



**TO: CROSS COUNTRY COACH**

**FROM: JERRY SCHNIEPP, COMMISSIONER**  
**JOHN LABETA, ASSISTANT COMMISSIONER**

**DATE: OCTOBER 3, 2016**

**RE: 2016 SAN DIEGO CIF CROSS COUNTRY CHAMPIONSHIPS**

**1. CHAMPIONSHIP FORMAT**

- a. Host Conference: **South Bay. Tim Latham, Sweetwater High, Meet Director. Tournament Director, Dennis McClanahan (Mt. Carmel).**
- b. All schools will be expected to declare their team for entry on athletic.net with at least one runner per gender submitted by November 1st at midnight so that the CIF is aware of your intention to compete. Final Entry deadline is Saturday, November 12, at 8:00 P.M. A late entry of \$100 per team will be assessed all schools who miss the entry deadline and apply to the CIF Office to compete. This late entry fee will need to be paid prior to the school teams competing on November 19th.
- c. There are no prelims in the CIFSDS Cross Country Championships.
- d. The 2016 San Diego CIF Cross Country Championships will be conducted in five divisions, and the October 2015 CBED enrollment figures shall determine division placement.
- e. Seven students may be entered as a Cross Country team for the Finals, and only seven may run, and only five shall be counted (except in the case of a tie breaker). Ties will be resolved by counting the sixth finisher from each team concerned. Sixth and seventh runners will displace.
- f. **CIF ENTRIES ONLINE FOR 2016.** Go to **athletic.net** for instructions to submit entries. Team entries for 7 athletes and/or individual entries for 1-4 athletes: All CIFSDS meet information will be posted on the **www.sdtrackmag.com**. Entry fee of **\$10.00** per athlete or **\$50.00** per team will be assessed to each school to defray costs of conducting meet. Please remit payment by December 2, 2015 to : Attention Carlton Hoggard, 2131 Pan American Plaza San Diego CA. 92101 (submit via school PO number or school check). There will be no seeding meeting - all starting positions are random.
- g. Protests will be addressed by the Meet Director.
- h. **If your athlete has not competed in at least 5 meets the attached waiver form must be submitted and approved for CIF Championships. Form information below:**

**The CIFSDS Waiver to Compete in Team and Individual Championships form must be submitted and approved by November 14, 2016 to be eligible. The form may be found on the CIFSDS website under Cross County and Misc. Forms.**

2. **RACE TIMES AND APPROXIMATE AWARD SCHEDULE CIFSDS CROSS COUNTRY MEET NOVEMBER 19, AT MORLEY FIELD.**

<u>RACE TIME</u>	<u>EVENT/DIVISION</u>	<u>AWARDS TIME</u>
8:30 a.m.	BOYS IV	10:00 a.m.
9:00 a.m.	BOYS V	10:40 a.m.
9:30 a.m.	GIRLS IV	10:20 a.m.
10:05 a.m.	GIRLS V	11:00 a.m.
10:40 a.m.	BOYS I	11:20 a.m.
11:10 a.m.	GIRLS II	11:50 a.m.
11:45 a.m.	BOYS III	12:25 p.m.
12:15 p.m.	GIRLS I	12:55 p.m.
12:50 p.m.	BOYS II	1:30 p.m.
1:20 p.m.	GIRLS III	1:55 p.m.

3. **IMPORTANT MEET INFORMATION**

- a. To find a map of the 2016 San Diego CIF Championship course, please visit our website at [www.cifsd.org](http://www.cifsd.org) under Cross Country.
- b. Upon arrival, **Head Coaches only** will be allowed to pick up packets in front of the Senior Citizens Building. Please follow instructions in packet carefully. If you have name changes for your 7 runners you will need to make changes at that time. **School Head Coaches will also be responsible for returning your runners chips to the Check In area after you compete.**
- c. Divisional results will be available for coaches approximately 30-45 minutes after their school's Divisional Race.
- d. Awards presentations will be held on the east side of the Senior Citizens Building.

4. **FINISH LINE TIMING, SCORING, AND RESULTS**

Team scoring and results will be done by Computer Chip (Finished Results) timing and placing. Bib number tags and video will serve as backup systems for the chip. Important info on packet pickup and chip timing is written below:

- a. When coaches pick up their school packets the morning of the meet, they will find the athletes race bib along with the computer chips that will be used for timing and scoring the races.
- b. If you are changing one of your seven runners that you previously entered that will be the time you need to make changes
- c. Additionally, in the school packet will be instructions as to the placing of the bibs and chips on your athletes. Coaches will need to make sure that the chips and numbers are correctly placed on the runners for the races.
- d. To be able to run, the athlete must have both the number and chips correctly in place for the finish line. An athlete running without their assigned chips is disqualified.
- e. If an athlete/school loses their bibs/chips prior to their race beginning they need to immediately go to check in and request another set. Replacement cost for bib and chips will be \$20; your school will be invoiced for the replacement cost.

- e. **After a school competes, the School Head Coaches will also be responsible for returning your runners chips to the Check In area.** Replacement cost for chips lost or not turned back in will be \$20.

**5. UNIFORM INFORMATION/STATE UPDATED REQUIREMENTS**

- a. National Federation Rules 9-6-1, 9-6-2, 9-6-4, 9-6-5, and 9-6-7 will be enforced.
- b. 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](tel:714-529-6938).

