

2006 CIF State Cross Country Championships



PUBLISHED BY:

The State CIF Office

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Visit our web site at: www.cifstate.org

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OFFICIAL TITLE

The official title of this event is the **2006 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) 299-3610 home (559) 327-3065 FAX

Emails: (School) MartinSimpson@cusd.com or (Home) martnnanc@sbcglobal.net

DATE AND SITE

Saturday, November 25, 2006 - 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 CIF State web site at 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

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 2005 Federated Council).

	Starting #	Ending#
DIVISION I	2000-2800	
DIVISION II	1450-1950	2000-2800
DIVISION III	950-1250	1450-1950
DIVISION IV	200-500	950-1250
DIVISION V	1	200-500

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 (2005-2006). 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 9th, 10th, 11th, and 12th 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 9th, 10th, 11th and 12th grades.

<u>TIME SCHEDULE</u>	
Division IV Boys Race	8:30am
Division V Boys Race	9:00am
Division IV Girls Race	9:30am
Division V Girls Race	10:05am
Division I Boys Race	10:40am
Division II Girls Race	11:10am
Division III Boys Race	11:45am
Division I Girls Race	12:15pm
Division II Boys Race	12:50pm
Division III Girls Race	1:20pm
<u>AWARD SCHEDULE</u>	
Division IV Boys	10:00 a.m.
Division IV Girls	10:20 a.m.
Division V Boys	10:40 a.m.
Division V Girls	11:00 a.m.
Division I Boys	11:20 a.m.
Division II Girls	11:50 a.m.
Division III Boys	12:25 p.m.
Division I Girls	12:55 p.m.
Division II Boys	1:30 p.m.
Division III Girls	1:50 p.m.

INTRODUCTIONS

All 2006 section champions and 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 1st through 7th for championship team, runner-up, and third place.
- (b) **INDIVIDUAL AWARDS** - Individual medals 1st through 10th 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 throughout the season. Coaches are encouraged to forward worthy nominees to the State CIF office.

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.

PLEASE NOTE: ONLY YOUR 7 ATHLETES WHO COMPETED IN THE CHAMPIONSHIP RACE ON NOV. 25, 2006 ARE TO GO UP ON THE STAGE TO RECEIVE THEIR MEDALS. The rest of your team is invited to be in the audience to support your team...BUT ONLY PARTICIPATING RUNNERS WILL BE ALLOWED ON STAGE.

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.**

AUTOMATIC TEAM ENTRIES (Article 1701)

Team entries into the state championship meet are based on a formula that includes 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)

2006 CROSS COUNTRY TEAM ENTRIES

	DIV. I		DIV. II		DIV. III		DIV. IV		DIV. V	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
Central Coast	2	2	3	3	4	3	4	4	3	3
Central	2	3	2	2	2	2	3	2	2	3
Los Angeles	2	2	0	0	0	0	0	0	0	0
North Coast	3	2	3	4	4	4	3	3	4	4
Northern	0	0	1	1	1	1	2	2	3	2
Oakland	1	1	0	0	0	0	0	0	0	0
San Diego	3	3	3	3	3	3	2	2	2	2
San Francisco	1	1	0	0	0	0	0	0	0	0
Sac-Joaquin	2	2	4	3	2	3	2	3	2	2
Southern	7	7	7	7	7	7	7	7	7	7
	23	23	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, 2006 with the State office.

INDIVIDUAL ENTRIES

# of Section Teams Automatic Qualify	Sections Five (5) Individual Qualifiers to State Meet Must Finish in the top
1	8
2	12
3	14
4	16
5	18
6	20

Qualifications from sectional competition to the CIF State 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

2006 National Federation Cross Country Rules (located in Track and Field Rules 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 Rules 9-6-1, 9-6-2, 9-6-4, and 9-6-7 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 24, 2006** at Woodward Park from **12 noon - 5 p.m.** OR at **Woodward Park after 7:00 a.m.** on Saturday, November 25, 2006 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.

