

- Principal
- Athletic Director
- Head Cross Country Coach

2004 NCS/LES SCHWAB TIRES CROSS COUNTRY CHAMPIONSHIPS

*Alcosta Business Center
12925 Alcosta Blvd., Suite 8
San Ramon CA 94583
Phone: 925-866-8400 Fax: 925-866-7100*

TO: CROSS COUNTRY COACHES OF DIVISION I, II, III, IV & V
SCHOOLS, PRINCIPALS, ATHLETIC DIRECTORS, LEAGUE
COMMISSIONERS, MEET DIRECTORS, MANAGEMENT
COMMITTEE, NCS COMMISSIONER, PREP EDITOR AND NCS
STAFF.

FROM: Gil Lemmon, Associate Commissioner

DATE: September, 2004

*** * * IMPORTANT CROSS COUNTRY INFORMATION * * ***

FINAL DATE FOR LEAGUE COMPETITION: Saturday, November 13, 2004

NCS MEET OF CHAMPIONS (STATE QUALIFYING) MEET: Div. I, II, III, IV and V Sat. Nov. 20, 2004.

SITE: Hayward High School, 1633 East Ave.
Hayward CA 94541

MEET DIRECTOR:	Tim Bruder, Alhambra High School 150 E Street Martinez CA 94553 925-313-0439 Fax: 925-229-1844 or 925-944-9582	Doyle O'Regan, Piedmont High School 800 Magnolia Ave. Piedmont CA 94611 510-653-4692
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The NCS/Les Schwab Tires Cross Country Championships will be conducted in five (5) divisions. Schools will compete in the division determined by the 2003 CBED enrollment for grades 10, 11 and 12; unless a school incurs a gain/loss of enrollment of a minimum of fifteen (15) percent in the current year (October 2004 CBED), then the October 2004 CBED enrollment figures shall be used in place of the 2003 CBEDS enrollment figures to determine the school's division for 2004 (per CIF Bylaws).

NO Petitioning Up – Schools will be required to participate in the division that has been established by their respective CIF Section using the previous years' CBEDS enrollment. Exception: In CIF Sections with fewer than 30 schools, the CIF Section may allow all of their schools to compete in Division I.

The State CIF/NCS Divisions are as follows:

<u>Division</u>	<u>NCS/CIF Enrollment Divisions</u>
I	1500 and up
II	1150 - 1499
III	811 - 1149
IV	351- 810
V	350 or less

Coaches are reminded that they must submit the "Certification of Authorized Personnel" form, signed by the principal, when they pick up their packet. Student-athletes will not be allowed to compete if this form is not submitted. Please do not send this form to the NCS Office.

CROSS COUNTRY DIVISIONS 2004-05
BASED ON 2003-04 CBEDS ENROLLMENT – GRADES 10-12

DIVISION I – 1500 & ABOVE

AMADOR VALLEY HIGH SCHOOL	1541	DEER VALLEY HIGH SCHOOL	2424	NEWARK MEMORIAL HIGH SCHOOL	1568
ANTIOCH HIGH SCHOOL	2025	FOOTHILL HIGH SCHOOL	1597	PITTSBURG HIGH SCHOOL	1741
BERKELEY HIGH SCHOOL	2306	JAMES LOGAN HIGH SCHOOL	3228	SAN LEANDRO HIGH SCHOOL	1707
CALIFORNIA HIGH SCHOOL	1560	LIBERTY HIGH SCHOOL	1583		
CASTRO VALLEY HIGH SCHOOL	1810	MONTE VISTA HIGH SCHOOL	1617		
DE LA SALLE HIGH SCHOOL	1554	MT. EDEN HIGH SCHOOL	1672		

DIVISION II 1150-1499

ALAMEDA HIGH SCHOOL	1318	GRANADA HIGH SCHOOL	1443	PINOLE VALLEY HIGH SCHOOL	1249
AMERICAN HIGH SCHOOL	1250	HAYWARD HIGH SCHOOL	1441	RANCHO COTATE HIGH SCHOOL	1445
ARROYO HIGH SCHOOL	1270	IRVINGTON HIGH SCHOOL	1326	RICHMOND HIGH SCHOOL	1340
CARONDELET HIGH SCHOOL	1268	LAS LOMAS HIGH SCHOOL	1238	SAN RAMON VALLEY HIGH SCHOOL	1481
CASA GRANDE HIGH SCHOOL	1260	LIVERMORE HIGH SCHOOL	1447	SANTA ROSA HIGH SCHOOL	1453
CLAYTON VALLEY HIGH SCHOOL	1486	MISSION SAN JOSE HIGH SCHOOL	1440	SONOMA VALLEY HIGH SCHOOL	1217
COLLEGE PARK HIGH SCHOOL	1453	MONTGOMERY HIGH SCHOOL	1389	TENNYSON HIGH SCHOOL	1443
ELSIE ALLEN HIGH SCHOOL	1207	MT. DIABLO HIGH SCHOOL	1234	UKIAH HIGH SCHOOL	1378
EUREKA HIGH SCHOOL	1222	NORTHGATE HIGH SCHOOL	1159	WASHINGTON HIGH SCHOOL	1429
FREEDOM HIGH SCHOOL	1381	PETALUMA HIGH SCHOOL	1161	YGNACIO VALLEY HIGH SCHOOL	1168

