



10932 PINE STREET  
LOS ALAMITOS, CA 90720  
(562) 493-9500 • Fax (562) 493-6266

## ATHLETIC DIRECTOR

DATE: OCTOBER, 2007

TO: BOYS AND GIRLS CROSS COUNTRY COACHES

FROM: PAUL CASTILLO, ASSISTANT COMMISSIONER

SUBJECT: CIF SOUTHERN SECTION CROSS COUNTRY  
PRELIMS AND CHAMPIONSHIP MEETS

This bulletin is to serve as an orientation to the CIF Southern Section Cross Country Preliminary and Championship meets for both boys and girls. Please note, the information and instructions contained below will serve as final notice to all coaches.

1. **DATE:** Saturday, November 10, 2007 Preliminaries  
Saturday, November 17, 2007 Championships
2. **SITE:** Mt. San Antonio College
3. **DIRECTIONS:** See Attached
4. **STARTING TIME:** Prelims - First Race - 7:45 a.m. (Subject to change)  
Finals - First Race - 7:45 a.m.
5. **MEET MANAGEMENT:**  
Paul Castillo, Assistant Commissioner, Meet Director  
Hal Harkness, Meet Manager  
Bob McGuire, Assistant Meet Manager
6. **INTERNET INFORMATION:** You can obtain information regarding heat information and results on the following websites - [www.cifss.org](http://www.cifss.org); [www.dyestatcal.com](http://www.dyestatcal.com). SEEDING OF ALL ENTRIES, TEAM AND INDIVIDUAL, WILL BE DONE ON SATURDAY, NOVEMBER 3. THE LAST DATE FOR LEAGUE COMPETITION IS FRIDAY, NOVEMBER 2. THE HEAT SHEETS WILL BE AVAILABLE ON [www.dyestatcal.com](http://www.dyestatcal.com) ON SATURDAY, NOVEMBER 3 AFTER 3:00 P.M. **DO NOT CALL THE CIF-SS OFFICE FOR THIS INFORMATION.**
7. **PACKET PICK UP: COACHES ONLY** will be able to pick up team packets beginning at 6:30 a.m. Packets will be located at the north end of the stadium. Packets will include a map of the course (including the rain course), a program, contestant numbers, two (2) coaches admission tickets and a ticket to obtain results. Coaches are requested to bring four (4) safety pins per number.
8. **ADMISSION TO THE STADIUM:** Coaches and athletes will be admitted beginning at **6:30 a.m.**, spectators will be admitted beginning at **7:00 a.m.**
9. **PRELIM SCHEDULE:** Prelim heats/schedule will be available on [www.dyestatcal.com](http://www.dyestatcal.com) Saturday, November 3, 2007 after 3:00 p.m.

- 10. CONTESTANT BIBS:** Contestant bibs will be provided for each participant. All runners should pin their contestant number to the front of their running jersey. **DO NOT** pin the tear off strip at the bottom of the bib. This bib is the runner's admission for entrance.
- 11. TEAM SIZE:** Nine names may be submitted from League Finals. Up to two substitutions may be made each day (Prelims/Finals) and reported to George Varvas in the Finish area a minimum of 20 minutes prior to your race time. No changes will be accepted after that deadline. Only nine team members will be allowed to enter through the Athletes Gate.
- 12. TIME SCHEDULE FOR 2007 - COMPLETE TIME SCHEDULE WILL BE PUBLISHED WITH SEEDING INFORMATION ON NOVEMBER 3, 2007.**

**Prelims - Saturday, November 10**

7:45 A.M. Division I Girls  
Division V Boys  
Division II Girls  
Division I Boys  
Division V Girls  
Division II Boys  
Break  
1:30 P.M. Division III Girls  
Division IV Boys  
Break  
Division IV Girls  
Division III Boys

**Finals - Saturday, November 17**

7:45 Division V Girls  
8:05 Division I Girls  
8:25 Division V Boys  
8:45 Division I Boys  
9:05 Division II Girls  
9:25 Division III Boys  
9:45 Division IV Girls  
10:05 Division II Boys  
10:25 Division III Girls  
10:45 Division IV Boys

- 13. AWARDS:** The first, and second place teams in each division will receive CIF-SS championship plaques. The nine (9) members of each winning team will receive CIF-SS Championship patches, while the nine (9) members of each second place team will receive CIF-SS medals. The winner of each race will receive a plaque and the first fifteen (15) finishers in each race will receive medals.
- 14. AWARD CEREMONY:** The awards ceremony will be held in a tent by the field house. Awards ceremonies will take place after the conclusion of a division. The awards area will be set up similar to the state awards area. First and second place teams and the first ten finishers in each division should report for each ceremony. Awards schedule is as follows:

8:40 Division V Girls	10:00 Division III Boys
9:00 Division I Girls	10:20 Division IV Girls
9:15 Division V Boys	10:40 Division II Boys
9:30 Division I Boys	10:55 Division III Girls
9:45 Division II Girls	11:15 Division IV Boys

- 15. CLERK OF COURSE:** All members of each team, as well as individual runners, **MUST** check in at the staging area by the starting line with the Clerk of Course. All runners must be in regulation uniform with the contestant bibs properly placed on the front of the jersey. All seven (7) team members **must** arrive together and check-in with the Clerk of the course at least **ten (10)** minutes prior to the scheduled start of their race.

