NOTE: Due to limited space in the finish line chute, media will not be allowed in the finish line chute area. Only photographers will be allowed access to the finish line chute and only for the purpose of taking photos (not interviewing athletes).**

### **MEDIA PARKING**

Members of the media are requested to park entering the **spectator entrance**. Parking is free to all members of the media, provided they show their passes.

### **PRESS FACILITY**

A press area will be available to all members of the media near the finish line. Results will be distributed at the press area approximately 30 minutes following the conclusion of each race. **NOTE: Due to limited space in the finish line chute, media will not be allowed in the finish line chute area. Only photographers will be allowed access to the finish line chute and only for the purpose of taking photos (not interviewing athletes).**

### **MEDIA PROGRAMS**

Programs will be provided free of charge to all members of the media displaying proper media credentials. These programs are available to members of the press at the Media Table.

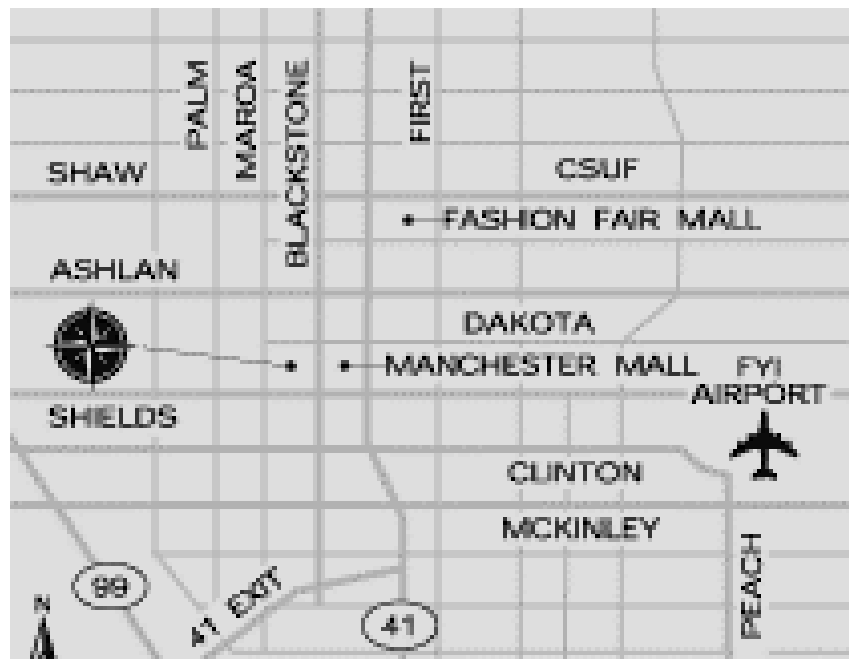
**LODGING**<sup>[S9]</sup>  
Headquarters Hotel:

**\$85 ROOMRATE**

## Four Points by Sheraton Fresno

3737 North Blackstone • Fresno, California 93726 • United States  
Phone (559) 226-2200 • Fax (559) 222-7147

[Reservations](#) ▶



**APPENDIX A**  
**CIF State Cross Country Championships**  
**November 26-28, 2004**

*Rates may have changed, please contact the hotels directly*

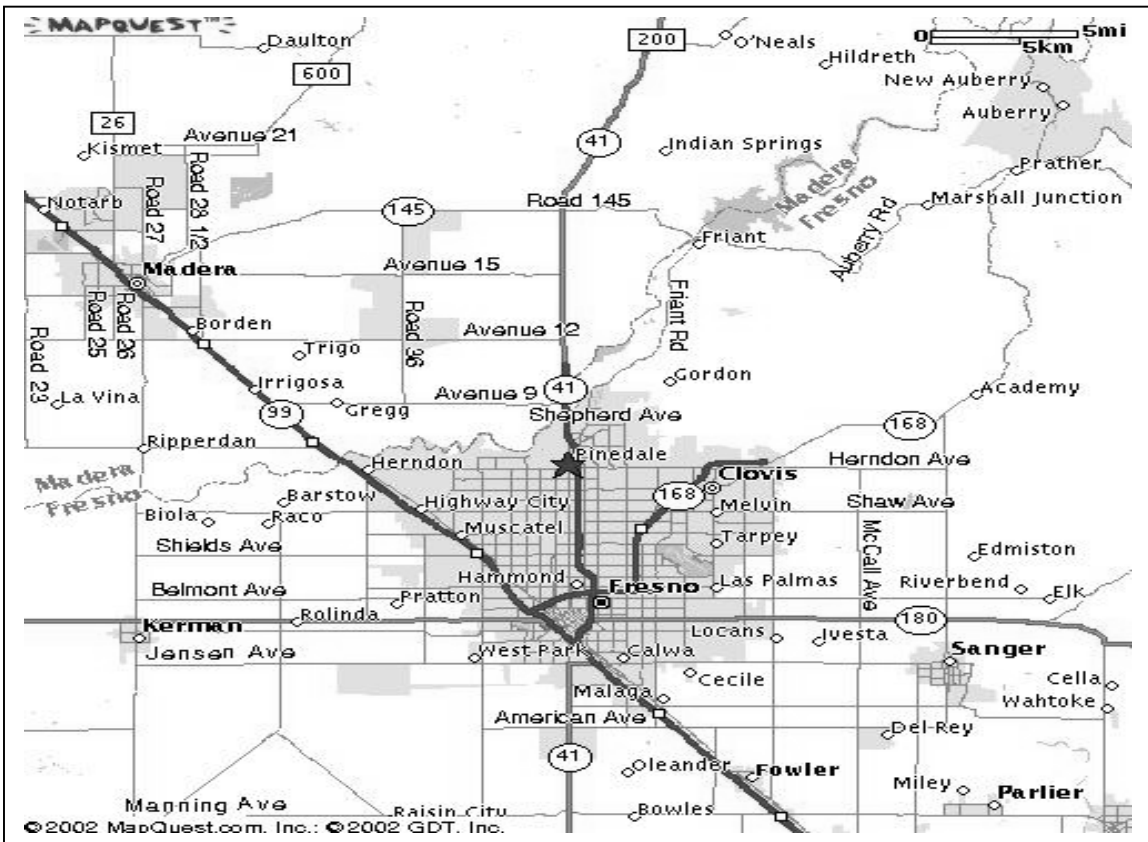
<b>Hotel/Motel</b>	<b>Single</b>	<b>Double</b>	<b>Twin</b>	<b>2BD/3PP</b>	<b>2BD/4PP</b>
Piccadilly Inn-University 4961 N. Cedar Fresno, CA 93726 559-224-3363 (Ask for Efren)	\$78.00	\$78.00	\$78.00	\$78.00	\$78.00
Piccadilly Inn-Shaw 2305 W. Shaw Fresno, CA 93711 559-224-3363 (Ask for Efren)	\$78.00	\$78.00	\$78.00	\$78.00	\$78.00
Piccadilly Inn Airport 5115 E. McKinley Fresno, CA 9372 559-224-3363 (Ask for Efren)	\$78.00	\$78.00	\$78.00	\$78.00	\$78.00
Chateau Inn 5113 E. McKinley Fresno, CA 93727 559-224-3363 (Ask for Efren)	\$68.00	\$68.00	\$68.00	\$68.00	\$68.00
Best Western Clovis Cole 415 Clovis Ave. Clovis, CA 93612 559-299-1547	\$82.00	\$82.00	\$87.00	\$87.00	\$87.00
Comfort Suites 102 E. Herndon Fresno, CA 93720 559-435-5650	\$99.00	\$99.00	\$99.00	\$99.00	\$99.00
Ramada Inn 324 E. Shaw Fresno, CA 93710 559-224-4040	\$84.00	\$84.00	\$84.00	\$84.00	\$84.00
Super 8 Motel 6051 N. Thesta Fresno, CA 93710 559-435-6593	\$60.00	\$60.00	\$60.00	\$60.00	\$60.00
Country Inn & Suites 6065 N. Thesta Fresno, CA 93710 559-435-5838	\$75.00	\$75.00	\$75.00	\$75.00	\$75.00
Quality Inn & Suites 480 E. Shaw Fresno, CA 93710 559-229-5811	\$89.00	\$89.00	\$89.00	\$99.00	\$109.00

<b>Hotel/Motel</b>	<b>Single</b>	<b>Double</b>	<b>Twin</b>	<b>2BD/3PP</b>	<b>2BD/4PP</b>
Town Place Suites 7127 N. Fresno Fresno, Ca 93720 559-435-4600	\$99.00				\$120.00
Red Roof Inn 6730 N. Blackstone Fresno, CA 93710 559-431-3557 (ask for Scott)	\$68.00	\$68.00	\$68.00	\$68.00	\$68.00
Holiday Inn 5090 E. Clinton Fresno, CA 93727 559-252-3611	\$85.00	\$85.00	\$85.00	\$85.00	\$85.00
Courtyard by Marriott Airport 1551 N. Peach Fresno, CA 93727 559-251-5200	\$73.00	\$73.00	\$73.00	\$73.00	\$73.00
Best Western Village Inn 3110 N. Blackstone Fresno, CA 93703 559-226-2110	\$59.00	\$59.00	\$59.00	\$59.00	\$59.00
Best Western Water Tree Inn 4141 N. Blackstone Fresno, CA 93726 559-222-4445	\$59.00	\$59.00	\$59.00	\$59.00	\$59.00
Four Points Hotel 3737 N. Blackstone Fresno, CA 93726 559-226-2200	\$90.00	\$90.00	\$90.00	\$90.00	\$90.00
Quality Inn 4278 W. Ashlan Fresno, Ca 93722 559-275-2727	\$65.00	\$65.00	\$65.00	\$65.00	\$65.00