NAMES AND NUMBERS

Please double check your athletes' name and school affiliation. If a team is substituting a runner or any spelling errors occur, please inform an official at the packet pick up area by bringing the **chest number with necessary corrections** and they will take down the information to give to Bob Rush, or changes with Bob Rush can be done Friday from **3:00-5:00 p.m.** at Woodward Park. **DO NOT CALL THE CIF OFFICE WITH THESE**

MINOR CORRECTIONS. **DO CALL, IF YOUR ATHLETE WAS AN INDIVIDUAL WHO INADVERTANTLY WAS LEFT OF THE LIST OF ENTRIES.** REMEMBER: a maximum of 7 runners can be entered. There are no alternates. **If a TEAM (alternate/substitution) or correction(s) is necessary, do it when you pick up your packet on Friday.** Team entries can be changed. Please see Appendix D.

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** prior 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 2006 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 are restricted. 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 whoever 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 is 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 INHALER 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: **General Admission - \$10.00 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 24 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.

CIF MERCHANDISE

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 24. T-shirts, sweatshirts, pins and other cross country materials will be on sale. Supply is limited to those on hand.

SOUVENIR PROGRAM

Souvenir programs will be available for purchase at Woodward Park on Friday afternoon, November 24, from 12 noon – 4:00 p.m., as well as all day Saturday. The program will include all entered participants and numerous photos of student-athletes from across the state.

Help is requested. Coaches are asked to send **action photos** of top student-athletes **NO LATER THAN WEDNESDAY, NOVEMBER 8**. Please identify all photos sent with name, school and division. Digital photos would be preferred and can be emailed to ezack@cifstate.org. Photographs can also be sent to:

Emmy Zack, Director of Communications
State CIF Office
1320 Harbor Bay Parkway, Suite 140
Alameda, CA 94502-6578

MEDIA REQUESTS

Media requests for credentials must be made on the appropriate credential request form and received by the State CIF office no later than Tuesday, November 21 at 12 p.m. Credential request forms will be emailed to all media on the State CIF email distribution list and also will be available on the State CIF web site (www.cifstate.org) under the “Media” link. Late requests for credentials will not be accepted. Approved media members may pick up their credential Friday, November 24 from 12 noon – 4:00 p.m. at the Coaches Packet Pickup area at Woodward Park. Media who do not claim credentials Friday, will need to show their media affiliation identification to gain complimentary entrance to the park on Saturday, and then come to the working press area to obtain their credential.

NOTE: Due to limited space in the finish line chute, media WILL NOT be allowed in the finish line chute area. Only photographers with proper credentials will be allowed access to the finish line chute and only for the purpose of taking photos (not interviewing athletes). Anyone seen violating this policy will be asked to leave the finish line chute area.

MEDIA PARKING

Credentialed media are requested to enter Woodward Park at the **spectator entrance**. Parking is complimentary to all credentialed media in the designated area, provided they show proper identification.

PRESS FACILITY

A covered, outdoor working press area will be available near the finish line. There are electrical outlets for media use, but no telephone service is available at Woodward Park. Results will be distributed at the press area approximately 30 minutes following the conclusion of each race. Media are responsible for securing their own interviews with athletes and/or coaches.

LODGING

Headquarters Hotels:



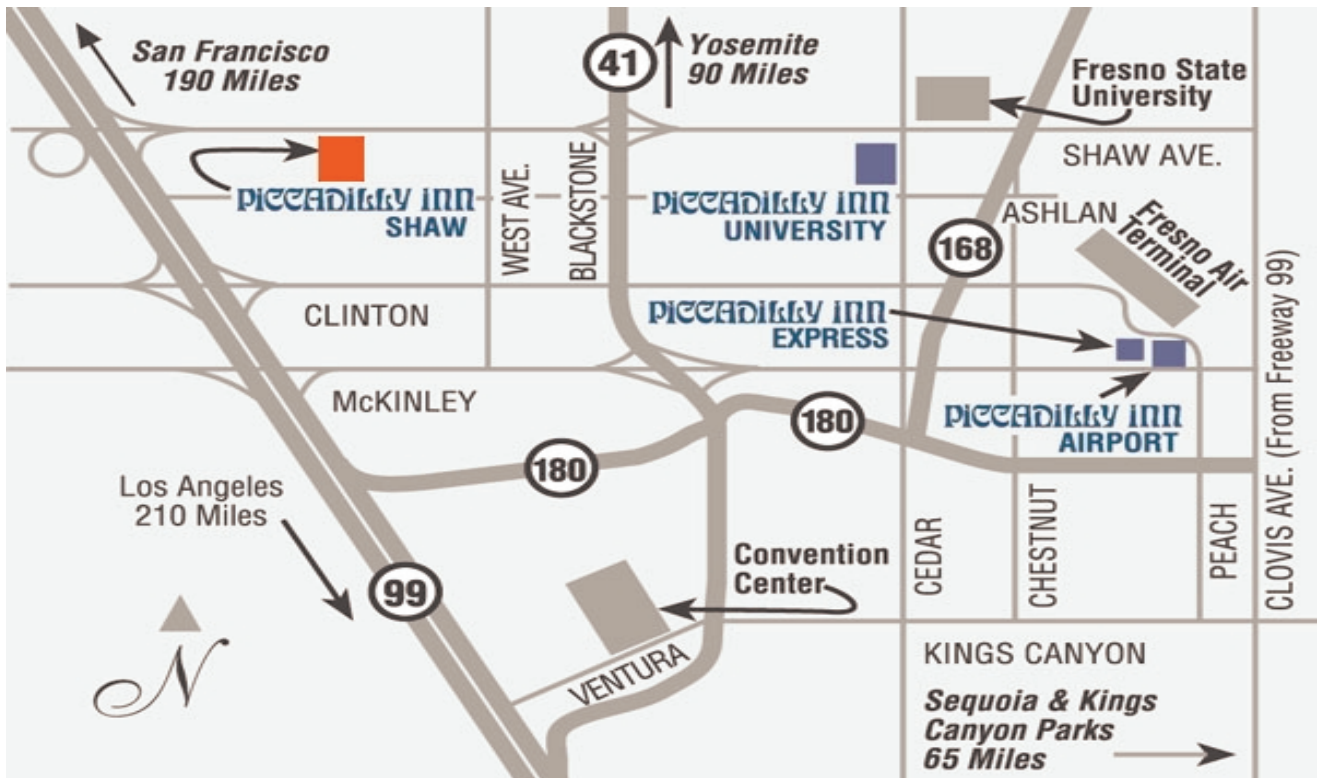
**Piccadilly Inn Hotels
Fresno, CA**

Piccadilly Inn - West Shaw Hotel
2305 West Shaw
Fresno, CA 93711
Tel: 559.226.3850

Piccadilly Inn – Express Hotel
5113 East McKinley
Fresno, CA 93726
Tel: 559.456.1418

Piccadilly Inn - University Hotel
4961 North Cedar
Fresno, CA 93726
Tel: 559.224.4200

Piccadilly Inn – Airport Hotel
4961 North Cedar
Fresno, CA 93727
Tel: 559.251.6000