16. **WARM UP AREA:** No one is permitted to be on the football field in the stadium. The warm up area is on the lower field, southwest of the stadium.
17. **GAMES IN THE WARM UP AREA:** Absolutely **NO** footballs, volleyballs, soccer balls, frisbees, etc. will be allowed in the warm up area on the lower field. **Use of such items could result in a team's disqualification.**
18. **RACE RESULTS:** Result sheets will be available to **COACHES ONLY** at the Coaches Corner. Coaches must present a Results Ticket to obtain a copy of results for their division only. All results will be posted on the results board near the Field House.
19. **QUALIFYING FOR PRELIMS:** Each league is entitled to two (2) entries for a four (4) team league, three (3) entries for a five or six (5 or 6) team league, and four (4) entries for a seven or eight (7 or 8) team league. Each league may enter the top three (3) individual runners not on a qualifying team, provided they finish in the top six (6) in their league meet. When listing team on league entry form, please list team members in order of ability, not alphabetically.

**AT-LARGE ENTRY TO SOUTHERN SECTION PRELIMS:** Teams that are ranked in the top ten (10) in any two of the final three southern section cross country polls and who do not advance from league final meets will be invited as "at-large" entries into the prelims. These polls will reflect the week of the mt. Sac invitational, the final week of dual meets and the week of most league final meets. No petitions are necessary and none will be accepted.

●   ●   ●   **LEAGUE MEET MANAGERS**   ●   ●   ●

League entries, both team and individuals, are due in the CIF-SS Office **NO LATER THAN 9:00 P.M., FRIDAY, NOVEMBER 2. ALL LEAGUE FINAL COMPETITION MUST BE FINISHED BY FRIDAY, NOVEMBER 2.** Entry forms will be provided for League Managers.

20. **QUALIFYING TO FINALS:**

2 heat divisions: Six teams from each heat plus one 7<sup>th</sup> place at-large team determined by team time for a total of 13 team qualifiers. Individuals from non-qualifying teams, finishing in the first 12 places, will qualify from each heat.

3 heat divisions: Four teams from each heat plus one 5<sup>th</sup> place at-large team determined by team time for a total of 13 team qualifiers. Individuals from non-qualifying teams, finishing in the first 8 places, will qualify from each heat.

4 heat divisions: **Four** teams will qualify for the finals from each heat for a total of **16 team qualifiers.** Individuals from non-qualifying teams, finishing in the first 6 places, will qualify from each heat.

21. **ELIGIBILITY LIST:** Eligibility lists are required for all teams and all individuals entered in the prelims. **THE LISTS MUST BE FILED WITH THE CIF-SS OFFICE NO LATER THAN THURSDAY, NOVEMBER 9. DO NOT FAX the eligibility lists. MAIL THEM before the deadline, please!**

22. **OFFICIAL TEAM:** An official team shall consist of a minimum of five and a maximum of seven runners. Five team members must finish the race to score as a team. If fewer than five finish, they may advance as individuals and will not count in the team scoring.
23. **COURSE CLOSED:** Coaches are reminded the Mt. San Antonio College course will be **CLOSED** to all practice from November 3, 2007, through the CIF Southern Section Championships.
24. **STADIUM ACCESS AND PARKING:** All participants, coaches, parents and spectators must enter the stadium area through the pedestrian tunnel under Temple Avenue coming from the parking area. **ALL** parking will be in Lot S, north of Temple Avenue. Buses will be allowed to drop-off in Lot S and will be directed to another area for parking
25. **PURCHASING TICKETS FOR PRELIMS AND FINALS:** All runners and coaches will be admitted through the participant's gate located at the north end of the stadium. All spectators, non-qualifying athletes, extra coaches, managers, pep squad members, bus drivers, faculty members, timers, etc., **MUST PURCHASE** general admission tickets and enter through the spectator gates at the north end of the stadium. Gates will open each morning at 7:00 a.m. **NO CHECKS OR CREDIT CARDS WILL BE ACCEPTED AT THIS EVENT. CASH ONLY!**

<b>GENERAL ADMISSION</b>	<b>\$7.00 prelims</b>	<b>\$8.00 finals</b>
<b>HS STUDENTS WITH CURRENT PHOTO I.D.</b>	<b>\$5.00 prelims</b>	<b>\$5.00 finals</b>
<b>CHILDREN 13 &amp; under (under three free)</b>	<b>\$5.00 prelims</b>	<b>\$5.00 finals</b>

