

- Principal
- Athletic Director
- Head Cross Country Coach

2006 NCS/LES SCHWAB TIRES CROSS COUNTRY CHAMPIONSHIPS

*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: October, 2006

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

FINAL DATE FOR LEAGUE COMPETITION: Saturday, November 11, 2006

NCS/LES SCHWAB TIRES MEET OF CHAMPIONS (STATE QUALIFYING) MEET: Div. I, II, III, IV and V
Sat. Nov. 18, 2006.

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

CO-MEET DIRECTORS: Tim Bruder, Alhambra High School
School

150 E Street
Martinez CA 94553
925-313-0439 x2078
Fax: 925-229-2097

Doyle O'Regan, Piedmont High
School

800 Magnolia Ave.
Piedmont CA 94611
510-653-4692

The NCS/Les Schwab Tires Cross Country Championships will be conducted in five (5) divisions. Schools must compete in the division determined by their school's 2005 CBED enrollment for grades 9, 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 2006 CBED), then the October 2006 CBED enrollment figures shall be used in place of the 2005 CBEDS enrollment figures to determine the school's division for 2006 (per CIF Bylaws).

NO Petitioning Up – Schools must participate in the division that has been established by their respective CIF Section using the previous years' CBED 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	2,101 and up
II	1,651 – 2,100
III	1,101 – 1,650
IV	500 – 1,100
V	499 or less

**NOTE ↵
CHANGE**



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 2006
BASED ON 2005-06 CBED ENROLLMENT – GRADES 9 - 12

DIVISION I – 2,101 & ABOVE

AMADOR VALLEY HIGH SCHOOL	2450	FREEDOM HIGH SCHOOL	2134	PITTSBURG HIGH SCHOOL	2456
ANTIOCH HIGH SCHOOL	2783	GRANADA HIGH SCHOOL	2221	SAN LEANDRO HIGH SCHOOL	2614
BERKELEY HIGH SCHOOL	3458	JAMES LOGAN HIGH SCHOOL	3997	SAN RAMON VALLEY HIGH SCHOOL	2138
CALIFORNIA HIGH SCHOOL	2431	LIBERTY HIGH SCHOOL	2425		
CASTRO VALLEY HIGH SCHOOL	2800	LIVERMORE HIGH SCHOOL	2101		
COLLEGE PARK HIGH SCHOOL	2134	MONTE VISTA HIGH SCHOOL	2548		
DEER VALLEY HIGH SCHOOL	3367	MT EDEN HIGH SCHOOL	2302		
FOOTHILL HIGH SCHOOL	2328	NEWARK MEMORIAL HIGH SCHOOL	2196		

DIVISION II 1,651– 2,100

ALAMEDA HIGH SCHOOL	1888	HAYWARD HIGH SCHOOL	1954	TENNYSON HIGH SCHOOL	1672
AMERICAN HIGH SCHOOL	2018	IRVINGTON HIGH SCHOOL	2043	UKIAH HIGH SCHOOL	1886
ARROYO HIGH SCHOOL	1986	MISSION SAN JOSE HIGH SCHOOL	2090	WASHINGTON HIGH SCHOOL	2085
CARONDELET HIGH SCHOOL	1684	MONTGOMERY HIGH SCHOOL	1903		
CASA GRANDE HIGH SCHOOL	1941	MT DIABLO HIGH SCHOOL	1692		
CLAYTON VALLEY HIGH SCHOOL	1872	PETALUMA HIGH SCHOOL	1664		
DE LA SALLE HIGH SCHOOL	2010	RANCHO COTATE HIGH SCHOOL	2091		
EUREKA HIGH SCHOOL	1663	SANTA ROSA HIGH SCHOOL	2002		

