



**2019-2020**

**BOYS AND GIRLS  
CROSS COUNTRY  
PREVIEW**



EXPLORER

FUSION

FOCUS



# MUSCLES. SPEED. AGILITY. SMARTS.

OUR VEHICLES. OUR ATHLETES.



THE SOUTHERN CALIFORNIA FORD DEALERS  
PROUDLY SUPPORT SO CAL HIGH SCHOOL ATHLETICS.



F-150 RAPTOR

MUSTANG

ECOSPORT

## Table of Contents – Cross County 2019-2020

<b>2019 CROSS COUNTY ADVISORY COMMITTEE</b> .....	3
<b>TOP 10 POLLS</b> .....	3
<b>2019 CROSS COUNTRY CALENDAR DATES</b> .....	4
<b>CROSS COUNTRY APPROVED SANCTIONED EVENTS</b> .....	5
<b>CIFSSHOME.org REQUIREMENTS</b> .....	6
<b>RULES - BLUE BOOK BYLAWS - SPECIAL POINTS OF INTEREST</b> .....	7
NFHS RULE CHANGES .....	7
ACCOUNTABILITY .....	8
PLAYER CONDUCT .....	8
SUMMERTIME RULES/SUMMER DEAD PERIOD .....	9
TOBACCO PRODUCTS PROHIBITED .....	10
SUPERVISION OF ATHLETES .....	10
OUTSIDE COMPETITION .....	10
BYLAW 600 PENALTY .....	12
OTHER POINTS OF INTEREST .....	12
CHIP AND BIB TIMING .....	13
2019-2020 BOYS AND GIRLS CROSS COUNTRY DIVISIONS .....	14
<b>PLAYOFF INFORMATION</b> .....	16
PLAYOFF DATES .....	16
CIF SOUTHERN SECTION CHAMPIONSHIP QUALIFYING INFO .....	16
HOTELS FOR CIFSS PELIMS – November 15-16, 2019 .....	18
HOTELS FOR CIFSS FINALS – November 23, 2019 .....	19
<b>HEALTH &amp; SAFETY</b> .....	20

## 2019 CROSS COUNTY ADVISORY COMMITTEE

Over the past years, the CIF-SS office has worked with the concept of establishing advisory committees in most of the sports for boys and girls. The role of the advisory committee, comprised of coaches in the respective sport and an administrator from the CIF-SS office, may include the following:

1. Meetings
2. Recommendations for playoff sites
3. Recommendations for procedural changes
4. Recommendations for rule changes
5. Evaluation of sport season
6. Assistance to coaches and/or official's organizations
7. Liaison between coaches and the CIF-SS office

For your reference, members of the 2019-2020 Cross Country Advisory Committee and the Management Committee are:

### **ADVISORY COMMITTEE**

Michelle Burns, Buena  
Tom Colley, Sherman Indian School  
Martin Dugard, JSerra  
Rich Ede  
Mark Gardner  
Rich Gonzalez  
Hal Harkness  
Will Jacobsmeyer, La Sierra High School  
Bob McGuire  
Tim McIntosh, St. John Bosco  
Rich Medellin, Esperanza HS  
Brad Peters, M.L. King High School  
Jay Stepp, Yucca Valley High School  
Mike Tomasulo, Temple City High School

### **MANAGEMENT COMMITTEE**

Rich Benoy  
John Blair  
Steven Blue  
Rich Ede  
Mark Gardner  
Rich Gonzalez  
Hal Harkness  
Bob McGuire  
George Varvas

## TOP 10 POLLS

CIF-SS Cross Country polls will be updated weekly in the season of sport and can be found at [www.prepcaltrack.com](http://www.prepcaltrack.com) and on the CIF-SS website. Polling is used to identify potential at-large entries into post season competition.