26. **PASSES:** CIF-SS courtesy cards, CIF-SS press and photo passes will be honored. Faculty passes, league passes, school passes, district passes, Los Angeles or other section passes, Official's Organization cards, coaches passes and any other passes **WILL NOT BE HONORED**.
27. **DRESSING FACILITIES:** There are no dressing facilities available. Contestants are responsible for their own belongings and valuables.
28. **MEDICAL SUPPORT:** COACHES ARE ASKED TO REVIEW CAREFULLY THE ATTACHED INFORMATION REGARDING HEAT INJURY STRATEGIES FOR COACHES AND ATHLETES. COACHES/SCHOOLS ARE RESPONSIBLE FOR TAPING OF ATHLETES.
29. **USE OF MEDICINAL MISTERS/ATOMIZERS:** National Federation Rule 4-5-8 (note) permits the use of such devices for medicinal reasons as long as a letter from a licensed Physician is presented to the Clerk of the Course at check-in. All letters will be kept on file for both Prelims and Finals.
30. **RULES OF COMPETITION:** National Federation Cross Country Rules will govern the running to this meet, except where superseded by this bulletin or Articles 1700-1718 (Cross Country Regulations) of the 2007-2008 CIF-SS Blue Book.
31. **UNIFORM REGULATIONS:** Each member of a team will wear the **SAME** color and design school issued uniform—**JERSEY AND SHORTS** or one-piece. When other apparel is worn under the jersey and/or shorts by more than one (1) team member, the apparel must be the same solid color. Running shoes are required for cross country competition. Shoes with spikes are **NOT** allowed. Hair ribbons and sweat/head bands (blank except for manufacturer's logo) will be allowed.

- 32. USE OF PINS TO FASTEN CONTESTANT NUMBERS:** All runners should pin their contestant number to the front of their running jersey. **DO NOT** pin the tear off strip at the bottom of the number.
- 33. ABNORMAL WEATHER:** In the event of abnormal weather conditions (rain or heat) before or during the meet, every effort will be made to conduct each heat as scheduled. Because of travel involved for all participating team and individuals, the meet would be postponed only if conditions were such that they were deemed to be hazardous for the competitors involved. Mt. Sac has a rain course that could be utilized. **IN CASE OF EXTREME HEAT CONDITIONS, CONSIDERATION WILL BE GIVEN BY MEET MANAGEMENT TO REDUCE THE RACE DISTANCE TO TWO (2) MILES.**
- 34. USE OF WATER:** Water is provided at the end of the finish chute. No water bottles or containers are to be taken out of the Clerk's area to the starting line. **Coaches are reminded that they need to bring liquids, ice, tape, etc. for their athletes.**
- 35. FACILITY CLEAN UP:** We must leave the grounds/restrooms as we found them. We ask that coaches take it upon themselves to help in this endeavor. Please see to it that you police the area in which your team is located. Trash bags will be included in each team packet.
- 36. NO DOGS ALLOWED INSIDE FACILITY!** Please ask all parents and fans to leave all pets at home. Mt. San Antonio College will not allow dogs in the facility unless they are aiding the disabled.

● ● ● **STATE REVIEW** ● ● ●

**STATE MEET:** The first seven (7) teams in all Divisions will automatically qualify for the State Championships in Fresno (Woodward Park) on November 24.

A maximum of five (5) individual finishers who are not members of qualifying teams and who finish in the first twenty (20) places in their respective divisions, will also advance to the State Championships.

**COACHES ARE REMINDED TO PICK UP A STATE MEET BULLETIN  
IF THEY HAVE QUALIFIERS OR VISIT [WWW.CIFSTATE.ORG](http://WWW.CIFSTATE.ORG) TO VIEW/PRINT BULLETIN**

**COACHES MUST FILL OUT THE STATE MEET ROSTER FORMS  
BEFORE ENTERING THE STADIUM FOR THE SOUTHERN SECTION FINALS**

### **DIRECTIONS TO MT. SAN ANTONIO COLLEGE**

The Mt. San Antonio College Stadium is located in Walnut on Temple Avenue just west of Grand Avenue.

From the 10 Freeway take the Grand Avenue exit south to Temple Avenue and turn left to the stadium.

From the 60 Freeway take the Brea Canyon Road exit north to Valley Blvd. Turn right on Valley Blvd.

to Grand Avenue and turn right on Temple Avenue to the stadium. **ALL PARKING IS ACROSS THE**

**STREET FROM THE STADIUM.**

## STRATEGIES FOR AVOIDING HEAT INJURIES DURING THE 2007 CIF CROSS COUNTRY SEASON

### COACHES

Educate your runners about the need to drink fluids throughout the day in preparation for their training and racing.