APPENDIX A
CIF State Cross Country Championships
November 24-26, 2006

Contact the hotels directly

Hotel Name	G.M.	Address	City	Zip	Telephone
Apple Tree Inn	Debbie Vrab	P.O. Box 41	Fish Camp	93623	(559) 683-5111
Best Budget Inn	Bob Patel	7117 N. Blackstone	Fresno	93650	(559) 439-1384
Best Value Water Tree Inn	Kim Niederfrank	4141 N. Blackstone Ave.	Fresno	93726	(559) 222-4445
Best Western Village Inn	Renne McCoy	3110 N. Blackstone Ave.	Fresno	93703	(559) 226-2110
Cedar Crest Resort	Barry & Kerri Fitt	P.O. Box 163	Lakeshore	93634	(559) 893-3233
Chateau Inn by Piccadilly Inn Airport	Paula Flores	5113 E. McKinley Ave	Fresno	93727	(559) 456-1418
Chukchansi Gold Resort & Casino	Deb Murray	46536 Road 417	Coarsegold	93614	(559) 692-5200
Comfort Inn	Bart Cobb	5455 W. Shaw	Fresno	93722	(559) 275-2374
Comfort Suites	Rick Cobb	102 E. Herndon	Fresno	93720	(559) 435-5650
Country Inn & Suites	Ron Halder	6065 N. Thesta	Fresno	93710	(559) 435-5838
Courtyard by Marriott-Airport	Mary Mendoza	1551 N. Peach	Fresno	93727	(559) 251-5200
Courtyard by Marriott-Shaw	Jennifer Christensen	140 E. Shaw Ave.	Fresno	93710	(559) 221-6000
Day's Inn	Harry Patel	4061 N. Blackstone Ave.	Fresno	93726	(559) 222-5641
Day's Inn HWY-99 Econo Lodge	Sonny Ahuja Ken Patel	P.O. Box 2607 6309 N. Blackstone Ave.	Fresno	93745	(559) 237-6644
Four Points by Sheraton	Audie Sherberg	3737 N. Blackstone Ave.	Fresno	93726	(559) 226-2200
Garden Inn & Suites	Jaime Shih	4949 N. Forestiere Ave.	Fresno	93722	(559) 277-3888
Hampton Inn & Suites	Angela Hobbs	327 E. Fir Ave.	Fresno	93720	(559) 447-5900
Harris Ranch Inn & Restr.	Julie Lechnir Mayewski	Route 1, Box 777	Coalinga	93210	(559) 935-0717
Holiday Inn Swan Court	Lauri Pentorali	2950 Split Pea Anderson Blvd.	Selma	93662	(559) 891-8000
Holiday Inn-Airport	John Hirt	5090 E. Clinton Ave.	Fresno	93727	(559) 252-3611
La Quinta Inn	Paul Schriener	2926 Tulare Street	Fresno	93721	(559) 442-1110
Lakeshore Resort	Melinda Sherry	P.O. Box 197	Lakeshore	93634	(559) 893-3193