## 2019 CROSS COUNTRY CALENDAR DATES

The following is a capsule of the CIF Southern Section calendar for the 2019 Boys and Girls Cross Country season:

### FIRST CONTEST:

The initial date on which a school may schedule and conduct an interscholastic contest is **THURSDAY, August 29, 2019.**

### SCRIMMAGE:

A scrimmage is defined as:

An activity involving teams or individual student-athletes from two or more different schools in a CIF approved sport; AND

Where no official score is kept; AND

Where regulation time is not kept; AND

Where substitute rules are set aside; AND

Where coaches may stop play for instructional purposes; AND

Where no score/results are released to the media.

Number of Scrimmages: A maximum number of two (2) scrimmages are permissible prior to the first interscholastic contest (league or non-league)

### LAST LEAGUE CONTEST:

All league competition for entries must end on or before **FRIDAY, NOVEMBER 8, 2019.** Schools may compete until November 9 for non-league contests.

### MAXIMUM CONTEST:

An individual of a cross country team will be permitted to enter and participate in no more than a total of 14 dual, triangular or invitational (sanctioned) meets during the season, not including all-league or CIF Southern Section Championships.

### COMPETITION IN ONE DAY:

An individual may compete in only one (1) cross country race in any one (1) day.

### PLAYOFF DATES:

Prelims: Friday, November 15, 2019 – DIVISIONS 3 and 1  
Saturday, November 16, 2019 – DIVISIONS 2, 5, 4

Riverside Cross Country Course  
1055 Orange Street  
Riverside, CA 92501

Finals : Saturday, November 23, 2019 - Riverside Cross Country Course

The STATE CROSS COUNTRY FINALS will be held at WOODWARD PARK IN FRESNO on **SATURDAY, NOVEMBER 30, 2019.**

# CROSS COUNTRY APPROVED SANCTIONED EVENTS

Please refer to the CIF Southern Section website ([www.cifss.org](http://www.cifss.org)) for the latest Sanctioned Events, as events are updated daily.

Sanctioned Events download directions:

Click on *GOVERNANCE TAB* > click on *SANCTIONED EVENTS* > select *Cross Country* > click Search

This page will display the most up to date information on Cross Country Approved Sanctioned Events

**Southern Section**  
**CIF**  
Est. 1913

**JL CUSTOM JACKETS**  
OFFICIAL LICENSED PATCH  
AND JACKET MANUFACTURER

**VARSIY JACKET SPECIAL**

**\$279.00**

WOOL BODY WITH LEATHER SLEEVES AND POCKETS

VARSIY LETTER SEWN ON FRONT

MAKE AND SEW ON UP TO 3 SPORT EMBLEMS

EMBROIDER FIRST NAME, SCHOOL NAME, MASCOT NAME AND 1 SPORT ONTO THE FRONT

CREATE AND SEW ON A CUSTOM GRADUATING YEAR

**EXCLUSIVE DISTRIBUTOR FOR ALL CHAMPIONS FINALISTS RUNNER-UP & ALL CIF patches.**

Standard Girls Package  
All wool body and sleeves with a wool hood  
**\$269.00**

You can design and purchase your own custom patches on our website.

To Order Call:  
**(951) 867-3200**  
or visit us on the web:  
**www.jlcustomjackets.com**  
7161 Old 215 Frontage Road, Moreno Valley, CA  
Fax (951) 867-3277

**JL**  
Custom Jackets and Patches

\* PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE \*

# CIFSSHOME.org REQUIREMENTS

**SCHEDULES & SCORES** Complete your schedule in CIFSSHOME.org prior to your season as well as update scores following each contest

**Attention Athletic Directors/Coaches:** It is very important that you enter your entire season schedule into CIFSSHOME.org as well as update the scores immediately following your contests.

Log in @ [www.CIFSSHOME.org](http://www.CIFSSHOME.org) (If you do not have a log in & password as a coach, check with your Athletic Director). Once you are logged in:

-On the left panel, click on "Teams", select "Cross Country, Boys" and "Cross Country Girls"

-To **Add a game**, click "Add Game" at the top right and fill out all the required fields which are marked by a red (\*) to complete your schedule.

-To **Submit your score**, click on the "Teams", select "Cross Country, Boys" and "Cross Country Girls" Scroll through your schedule and click on the green "Post Result" button.

-Make sure that your overall and team records are correct on your team page.

