

1981 C.C.S. CROSS COUNTRY MEET

INFORMATION BULLETIN

DATE: NOVEMBER 10, 1981

TO: COACHES OF QUALIFYING TEAMS OR INDIVIDUALS

FROM: MEET DIRECTORS - Don Dooley, San Mateo High
Loren Laneberry, Carlmont High
Tom Tuite, St. Francis High

SUBJECT: 1981 SECTION CROSS COUNTRY MEET INFORMATION

MEET DATE: Tuesday, November 24th. If the meet has to be called due to weather, schools will be notified by 10:00 a.m. and the decision will be made for a new date--probably Wednesday, November 25th.

PLACE: Crystal Springs Course in Belmont

TIME AND RUNNING ORDER: 1. 3:00 p.m. Girls
2. 3:30 p.m. Boys

QUALIFYING: Teams (of not more than seven runners each) and individuals will qualify to the Section Meet as follows:

Region I 3 teams
Region II 4 teams

Region III 5 teams
Region IV 3 teams

Individuals not on a qualifying team and placing in the top 10 percent of the finishing runners in each Region meet will qualify to the Section Meet.

QUALIFYING TO NOR CAL FROM C.C.S.: Three (3 teams) of not more than seven (7) runners and six (6) individuals not on a qualifying team in both Girls and Varsity divisions.

SCORING:

1. The double tag system will be used to:
 - (a) provide immediate results and to identify qualifying teams and individuals to Northern California Meet, and
 - (b) have a back-up system.
2. Each school will be given tags to be worn by each runner on the left pant leg, plus envelopes in which to place the handout finish tags that each runner will receive at the finish chute. Immediately after the race, place the tags in the envelope, add up your score, and return them to the scorer's table.
3. In case of team ties, scoring shall be resolved by comparing the 6th place finishers from the tying teams.

AWARDS:

1. Team trophies shall be awarded to places 1 to 4 in both Girls and Varsity divisions.
2. Individual medals shall be awarded to places 1 to 15 in both Girls and Varsity divisions. Medals will be handed to athletes as they leave the finish chute.

STARTING
ASSIGNMENTS:

1. Positions for individuals and teams will be determined by random selection with Ed Fennelly doing the drawing.
2. A double starting line with a 5-yard separation will be used. Three athletes from each team will line up in front and the remaining team members will line up on the second line.
3. If a qualifying team is not complete on the day of the meet, the coach must notify the meet director during the coaches meeting. If a complete team starts the race but less than 5 finish, please inform the meet director immediately after completion of the race.

SPIKES:

Spikes are not allowed.

UNIFORMS:

Runners must be dressed in identical proper team uniforms - jersey and shorts.

PRE-MEET
WARM-UP:

Jogging the course before the meet is permitted. The course must be cleared prior to the first race.

COURSE
CONDUCT:

1. Park in authorized areas only. Do not block driveways for you may have your car towed away.
2. Stay completely away from houses, lawns and driveways of the nearby homes. Do not allow athletes to use hoses, lawns or other private property of the home-owners.
3. There is a public telephone near the tennis courts.
4. No smoking.
5. No pets.
6. Remove all trash from your area. It's been good this fall because of your cooperation.
7. ENTER COURSE GATE ONLY FROM WALKWAY NEAR THE TENNIS COURTS.
8. No radio or frisbees on the course.
9. No coaches or athletes in the scoring shed or in the immediate area.
10. All runners and coaches must stay behind the ropes when the runners cross the top of the hill.
11. Buses must park on the right hand side of Hallmark, beyond the houses.
12. Remember, use of this course is a privilege and that
FAILURE TO COMPLY WITH THE ABOVE WILL BE CAUSE FOR DISQUALIFICATION.

COACHES'
MEETING:

There will be a brief coaches' meeting to cover any last minute details at 2:30 p.m. Be sure that prior to this time you have checked in at the scorer's table to pick up your tags, scoring envelopes and starting position sheet.

