

1985 CCS CROSS COUNTRY CHAMPIONSHIPS  
REGION AND SECTION  
ADVANCE INFORMATION BULLETIN

TO: Athletic Directors, Cross Country Coaches  
League Commissioners and News Media

FROM: CCS Office

RE: 1985 CCS Cross Country Championships

LOCATIONS: REGION I Crystal Springs, Belmont  
" II " " "  
" III " " "  
" IV " " "  
SECTION Crystal Springs, Belmont  
NOR-CAL Sierra College, Rocklin

DIRECTORS: REGION I GPSL/NPL/PAL/WCAL Dooley/Daskarolis/Alvarado/Fambrini  
II DAL/SCVAL/STAL Thornberg/Daner/Montenegro  
III MHAL/WVAL Garrissere/Hotchkiss/Harmatz  
IV MTAL/MBL/SCCAL McConnell  
SECTION PAL/WCAL Dooley/Fambrini/Gogan  
NOR-CAL Sac-Joaquin Ann Simpson

SANCTION: CENTRAL COAST SECTION, CIF

CIF BY-LAWS CIF By-Law 307 states: "No CIF team shall participate in inter-  
307 and scholastic or approved competition with any other team unless the  
506(b) CIF team is under supervision as required by the California Adminis-  
trative Code Title V or CIF By-Law 506 (b)."

CIF By-Law 506(b) states: "Who may coach: (a) All public school teams must be coached by a person who meets the requirements of the California Education Code and California Administrative Code Title V. (b) In case of non-public school, a person engaged by that school on a yearly contract basis as a regular member of the school teaching staff and certified by the administrator of that school as competent for the position held."

RULES FOR 1985 National Federation of State High School Association Cross  
COMPETITION: Country Rules will be enforced.

ADMISSION: No Charge.

AWARDS Region Competition  
8 Plaques - 1st & 2nd each Region (boys)  
8 Plaques - 1st & 2nd each Region (girls)  
120 Certificates - 1st - 15th places, each Region (Var. B & G)  
  
Section Competition  
8 Trophies (1st thru 4th place - boys & girls)  
15 Medals - 15 places (Varsity-boys)  
15 Medals - 15 places (Varsity-girls)

- 14 Certificates - 1st & 2nd place teams (Varsity - boys)
- 14 Certificates - 1st & 2nd place teams (Varsity - girls)

The 1985 Section Meet will follow the same format as last season, i.e.: the Varsity Girls will run at 3:00 pm and the Varsity Boys will follow at 3:30 pm.

QUALIFYING TO  
SECTION, TEAM  
& INDIVIDUAL

Teams will qualify to Section Meet as follows:

REGION I	- 4 teams of not more than seven runners	(Boys & Girls)
REGION II	- 4 teams " " " " " "	(Boys & Girls)
REGION III	- 4 teams " " " " " "	(Boys & Girls)
REGION IV	- teams " " " " " "	(Boys & Girls)

Five (5) individuals not on a qualifying team in each Region Meet shall qualify to the Section Meet.

The following procedure has been adopted for qualifying runners from the Region to the Section Meet:

Region Meet Directors are to mail Region Meet results to the Central Coast Meet Director (Ed Fennelly) to verify those runners who have qualified for the Section Meet.

QUALIFYING TO  
NOR-CAL FROM  
CCS

Three (3) teams of not more than seven (7) runners and six (6) individuals not on a qualifying team in both Boys and Girls Divisions.

TEAM CONDUCT

Coaches are reminded to supervise and demand proper conduct from their athletes. See attachment

TOILETS

There will be portable toilets available near the finish line.

WATER

Drinking water is available.

PHONE:

There is a public pay phone located by the tennis courts.

UNIFORMS &  
FOOT-WEAR

Rule 9-4

Teams

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SECTION 9 UNIFORMS

ART. 1 . . . The cross-country uniform consists of a minimum of a school issued jersey and shorts, which are not objectionable, and shoes, which may be supplied by the contestant. In triangular and quadrangular or invitational meets, the games committee may determine the number of entries per team, but in no case may it be more than 12.

ART. 2 . . . A shoe is a covering for the foot. It must have an upper and definitely recognizable sole and heel. The upper must be designed so that it can be fastened securely to the foot. The sole and heel may contain grooves, ridges. \* The use of ballet type slippers, gymnastics slippers or sweat socks does not meet the requirements of the rule.