DIVISION III – 811-1149

ACALANES HIGH SCHOOL	955	DUBLIN HIGH SCHOOL	951	NOVATO HIGH SCHOOL	847
ALBANY HIGH SCHOOL	817	EL CERRITO HIGH SCHOOL	1111	PINER HIGH SCHOOL	1012
ALHAMBRA HIGH SCHOOL	1016	EL MOLINO HIGH SCHOOL	844	REDWOOD HIGH SCHOOL	1120
ANALY HIGH SCHOOL	1059	ENCINAL HIGH SCHOOL	885	SAN LORENZO HIGH SCHOOL	1077
CAMPOLINDO HIGH SCHOOL	1032	HERCULES HIGH SCHOOL	874	SAN MARIN HIGH SCHOOL	870
CONCORD HIGH SCHOOL	1065	JOHN F. KENNEDY - FREMONT	939	SIR FRANCIS DRAKE HIGH SCHOOL	836
DE ANZA HIGH SCHOOL	1088	MARIA CARRILLO HIGH SCHOOL	1081	TAMALPAIS HIGH SCHOOL	876
DEL NORTE HIGH SCHOOL	870	MIRAMONTE HIGH SCHOOL	1025	WINDSOR HIGH SCHOOL	998

DIVISION IV – 351-810

ARCATA HIGH SCHOOL	751	JUSTIN-SIENA HIGH SCHOOL	477	ST. HELENA HIGH SCHOOL	383
BISHOP O'DOWD HIGH SCHOOL	806	KELSEYVILLE HIGH SCHOOL	472	ST. JOSEPH NOTRE DAME HIGH SCHOOL	375
CARDINAL NEWMAN HIGH SCHOOL	564	LOWER LAKE HIGH SCHOOL	595	ST. MARY'S COLLEGE HIGH SCHOOL	447
CLEAR LAKE HIGH SCHOOL	367	MARIN CATHOLIC HIGH SCHOOL	528	ST. PATRICK/ST. VINCENT HIGH SCHOOL	486
FORT BRAGG HIGH SCHOOL	470	MCKINLEYVILLE HIGH SCHOOL	589	TERRA LINDA HIGH SCHOOL	733
FORTUNA HIGH SCHOOL	779	MIDDLETOWN HIGH SCHOOL	391	URSULINE HIGH SCHOOL	516
HEALDSBURG HIGH SCHOOL	710	MOREAU CATHOLIC HIGH SCHOOL	758	WILLITS HIGH SCHOOL	485
HOLY NAMES HIGH SCHOOL	392	PIEDMONT HIGH SCHOOL	710		
JOHN F. KENNEDY H.S.- RICHMOND	699	SALESIAN HIGH SCHOOL	411		
JOHN SWETT HIGH SCHOOL	441	SAN RAFAEL HIGH SCHOOL	786		

DIVISION V – 350 AND FEWER

ANDERSON VALLEY HIGH SCHOOL	135	HANNA BOYS CENTER	30	POTTER VALLEY HIGH SCHOOL	58
ARROWSMITH ACADEMY	98	HEAD-ROYCE SCHOOL	236	REDWOOD ADVENTIST ACADEMY	37
ATHENIAN SCHOOL	219	HOOPA VALLEY HIGH SCHOOL	193	RINCON VALLEY CHRISTIAN HIGH	133
BENTLEY UPPER SCHOOL	163	INTERNATIONAL HIGH SCHOOL FAIS	250	RIO LINDO ADVENTIST ACADEMY	145
BEREAN CHRISTIAN HIGH SCHOOL	324	JEWISH COMMUNITY HIGH SCHOOL	53	ROUND VALLEY HIGH SCHOOL	91
BRANSON SCHOOL	243	LAYTONVILLE HIGH SCHOOL	120	ROSELAND PREP	0
CALIFORNIA SCHOOL FOR THE DEAF	158	LEADERSHIP HIGH SCHOOL	289	SAN DOMENICO HIGH SCHOOL	217
CALISTOGA JR/SR HIGH SCHOOL	186	LEGGETT VALLEY HIGH SCHOOL	36	SAN FRANCISCO UNIVERSITY H. S.	306
CHINESE CHRISTIAN SCHOOL	155	LICK WILMERDING HIGH SCHOOL	291	SAN FRANCISCO WALDORF HIGH	84
CLOVERDALE HIGH SCHOOL	304	LIONEL WILSON COLLEGE PREP ACAD	88	SANTA ROSA CHRISTIAN SCHOOL	70
COLLEGE PREPARATORY SCHOOL	242	MARIN ACADEMY HIGH SCHOOL	305	SONOMA ACADEMY	94
CONTRA COSTA CHRISTIAN HIGH	59	MARIN SCHOOL	74	SOUTH FORK HIGH SCHOOL	264
CONVENT OF THE SACRED HEART HS	290	MARIN SCHOOL OF ARTS &	0	SOUTHERN TRINITY HIGH SCHOOL	29
CORNERSTONE ACADEMY	51	MATTOLE TRIPLE JUNCTION HIGH	17	ST. BERNARD CATHOLIC SCHOOL	90
CRYSTAL SPRINGS UPLANDS SCHOOL	189	MENDOCINO HIGH SCHOOL	272	ST. ELIZABETH HIGH SCHOOL	206
DEEP VALLEY CHRISTIAN SCHOOL	53	NORTH BAY CHRISTIAN ACADEMY	0	ST. VINCENT HIGH SCHOOL	280
DREW SCHOOL	188	NORTHCOAST PREPARATORY ACADEMY	52	STUART HALL HIGH SCHOOL	114
EAST BAY WALDORF SCHOOL	0	OAKLAND MILITARY INSTITUTE	0	SUMMERFIELD WALDORF of SANTA	58
EMERY HIGH SCHOOL	196	ORINDA ACADEMY	76	TOMALES HIGH SCHOOL	172
FERNDALE HIGH SCHOOL	133	PACIFIC UNION COLLEGE PREP SCHOOL	71	UNIVERSITY PREP CHARTER ACADEMY	160
FULL CIRCLE MARIN SCHOOL	3	PESCADERO HIGH SCHOOL	40	UPPER LAKE HIGH SCHOOL	282
GATEWAY HIGH SCHOOL	0	PLEASANT HILL CHRISTIAN SCHOOL	68	URBAN SCHOOL OF SAN FRANCISCO	181
GEYSERVILLE HIGH SCHOOL	38	POINT ARENA HIGH SCHOOL	141		