Reg # 105

CRYSTAL SPRINGS RECORDS

SENIORS

1.	Bob Paulin-Camden	14:42	1975
2.	Steve Crowell-Gunn	14:44	1972
3.	Mike McCollum-Palo Alto	14:45.4	1980
4.	CARL CATTARIN-CARLMONT	14:46	1972
5.	Fernando Balderas-San Jose	14:47	1979
6.	KEVIN O'CONNOR-CARLMONT	14:47	1979
7.	Pete Brown-Burlingame	14:49	1972
8.	John Frank-Cent. Valley	14:51	1979
9.	Mitch Kingrey-San Carlos	14:52	1973
10.	Matt Yeo-San Carlos	14:53	1973

JUNIORS

1.	Mith Kingrey-San Carlos	14:28	1973	*
2.	Bob Barnett-Hillsdale	14:43	1973	
3.	Ron Fritzke-Leigh	14:51	1973	
4.	BOB LOVE-CARLMONT	14:53	1976	
5.	Felix Soto-Mt. Pleasant	14:54	1979	
6.	Dave avila-Cupertino	14:56	1977	
7.	Jesse Torres-Independence	15:00	1979	
8.	Jerry Emory-Gunn	15:05	1973	
9.	KEVIN O'CONNOR-CARLMONT	15:08	1979	
10.	Bernal Nelson-Westmoor	15:10	1979	

SOPHOMORES

1.	Felix Stot-Mt. Pleasant	14:57	1977
2.	Mitch Kingrey-San Carlos	15:00	1972
3.	Bob Barnett-Hillsdale	15:06	1973
4.	BOB LOVE-CARLMONT	15:10	1975
5.	Trajillo-Gilroy	15:10	1977
6.	KEVIN O'CONNOR-CARLMONT	15:13	1977
7.	David Cortex-Woodside	15:23	1974
8.	Grant Poster-Monte Vista	15:34	1980
9.	Matt Wool-Los Gatos	15:36	1977
10.	Ken Bergkamp-Leigh	15:37	1977

FRESHMEN

1.	Carlos Carasco-Mt. Pleasant	15:07	1975
2.	A. Vasefuey-Watsonville	15:29	1977
3.	Kevin Blake-Serra	15:33	1975
4.	David Cortez-St. Francis	15:42	1973
5.	Mitch Kingrey-San Carlos	15:48	1971
6.	KEVIN O'CONNOR-CARLMONT	15:56	1977
7.	Peter Munoz-Lincoln	16:05	1977
8.	BOB LOVE-CARLMONT	16:13	1975
9.	Mike Daniels-Burlingame	16:21	1973
10.	Stan Ross-Serra	16:25	1975

GIRLS (INDIVIDUAL)

1.	Linda Van Housen-Sacred Heart	17:38.5	1980
2.	Irene Crowley-Overfelt	17:40	1977
3.	Kerry Brogan-Los Altos	17:43	1979
4.	Kim Schnurpfeil-San Mateo	17:48	1978
5.	Kathy Koudela-Monte Vista	17:49	1978
6.	Amy Harper-Prospect	18:00	1979
7.	Esther Berndt-Gunn	18:06	1980
8.	Ann Trason-Pacific Grove	18:07	1977
9.	Ann Hamilton-Capuchino	18:13	1978
10.	Penny Goldthrope, H.M.B.	18:28	1978

GIRLS (TEAM)

1.	St. Francis-WEAL	96:36	1981
2.	CARLMONT-SPAL	97:34	1980
3.	Half Moon Bay-NPAL	97:40	1979
4.	Los Altos-SCVAL	98:48	1978
5.	Gunn-SCVAL	98:57	1980
6.	Half Moon Bay-NPAL	98:59	1979
7.	Los Gatos-WVAL	99:45	1977
8.	Homestead-SCVAL	99:40	1979
9.	CARLMONT-SPAL	99:47	1978
10.	Los Gatos-WVAL	99:57	1978
		100:34	1980

* Unofficial record held by Ellen Lyons (Bishop Kelly High School, Boise, Idaho): Kinney Shoes Invitational Nov. 1979. Time of: 16.29. Lyons now runs for Stanford.

*** Roxanne Bier (West Valley T.C.) 17:29 (1979)

** Robyn MacSwain (Terra Linda High, San Rafael) (10/11/80) Crystal Springs Invitational: 17:14

(Complete Crystal Springs records are still being compiled by THE MERCURY, of San Jose)