DIVISION III – 1,101 – 1,650

ACALANES HIGH SCHOOL	1389	EL CERRITO HIGH SCHOOL	1352	PINER HIGH SCHOOL	1369
ALBANY HIGH SCHOOL	1244	ELSIE ALLEN HIGH SCHOOL	1347	REDWOOD HIGH SCHOOL	1506
ALHAMBRA HIGH SCHOOL	1419	HERCULES HIGH SCHOOL	1259	SAN LORENZO HIGH SCHOOL	1617
ANALY HIGH SCHOOL	1389	JOHN F. KENNEDY - FREMONT	1413	SAN MARIN HIGH SCHOOL	1141
BISHOP O'DOWD HIGH SCHOOL	1145	LAS LOMAS HIGH SCHOOL	1636	SONOMA VALLEY HIGH SCHOOL	1604
CAMPOLINDO HIGH SCHOOL	1339	MARIA CARRILLO HIGH SCHOOL	1574	TAMALPAIS HIGH SCHOOL	1165
CONCORD HIGH SCHOOL	1639	MIRAMONTE HIGH SCHOOL	1452	WINDSOR HIGH SCHOOL	1551
DEL NORTE HIGH SCHOOL	1166	NORTHGATE HIGH SCHOOL	1600	YGNACIO VALLEY HIGH SCHOOL	1550
DUBLIN HIGH SCHOOL	1350	NOVATO HIGH SCHOOL	1244		

DIVISION IV – 500 – 1,100

ARCATA HIGH SCHOOL	1051	JOHN SWETT HIGH SCHOOL	595	SIR FRANCIS DRAKE HIGH SCHOOL	1090
CARDINAL NEWMAN HIGH SCHOOL	848	JUSTIN-SIENA HIGH SCHOOL	610	ST. JOSEPH NOTRE DAME HIGH	507
CASTLE ROCK HIGH SCHOOL	530	KELSEYVILLE HIGH SCHOOL	641	ST. MARY'S COLLEGE HIGH SCHOOL	629
CLEAR LAKE HIGH SCHOOL	550	LOWER LAKE HIGH SCHOOL	790	ST. PATRICK/ST. VINCENT HIGH	665
EL MOLINO HIGH SCHOOL	1100	MARIN CATHOLIC HIGH SCHOOL	694	TERRA LINDA HIGH SCHOOL	1049
ENCINAL HIGH SCHOOL	1057	MCKINLEYVILLE HIGH SCHOOL	790	URSULINE HIGH SCHOOL	672
FORT BRAGG HIGH SCHOOL	600	MIDDLETOWN HIGH SCHOOL	547	WILLITS HIGH SCHOOL	673
FORTUNA HIGH SCHOOL	1017	MOREAU CATHOLIC HIGH SCHOOL	930		
HEALDSBURG HIGH SCHOOL	933	PIEDMONT HIGH SCHOOL	942		
HERITAGE HIGH SCHOOL	712	SALESIAN HIGH SCHOOL	583		
HOLY NAMES HIGH SCHOOL	556	SAN RAFAEL HIGH SCHOOL	1067		

DIVISION V – 499 AND FEWER

ASA ACADEMY	22	GATEWAY HIGH SCHOOL	437	SAN FRANCISCO WALDORF HIGH	125
ATHENIAN SCHOOL	296	HEAD-ROYCE SCHOOL	324	SANTA ROSA CHRISTIAN SCHOOL	74
BAY SCHOOL OF SAN FRANCISCO	123	HOOPA VALLEY HIGH SCHOOL	216	SONOMA ACADEMY	173
BENTLEY UPPER SCHOOL	320	INTERNATIONAL HIGH SCHOOL FAIS	321	SOUTH FORK HIGH SCHOOL	350
BEREAN CHRISTIAN HIGH SCHOOL	431	LICK WILMERDING HIGH SCHOOL	418	SOUTHERN TRINITY HIGH SCHOOL	59
BRANSON SCHOOL	321	MARIN ACADEMY HIGH SCHOOL	403	ST. BERNARD CATHOLIC SCHOOL	100
CALIFORNIA SCHOOL FOR THE DEAF	202	MENDOCINO HIGH SCHOOL	304	ST. ELIZABETH HIGH SCHOOL	265
CALISTOGA JR/SR HIGH SCHOOL	221	NORTH COAST PREPARATORY ACADEMY	70	ST. HELENA HIGH SCHOOL	499
CHINESE CHRISTIAN SCHOOL	215	POINT ARENA HIGH SCHOOL	177	ST. VINCENT HIGH SCHOOL	387
CLOVERDALE HIGH SCHOOL	409	POTTER VALLEY HIGH SCHOOL	104	STUART HALL HIGH SCHOOL	160
COLLEGE PREPARATORY SCHOOL	330	RINCON VALLEY CHRISTIAN HIGH	190	TOMALES HIGH SCHOOL	214
CONVENT OF THE SACRED HEART HS	434	SAN DOMENICO HIGH SCHOOL	342	UNIVERSITY PREP CHARTER ACADEMY	289
CRYSTAL SPRINGS UPLANDS SCHOOL	246	SAN FRANCISCO UNIVERSITY H. S.	393	UPPER LAKE HIGH SCHOOL	441
FERNDALE HIGH SCHOOL	156			URBAN SCHOOL OF SAN FRANCISCO	295