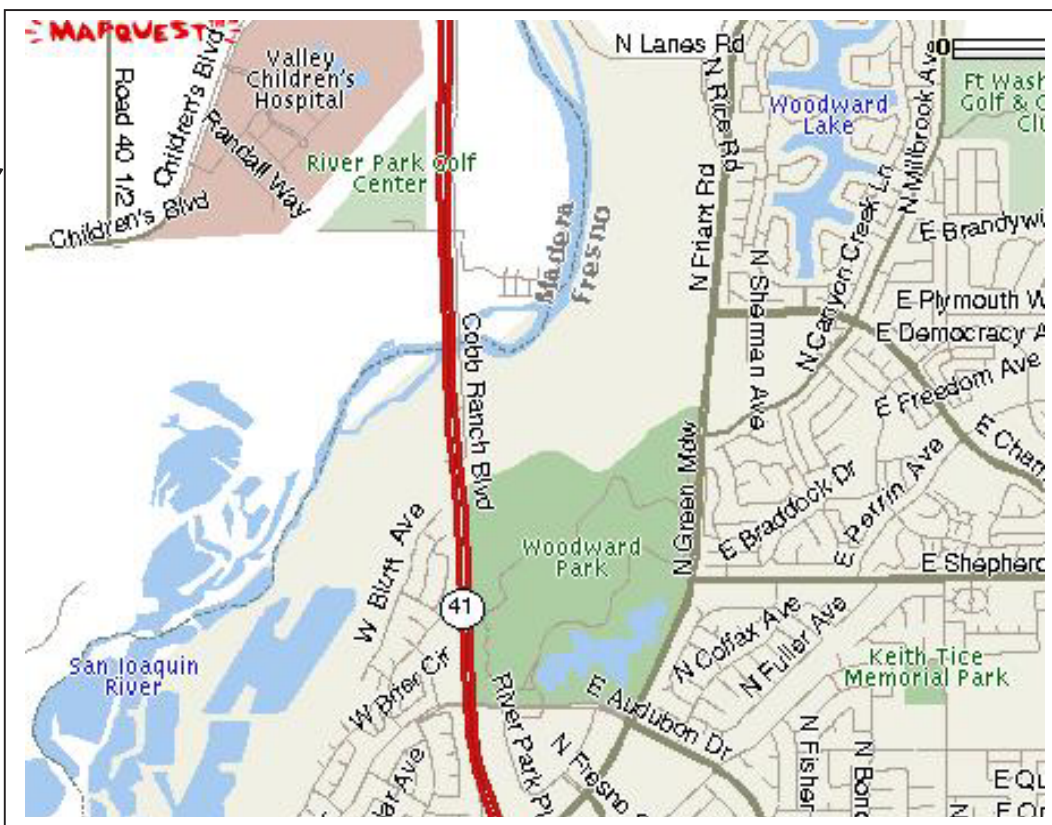
Lone Oak Lodge	Richard Quaglia	2221 N. Fremont St.	Monterey	93940	(559) 372-4924
Montecito Sequoia Lodge	Virginia Barnes	8000 Generals Hwy-Box 858	Kings Canyon	93633	(559) 565-3388
Original Basque Hotel	Mitch Gajjar	1415 W. Olive	Fresno	93728	(559) 237-2086
Piccadilly Inn Airport	Julie Mayewski	5115 E. McKinley	Fresno	93727	(559) 251-6000
Piccadilly Inn Shaw	Amy Overton	2305 W. Shaw Ave	Fresno	93711	(559) 226-3850
Piccadilly Inn University	Lisanne McDougal	4961 N. Cedar Ave	Fresno	93726	(559) 224-4200
Quality Inn	Jaclyn Suh	4278 W. Ashlan	Fresno	93722	(559) 275-2727
Quality Inn & Suites	Mark Soares	480 E. Shaw Ave	Fresno	93710	(559) 229-5811
Radisson Hotel	Maria Freitas	300 S. Court	Visalia	93291	(559) 636-1111
Radisson Hotel & Conference Center	Steve Klein	2233 Ventura Street	Fresno	93721	(559) 268-1000
Ramada Inn University	Bob Burns	324 E. Shaw Ave	Fresno	93710	(559) 224-4040
Red Roof Inn	Michele Philips	6730 N. Blackstone Ave.	Fresno	93710	(559) 431-3557
Residence Inn by Marriott	Julee May	5322 N. Diana Ave	Fresno	93710	(559) 222-8900
Sheperd's Inn	Russell Stone	935 Santa Fe Ave	Fresno	93721	(559) 226-2228
Super 8 Motel	Ramish Panchal	2127 Inyo Street	Fresno	93721	(559) 268-0621
Super 8 Motel	John Khatri	1087 N. Parkway Dr.	Fresno	93728	(559) 268-0741
Super 8 Motel	Yamini Mistry	3142 Highland Ave	Selma	93662	(559) 896-2800.
Tenaya Lodge at Yosemite	Pam Rudd	1122 HWY 41	Fish Camp	93623	(559) 683-6555
The Pines Resort	Rhonda Rarick	P.O. Box 109	Bass Lake	93604	(559) 642-3121
Travelodge	Henry Patel	3093 N. Parkway Dr.	Fresno	93722	(559) 276-7745
Valley Inn	Nash & Rita Patel	933 N. Parkway Dr.	Fresno	93728	(559) 233-3913
Vegabond Inn	Zafar Kamal	2570 S. East Ave.	Fresno	93706	(559) 486-1188
Welcome Inn	Mitch Gajjar	777 N. Parkway Dr.	Fresno	93728	(559) 237-3742
Wonder Valley Ranch Resort	Stan Oken	6450 Elwood Road	Sanger	93657	(559) 787-2551