**Check out the Help video under the Help button on the bottom left, "Be CIF Prepared!"**

**VARSITY TEAM INFORMATION (ROSTER) DUE no later than WEDNESDAY, NOVEMBER 6, 2019**

**Attention Athletic Directors/Coaches:** It is very important that you enter your entire Boys and Girls Cross Country Varsity roster into CIFSSHOME.org no later than **WEDNESDAY, NOVEMBER 6, 2019**

Log in @ [www.CIFSSHOME.org](http://www.CIFSSHOME.org) (If you do not have a log in & password as a coach, check with your Athletic Director).

Once you are logged in:

-On the left panel, Click on the "**Teams**" tab, select "Cross Country, Boys" and "Cross Country Girls"

-Here are the instructions for using the sample file.

- Download the sample file **and** delete the "contents only". Copy and paste or type your roster information into the file as the contents and save the file to your computer. You can only upload an excel file (xls) that is the exact same format as the sample file. Columns for information not required for your sport may be left blank, but the HEADER INFORMATION MUST REMAIN EXACTLY AS THE SAMPLE.

**Required Columns for Boys and Girls Cross Country are: First Name, Last Name, Birth date, Year, Eligibility.**

- Next - click Choose File, find your file, then click "Import Student".

- To confirm your roster has been uploaded, your roster will be uploaded in the roster section and all of the required columns are filled out.

**Check out the Help video under the Help tab on the bottom left, "Be CIF Prepared!"**

## **VARSITY COACHES**

**Attention Athletic Directors/Coaches:** It is very important that you enter your Boys and Girls Cross Country coaches (Head & Assistants) into CIFSSHOME.org no later than **WEDNESDAY, November 6, 2019.**

Log in @ [www.CIFSSHOME.org](http://www.CIFSSHOME.org) (If you do not have a log in & password as a coach, check with your Athletic Director).

Once you are logged in:

-Click on the "**Teams**" tab on the left navigation bar. Click on the corresponding varsity team (Water Polo, Boys).

-Click on "Add/Edit Coaches", select the information to add both your HEAD & ASSISTANT coaches

**Check out the Help video under the Help tab on the bottom left, "Be CIF Prepared!"**

# RULES - BLUE BOOK BYLAWS - SPECIAL POINTS OF INTEREST

## NFHS RULE CHANGES

### Track & Field and Cross Country Rules Changes - 2019

By NFHS on July 10, 2018

**4-3-1:** Eliminates redundant language and expands definition of foundation garments.

**Rationale:** This change expands the current interpretation of foundation garment to include any item worn under the uniform top and/or bottom as well as eliminate duplicate language in same rule.

**4-3-2:** Clarifies uniform language for relay and cross country team members.

**Rationale:** Slight differences in design of uniform do not negatively impact the identification of a relay or cross country team. The expectation of this rule is that all relay and cross country team members can be clearly identified as representing the same school.

**6-6-11, 6-8-12:** Records measurement in discus and javelin to the nearest lesser inch or centimeter.

**Rationale:** Clarifies measurements when using metric system.

**6-9-4, 6-9-5:** Clarifies pit measurements for long jump and triple jump.

**Rationale:** Ensures pit measurements are within industry standards for safety.

**8-1-1 thru 3:** Clarifies legal course layout.

**Rationale:** Clarification of course markings.

**8-3-2 thru 5:** Clarifies order of finish based on torso.

**Rationale:** Clarifies that no matter the system used, the order of finish is based on when the torso crosses the finish line.



## ACCOUNTABILITY – BYLAW 125

**125.1 - COACH EJECTION** - Upon the ejection of a coach from any CIF-SS contest, it is the responsibility of the principal of said school to file a letter of explanation with the CIF Southern Section Office which includes the circumstances surrounding the matter and what action the principal has taken to prevent a recurrence. Said correspondence is to be filed within THREE school days of notification of the ejection. Additionally, upon ejection, the ejected coach shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. A second ejection will constitute a two contest suspension and a third ejection will cause suspension for the remainder of the season.