ENTRIES

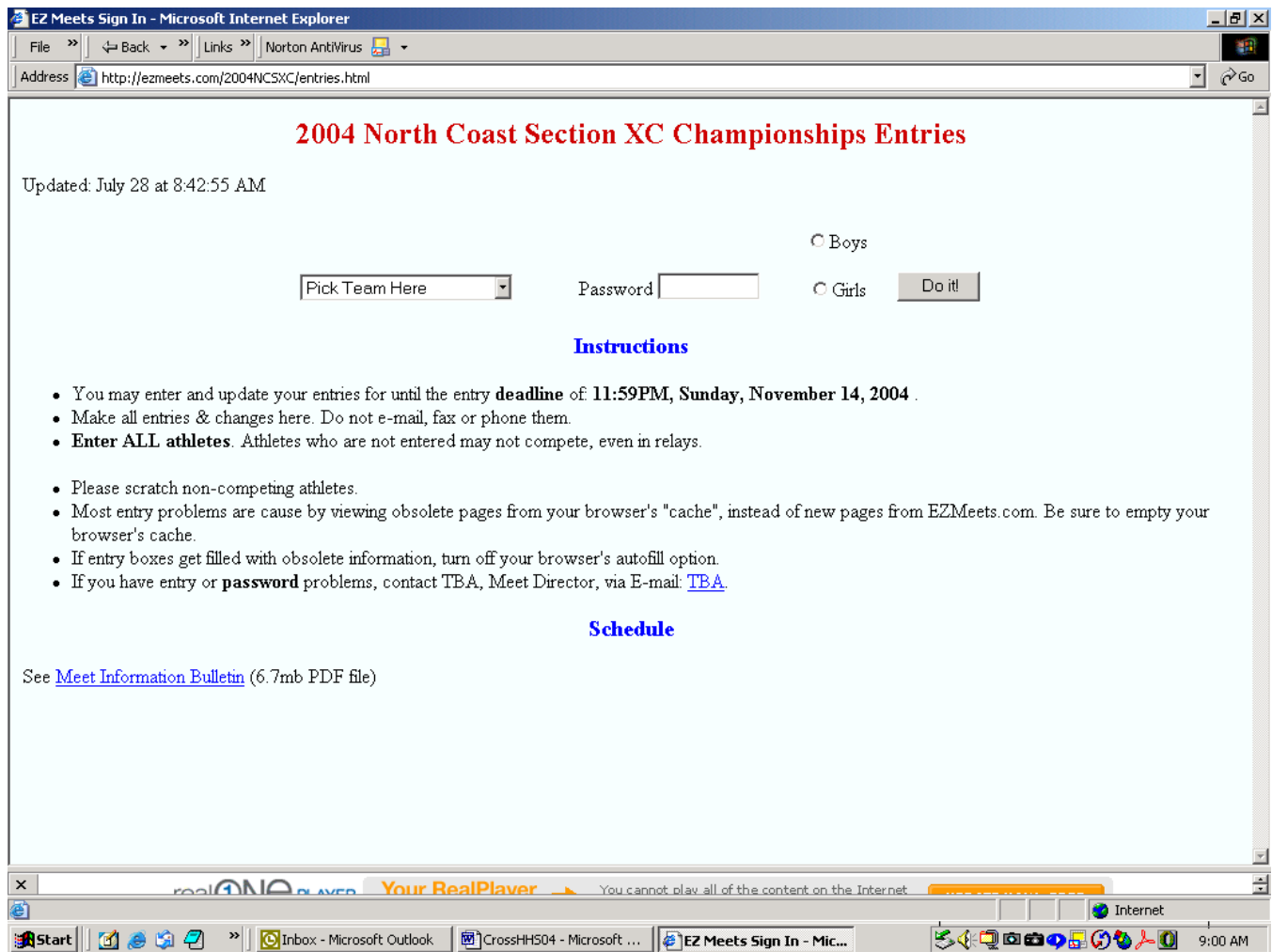
EACH SCHOOL MUST ENTER THEIR OFFICIAL ENTRIES

Each coach must individually enter his/her official entries, team or individuals, by using EZMeets.com web site. The deadline for the acceptance of entries is Sunday, November 14, 2004, prior to midnight. There will be no exceptions. Although the entry deadline is Sunday, November 14, 2004 coaches may enter their school's potential entries as of the reception of their school's password.

PROCEDURES FOR ENTERING YOUR SCHOOLS POTENTIAL PARTICIPANTS

Each school must have their school's password prior to entering your athletes. A separate letter will be mailed to all NCS head cross country coaches with this information in the month of October.

Once you have your password log onto the Internet. Go to <http://www.EZMeets.com>. You may also go to the NCS web site, www.cifncc.org, choose the sport of cross country and click on the EZMeets.com link. Once at the EZMeets.com web site scroll down to "North Coast Section XC Meet of Champions" and Click "Enter Athletes" or "Entries". This will take you to the NCS entries home page. Below is a copy of the NCS entry home page.