ART. 3 . . . Each team member shall wear the same color and design school uniform (jersey and trunks). When other apparel is worn under the jersey by more than one team member (two or more), that apparel must be the same color.

ART. 4 . . . A competitor must wear the assigned contestant number, when numbers are used.

\* No spikes will be allowed on the course.

The Cross Country Committee discussed the "identical uniforms" rule, the problems it has caused the Cross Country Chairman and Section Meet Director and how to resolve these problems. It was the consensus of the Committee that the following policies should be published in the 1985 Advance Information Bulletin:

- a) Xerox the rule from the rule book and underline the most pertinent points.
- b) Uniforms will be inspected at the starting line. Runners not in conformance with the rules will be disqualified.
- c) It is the responsibility of all runners to be at the starting line and to prepare themselves for uniform inspection 15 minutes prior to the start of the event.
- d) It is the responsibility of any coach who has any doubt about the legality of his/her runners' uniforms to ask the CCS Cross Country Committee Chairman, Mr. Ed Fennelly, to rule on the legality of the uniforms(s) 30 minutes prior to the start of the event.
- e) It is the responsibility of any coach questioning the legality of an opposing team(s) uniform to so question the CCS Cross Country Chairman, Mr. Ed Fennelly, and obtain a ruling 30 minutes prior to the start of the event.
- f) The CCS Cross Country Chairman's ruling will be final. After a runner has been allowed to start that runner is considered legal and under no circumstances can he/she be disqualified for violation of the "identical uniforms" rule. The Chairman will use his discretion in ruling on faded uniforms, slight differences in the piping and/or manufactures logos, etc.

PRE-MEET  
WARM-UP

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

REGION I  
DIRECTORS

Don Dooley  
San Mateo High School  
506 No. Delaware St.  
San Mateo 94401  
415) 348-8050 (s)  
415) 593-8992 (h)

Bill Daskarolis  
Aragon High School  
900 Alameda de las Pulgas  
San Mateo 94402  
415) 342-7980 XT 229 (s)  
415) 657-7592 (h)

Greg Alvarado  
Jefferson High School  
6996 Mission St.  
Daly City 94014  
415) 992-4050 (s)  
415) 574-3369 (h)

Rick Fambrini  
Serra High School  
451 W. 20th Ave.  
San Mateo 94403  
415) 345-0991 (s)

SITE

Crystal Springs, Belmont

DISTANCE

3.0 miles

DATE Tuesday, November 19, 1985

TIME 3:00 pm Varsity Girls  
3:30 pm Varsity Boys

REGION II

DIRECTORS:

Hal Daner	Verne Thornberg
Gunn High School	Lynbrook High School
780 Arastradero Road	1280 Johnson Ave.
Palo Alto 94306	San Jose 95129
415) 855-8244 (s)	725-0613 (s)
415) 964-9996 (h)	379-0474 (h)

Rudy Montenegro  
Gunderson High School  
622 Gaundabert Ln.  
San Jose 95136  
998-6340 (s)  
275-9375 (h)

SITE Crystal Springs, Belmont

DATE: Tuesday, November 19, 1985

DISTANCE 3.0 miles

TIME: 2:00 pm Varsity Girls  
2:30 pm " Boys

REGION III

DIRECTORS:

Jim Garrissere	Willie Harmatz
Oak Grove High School	Los Gatos High School
285 Blossom Hill Road	20 High School Ct.
San Jose 95123	Los Gatos 95030
225-9332 (s)	354-2730 (s)
226-9647 (h)	356-0453 (h)

SITE: Crystal Springs, Belmont

DISTANCE: 3.0 Miles

DATE: Wednesday, November 20, 1985

TIME: 2:00 pm Varsity Girls  
2:30 pm " Boys

REGION IV

DIRECTORS:

Richard Chamberlin	John Whisler
Pacific Grove High School	Monterey High School
615 Sunset Drive	P.O. Box 1031
Pacific Grove 93950	Monterey 93940
646-6585 (s)	649-1004 (s)
372-2009 (h)	394-3823 (h)

Mark McConnell  
Soquel High School  
401 Old San Jose Road  
Soquel 95073  
429-3918 (s)  
427-0242 (h)

SITE: Crystal Springs, Belmont

DISTANCE

3.0 miles

DATE

Wednesday, November 20, 1985

TIME:

3:00 pm Varsity Girls  
3:30 pm " Boys

SECTION

Don Dooley, Rick Fambrini, Bill Daskarolis and:

DIRECTORS:

Ed Fennelly  
Riordan High School  
175 Phelan Avenue  
San Francisco 94112  
586-8710

SITE:

Crystal Springs, Belmont

DISTANCE:

3.0 miles

DATE:

Tuesday, November 26, 1985

TIME:

3:00 pm Varsity Girls  
3:30 pm Varsity Boys

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 envelope and starting position sheet.