ENTRIES

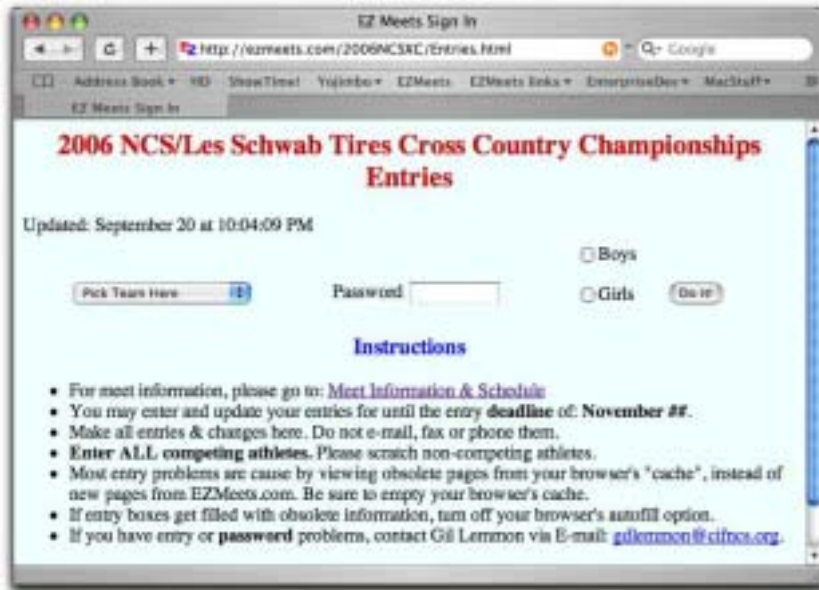
EACH SCHOOL MUST ENTER THEIR OFFICIAL ENTRIES

Each coach must individually enter his/her official entries, team or individuals, using the EZMeets.com website. The deadline for the acceptance of entries is Sunday, November 12, 2006, prior to midnight. There will be no exceptions. Although the entry deadline is Sunday, November 12, 2006 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 athletic directors and 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 website, www.cifncs.org, choose the sport of cross-country and click on the EZMeets.com link. Once at the EZMeets.com website scroll down to "North Coast Section/Les Schwab Tires 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.



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

Your school's password will be mailed to you in 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 12, 2006 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, too have the additional names listed on the entry list. However, the limitation of seven (7) runners on the day of the NCS/Les Schwab Tires 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 five and maximum of seven eligible competitors.

Individual Qualifications: All NCS member schools may enter individual finishers (fewer than five team members) in each division.

RACE SCHEDULE

WALK THE COURSE 7:30 - 8:45 A.M.

9:00 am	Division IV Boys= Race
9:30 am	Division V Boys= Race
10:00 am	Division IV Girls= Race
10:30 am	Division V Girls= Race
11:00 am	Division I Boys= Race
11:30 am	Division II Girls= Race
12:00 pm	Division III Boys= Race
12:30 pm	Division I Girls= Race
1:00 pm	Division II Boys= Race
1:30 pm	Division III 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 14) 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.

CHUTE PERSONNEL

Meet management is looking for experienced individuals who would be willing to work the finish chute during each race. If you are interested, or know of someone who is interested, please contact Mr. Chuck Woolridge, cross country coach at Campolindo High School at iiffb@comcast.net regarding this very important responsibility.

NFHS CROSS COUNTRY UNIFORM RULES

All 2006 National Federation Cross Country Rules will be followed. Coaches are encouraged to review the 2006 NFHS Cross Country Rules Book concerning all rules of competition. Additional information concerning jewelry is located on page 8 of this bulletin.