*QUESTION: What happens if unknowingly a coach or player who was ejected the previous game participates in the next contest?*

*ANSWER: Being in attendance at or coaching/playing in a contest after having been ejected from a previous contest will result in the forfeiture of the contest.*

*QUESTION: What is meant by attendance at a contest?*

*ANSWER: Attendance is defined as being present at the team bench/area, inside a gymnasium, stadium or playing area. The intent of this rule is that the ejected person is not in attendance at the contest.*

**125.2 - FAILURE TO COMPLETE A CONTEST** - When a school fails to complete a contest, due to a coach pulling his/her team from the floor, court or field, it is MANDATORY that the CIF-SS Office be notified by the Principal within 24 hours (excluding holidays and weekends). The competing schools and officials will be required to file written reports, and after review of the aforementioned material, the principal of the school involved will be required to respond to the CIF Southern Section Office concerning his/her investigation of the incident.

*QUESTION: How serious is such action?*

*ANSWER: It has been the position of the CIF-SS Executive Committee to expect the building principal of the school concerned to relieve the coach from his/her assignment for the balance of that season or the Executive Committee is empowered to consider recommendations for additional penalties.*

## PLAYER CONDUCT – BYLAW 1814

Any player who is ejected for any reason shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest.

A second ejection from a game or contest for fighting or assaultive behavior will cause suspension for the remainder of the season. A player who was ejected from the previous contest, who knowingly, or unknowingly, participates in or is in attendance at the next contest, will result in the forfeiture of that contest

Any player whose conduct merits ejection from a game by an official for fighting or assaultive behavior shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. After the suspension from play, the student may only return after certification by the school principal that the student(s) has completed a conference with a school administrator. The appropriate form indicating the completion of the conference must be filed with the Section office prior to rejoining the team.

Any player who leaves the confines of the bench or team area during a fight that has broken out or may break out will be ineligible for the team's next contest. After the suspension from play, the student may return only after certification by the school principal that the student(s) has completed a conference with a school administrator. The appropriate form indicating the completion of the conference must be filed with the Section office prior to rejoining the team. In the case of any suspension from play, the next contest may not be a forfeited, postponed or canceled game.

**QUESTION:** *What must be submitted to the Section office before a student can be cleared to rejoin his/her team?*

**ANSWER:** *The Section office will provide a form that may be faxed or mailed to the Section office. The referee or official's report need not accompany the statement, but it is recommended the form be attached to the certification of the conference.*

**QUESTION:** *What is meant by attendance at a contest?*

**ANSWER:** *Attendance is defined as being present at the team bench/area, inside a gymnasium, stadium or playing area. Students ejected from a game in progress should remain under supervision of school staff. The intent of this rule is that the ejected person is not in attendance at the contest.*

## **SUMMERTIME RULES/SUMMER DEAD PERIOD – BYLAW 1807**

**1807.1** With the exception of the summer dead period, until the beginning of the first official starting date for fall sports, there shall be no restriction on high school coaches working with high school students registered and/or attending their respective high school or entering them in summer competition, provided approval is received from the school principal.

**QUESTION:** *Who may participate in high school summer athletic programs approved by the principal?*

**ANSWER:** *Only students registered for the upcoming school year in grades 9 through 12. Additionally, it would be a violation to allow elementary students (8th grade and below) to participate with the high school team. For students enrolled in more than one school, all summer practice and competition must be confined to one school.*

**1807.2** High schools may sponsor sport camps and/or allow non-school sponsored sport camps to use their facilities.

- \* High school students and individual from the general community can attend.
- \* The high school name, nickname and identifying marks can be used in the title and/or promotion of the camp.
- \* The principal of the high school must give permission for the camp to take place; non-school sponsored camps must secure a facility permit for use of any facilities and equipment.
- \* The camp must comply with all CIF bylaws, including those pertaining to undue influence and dead period.
- \* Non-school sponsored camps should provide required liability insurance for the use of any school facilities.

