

## ARTICLE XVI

### CROSS COUNTRY BY-LAWS

#### OFFICIAL RULES

The official rules for cross country are contained in the current edition of the National Alliance Track and Field Rule Book, in the CIF By-laws, and in these league by-laws.

#### CLASSIFICATIONS

The three official cross country teams are the varsity, sophomore, and freshman teams.

#### GENERAL RULES FOR ALL CLASSIFICATIONS

1. Practice limitations outlined in Article VIII of the league by-laws shall be in effect.
2. Cross country participants must have a minimum of five (5) days practice before competing in a meet.
3. School teams shall not participate in a meet prior to the date set by the Board of Managers.
4. All team members within a given race will wear the same type of uniform.
5. In all meets involving only the SCVAL, spikes may not be worn.

#### LEAGUE FINALS

1. The league finals shall determine the league standings and the league champion in varsity, sophomore, and freshman cross country.
  - 1.1 A boy may compete in just one (1) classification in the league finals.
2. The number of participants from each school shall be limited as follows:
  - 2.1 Varsity - A limit of seven (7) entrants.
  - 2.2 Sophomore and Freshman - A limit of ten (10) entrants.
3. An open race shall be run at the league finals.
  - 3.1 Any boy who has not participated in the official varsity, sophomore, or freshman races may enter.
4. Medals shall be awarded to the boys who finish the first ten (10) places in each official race (varsity, sophomore, and freshman.)
5. The top seven (7) times of either sophomore or freshman teams will qualify that school for the Region meet.

#### SCHEDULE

1. Schools may compete in one (1) meet per school week.
2. Schools may compete in a total of thirteen (13) meets per season (not including league, Region, and Section meets.)
3. In years when the C.C.S. meet is held in Region I, III, or IV, each school may compete in one (1) center meet at the site of the Section meet.



## CENTRAL COAST SECTION-CIF

September 2, 1970

Approved sports events to this date. Note that those marked with an asterick (\*) are approved by the State Office for competition crossing Section lines. All others have approval for competition within the CCS only.

<u>Cross Country</u>		<u>Event</u>	<u>Sponsor</u>
Sept.	24	Lynbrook Invitational	Lynbrook
	26	Invitational	Oceana, Pacifica*
	26	Alum Rock Invitational	Overfelt*
Oct.	3	12th Annual Sunnyvale Invitational	Sunnyvale
	3	West Valley Invitational	Del Mar
	10	Camden Invitational	Camden
	17	Del Mar Invitational	Del Mar
	22	Region II Center Meet	Lynbrook
	24	Invitational	Soquel*
	24	6th Annual Jamboree	Pleasant Hill*
	24	2nd Annual Invitational	Palos Verdes*
	31	Blossom Hill Challenge	Leigh*
	31	Invitational	Terra Nova, Pacifica*
Nov.	7	Peninsula Invitational	R. L. Stevenson*
	20	Region II Qualifying Meet	Lynbrook
<u>Basketball</u>			
Dec.	3,4,5	Pacific Grove Invitational	Pacific Grove
	4,5	Jefferson Invitational	Jefferson*
	9,10,11,12	Christmas Tournament	Riordan*
	10,11,12	Frosh-Soph Tournament	Branham
	10,11,12	Invitational	Westmont*
	10,11,18	Christmas Tournament	Awalt
	10,11,12	Invitational	Oak Grove
	15,16,17,18	Invitational	Buchser
	15,16,17,18	Camden Holiday Tournament	Camden
	17,18,19	Palma Holiday Classic	Palma*
	17,18,19	Tournament	Pleasant Valley, Chico*
	17,18,19	Tournament	Anderson*
	17,18,19	Tournament	McClymonds, Oakland*
	17,18,19	Invitational	Los Banos*
	22,23,24,27	Sunnyvale Holiday Tournament	Sunnyvale
	26,28,29,30	Christmas Tournament	Bishop O'Dowd*
	28,29,30	Paul Walters Tournament	Soquel*
	28,29,30	Holiday Tournament	Atascadero*
March	5,6,7	Tournament	Gridley*
	11,12,13	Tournament of Champions	Berkeley*
<u>Wrestling</u>			
Dec.	12	10th Annual Tournament	Morro Bay*
	12	Buchser Round-Robin Invitational	Buchser
	12	Tournament	Vacaville*

