

1986 C.C.S. CROSS COUNTRY MEET

INFORMATION BULLETIN

DATE: November 13, 1986

TO: COACHES OF QUALIFYING TEAMS OR INDIVIDUALS

FROM: MEET DIRECTORS: Don Dooley San Mateo High 348-8050(s) 593-8992(h)
Bill Daskarolis Aragon High 342-7980(s) 657-7592(h)
Greg Alvarado Jefferson High 992-4050(s) 593-6983(h)

SUBJECT: 1986 SECTION CROSS COUNTRY MEET INFORMATION

MEET DATE: Tuesday, November 25th. If the weather conditions make it impossible to **run** on the Crystal Springs Course, the meet will be moved to a rain course located on the campus of the College of San Mateo and the following procedure will be used:

- a. The Section Meet Director will call the Region Meet Directors and the C.C.S. office before 10:00 A.M. the morning of the meet if the weather is the least bit doubtful. He will inform those individuals the meet is "ON" at Crystal Springs OR that it has been moved to C.S.M.
- b. The Region Meet Directors will phone their respective League Representatives with the above information.
- c. The League Representatives will call their respective coaches with the above information.
- d. It is the responsibility of each coach who has not been contacted by the above method to call the C.C.S. office after 10:00 A.M. the morning of the scheduled meet and before leaving for Crystal Springs to determine whether the Meet is "ON" at Crystal Springs or has been moved to C.S.M.

PLACE: Crystal Springs Course in Belmont

TIME AND RUN-

NING ORDER: 1. 2:45 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 - 5 Boy teams of not more than seven runners and 4 Girl teams of not more than seven runners

REGION II- 4 Boy teams of not more than seven runners and 5 Girl teams of not more than seven runners

REGION III - 4 teams of not more than seven runners (Boys and Girls)

REGION IV - 4 teams of not more than seven runners (Boys and Girls)

Five individuals not on a qualifying team from each Region will qualify to the Section Meet.

A reminder to Region Meet Directors to be sure to mail to Ed Fennelly a copy of your region results for verification of those teams and individuals who have qualified for the Section Meet.

1986 NAT'L.
ED. RULE:

P. 57, SECTION 5, 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.
- 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 or track spikes which are no longer than 1 inch. 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.

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 homes, 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. Cooperate!
7. ENTER COURSE GATE ONLY FROM WALKWAY NEAR THE TENNIS COURTS.
8. No radios, frisbees, or footballs 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. Coaches, a concern has been expressed regarding activity out in the general area of cardiac/agonny hill. Do not assist nor run with your athletes for this is considered unsportsmenlike! BASICALLY, STAY OFF THE RUNNING COURSE.
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 enveloped and starting position sheet.

Lastly, when you see Coach Bob Rush and Coach Rich Harris, from the College of San Mateo, be sure to thank them for their invaluable contribution to our effort:

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 Boys divisions. The meet will be held on Saturday, November 29 at Sierra College in Rocklin, beginning at noon.

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. A slight departure from the past, each school will be given tags to be pinned by each runner to the front of their jersey (when pinning the tag to the jersey, place the pin through the tag backing and not through the tag itself), plus envelopes in which to place the handout finish tags that each runner will receive at the finish chute. Immediately after the race, fill out tags completely (First and Last name, school, and year in school), place the tags in the envelope, add up your score, and return them to the scorer's table. IF YOUR TEAM BECOMES INCOMPLETE DURING THE RACE, BE SURE TO INDICATE THIS ON THE ENVELOPE AS WELL AS NOTIFYING THE MEET DIRECTOR IMMEDIATELY!!
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, both Girls and Boys divisions.
2. Individual medals shall be awarded to places 1 to 15 in both Girls and Boys divisions. Medals will be handed to athletes as they leave the finish chute.
3. 14 certificates shall be awarded to the 1st and 2nd place teams in both Girls and Boys Divisions.

STARTING
POSITIONS:

1. Positions for individuals and teams will be determined by random selection with Ed Fennelly doing the drawing. Region placement will be taken into consideration for the position of the individual qualifiers.
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. If the rain course is used, a triple starting line will be used with 15 yards separating each line (a single file line will be used with the break down being three on the front, followed by two each on the other two lines. Individual qualifiers will be placed by Region placing in a single file line of three on the front and two on the second line. Region directors are to help in this area and will act as recall starters.
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.

SPIKES:

Spikes are not allowed.

UNIFORMS:

Runners must be dressed in identical proper team uniforms - jersey and shorts. The 1986 National Federation Rule Book rules will be enforced. All teams must be in starting position 5 minutes before the start of the race. The meet referee and starter will check all team uniforms.

PRE-MEET
WARM-UP:

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