2004 North Coast Section XC Championships Entries

Updated: July 28 at 8:42:55 AM

Boys
 Girls

Pick Team Here Password

Instructions

- You may enter and update your entries for until the entry **deadline** of **11:59PM, Sunday, November 14, 2004**.
- Make all entries & changes here. Do not e-mail, fax or phone them.
- **Enter ALL athletes.** Athletes who are not entered may not compete, even in relays.
- Please scratch non-competing athletes.
- Most entry problems are caused by viewing obsolete pages from your browser's "cache", instead of new pages from EZMeets.com. Be sure to empty your browser's cache.
- If entry boxes get filled with obsolete information, turn off your browser's autofill option.
- If you have entry or **password** problems, contact TBA, Meet Director, via E-mail: TBA.

Schedule

See [Meet Information Bulletin](#) (6.7mb PDF file)

Follow the instructions on the "NCS Entries" home page at EZMeets.com web site to enter your school entries.

Your school's password will be mailed to you in early October. If your school does not receive the information please call the NCS Office and speak to Gil Lemmon, Associate Commissioner.

You may enter, change or scratch athletes at any time. Initially, you may enter more than seven (7) participants. **However, when your team arrives at the NCS/Les Schwab Tires Cross Country Championships you will be limited to seven (7) runners per team.** Prior to the November 14, 2004 entry deadline we ask that each school update the entries. If, due to injury, or for some other reason, your school is not sure exactly who will participate, it is permissible, and more desirable, to have the additional names listed on the entry list. However, the limitation of seven (7) runners on the day of the NCS Cross Country Championships may not be violated. Each time you visit the EZMeets.com web site and alter your school's entries print a copy of the entry page and keep it as a receipt. Please do this at the end of each on-line session. Contact the NCS Office with any questions or concerns.

Team Qualifications: All NCS member schools are eligible to participate in the NCS/Les Schwab Tires Cross Country Championships. Complete teams consist of a minimum of 5 and maximum of 7 eligible competitors.

Individual Qualifications: All NCS member schools may enter individual finishers (whether members of a team or not) in each division from each league meet.

RACE SCHEDULE

WALK THE COURSE 7:30 - 8:45 A.M.			
9:00 am	Division II Boys' Race	11:30 am	Division V Girls' Race
9:30 am	Division III Boys' Race	12:00 pm	Division I Boys' Race
10:00 am	Division II Girls' Race	12:30 pm	Division IV Girls' Race
10:30 am	Division III Girls' Race	1:00 pm	Division V Boys' Race
11:00 am	Division IV Boys' Race	1:30 pm	Division I Girls' Race

NATIONAL FEDERATION CROSS COUNTRY RULES

The National Federation rules will be enforced at all NCS/Les Schwab Tires Cross Country Championship events. Uniforms must comply with the rules.

CERTIFICATION OF COACHES - Instructions

CIF (506) and NCS (209) Bylaws require that coaches meet certain standards. The State of Calif. Education Code requires that all public school teams must be under the supervision of a person who meets all of the requirements of California Administrative Code Title V, Section 5531. Coaches of non-public schools must be engaged by that school on a yearly contract basis and be certified by the administrator of that school as competent for that position held.

In each case the principal of the school must sign a Certificate of Authorized Personnel form (see page 12) and each coach is required to bring the form to the NCS Cross Country Championships. This form, signed by the principal, must be submitted when coaches' packets are picked up prior to the start of competition. No students will be allowed to compete until their coach is present with a properly completed Certificate of Authorized Personnel form.

ADMISSION

Participating schools will list team party members on a gate list. (See page 11)

Team Party - includes up to two coaches, certified trainer and team drivers. Participants listed on the gate list will be admitted as a group without a ticket. The coach must be present at the gate to identify these participants.

ADMISSION FEES

General Admission (Adults) \$5.00
Special \$3.00 (Seniors, Students, & Children with Adults)

SOUVENIRS

Schools may purchase NCS/Les Schwab Tires Meet of Champions Championship Cross Country T-Shirts (\$15.00, XX Lg. shirts are \$17.), Long sleeve T-shirts (\$18.00, XXLg. shirts are \$20.00), sweatshirts (\$30.00, XXLg. Sweatshirts are \$32.00), hats (\$15.00), Windshirts (\$45.00, XXLg. \$47.00), patches (\$15.00) and Polo shirts (\$25.00, XXLg. \$27.00) at the 2004 NCS Meet of Champions Cross Country Championships. Souvenir programs will also be sold at the NCS Meet of Champions Cross Country Championship for \$4.00. Schools may also order NCS Meet of Champions Cross Country Championship T-Shirts, patches and other NCS souvenirs using the enclosed souvenir order form. Coaches may use check, cash, MasterCard, Visa, American Express, Discover, school purchase order, requisition form and school billing to purchase souvenirs. See the Souvenir order form on page 9 to order souvenirs. Call the NCS office if you have any questions. Information regarding souvenirs is also available at the NCS Internet Web Site - <http://www.cifncs.org>.

AWARDS

The following awards will be presented according to the awards schedule below:

- a) Plaques to each Girls' and Boys' championship teams,
- b) Pennants to the first and second place Boys' and Girls' teams in all Divisions
- c) Certificates for all participants
- d) NCS will provide medals to the teams in the following manner. The number of state qualifying teams plus one. Seven (7) medals per team will be provided per team of seven.
- e) The top five individuals not on a qualifying team will receive medals.