APPENDIX B

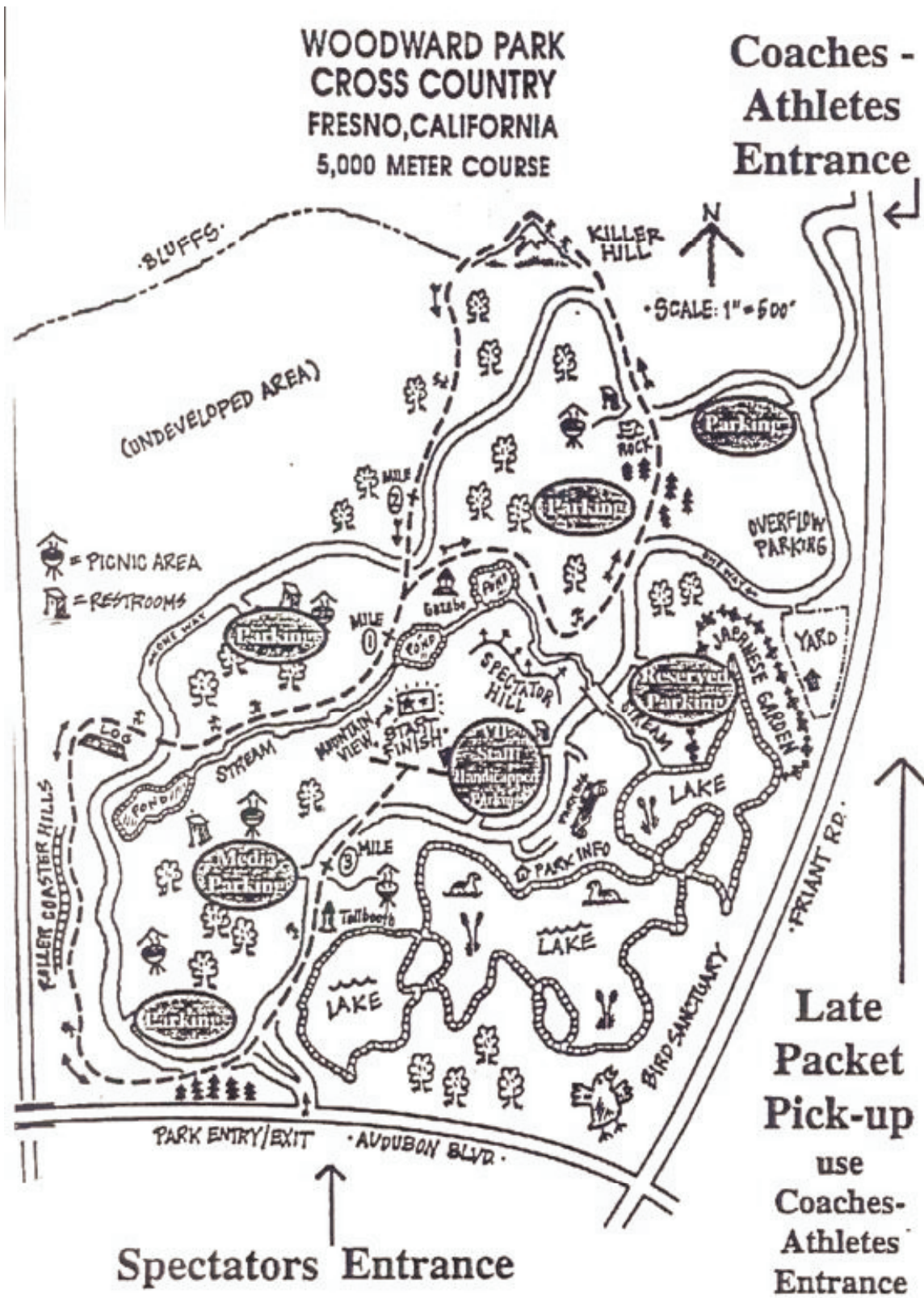
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APPENDIX C



APPENDIX D

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