ADMISSION

Participating schools will list team party members on a gate list. (See page 13)

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), Wind shirts (\$45.00, XXLg. \$47.00), patches (\$15.00) and Polo shirts (\$25.00, XXLg. \$27.00) at the 2005 NCS/Les Schwab Tires Meet of Champions Cross Country Championships. Souvenir programs will also be sold at the NCS/Les Schwab Tires Meet of Champions Cross Country Championship for \$4.00. Schools may also order NCS/Les Schwab Tires 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 11 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) The top three teams in each division will receive medals. Seven (7) medals will be provided per team of seven.
- e) The **top seven** individuals in each race will receive medals.

Awards Schedule:

10:30 am	Boys' Division IV	12:20 pm	Girls' Division II
10:50 am	Girls' Division IV	12:55 pm	Boys' Division III
11:10 am	Boys' Division V	1:25 pm	Girls' Division I
11:30 am	Girls' Division V	2:00 pm	Boys' Division II
11:50 am	Boys' Division I	2:20 pm	Girls' Division III

ATHLETIC TRAINER

An athletic trainer will be available to athletes for the duration of the 2006 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/Les Schwab Tires 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.

RESTROOM FACILITIES

The NCS/Les Schwab Tires Cross Country Championship meet management have arranged for portable toilets and use of Hayward High School's restroom facilities. Spectators are asked to use restroom facilities in the area of the main gate and gymnasium. Participants may use the same facilities or additional facilities in the area just north of the starting line. Two portable facilities and school restrooms will be available in this area. Please plan accordingly.

EXTRA NON-RELATED CROSS COUNTRY ACTIVITIES

In respect and safety for competing athletes and best possible spectator observation possibilities meet management ask that no other non-related cross country activities be conducted during the championships. Such activities include, but are not limited to, football, Frisbees, basketballs, baseball, other games, etc. Your cooperation in advance is greatly appreciated.

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.

REVIEW OF COURSE PRIOR TO THE DAY OF THE RACE

The Hayward High School cross-country course is not available for review until after 3:30 p.m. during the school week. Please do not enter the campus prior to 3:30 p.m. during the week. Cross-country teams should not be on campus without proper supervision. Hayward High School administration has been asked to contact the NCS Office concerning any violation of this request. While on campus there is the possibility that no restrooms will be available. Please plan accordingly. Thank you in advance for your cooperation.

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 \$60.00 per team of five or more competitors (maximum of seven) or \$7.00 per individual competitor.

CIF STATE CROSS COUNTRY CHAMPIONSHIPS – Saturday, November 25, 2006 at Woodward Park, Fresno.

The State CIF will mail CIF State Cross Country Championship Bulletins to each CIF member school. The State CIF Cross Country Championship Bulletin is also available online at www.cifstate.org. 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 2006 State CIF Cross Country Championships:

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

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

Divisions Qualifying Three Teams – Individuals must place in the top 14 at section finals to qualify.

Divisions Qualifying Four Teams – Individuals must place in the top 16 at section finals to qualify.

2005 NCS/Les Schwab Tires Cross Country Championships – Hayward High School



Map of City of Hayward and surrounding area



2006 NCS/Les Schwab Tires Cross Country Championships
CLARIFICATION OF THE NFHS RULES BOOK CONCERNING JEWELRY

Track & Field and Cross Country athletes are prohibited from competing while wearing jewelry. (Track & Field RULE 4, 3-6, X C - Rule 9, 5-7 NFHS 2005 Rules Book). The only exception to this rule is religious and medical medals if not detached, must be taped to the body. A watch may be worn. While not inclusive, the following are some examples of allowed vs. prohibited items. It is the responsibility of each coach to know the rules and instruct each athlete concerning these rules.

Examples of Legal Items:

One watch – worn on the wrist

Religious medal – Medal must be taped to the body under the uniform.

Medical alert bracelet – taped to the wrist with the faceplate showing.

Insulin Pump – approved and verified in writing from physician

Heart monitor – only with physician's statement documenting the need.