**1807.3** A summer dead period must be declared by the school principal for all sports. The dates of the dead period must be forwarded to the Southern Section Commissioner. The dead period must be the same for all levels and must be three (3) consecutive weeks between the end of school or the last Friday in May, whichever is first, and the last Monday in August. No class could be offered which could circumvent the rule. There are no exceptions to the summer dead period.

During the dead period, weight lifting ONLY would be permitted. No running or other type of conditioning would be allowed.

Special nationally recognized programs in various sports that require a national or regional championship format, such as Bobby Sox Softball, American Legion or Mickey Mantel Baseball, etc., would be allowed to continue, until completion, during the dead period.

## TOBACCO PRODUCTS PROHIBITED – BYLAW 514

The use of tobacco products in conjunction with any CIF Southern Section athletic contest is prohibited. This would include all those involved in the contest including players, coaches and officials.

## SUPERVISION OF ATHLETES – BYLAW 503

State and Southern Section BYLAW 503 (E) states:

"No CIF team or individual shall participate in interscholastic or approved competition with any other team unless the CIF team is under supervision as required by the California Education Code 49032. See also Bylaw 503.F)".

It should be noted that schools representing the same district may send one credentialed or certified supervisor for three or four students. These individuals have been recognized and are to continue to be recognized for registration and participation purposes in that the district has assigned the supervisory role for all students from its member schools to this one individual. The supervisor must remain in attendance at all times.

However, the concern is for those students who are not accompanied by a faculty representative and report to the playoff site by themselves or with a parent.

PLEASE NOTE: THIS RULE WAS REVIEWED WITH BOTH THE STATE CIF OFFICE AND THE SOUTHERN SECTION EXECUTIVE COMMITTEE AND REAFFIRMED THAT THE INTERPRETATION STAND AS ABOVE AND THAT ANY STUDENT REPORTING FOR COMPETITION WHO IS NOT UNDER THE DIRECT SUPERVISION IN ACCORDANCE WITH STATE AND SOUTHERN SECTION BYLAW 503 (E), IS TO BE "DENIED" ENTRY FOR PARTICIPATION IN THE COMPETITION.

As pointed out by the Southern Section and State CIF Attorney, there are also inherent liability problems when an individual competes in violation of said rule. Please review this rule with your staff in that it will be strictly enforced as per the above application.

## OUTSIDE COMPETITION – BYLAW 600

A student on a high school team becomes ineligible if the student competes in a contest on an outside team, in the same sport, during the student's high school season of sport. (Refer to Bylaw 504) The following exceptions apply:

- A. If the outside team has half or more of the team members as stated in the National Federation rule book for that sport, it shall be considered the same sport. Examples: three on three basketball C outside team competition prohibited; two on two volleyball C outside team competition permitted.

*QUESTION: May a student who competes at the freshman or junior varsity level compete on an outside team during his or her high school season of sport?*

*ANSWER: No. The Outside Competition Rule pertains to all levels of competition. Thus, any individual participating at the varsity, junior varsity, sophomore and/or freshman levels may not compete on an outside team during his or her high school season of sport. \*See exception in above paragraph.*

*QUESTION: Does this rule apply to a student/athlete who starts the season, plays in a game and then becomes ineligible?*

*ANSWER: Yes. Once the student is eligible and plays in a game, he/she may not play on an outside team and retain their eligibility for that season.*

**B. FLAG FOOTBALL**

For purposes of this rule, touch football and flag football are considered to be a different sport than tackle football.

**C. SOCCER**

In the sport of soccer, Bylaw 600 shall be in effect only during the winter high school soccer season. High school soccer programs that compete during the fall or spring season are not subject to Bylaw 600.

*QUESTION: What is the definition of the student's high school season for soccer in the Southern Section?*

*ANSWER: A season of sport is defined as that period which begins with school's first interscholastic competition (non-league game, tournament contest or league game). For the 2016-2017 soccer season, the date would be November 21, 2016.*

**D. SWIMMING & DIVING**

Swimmers may compete for an amateur team during the season of sport in the USA Swimming Senior National Championship Meet, the USA Swimming Sectional Championship meets and the YMCA National Meet. Divers may compete for an amateur team during the season of sport in the USA National Diving Championships and the USA National Junior Diving Championships.