Awards Schedule:

10:30 am	Boys' Division II	11:30 am	Girls' Division III
10:50 am	Girls' Division II	11:50 am	Boys' Division IV
11:10 am	Boys' Division III	12:20 pm	Girls' Division V

12:55 pm Boys' Division I
1:25 pm Girls' Division IV

2:00 pm Boys' Division V
2:20 pm Girls' Division I

ATHLETIC TRAINER

An athletic trainer will be available to athletes for the duration of the 2004 NCS/Les Schwab Tires Cross Country Championships. Trainers at NCS/Les Schwab Tires Championship Series Events are present for paramedic services. These services will be performed by licensed Registered Physical Therapists (RPT) and/or Certified Athletic Trainers. Trainers will perform only those services that are within the scope of the Physical Therapist license or the NATA certification of athletic trainers. During NCS Championship Series Events trainers will respond to emergencies immediately. All other non-emergency services may be provided, however, they may be interrupted or may become unavailable if an emergency arises. Trainers do not replace the responsibility of the coach of each represented school as the responsible party of their athlete's medical care. Coaches are expected to have a medical kit as well as all emergency medical forms necessary to respond to the health and welfare of their athletes.

DIRECTIONS

Hayward High School is located in Hayward, CA – just south of Oakland. Take Hwy. 880 north or south to the Jackson St. exit. Proceed east. Just past the large intersection of Mission Blvd. and Jackson turn right on Main St. At the dead end turn left onto E St. Follow E St. to East Ave. and Hayward High School.

BILLING OF ENTRY FEES

The North Coast Section will bill each league/conference commissioner for the total entry fees for each entrant to the Meet of Champions at the rate of \$55.00 per team of five or more competitors (maximum of seven) or \$7.00 per individual competitor.

CIF STATE CROSS COUNTRY CHAMPIONSHIPS – Saturday, November 27, 2004 at Woodward Park,

Fresno. The State CIF will mail CIF State Cross Country Championship Bulletins to each CIF member school. The following criteria shall be used to determine the number of teams and individuals who will qualify to the CIF State Cross Country Championships:

Automatic Teams

Team entries into the State CIF Cross Country Championships shall be based on a formula that is 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. Based on the above criteria North Coast Section will have the following entries to the 2004 State CIF Cross Country Championships:

	Boys	Girls
Division I	2 entries	2 entries
Division II	4 entries	4 entries
Division III	4 entries	4 entries
Division IV	3 entries	4 entries
Division V	4 entries	4 entries

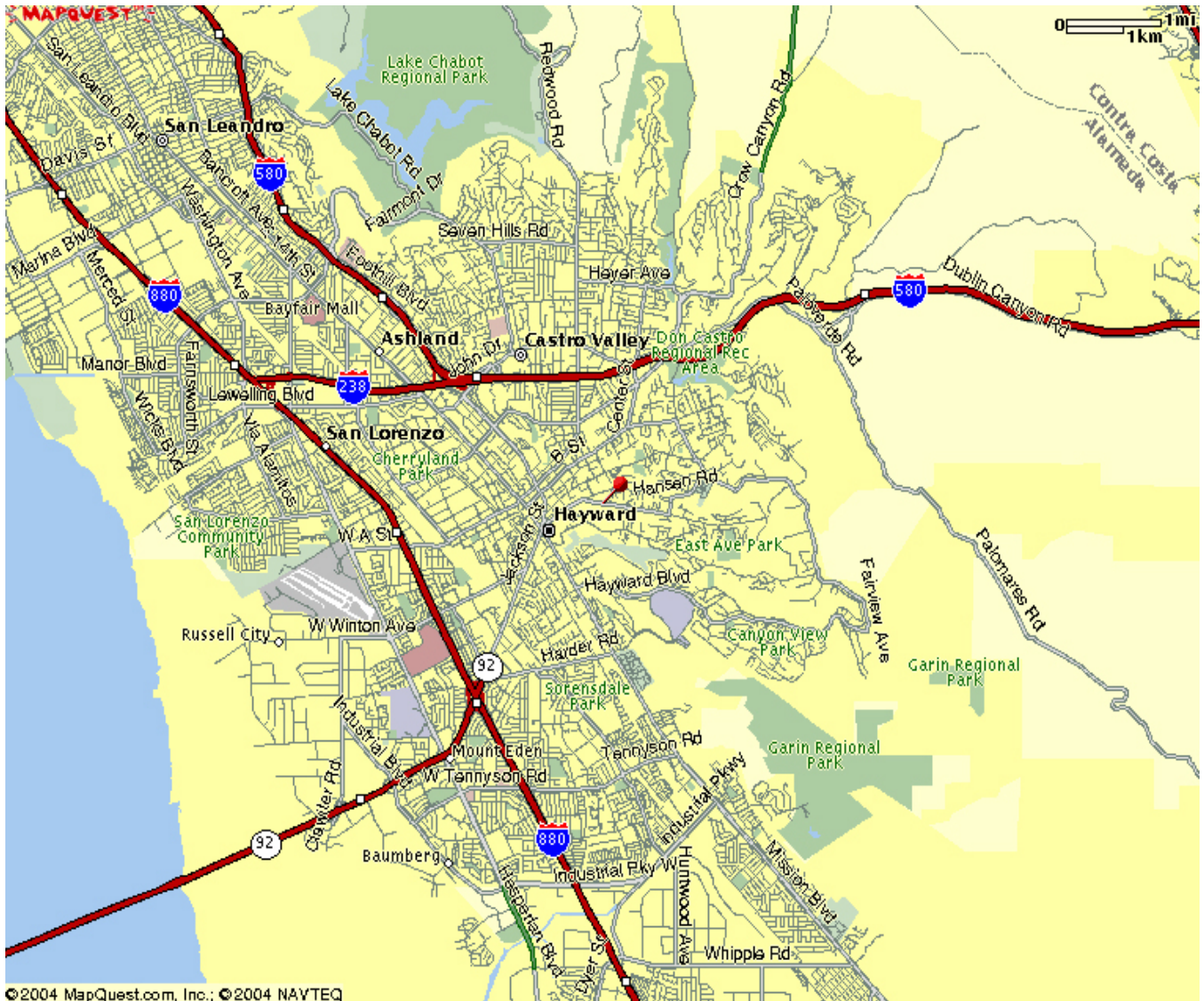
Individuals

The top five highest placed individuals (not on an automatic team entry), per the criteria below in each division will qualify from section to state meet finals.