#### Emphasize that:

- \* Dehydration causes a decrease in blood volume which greatly decreases the ability of their cardiovascular system to deliver oxygen to their muscles. In a 20-minute cross country race, just a 2% decrease in performance represents more than :20 seconds.
- \* Drinking before racing will not cause abdominal cramps. Research shows that it is dehydration that causes most gastrointestinal problems during running.
- \* You can't just drink when you're thirsty! By then it is too late to quickly achieve the adequate balance of body fluids needed for maximum performance.
- \* Runners need to drink 16-32 ounces of fluids (preferably water) between lunch and an hour before a practice or weekday afternoon league meet...or between breakfast and an hour before a Saturday morning invitational. One gulp is about one ounce.
- \* Runners need to drink 6-8 ounces of water just before going to the starting line. 93% of that will be absorbed into the blood stream, not emptied into the bladder, during the race.
- \* The best time to drink electrolytes (e.g. Gatorade) or carbohydrate replacements (e.g. Exceed) is AFTER the race, not before.

Schedule water breaks in your daily workouts where everybody drinks.

Present drinking adequate amounts of water before your meets as part of your pre-race strategy.

Make a 6.5 gallon Gatorade-type water jug part of the standard equipment for your cross country team. (For sanitation purposes, your jug should be washed with soap and sun-dried daily.)

Encourage each of your runners to have their own 16-32 ounce water bottle and bring it filled to every meet.

## STRATEGIES FOR AVOIDING HEAT INJURIES DURING THE 2007 CIF CROSS COUNTRY SEASON

### RUNNERS

- \* You need to drink fluids throughout the day, every day, to maximize your performance in training and racing.
- \* Hot, dry conditions accelerate your loss of body fluids. This is called "dehydration."
- \* Dehydration causes a decrease in blood volume which greatly decreases the ability of your cardiovascular system to deliver oxygen to your muscles. In a 20-minute cross country race, just a 2% decrease in performance represents more than :20 seconds.
- \* Drinking before racing will not cause stomach cramps! Research shows it is dehydration that causes most abdominal problems during running.
- \* It takes several hours to become properly hydrated to achieve the adequate balance of body fluids needed for peak performance in distance running. You can't just drink when you become thirsty! By then it is usually too late.
- \* You need to drink 16-32 ounces of fluids (preferably water) between lunch and an hour before a practice or weekday afternoon league meet, or between breakfast and an hour before a Saturday morning invitational. One gulp is about one ounce.
- \* You should drink 6-8 ounces of water just before you go to the starting line. 93% of that will be absorbed into your blood stream, not emptied into your bladder, during the race.
- \* Don't count on water being easily available at your meets. You should have your own 16-32 ounce water bottle and bring it filled to every meet.
- \* The best time for you to drink electrolytes (e.g. Gatorade) or carbohydrate replacements (e.g. Exceed) is AFTER your race. Water is the best thing to drink before your race.



# SPECIAL NOTICE

## SUPERVISION OF ATHLETES

The Southern Section Office has experienced a problem which has perpetuated itself over the past few years as it pertains to proper supervision and entry of student-athletes in the post-season playoffs.

The situation relates only to individual sports, i.e. CROSS COUNTRY, INDIVIDUAL TENNIS, TRACK, SWIMMING, etc. and the official recognition and registration of entrants at the respective playoff sites.

State and Southern Section Rule 308 states:

No CIF team (i.e., individual) shall participate in inter-scholastic or approved competition with any other team unless the CIF team is under supervision as required by the California Administrative Code Title V and CIF By-Law #506A and #506B. (Additionally, refer to Rule 123.) The supervisor must remain in attendance at all times.

Those persons APPROVED FOR SUPERVISION PURPOSES are limited to:

- A. Certificated personnel
- B. Certified Coaches (certified credentialed coaches)
- C. Non-certificated temporary coaches (certified walk-on coaches.)

(It should be noted that schools representing the same DISTRICT may send one credentialed or certified supervisor for three or four athletes. These individuals have been recognized and are to continue to be recognized for registration and participation purposes in that the district has assigned the supervisory role for all students from its' member schools to this one individual.)

However, the concern is for those students who ARE NOT accompanied by a faculty representative and report to the playoff site by themselves or with a parent. ***GIVING PARENTS THE SUPERVISION AUTHORITY, WHETHER IN WRITING OR NOT, DOES NOT MEET THE STANDARDS SET FORTH IN THE ABOVE REGULATIONS. This also applies to parents who are the student's private coach but are not under contract to the member school.***

PLEASE NOTE, THIS RULE WAS REVIEWED BY BOTH THE STATE CIF OFFICE, IT'S GENERAL COUNSEL AND THE SOUTHERN SECTION EXECUTIVE COMMITTEE. IT HAS BEEN REAFFIRMED THAT THE INTERPRETATION STAND AS ABOVE AND THAT ANY STUDENT REPORTING FOR COMPETITION WHO IS NOT UNDER DIRECT SUPERVISION IN ACCORDANCE WITH STATE AND SOUTHERN SECTION RULE 308, IS TO BE DENIED ENTRY FOR PARTICIPATION IN THE COMPETITION.