(OVER)



CENTRAL COAST SECTION-CIF

Cross Country By-Laws

Revised June 26, 1970

1. Region Meets will be held in the week preceding Thanksgiving week.
  - 1.1 Region Meets shall be held in each Region each year for the purpose of qualifying boys to the Section Meet.
  - 1.2 Regions will be made up of the following leagues:
    - Region I North Peninsula, Mid-Peninsula, West Catholic
    - Region II Santa Clara Valley, South Peninsula
    - Region III Santa Teresa, Mt. Hamilton, West Valley
    - Region IV Monterey Bay, Mission Trail, Coast Athletic Association
- 2 Section Meet will be held annually on the Wednesday before Thanksgiving.
  - 2.1 The Section Meet will rotate among the Regions as follows:
    - 1970 Region I 1971 Region III 1972 Region IV 1973 Region II
3. Region Committee shall consist of of the Cross Country Chairman of each League, the Region Meet Director and the League Commissioners of the Region.
4. Sites Each Region will establish a site for the Region Meet.
  - 4.1 The sites selected will be on a course set for a distance of 1.8 to 3 miles.
  - 4.2 This site will also be used for the Section Meet when the Region is scheduled to hold the Section Meet.
  - 4.3 The Region Committee shall have authority to select the site in the Region.
  - 4.4 The Region hosting the Section Meet will host at least three Center Meets on the same site.
5. Divisions-There shall be a Small-School, large-School split at the Region and Section levels. Specifications for the split follow:
  - 5.1 Three year school will have enrollments adjusted by a factor of 1.39.
  - 5.2 All-boy schools shall have enrollments adjusted by a factor of 2.00.
  - 5.3 The small school-large school division point shall be determined by listing adjusted enrollments in increasing order and dividing so the first (small) 40% of the schools are "small" schools. For 1970 "small schools to be 1527 or less
  - 5.4 The previous year's enrollment data shall be used to establish the division point required in item (5.3) above.
  - 5.5 "Large schools" with an enrollment drop sufficient to place them in the "small school" division shall be able to compete in the "small school" division during the current year rather than waiting until the following year.
  - 5.6 Unusually strong "small schools" may compete in the "large school" division if they so desire.
  - 5.7 Associate member schools shall qualify to CCS through the Region in which they are geographically located.
  - 5.8 Adjusted enrollments and number of schools in each Region when small school-large school division is 40-60.

Region	Adjusted Enrollments			Number of Schools	
	Small School	Large School	Total	Small Schools	Large Schools
I	6381	30523	36904	5	17
II	6538	36320	42858	7	17
III	10507	33132	43639	10	18
IV	11722	14072	25794	17	7
ST	35148	114047	149195		
Total		149195		98	



5.9 The number of entrants into the Large School Division races shall be based upon the population within each Region:

Region	I	II	III	IV
Entrants	3	5	5	2

5.10 The number of entrants into the Small School Division races shall be based upon the number of schools within each Region:

Entrants allowed in each Region in the CCS Small School races when the Small School-Large School division is 40-60:

Region	I	II	III	IV
Calculated Value	1.54	2.15	3.08	5.23
Whole No. Value	2	2	3	5

6. Order of Races-The order of events for Regional and Sectional Meets shall be:

Race Number	Team-Division
1	Small School Frosh-Soph
2	Large School Frosh-Soph
3	Small School Varsity
4	Large School Varsity

7. Awards

Region-First and second place team plaques shall be awarded in both Divisions  
Ribbons shall be awarded the first ten runners in the Small-School Division for both Varsity and Frosh-Soph Competitors.

Section-Small Schools Division, 1st, 2nd and 3rd place trophies-Varsity only  
Large Schools Division, 1st, 2nd, 3rd and 4th place trophies-Varsity only

Medals-1st ten Varsity runners in Small Schools Division  
1st fifteen varsity runners in Large Schools Division

Ribbons-1st ten runners in Small Schools Frosh-Soph event  
1st fifteen runners in Large Schools Frosh-Soph Event

8. ADDITIONAL EVENTS-Frosh and Junior Varsity races will be run without awards following the OFFICIAL races, with the number of entrants the same as for the large schools division.