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

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

Map of City of Hayward and surrounding area

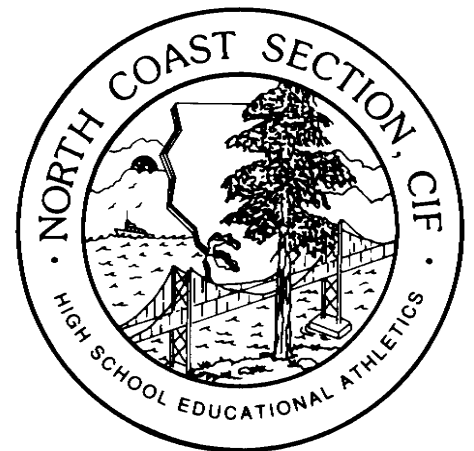




Fundamentals of Sportsmanship

- A. Gain an understanding and appreciation for the rules of the contest.**
Being well informed is essential. Know the rules. Refrain from expressing opinions on decisions made by officials and coaches.
- A. Exercise representative behavior at all times.**
The true value of interscholastic competition relies upon everyone exhibiting behavior which is representative of a sound value base. Your behavior influences others whether you are aware of it or not.
- B. Exhibit respect for the officials.**
The officials of any contest are trained, impartial arbitrators who perform to the best of their ability. Mistakes by all those involved are a part of every contest. We should not rationalize our own poor or unsuccessful performance by placing responsibility on an official. A rule of good sportsmanship is to accept and abide by the decision made.
- C. Openly display respect for the opponent at all times.**
Opponents are guests and should be treated cordially, provided with the best accommodations, and accorded tolerance at all times. Be a positive representative of your school, team or family.
- D. Display pride in your actions at every opportunity.**
Never allow your ego to interfere with good judgment and your responsibility as a school representative. Regardless of whether you are an adult, student, player, coach or official this value is paramount since it suggests that you care about yourself and how others perceive you.

**Sportsmanship
Reveals Character –
regardless of
the final outcome.**



The Key
Sportsman

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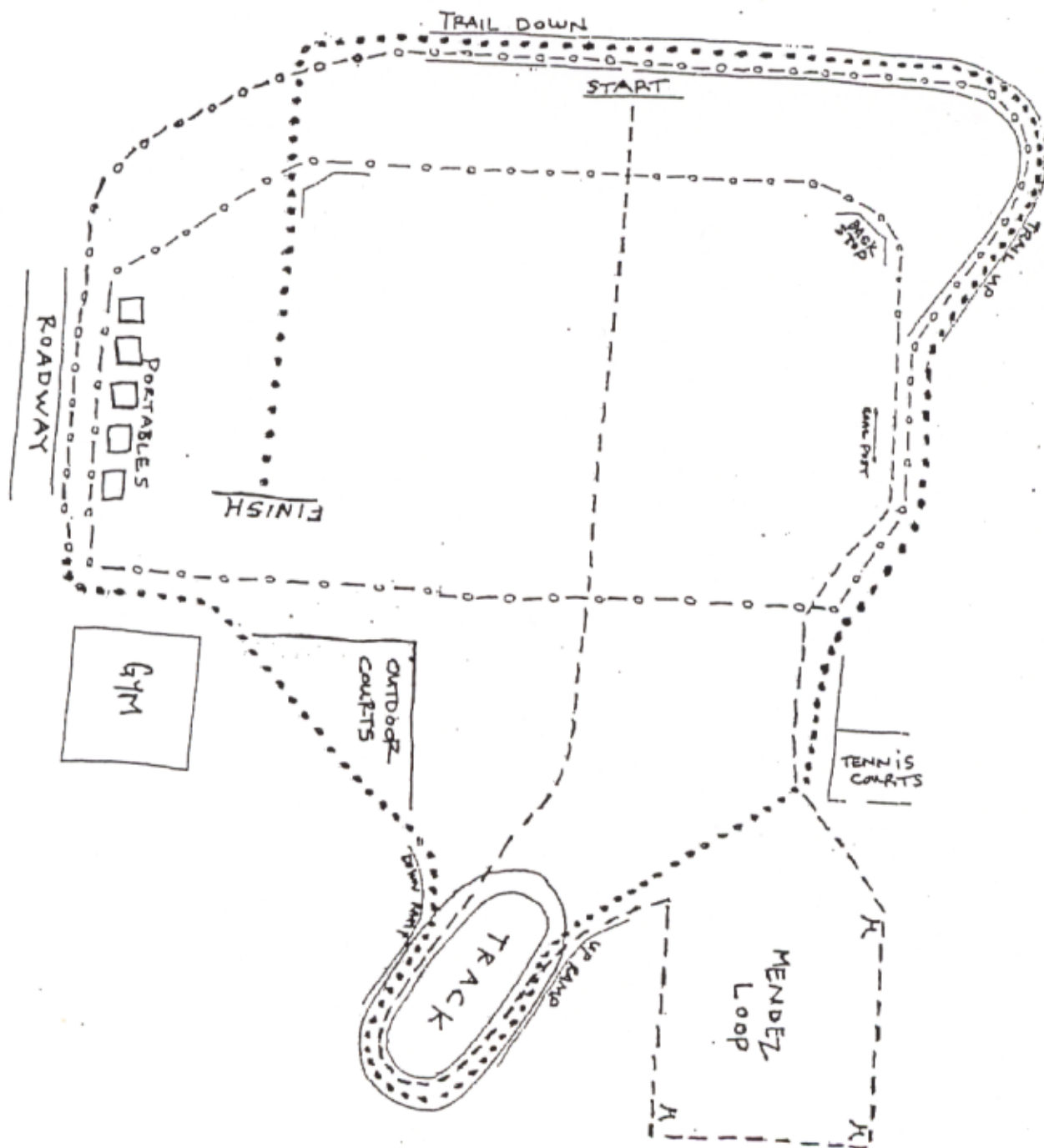
Respect the
of meet of