As pointed out by the Southern Section and State CIF attorney, there are inherent liability problems when an individual competes in violation of said rule. Please review this rule with your staff in that it will be strictly enforced as per the above application.

**IMPORTANT NOTICE**

**TO ALL COACHES**

**REGARDING**

**PROTEST OF PLAYOFF CONTESTS**

**\* \* \* IMPORTANT \* \* \***

By action of the CIF-SS Council, protests of playoff contests involving National Federation rules will no longer be entertained following the conclusion of the contest.

Coaches may direct questions to the game officials as they pertain to a possible mis-application of the rules in accordance with the National Federation rules governing that sport. No protest may be carried forth once the contest is completed.

Coaches are encouraged to carry National Federation rule books with them for all playoff contests.

Schools will still have the opportunity to protest a contest in accordance with Southern Section, Rule 1110, as it pertains to use of an ineligible player or violations of any CIF-SS rule in connection with the contest.

DATE: OCTOBER, 2007

TO: CIF SOUTHERN SECTION  
BOYS AND GIRLS CROSS COUNTRY COACHES

FROM: PAUL A. CASTILLO, ASSISTANT COMMISSIONER

SUBJECT: *UPDATED* 2007 ENROLLMENT CLASSIFICATIONS

Enclosed are the *UPDATED* CBED enrollments for the 2007-2008 school year which have been certified by the State Department of Education for public and private schools from the 2006-2007 year.

***Reminder: By action of the CIF-SS Council at the March 23, 2000 meeting, no schools will be allowed to compete outside of their enrollment based division.***

CIF Southern Section  
2007 Boys and Girls Cross Country  
Division I (2580 and Above)  
Updated October 16, 2007

Alhambra	3310	Marina	2849
Aliso Niguel	3226	Miller, A.B.	3379
Alta Loma	2854	Millikan	4199
Anaheim	2897	Mission Viejo	2927
Arcadia	3684	Montclair	3163
Arroyo Valley	3011	Montebello	3466
Bell Gardens	3339	Murrieta Valley	3152
Bloomington	3092	North, J.W.	2599
Burbank	2671	Ontario	2711
Burroughs\Bur.	2728	Oxnard	3028
Cabrillo/Long Beach	3882	Pacifica/Oxnard	3235
Cajon	2774	Palmdale	3340
California	2968	Paloma Valley	3434
Canyon/Canyon Country	2683	Paramount	4174
Canyon Springs	2790	Perris	3057
Capistrano Valley	2860	Poly/Long Beach	4704
Carter	2744	Poly/Riverside	2806
Cathedral City	2837	Quartz Hill	3590
Century	2590	Rancho Cucamonga	2794
Chaffey	3403	Rancho Verde	3460
Chaparral	2867	Redlands	3511
Chino	3036	Redlands East Valley	3657
Chino Hills	2853	Rialto	3413
Colton	3287	Royal	2859
Corona	3100	San Bernardino	2623
Crescenta Valley	3003	San Clemente	3192
Dana Hills	3088	San Geronio	3177
Diamond Bar	3257	Santa Ana Valley	3066
Dominguez	2687	Santa Ana	3859
Downey	3814	Santa Fe	2791
El Rancho	3399	Santa Monica	3200
El Toro	2714	Santiago/Corona	4058
Esperanza	3208	Saugus	2638
Etiwanda	3446	Schurr	3280
Fontana	4091	Serrano	2729
Fountain Valley	3083	Silverado	3692
Glendale	3169	Sultana	2815
Glendora	2721	Temecula Valley	2604
Great Oak	2888	Tesoro	3016
Hawthorne	2738	Thousand Oaks	2585
Hemet	2603	Trabuco Hills	3104
Hesperia	3286	Upland	3695
Highland	3459	Valencia/Placentia	2596
Huntington Beach	2602	Valencia/Valencia	2624
Jordan	4128	Valley View	2660
Jurupa Valley	2819	Ventura	2689
Kaiser	2654	Vista Murrieta	3450
King, M.L.	3028	Walnut	2897
Knight	3286	Warren	3548
La Quinta/La Quinta	2833	West Covina	2878
La Sierra	3192	West Valley	3348
Lakewood	4280	Westminster	2689
Lancaster	3423	Wilson/Long Beach	4453
Leuzinger	3077	Yucaipa	3058
Los Alamitos	3090		
Los Osos	3139		
Lynwood	3120		

CIF Southern Section  
2007 Boys and Girls Cross Country  
Division II (1950 - 2579)  
Updated October 16, 2007

