

CENTRAL COAST SECTION, C.I.F.

Advance Information for Region II

TO: Coaches of the STAL, SCVAL, and DAL
FROM: Region II Cross Country Committee
DATE: Tuesday, November 18, 1986
TIME: Varsity Girls 2:10 pm
Varsity Boys 2:40 pm
LOCATION: Crystal Springs Cross Country Course, Hallmark Drive,
Belmont, California
COURSE: 2.97 miles (rolling hills)
TEAM AWARDS: Plaques will be awarded to the top 2 teams in both
girls and boys divisions.

INDIVIDUAL
AWARDS: Certificates will be awarded to the top 15 places
in both girls and boys divisions.

REGION
QUALIFIERS: 1. The top 4 (four) individuals who's team does not
qualify in each varsity league race, will qualify
to the Region II Meet.
2. The following number of teams will qualify to
Region II Meet.
STAL 4 girls 4 boys
SCVAL 5 girls 5 boys
DAL 5 girls 4 boys

As you can see, the last two placed teams in each
league will not continue to the Region II Meet.
From these teams will come the individuals.

3. Please note that teams shall consist of not more
than seven runners.

QUALIFYING TO THE CCS FINALS: This year (1986) Region II will
advance 4 teams in the Boys, and
5 teams in the Girls races because
Region II had four girls teams in
the top ten in CCS 1985.

The top (five) individuals from
unqualifying teams will continue
to the CCS Finals.

CCS FINALS: Crystal Springs- Tuesday, November 25th with Don
Dooley of San Mateo as meet director.

STARTING POSITION: Positions for the Region II meet have been determined by random selection. Please see last page. A double starting line will be used. Place your top three runners on the front line, the 4th runner in the middle, and the other runners on the back line.

SPIKES: No spikes are allowed.

COURSE RULES: All runners are to be off the course before 2:10 pm. There will be no one on the course during the races.

SCORING: Each school will be given a coded set of name labels and pins. Instructions will be given on the day of meet. Runners will also receive at the end of chute a finish tag number. In the case of ties, the 6th place runner will determine the winning school.

UNIFORMS: Runners must be dressed in identical team uniforms (jersey & shorts). If more than one runner wears "something" under the uniform, then any other runner must wear the same "something". Please check the national federation rule book if there are any questions concerning this matter.

The three league reps will check on uniforms just before each race starts. Please inform your runners that this check will take place.

COACHES:

1. Pick up your packet at the shed upon your arrival.
2. Please review the rules of conduct at Crystal Springs with your team before coming to the meet.
3. Please indicate to your runners, fans, assistants, etc., that another Region is holding their meet at Crystal Springs at 3:00 pm. We will stay away from their races, start to finish, OK.
4. Once the meet starts, please keep your runners off the course and away from the finishing chute.
5. Please return your tags and envelopes as soon as possible.
6. At the completion of the meet, please clean up your team area.
7. There will be a brief coaches meeting to cover last minute details at 2:00 pm in front of the scoring shed.

Good luck to all teams,

 

Hal Daner, Gunn High School
Verne Thornburg, Lynbrook HS

STARTING LINE ASSIGNMENTS

REGION II

GIRLS

1. DAL ind
2. SCVAL-2
3. STAL-4
4. DAL-1
5. DAL-2
6. STAL-1
7. SCVAL-4
8. SCVAL-3
9. SCVAL-1
10. STAL-3
11. DAL-5
12. DAL-4
13. DAL-3
14. STAL-ind
15. SCVAL-5
16. STAL-2
17. SCVAL-ind

BOYS

1. SCVAL ind
2. STAL-2
3. SCVAL-2
4. STAL-1
5. DAL ind
6. DAL-1
7. SCVAL-5
8. DAL-2
9. DAL-3
10. STAL-4
11. DAL-4
12. SCVAL-3
13. SCVAL-1
14. STAL-3
15. STAL-ind
16. SCVAL-4

Box number one is located on the water tower side, while box number 17 is located on the finish line side of the starting line. Please be at the starting line five (5) minutes early for inspection and instructions.

If there are no individuals from a league, all teams will move towards the center of the starting line. Example: In the girls race, there are no individuals from the STAL, so SCVAL-5; STAL-2; and SCVAL-ind will all move one box towards the center.

Each team will place three runners on the starting line. The fourth runner will be in the center of the box, and the last three runners will be back of the second line. Please instruct your 5th, 6th, and 7th runners to stay behind the line until the gun goes off, because they can false start just as easily as the front runners.

The first two individuals from a league will be on the starting line, while runners 3 and 4 will start behind the second line. Would all individuals from the various leagues please remember what number individual they are from that league. The same will hold true at the CCS Finals, as individual region II runners will be placed on the starting line according to their finish in the Region II meet

COACHES PLEASE NOTE THE FOLLOWING:

1. Everyone in the girl's race should be at the starting line at least five minutes before the race, so that an uniform inspection can occur.
2. Please instruct your runners to jog from the finish line thru the chute; otherwise, you will be pushed, carried, etc. thru the chute. Please keep moving thru the chute.
3. Coaches are to write or print clearly the last name, first name of each runner with year in school on the coded tab just above the name of your school.
4. These coded tabs have the term "ind" in the upper left hand corner, if you are an individual. The color code is the same for boys as girls.
5. Place the tab over the runner's heart(left side). Instruct runners to give you *their* numbered tag. Put these tags in a safe place, because we may need them if confusion should happen. Hopefully we will not need them.
6. Coaches, we need you fill out the "quick scoring sheet" and return it to us as quickly as possible. If you have an incomplete team, let us know as soon as possible. That means immediately.
7. Please instruct runners, parents, friends, etc. that we can not interfere with the Region IV races. Please clean your areas before you leave.
8. We will announce scores as quickly as possible.
9. There will be a coaches meeting at 2:00pm to review last minute details.
10. Good luck to you and your teams.

Hal + Mike