NORTH COAST SECTION, CIF

2004 NCS/Les Schwab Tires CROSS COUNTRY CHAMPIONSHIPS

COURSE MAP

(The NCS Web Site – www.cifncs.org will post any changes prior to the NCS/Les Schwab Tires Cross Country Championships. While changes are not anticipated weather could cause minor changes to the course.)



NCS Order Form

CROSS COUNTRY

Payment must accompany all orders

Send to:
 North Coast Section, CIF
 12925 Alcosta Blvd. Suite 8
 San Ramon, CA 94583
 (925) 866-8400
 Fax: (925) 866-7100
 www.cifncs.org

DESCRIPTION	QTY.	UNIT PRICE	UNIT TOTAL	SHIPPING CHARGE	SHIPPING TOTAL	TOTAL
T-Shirt (Circle size needed) S M L XL (XXL add \$2.00)		\$15.00		\$3.50/ea*		
Hooded Sweatshirt (Circle size needed) S M L XL (XXL add \$2.00)		\$30.00		\$3.50/ea*		
Long Sleeve T-Shirt (Circle size needed) S M L X (XXL add \$2.00)		\$18.00		\$3.50/ea*		
NCS Polo Shirt (Circle size needed) (Black Ash Navy White) S M L XL (XXL add \$2.00)		\$25.00		\$3.50/ea*		
NCS Hat (circle color) Black Navy Tan Grey Red		\$15.00		\$1.50/ea*		
NCS Visor (circle color) Navy Black Red Grey		\$12.00		\$1.50/ea*		
Patch, Sport _____ ORDER YEAR ROUND		\$15.00		\$1.50/ea*		
Patch, Scholar _____ ORDER YEAR ROUND		\$15.00		\$1.50/ea*		
Patch, Scholastic Team _____ ORDER YEAR ROUND		\$15.00		\$1.50/ea*		
Souvenir Program, Sport ___ (Not Available in Tennis, Golf and Badminton)		\$4.00		\$1.50/ea*		
Blanket		\$25.00		\$3.50/ea*		
Polo Shirts (Circle size needed) S M L XL (XXL add \$2.00) (Natural/Pebble, Pebble/Navy, Cypress/Navy)		\$25.00		\$3.50/ea*		
Wind Shirt – (Circle size needed) S M L XL (XXL add \$2.00) (Tan, Black, Navy, Green)		\$45.00		\$3.50/ea*		
Polar Tec Vest Grey (Circle size needed) S M L XL (XXL add \$2.00)		\$45.00		\$3.50/ea*		

TOTAL DUE

Merchandise subject to availability. All prices subject to change without notice. *Shipping and Handling charges on TEAM ORDERS shall not exceed actual shipping charges plus 1.5%.

Ú WHEN FILLING OUT CREDIT CARDS PLEASE COMPLETE ALL THE FOLLOWING. **DEADLINE TO ORDER: DECEMBER 13, 2004**

METHOD OF PAYMENT Circle One Check, Cash, VISA, MASTERCARD If VISA OR MASTERCARD, DISCOVER, AMEX Complete information at right	Name on Card	Card Number	Expiration Date	Zip Code

Credit cards will be processed the day the merchandise is shipped.

 ()
 Home Phone Date Authorized Signature if using P.O. or school requisition

Receipt: Name _____ NCS Received (Check, Credit, Cash) \$ _____ For _____ Sales Person's Signature _____ Date _____	Address Label (Please Print) Name: _____ Address: _____ City/Zip _____
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MOTELS, HOTELS & RESTAURANTS IN AND AROUND HAYWARD

Miles listed are from Hayward H.S.