Adolfo Camarillo	2406	Mira Costa	2284
Agoura	2265	Moorpark	2452
Antelope Valley	2217	Moreno Valley	2228
Apple Valley	2013	Newbury Park	2309
Arlington	2184	Newport Harbor	2438
Arroyo	2329	Nogales	2459
Arroyo Grande	2277	Norco	2448
Ayala	2466	Norte Vista	2368
Baldwin Park	2379	North Torrance	2254
Beckman	1962	Northwood	2221
Bellflower	2025	Norwalk	2415
Beverly Hills	2365	Orange	2410
Brea Olinda	2070	Pacific	2318
Buena	2232	Pacifica/Garden Grove	1984
Buena Park	2044	Palm Desert	2162
Calabasas	2023	Palm Springs	2189
Canyon/Anaheim	2270	Pasadena	2547
Centennial/Corona	2578	Paso Robles	2183
Cerritos	2180	Patriot	2372
Channel Islands	2562	Peninsula	2463
Charter Oak	2136	Pioneer Valley	2525
Claremont	2255	Ramona	2147
Coachella Valley	2575	Redondo Union	2467
Colony	2265	Righetti	2486
Compton	2549	Rio Mesa	2278
Culver City	2195	Roosevelt	2341
Cypress	2293	Rosemead	2006
Damien (B)	2142	Rowland	2481
Don Lugo	2295	Saddleback	2475
Dos Pueblos	2267	San Gabriel	2557
Edison	2549	San Jacinto	2265
Eisenhower	2279	San Marcos	2234
El Dorado	2376	Santa Barbara	2418
El Modena	2244	Santa Maria	2251
El Monte	2041	Santiago/Garden Grove	2005
Elsinore	2227	Savanna	2208
Foothill	1995	Seegerstrom	2234
Fullerton	2257	Sierra Vista	2126
Garden Grove	2262	Simi Valley	2541
Garey	2247	Sonora	1967
Glenn	1999	South Hills	2089
Granite Hills	2266	South Torrance	2198
Hart	2476	St. John Bosco (B)	2092
Hoover	2401	Sunny Hills	2578
Hueneme	2261	Temescal Canyon	2121
Indio	2552	Temple City	2086
Katella	2420	Torrance	2257
Kennedy	2413	Troy	2443
La Habra	2322	University	2262
La Mirada	2335	Villa Park	2364
La Serna	2410	Vista del Lago	2574
Lakeside	2285	West Ranch	2267
Littlerock	2053	West Torrance	2171
Loara	2577	Western	2121
Los Altos	2062	Westlake	2411
Los Amigos	2222	Whittier	2547
Loyola (B)	2438	Woodbridge	2220
Mark Keppel	2439		
Mater Dei	2309		
Mayfair	2415		

CIF Southern Section  
2007 Boys and Girls Cross Country  
Division III (1200 - 1949)  
Updated October 16, 2007

Alemanya	1429	Servite (B)	1732
Artesia	1859	South El Monte	1527
Atascadero	1649	South Pasadena	1551
Azusa	1580	St. Francis (B)	1392
Banning	1285	St. Joseph/Lakewood (G)	1720
Barstow	1931	St. Lucy's (G)	1778
Bassett	1422	Summit (9-11)	1872
Beaumont	1937	Tustin	1851
Bishop Amat	1503	Wilson/Hacienda Heights	1878
Bishop Montgomery	1211	Workman	1306
Bolsa Grande	1598	Yucca Valley	1690
Bonita	1861		
Burrough\	1771		
Cabrillo/Lompoc	1578		
Cathedral (B)	1228		
Centennial/Compton	1416		
Citrus Hill	1739		
Corona del Mar	1451		
Costa Mesa	1243		
Covina	1606		
Crespi (B)	1204		
Desert Hot Springs	1861		
Desert Mirage	1725		
Diamond Ranch	1847		
Don Bosco (B)	1832		
Duarte	1215		
Eastside	1419		
Estancia	1247		
Gabrielino	1819		
Gahr	1935		
Ganesha	1643		
Gladstone	1585		
Golden Valley	1924		
Inglewood	1893		
Irvine	1831		
La Canada	1562		
La Puente	1806		
La Quinta/Westminster	1792		
Laguna Hills	1927		
Lawndale	1325		
Lompoc	1634		
Magnolia	1868		
Monrovia	1864		
Morningside	1365		
Mountain View	1878		
Muir	1299		
Nipomo	1263		
Northview	1533		
Oak Park	1327		
Ocean View	1538		
Palos Verdes	1750		
Pioneer	1755		
Pomona	1726		
Rancho Alamitos	1888		
Rim of the World	1754		
Rosary (G)	1330		
Rubidoux	1324		
San Dimas	1363		
San Luis Obispo	1560		
Santa Margarita	1650		

CIF Southern Section  
2007 Boys and Girls Cross Country  
Division IV (500 - 1199)  
Updated October 16, 2007