Atomizer - only with physician's statement documenting the need

Glasses – preferred framed to eliminate the chance of injury

Rubber bands or elastic bands to control the hair – even if the elastic band has a small piece of metal. (Additional – girls may wear ribbons in the hair that match the school colors) not extreme.

A scrunches or ribbon to control the hair – maximum of two ribbons in total – school colors.

Tattoo – unless objectionable – if objectionable it must be covered.

Regulation headband or knit cap – Must be unadorned except for school name, school nickname, or school mascot, school colors.

Regulation "sweat band" for the head when needed - Must be unadorned except for school name, school nickname, or school mascot, school colors.

An American Flag, not to exceed 2 X 3 inches.

One manufacturer's logo/ trademark is permitted on each piece of apparel which does not exceed 2 ¼ square inches and may not exceed 2 ¼ inches in any direction.

Examples of Illegal Items:

No chains or necklaces.

Cloth/ yarn/ hemp /etc., bracelets.

Rubber band or bands on wrist/ ankle.

Earrings – even if covered with tape.

Rings or any other jewelry/ piercing (ie, navel rings, tongue rings, eyebrow rings, and other pierced body parts)

Barrettes or bobby pins/ beads/etc.

Face/ body paint and or stickers, Glitter.

Baseball hats, scarves, bandannas, do-rags, etc.

Pins, except to hold on competitor numbers.

Ribbons, pins, etc. Attached to the shoes/ shoes/ laces (exception-computer chips)

Clerks, the meet Referee, starters, and Field Event Judges, etc. must still do preventive officiating and check all athletes before they compete. However, if an athlete arrives at the venue to compete /or competes while wearing illegal uniform/other apparel, jewelry, and illegal items/ equipment, he/she will be disqualified.

The games Committee is responsible for the proper operation of the meet.

Rule 3, Section 2. Articles including article 2-3-4 including J – K & O enforced.



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, participant, 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

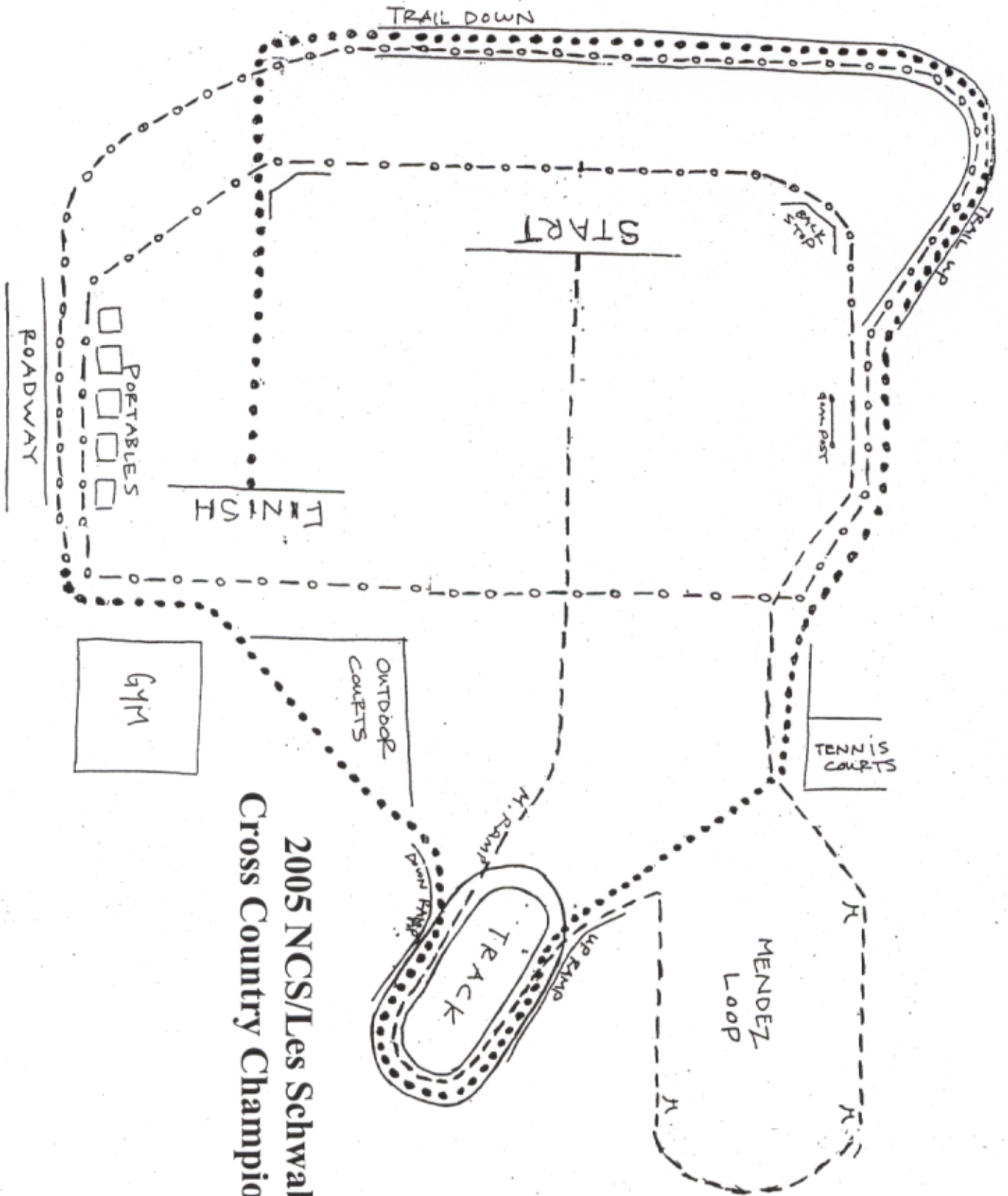
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**2005 NCS/Les Schwab Tires
Cross Country Championships**