SECTION NOTE:

- 1) Starting Line Position: The place on the starting line for team and individuals will be determined by a double draw. The first draw will be for Region placement and the second draw conducted by Mr. Ed Fennelly, Cross Country Chairperson, and Section Director, will be for Starting Line Position. There will be nineteen boxes. Three athletes from each team and one individual athlete from a non-qualifying team will line up in front and the remaining team members will line up on the second line fifteen yards behind the front line.
- 2) The "rain-out procedure" for the Section Meet was reviewed and it was agreed to implement it this year with emphasis being placed on item c) of the procedures. The procedure is:
  - a) The Section Meet Director will call the Region Meet Directors and the CCS office before 10:00 am the morning of the meet if the weather is the least bit doubtful. He will inform those individuals the meet is being held at Crystal Springs or the alternate site - the College of San Mateo course. If it is to be held at the alternate site, the teams, individuals and coaches should report to the CSM gymnasium.
  - b) The League Representatives will call their respective coaches with the above information.
  - c) It is the responsibility of each coach who has not been contacted by the above method to call the CCS office after 10:00 am the morning of the schedules meet and before leaving for Crystal Springs to determine whether

the Meet is to be held at Crystal or CSM.

- 3) Ceremony: There will be a short awards ceremony at the conclusion of the meet.

Coaches, it will be of tremendous help if you will instruct your athletes to remain within the course area (inside the fence) until you leave with them at the conclusion of the meet. Thank you for your cooperation.

NOR-CAL CROSS COUNTRY CHAMPIONSHIPS

DIRECTORS: Ann Simpson  
Oakmont High School  
1710 Cirby Way  
Roseville 95678  
(916) 782-3781

SITE: Sierra College, Rocklin

DATE: Saturday, November 29, 1985

TIME: 12:00 pm Varsity Girls  
12:45 pm Varsity Boys

DISTANCE: 3.0 Miles Girls  
3.0 miles Boys

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COMPLETE INFORMATION WILL BE AVAILABLE AT THE  
CENTRAL COAST SECTION CHAMPIONSHIPS ON TUESDAY,  
NOVEMBER 25, 1985. RE: NOR-CAL CROSS-COUNTRY MEET

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CENTRAL COAST SECTION, CIF  
P. B. Box F (589 W. Fremont Ave.)  
Sunnyvale, California 94087 (408) 773-8777

TO: Section Cross Country Coaches  
FROM: CCS Events Coordinator  
RE: Use of Crystal Springs Course

Through the voluntary effort of a small group of our colleagues, our runners have the opportunity to use an excellent course.

All of us interested in continuing the use of the course must insist on the following:

- 1) Keep completely away from the houses, lawns, driveways, tennis courts, water tanks, etc. of the nearby area. Please do not allow runners to use hoses, lawns or other private property of the homeowners. Even the courteous request of runners to use hoses, telephones, or lawns create problems. The runners do not realize that 35-40 meets are held on this course each season.
- 2) Enter course gate only from walkway near the tennis courts.
- 3) No radios, frisbees, or footballs on the course.
- 4) No coaches or athletes in the scoring shed or in the immediate area.
- 5) All runners and coaches must stay behind the ropes when the runners cross the top of the hill.
- 6) Park only in authorized areas. Do not block private driveways. Buses must park on the right hand side of Hallmark, beyond the houses.
- 7) Remove all trash from area.
- 8) No smoking is permitted. (Extreme fire danger)
- 9) Every host, sponsoring organization, team, coach, etc. has a clean up responsibility.

Remember, use of this course is a privilege and that failure to comply with the above could be cause for losing the use of this excellent facility.

Lastly, if you see Coach Bob Rush and Coach Rich Harris be sure to thank them for their invaluable contribution to our efforts.

**RAIN COURSE**  
Two laps, finish in front of gym  
3 MILES