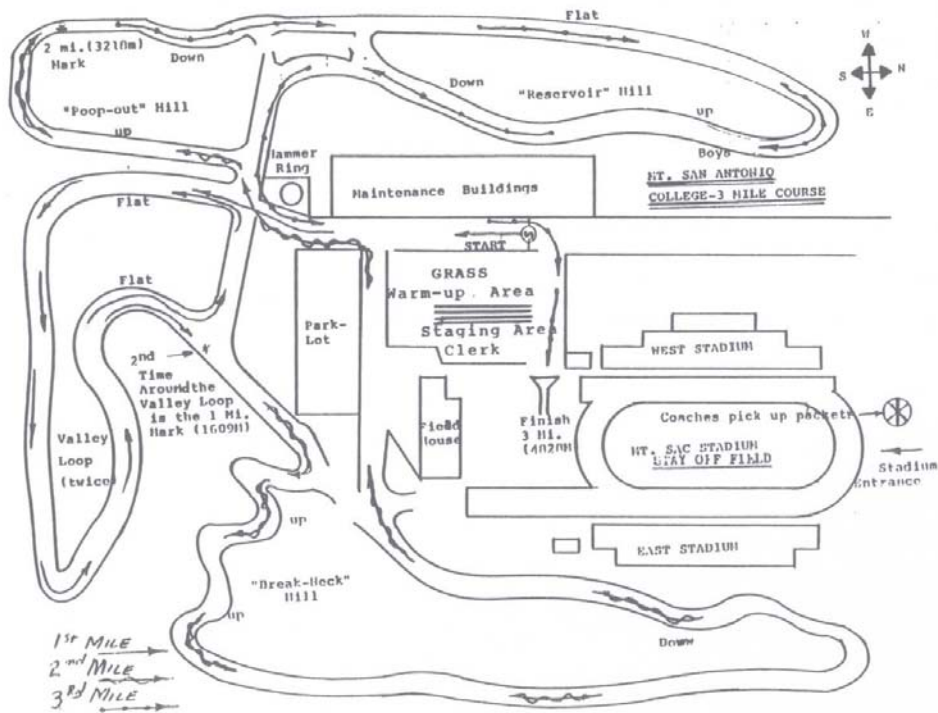
Alverno (G)	574	St. Bonaventure	778
Animo Leadership	538	St. Joseph/Santa Maria	642
Archer (G)	614	St. Mary's Academy (G)	762
Big Bear	1007	St. Matthias (G)	676
Bishop	741	St. Monica	559
Blair	1023	St. Paul	702
Calvary Chapel/Santa Ana	654	Tahquitz (9-10)	933
Campbell Hall	529	Templeton	810
CAMS	618	Twentynine Palms	939
Cantwell-Sacred Heart	653	Valley Christian/Cerritos	670
Carpinteria	845	Vasquez	581
Chaminade	1174	Verbum Dei (B)	672
Connelly (G)	612	Village Christian	624
Desert Christian/Lancaster	543	Westridge (G)	554
Excelsior Education Center	934	Whitney	694
Fairmont Prep	555	Whittier Christian	678
Fillmore	1089		
Flintridge/Sacred Heart (G)	812		
Frazier Mountain	511		
Godinez (9-10)	934		
Harvard/Westlake	1164		
Heritage	1178		
Holy Family (G)	564		
Immaculate Heart (G)	1038		
JSerra	915		
Kern Valley	693		
La Reina (G)	826		
La Salle	750		
Laguna Beach	1073		
Los Angeles Baptist	643		
Louisville (G)	1004		
Lutheran/Orange	1149		
Malibu	786		
Maranatha	636		
Marlborough (G)	736		
Marshall Fundamental	1044		
Marymount (G)	850		
Mayfield (G)	614		
Milken Community	574		
Morro Bay	942		
Murphy (B)	534		
Nordhoff	1125		
Notre Dame/Riverside	608		
Notre Dame/Sherman Oaks	1169		
Notre Dame Academy (G)	954		
Oaks Christian	672		
Oxford Academy	711		
Paraclete	794		
Providence	557		
Ramona Convent (G)	892		
Rosamond	939		
Sacred Heart of Jesus (G)	744		
Salesian (B)	716		
San Gabriel Mission (G)	500		
San Juan Hills (9)	641		
San Marino	1148		
Santa Ynez	1088		
Serra	551		
Silver Valley	546		
St. Bernard	505		

CIF Southern Section  
2007 Boys and Girls Cross Country  
Division V (499 and Below)  
Updated October 16, 2007