NCS Order Form
CROSS COUNTRY
 (Payment must accompany all orders)

DEADLINE TO ORDER: DECEMBER 11, 2006

Description	Sizes					Unit Price	Unit Total	Shipping	Shipping Total
	S	M	L	XL	XXL(add \$2.00)				
T-Shirt						\$15.00		\$3.50each	
Sweatshirt (Hooded)						\$30.00		\$3.50each	
Long Sleeve T-Shirt						\$18.00		\$3.50each	
Patch, Sport (sport/year:_____)						\$15.00		\$1.50each	
Patch, Scholar (sport/year:_____)						\$15.00		\$1.50each	
Patch, Scholastic (sport/year:_____)						\$15.00		\$1.50each	
NCS Hat (circle color: Black, Navy, Tan, Grey, Red)						\$15.00		\$1.50each	
NCS Visor (circle color: Black, Navy, Grey, Red)						\$12.00		\$1.50each	
Program (sport:_____) (not available in Tennis, Golf, Badminton)						\$4.00		\$1.50each	
NCS Blanket						\$25.00		\$3.50each	
Polar Tec Vest (circle color: Black, Grey)						\$45.00		\$3.50each	
Polo Shirts (circle color: Tan, Navy, Black, Green)						\$30.00		\$3.50each	
Windshirts (circle color: Tan, Navy, Black, Green)						\$45.00		\$3.50each	

Tax (8.25%)

TOTAL

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%.**

When filling out credit card orders please complete all of the following. Credit Cards will be processed the day the merchandise is shipped.

Method of Payment (circle one)	Name on card	Expiration Date	Card Number	Zip Code
Cash, Check, VISA, MASTERCARD, AMEX, DISCOVER				

Home phone	Date	Authorized Signature if using P.O. or school requisition

Receipt:
Name:
Payment method:
Sport/location:
Sales person:



Address label (Please Print)
NAME:
ADDRESS:
CITY, ZIP:

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

MOTELS, HOTELS & RESTAURANTS IN AND AROUND HAYWARD

Miles listed are from Hayward H.S.