<p>Best Western Inn – Hayward 360 West A Street Hayward 510-785-8700</p> <p>Comfort Inn 24997 Mission Blvd. Hayward 510-538-4466 1.0 miles</p> <p>Days Inn - Airport 450 West A Street Hayward 510-670-0555 2.3 miles</p> <p>Days Inn – La Hacienda 24400 Mission Blvd. Hayward 510-537-5404</p> <p>Discovery Inn 333 East Jackson Street Hayward 510-886-7111 1.2 miles</p> <p>Executive Inn – Hayward Airport 20777 Hesperian Blvd. Hayward 510-732-6300 2.7 miles</p> <p>Heritage Inn 410 West A Street Hayward 510-785-0260 Ramada Limited 21598 Foothill Blvd. Hayward 1.4 miles</p> <p>Casa Blanca Motel 1029 D St. Hayward 510-582-7888 0.6 miles</p> <p>Hampton Inn 24137 Mission Blvd. Hayward 510-247-1555 0.7 miles</p> <p>La Hacienda Hotel 24400 Mission Blvd. Hayward 510-537-5404 0.7 miles</p> <p>Super 8 Motel 21800 Foothill Blvd. Hayward 510-733-5012 1.2 miles</p> <p>Phlymore Motel 21172 Mission Blvd. Hayward</p>	<p>510-537-1200 1.6 miles</p> <p>Holiday Inn 2532 Castro Valley Castro Valley 510-538-9501 1.8 miles</p> <p>Comfort Suites 2419 Castro Valley Castro Valley 1.8 miles</p> <p>Econo Lodge 3928 E. Castro Valley Blvd. Castro Valley 510-537-8833 1.8 miles</p> <p>Phoenix Lodge 500 W A Street Hayward 510-786-0417 2.3 miles</p> <p>Valley Inn 17130 Foothill Blvd. Castro Valley 510-276-8151 2.3 miles</p> <p>Budget Inn 16500 Foothill Blvd. Castro Valley 510-276-6290 2.7 miles</p> <p>Hanford Hotels Inc. 20777 Hesperian Blvd. Hayward 510-732-6300 2.7 miles</p> <p>Vagabond Inn 20455 Hesperian Blvd. Hayward 510-785-5480 2.8 miles</p> <p>All Suites Islander Motel 29083 Mission Blvd. Hayward 510-538-8700 2.8 miles</p> <p>Five Eighty Motel 16320 Foothill Blvd. San Leandro 510-276-4484 2.9 miles</p> <p>Restaurants KFC 22872 Main St. Hayward 0.6 miles</p> <p>Subway Sandwiches & Salads 22549 2nd St. Hayward</p>	<p>0.7 miles</p> <p>New York Style Pizza 22640 Vermont St. Hayward 0.7 miles</p> <p>Burger King 24119 Mission Blvd. Hayward 0.7 miles</p> <p>McDonald's 23989 Watkins St. Hayward 0.8 miles</p> <p>Hayward Grill 920 C St. Hayward 0.8 miles</p> <p>Round Table Pizza 22457 Foothill Blvd. Hayward 0.8 miles</p> <p>Togo's Eatery 798 Jackson St. Hayward 0.8 miles</p> <p>Pizza Express 22323 Redwood Rd. Castro Valley 0.8 miles</p> <p>International House Of Pancakes 22222 Foothill Blvd. Hayward 1.1 miles</p> <p>Taco Bell 21600 Foothill Blvd. Hayward 1.2 miles</p> <p>Hill's Coffee Shop 21458 Foothill Blvd. Hayward 1.5 miles</p> <p>Round Table Pizza 157 Harder Rd. Hayward 1.6 miles</p> <p>Round Table Pizza 20261 Patio Dr. Castro Valley 1.6 miles</p> <p>Baker's Square 3360 Castro Valley Castro Valley 1.7 miles</p> <p>Lyon's Restaurant 3240 Castro Valley Blvd. Castro Valley 1.7 miles</p> <p>Lyon's Restaurant</p>
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24100 Mission Blvd.
Hayward
0.7 miles

Banchero's Italian Dinners
20102 Mission Blvd.
Hayward
2.0 miles

NORTH COAST SECTION

CROSS COUNTRY GATE LIST

SCHOOL _____ SITE _____

COACH _____ DATE _____

ASS'T. COACH _____

Gate List to be presented to Gate Personnel upon arrival at site.

There will be no additional personnel allowed on the gate list, please adhere to the gate list policy.

PLEASE NOTE: ONLY ONE NAME PER LINE ALLOWED

TEAM MEMBERS (maximum of 7 per boys and girls team)

- | | |
|----------|----------|
| 1. _____ | 1. _____ |
| 2. _____ | 2. _____ |
| 3. _____ | 3. _____ |
| 4. _____ | 4. _____ |
| 5. _____ | 5. _____ |
| 6. _____ | 6. _____ |
| 7. _____ | 7. _____ |

BUS DRIVER OR TEAM DRIVERS (maximum of 4)

(If a team arrives by bus, only the bus driver will be allowed free admission) (Only drivers that transport team members, up to 4 individuals, will be allowed in free)

1. _____
2. _____
3. _____
4. _____

CERTIFIED ATHLETIC TRAINER

1. _____

NORTH COAST SECTION, CIF
12925 Alcosta Blvd., Suite 8
San Ramon, CA 94583
925-866-8400 925-866-7100

Hand carry to the NCS Cross
Country Championships – Do not
fax to the NCS Office in advance.

CERTIFICATION OF AUTHORIZED PERSONNEL

NCS Bylaws

Article 210 Coaching (CIF 506 & 508)

209.1 All public school teams must be coached by a person who meets the requirements of the California Education Code and the California Administrative Code Title V.

209.2 In the case of a non-public school, a person engaged by that school on a yearly contract basis and certified by the administrator of that school as competent for that position held.

209.3 Teams of affiliated C.I.F. member schools (located outside of California) must be coached by teachers certified in their own state.

Sport CROSS COUNTRY Boys / Girls (Circle one)

Coach's Name _____

Address _____

City _____

Drivers License Number _____

Head Coach () Asst. Coach () _____

I hereby assert & verify that the person named above is employed by _____

High School and meets the requirements of the above bylaw as of this date.

Signature of Principal

Date

Print Name _____

No students will be allowed to compete until their coach is present with a properly completed Certificate of Authorized Personnel form.