**Coaches should continue to see that their competitors are properly equipped**

**Face and Body Decorations are Prohibited: An athlete who has visibly decorated/painted any part of his/her face or body will not be allowed to enter the clerk/starting area until all traces of any decoration(s) have been completely removed. This does not apply to hair color.**

**6. QUALIFYING TO THE STATE CHAMPIONSHIPS**

The San Diego CIF XC Championships also serves as a qualifying meet for athletes to advance to the California State XC Championships the next week (November 26) at Woodward Park in Fresno.

In the boys races the following number of teams advance. Division 1 - 2 teams, Division 2 - 4 teams, Division 3 - 3 teams, Division 4 - 3 teams, Division 5 - 3 teams.

In the girls races the following number of teams advance. Division 1 - 2 teams, Division 2 - 4 teams, Division 3 - 3 teams, Division 4 - 2 teams, Division 5 - 3 teams.

**Individual Entries**

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.

As it relates to the San Diego Section,

- a. If two teams qualify for the state meet in a race, the individuals must qualify from the top 12 finishers.
- b. If three teams qualify for the state meet in a race, the individuals must qualify from the top 14 finishers.
- c. If four teams qualify for the state meet in a race, the individuals must qualify from the top 16 finishers.
- d. If five teams qualify for the state meet in a race, the individuals must qualify from the top 18 finishers

Coaches will be expected to verify after races if their team or individuals will be going to the state championships. This will need to be done before you leave the meet as entries are due at the state level that evening after the meet.

NOTE: There are no alternates for the state meet.

**7. CIFSDS TRAVEL EXPENSE FORM**

CIFSDS Travel Expense Form for reimbursement for State CIF Cross Country Meet on **November 26, 2016**, in Fresno is located on the CIF website [www.cifsd.org](http://www.cifsd.org). Form must be completed and returned to the CIFSDS Office within ten (10) days following the meet.

**8. NON-FOOD CONCESSION**

The 2016 Cross Country non-food concession (T-shirts, sweatshirts, etc.) has been awarded to the **Kukulski Bros**. If you have special ordering needs, contact David Kukulski at 480-921-1975.

**9. FOOD CONCESSION** – The 2016 Cross Country food concession will be run by Sombrero’s and the Mt. Carmel Athletic Foundation.

**9. CIFSDS RECORD BOOK UPDATE**

CIF Record Book information may be updated through the CIFSDS Home Site under New CIFSDS Records tab. Please visit our website at [www.cifsd.org](http://www.cifsd.org) to log in. Please contact Vanessa Fowlkes at [vanessacifsd@gmail.com](mailto:vanessacifsd@gmail.com) if you have any questions.

**10. PLAYOFF PARTICIPATION PATCHES**

Playoff participation patches may be purchased for **\$11.00** each. Orders will be accepted via the CIFSDS Home site, <http://cifsdhome.org/login.php>, Additional Forms, and Patch Order.

**11. ADDITIONAL CHAMPIONSHIP AND RUNNER-UP PATCHES**

Additional Runner-up and Championship patches may be purchased for **\$11.00** each. Orders will be accepted via the CIFSDS Home site, <http://cifsdhome.org/login.php>, Additional Forms, and Patch Order.

**12. OFFICIAL CIF-SAN DIEGO SECTION CHAMPIONSHIP RINGS ARE AVAILABLE FROM JOSTENS**

Official CIF-San Diego Section Championship rings are now available from **Jostens**. Rings are available for participants, finalists, and champions. For information/orders, contact **Mark Fitzner at 858-486-2020** or via e-mail at [mark.fitzner@jostens.com](mailto:mark.fitzner@jostens.com)

**13. INFORMATION FOR STATE CIF CROSS COUNTRY MEET**

For information on the State CIF Cross Country Meet go to the State CIF web site at [www.cifstate.org](http://www.cifstate.org)

**DISTRIBUTION:**

Varsity Cross Country Coaches  
Athletic Directors  
Conference Presidents/Schedulers  
Roger Blake, Ron Nocetti - State CIF  
Dennis McClanahan- Tournament Director  
Gary Stathus – Meet Director  
Scott Sanders – Assistant Meet Director  
Gary MacDonald – SDTFOA  
George Green – Coronado High

# Partners, Sponsors of State CIF, CIF San Diego Section

## State CIF Supporting Sponsors



**MARINES**  
THE FEW. THE PROUD.®



## State CIF Licenses



CIF San Diego Section Sponsors, Partners  
Official Media Partner

**SPECTRUM  
SPORTSNET**

Supporting Sponsors



CIF San Diego Section Official Ball Sponsors



**CIF San Diego Section Official Restaurant Sponsor**



**CIF San Diego Section Football Sponsor**



**CIF San Diego Section Baseball, Softball Sponsor**



**CIF San Diego Section Official Apparel Sponsor**





# CIF San Diego Section Photographer

“CIF OFFICIAL PHOTOGRAPHER”

*Thom Vollenweider*  
P H O T O G R A P H Y

## CIF San Diego Section Official Partners



## CIF San Diego Section Supporting Sponsors

Laces Running Co.

Rob Bryson

Carl Goff

Liz Mullarkey

HL Corporation

Pacific Baseball Umpires

Richard and Paula Davila

Torrey Pines Men's Club

Terry McIntyre

Dale & Sehnaz Endreson

North County Basketball Officials