Best Western Inn – Hayward
360 West A Street
Hayward
510-785-8700

Comfort Inn
24997 Mission Blvd.
Hayward
510-538-4466
1.0 miles

Days Inn - Airport
450 West A Street
Hayward
510-670-0555
2.3 miles

Days Inn – La Hacienda
24400 Mission Blvd.
Hayward
510-537-5404

Discovery Inn
333 East Jackson Street
Hayward
510-886-7111
1.2 miles

Executive Inn – Hayward Airport
20777 Hesperian Blvd.
Hayward
510-732-6300
2.7 miles

Heritage Inn
410 West A Street
Hayward
510-785-0260
Ramada Limited
21598 Foothill Blvd.
Hayward
1.4 miles

Casa Blanca Motel
1029 D St.
Hayward
510-582-7888
0.6 miles

Hampton Inn
24137 Mission Blvd.
Hayward
510-247-1555
0.7 miles

La Hacienda Hotel
24400 Mission Blvd.
Hayward
510-537-5404
0.7 miles

Super 8 Motel
21800 Foothill Blvd.
Hayward
510-733-5012
1.2 miles

Phlymore Motel
21172 Mission Blvd.
Hayward
510-537-1200
1.6 miles

Holiday Inn
2532 Castro Valley
Castro Valley
510-538-9501
1.8 miles

Comfort Suites
2419 Castro Valley
Castro Valley
1.8 miles

Econo Lodge
3928 E. Castro Valley Blvd.
Castro Valley
510-537-8833
1.8 miles

Phoenix Lodge
500 W A Street
Hayward
510-786-0417
2.3 miles

Valley Inn
17130 Foothill Blvd.
Castro Valley
510-276-8151
2.3 miles

Budget Inn
16500 Foothill Blvd.
Castro Valley
510-276-6290
2.7 miles

Hanford Hotels Inc.
20777 Hesperian Blvd.
Hayward
510-732-6300
2.7 miles

Vagabond Inn
20455 Hesperian Blvd.
Hayward
510-785-5480
2.8 miles

All Suites Islander Motel
29083 Mission Blvd.
Hayward
510-538-8700
2.8 miles

Five Eighty Motel
16320 Foothill Blvd.
San Leandro
510-276-4484
2.9 miles

Restaurants
KFC
22872 Main St.
Hayward
0.6 miles

Subway Sandwiches & Salads
22549 2nd St.
Hayward
0.7 miles

New York Style Pizza
22640 Vermont St.
Hayward
0.7 miles

Burger King
24119 Mission Blvd.
Hayward
0.7 miles

McDonald's
23989 Watkins St.
Hayward
0.8 miles

Hayward Grill
920 C St.
Hayward
0.8 miles
Round Table Pizza
22457 Foothill Blvd.
Hayward
0.8 miles

Togo's Eatery
798 Jackson St.
Hayward
0.8 miles

Pizza Express
22323 Redwood Rd.
Castro Valley
0.8 miles

International House Of Pancakes
22222 Foothill Blvd.
Hayward
1.1 miles

Taco Bell
21600 Foothill Blvd.
Hayward
1.2 miles

Hill's Coffee Shop
21458 Foothill Blvd.
Hayward
1.5 miles

Round Table Pizza
157 Harder Rd.
Hayward
1.6 miles

Round Table Pizza
20261 Patio Dr.
Castro Valley
1.6 miles

Baker's Square
3360 Castro Valley
Castro Valley
1.7 miles

Lyon's Restaurant
3240 Castro Valley Blvd.
Castro Valley
1.7 miles

Lyon's Restaurant
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 admission at no charge)

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/Les Schwab
Tires Cross Country Championships
– Do not fax to the NCS Office in
advance.

CERTIFICATION OF AUTHORIZED PERSONNEL

CIF Bylaws 506, 508 and 509

506 WHO MAY COACH

- A. All public school teams must be coached by a person who meets the requirements of the California Education Code and the California Code of Regulations Title V.
- B. A non-public school coach shall be considered a member of the school's staff. A non-public school coach must be certified by the governing board or highest school administrator as competent to coach. This certification must take place on an annual basis for each sport coached by that individual. Certification is required for coaches whether in paid or unpaid status.

508 OUT-OF-STATE COACHING CERTIFICATION

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

509 PENALTY FOR NON-CERTIFICATION AND IMPROPER COMPENSATION

Any team or individual, coached by an uncertified person, or by any person receiving any part of the salary for coaching from other than school funds without the approval of the school's governing board, is ineligible under California Interscholastic Federation rules.

Sport CROSS COUNTRY

Boys / Girls (Circle one)

Coach's Name _____

Address _____

City _____

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.