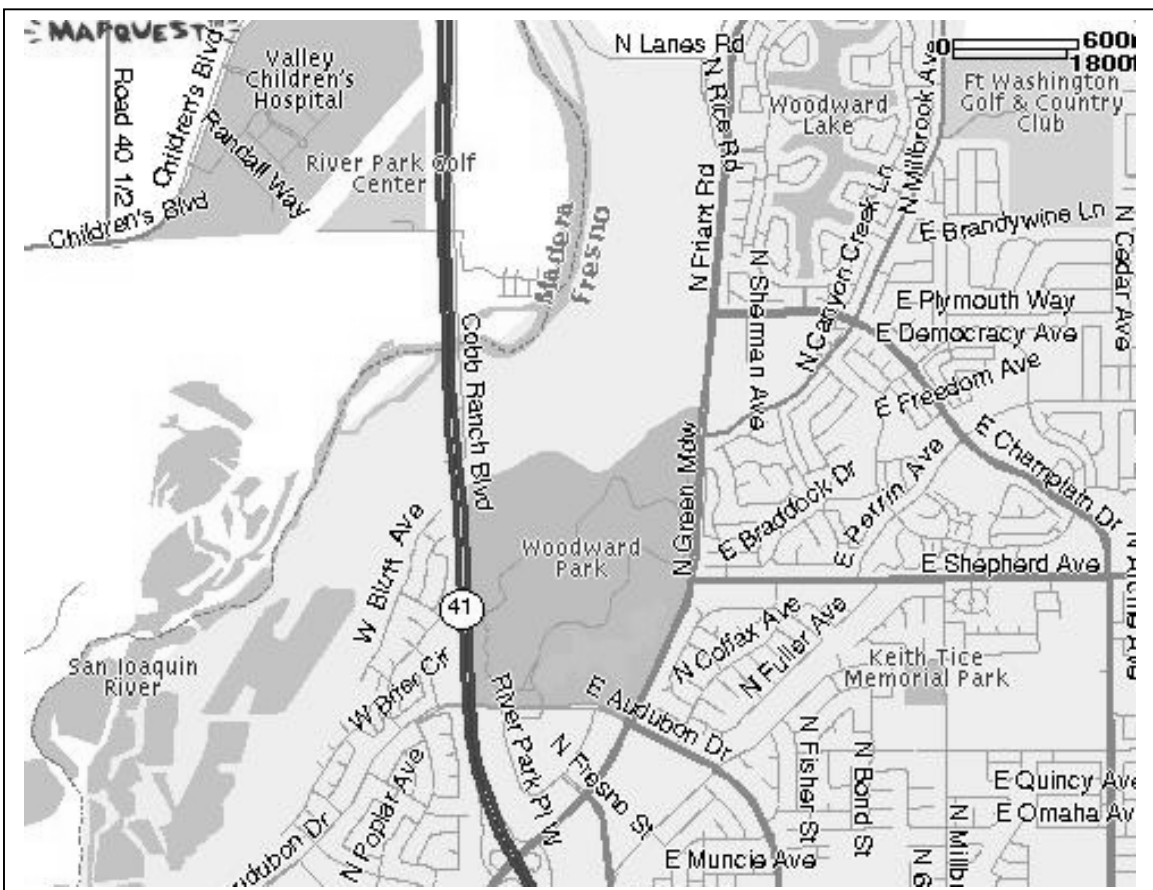
PLUS 12% ROOM TAX

FIRST NIGHT DEPOSIT OR CREDIT CARD NUMBER IS REQUIRED TO RESERVE ROOM (S)

# Fresno Map



# Woodward Park Map



WOODWARD PARK  
CROSS COUNTRY  
FRESNO, CALIFORNIA  
5,000 METER COURSE

Coaches -  
Athletes  
Entrance



# APPENDIX E

## RUNNER NAME/SPELLING/CORRECTIONS PROCEDURE

1. Cross out the name of the runner who is **NOT** running with a single line.
2. **PRINT IN CAPS**—The **FIRST NAME** and **LAST NAME** and **YEAR IN SCHOOL** or any other **CORRECTIONS** on the label on the chest number.
3. You must bring the corrected chest number to the computer operator.

Note: This procedure is for changes or corrections in team entries-Individual entries cannot be substituted, but can be corrected.

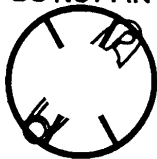
SEE EXAMPLE BELOW

# 1801

## CIF CROSS COUNTRY CHAMPIONSHIPS

RAINBOW RACING SYSTEM® 1982 • P.O. BOX 18310 • SPOKANE WA 99208 • 800-962-1011 • MADE IN THE U.S.A.

DO NOT PIN



FINISH TAG - DO NOT DETACH UNTIL IN FINISH CHUTES

1801  
*BOB RUSH SR*  
~~Paul Jones SR~~  
Palo Alto



1801