Academy for Academic Ex.	406	Riverside Christian	331
Apple Valley Christian	115	Rolling Hills Prep	127
Aquinas	372	Saddleback Valley Christian	233
Arrowhead Christian	399	Sage Hill	455
Avalon	244	San Gabriel Academy	246
Bell-Jeff	334	Santa Clara	329
Bethel Baptist	31	Sherman Indian	360
Bishop Diego	287	South Bay Lutheran	75
Bishop Union	186	South Bay	37
Bloomington Christian	251	St. Anthony	230
Boron	175	St. Genevieve	471
Boys Republic (B)	306	St. Margaret's	401
Brentwood	472	St. Michael's Prep (B)	126
Brethren Christian	311	Summit View West	96
Bridges Academy	48	Summit View	103
Buckley	310	Tarbut V'Torah	163
California Lutheran	122	Thacher	246
California Military	138	Trona	109
Calvary Chapel/Murrieta	403	Upland Christian	221
Calvary Chapel/Downey	389	Van Horn Center	DNR
Calvary Chapel/Moreno Valley	195	Victor Valley Christian	156
Capistrano Christian	187	Viewpoint	462
Cate	277	Villanova Prep	325
Chadwick	343	Vistamar	135
Cornerstone Chr./Camarillo	105	Vivian Webb (G)	358
Crossroads	48	Webb (B)	368
CSDR	186	West Los Angeles Baptist	46
Desert	409	West Valley Christian	112
Desert Chr./Bermuda Dunes	109	Western Christian	487
Dunn	179	Whitewater (B)	166
Eastside Christian	110	Wildwood	224
Emerson Honors	DNR	Windward	324
Flintridge Prep	389	Woodcrest Christian	431
Grace Brethren	262	Xavier College Prep	127
Grove	122	Yeshiva	358
Hamilton	373		
Hesperia Christian	145		
Holy Martyr's	240		
Laguna Blanca	210		
Linfield Christian	418		
Los Angeles Adventist	90		
Lucerne Valley	356		
Mammoth	319		
Mary Star of the Sea	475		
Marywood - Palm Valley	74		
Mesa Grande Academy	139		
Midland	92		
Montclair Prep	288		
New Community Jewish	396		
New Covenant Academy	32		
New Roads	339		
Nia Educational Charter	69		
Noli Indian	93		
Nuview Bridge	304		
Oakwood	310		
Ojai Valley	132		
Ontario Christian	470		
Pacifica Christian	127		
Poly\Pasadena	369		
Pomona Catholic (G)	472		



# MT. SAN ANTONIO COLLEGE 3 MILE COURSE



TEMPLE

TUNNEL  
TO  
STADIUM

BUS &  
AUTO  
PARKING

**ELIGIBILITY LIST:**

The CIF Southern Section Eligibility List can be found on our website, [www.cifss.org](http://www.cifss.org), under forms and on the forms disk which was included in your Fall Packet. Please locate this form, fill it out, have it signed and return it to the office as soon as possible. Thank you.

# OFFICIAL FALL SPORTS T-SHIRTS



ORDERED BY:		SPORTS		Indicate Qty. of Ea.						TOTAL																			
				S	M	L	XL	XXL																					
Individual or School (please print or type)		CROSS COUNTRY																											
		FOOTBALL																											
Address (no P.O. Boxes)		GIRLS GOLF																											
		GIRLS TENNIS																											
City and State		GIRLS VOLLEYBALL																											
Zip Code		WATER POLO																											
Phone		PATCH (Indicate sport)																											
		CHAMPIONSHIP PIN																											
Please make checks payable to:		Total No. of Shirts X \$15.00 =																											
CIF T-SHIRTS		Total No. of Patches X \$15.00 =																											
Please mail your check and this form to:		Total No. of Pins X \$5.00 =																											
CIF T-SHIRTS		Subtotal = Sales Tax 7.75% =																											
P.O. Box 20744		Postage and Handling =																											
Riverside, CA 92516		TOTAL =																											
(951) 789 - 5858																													
Orders may be faxed with your Credit Card Number		METHOD OF PAYMENT																											
FAX #: (951) 789-6164		(Check One) <input type="checkbox"/> Check <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard																											
Visit us at our website: <a href="http://www.CIFtshirts.com">www.CIFtshirts.com</a>		<table border="1"> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> <tr> <td colspan="9">Expiration Date</td> <td></td> </tr> </table>																		Expiration Date									
Expiration Date																													
		Signature _____																											



# CIF SOUTHERN SECTION BUSINESS PARTNERS

*Supporting Southern California's Student-Athletes*



Title Partner of the  
CIF Southern Section – **TOYOTA** Championships  
& Official Vehicle of the CIF-SS



**FARMERS**

The CIF Championships  
Presenting Sponsor



Official Home of the CIF-SS  
Championship Events



Official Sporting Goods  
Team Dealer of the CIF-SS



Official Ball  
of the CIF-SS



Official Baseball Supplier  
of the CIF-SS



Official Partner  
of the CIF-SS



Supporting Partner  
of the CIF



Supporting Partner  
of the CIF-SS



Supporting Partner  
of the CIF-SS



Official Water Polo Ball  
of the CIF-SS



Supporting Partner  
of the CIF



Supporting Partner  
of the CIF-SS



Supporting Partner  
of the CIF-SS



Supporting Partner  
of the CIF-SS



Supporting Partner  
of the CIF-SS



Supporter of  
CIF-SS Tennis



Co-Partner  
of the CIF-SS  
Academic-Athlete Awards



Official Badminton  
Supplier of the CIF-SS



Co-Partner  
of the CIF-SS  
Academic-Athlete Awards



Presenting the  
All-LA14 Teams