E. Bylaw 600 shall not be in effect for those sports conducted outside the State adopted season of sport.

**F. SPONTANEOUS RECREATIONAL ACTIVITY**

It is permissible for a high school team member to participate in a spontaneous recreational activity or game in which sides or teams are chosen without regard to players representing any group or organization. Such participation would not cause loss of eligibility. (spontaneousCno prior planning or notice; an unplanned part of another activity which has a primary focus other than the sport.)

**G. UNATTACHED COMPETITION IN INDIVIDUAL SPORTS**

- (1) An unattached athlete shall not represent any team. Points won by the athlete shall not be credited to any team. An unattached athlete shall not use a uniform which identifies a school or Aoutside@ team. Any violation shall be considered an infraction of Bylaw 600.
- (2) Unattached competition is permissible for a student in other than school contests during the season of sport provided the student enters in the individual sports of badminton (singles and doubles), cross country, golf, gymnastics, skiing, swimming and diving (including unattached entry on relays), tennis (singles and doubles), track and field (including unattached entry on relays) and wrestling. (Revised May 2003 Federated Council)
- (3) **CERTIFICATION OF UNATTACHED ATHLETES**  
No official recognition or certification on the part of the CIF member school or personnel of the CIF member school may be given in order that unattached athletes may participate in contests.
- (4) **REPRESENTATION IN CIF COMPETITION**  
Unattached competition is not permitted in any CIF competition (see Bylaw 600.(G.4). Individuals or teams entered in CIF competition must represent a CIF member school. No other form of representation shall be permitted in CIF competition.

## BYLAW 600 PENALTY – BYLAW 601

### A. Individual

- (1) First Offense in High School Career in Any Sport
- (2) The student becomes immediately ineligible for participation with his/her high school team or a number of contests equal to twice the number of contests of outside competition in which the student participated.

The student becomes immediately ineligible for one year (365 days) from the second infraction in all sports.

### (3) Appeals:

Upon written appeal to the Section commissioner, the student may petition his/her Section for reinstatement of his/her eligibility status.

### B. Team

#### (1) Games Forfeited:

Games in which a student participated on his/her high school team after violation of CIF Bylaw 600 shall be forfeited.

#### (2) Appeals:

Sections may establish rules and procedures to consider requests for waivers of game forfeitures.

(Revised May 2004 Federated Council)

## OTHER POINTS OF INTEREST -

1. **MAXIMUM CONTEST** - An individual of a cross country team will be permitted to enter and participate in no more than a total of 14 dual, triangular or invitational (sanctioned) meets during the season, not including all-league or CIF Southern Section Championships.
2. **COMPETITION IN ONE DAY** - An individual may compete in only one (1) cross country race in any one (1) day.
3. **OUTSIDE COMPETITION** - (Unattached) competition is permissible for a student in other than school contests during the season of sport. Please refer to Blue Book Rule 600 regarding unattached competition which will highlight specific regulations in reference to athletes who compete unattached.
4. **PROPER UNIFORM** - All Athletes competing in cross country must be in proper team uniform and wear running shoes. **Spikes are not permitted.**
5. **DISTANCE OF RACES** - The maximum distance in all non-league, league and invitational cross country competition shall be 5,000 meters (3.1 miles)(Adopted Southern Section Council March 22, 2001). A shorter distance may be adopted by a league or by mutual agreement by schools for non-league competition.
6. **TEAM COMPOSITION** - Coaches are urged to become familiar with CIF Rule 300 (B) in reference to Boys and Girls team competition. Major emphasis would be the area of your school fielding only one team and its makeup consisting of both Boys and Girls. If a Girl is a member of this student team, she - at the conclusion of the regular season - **WOULD NOT** be permitted to compete in the girls' cross country championships, but must take part in the boys' championships, if she so qualifies.

For a Girl to compete in the CIF-SS Girls post-team cross country championships, she must have been a member of a Girls team for the regular season or have run as a freelance entry all season due to the fact that her school fielded only a Boys team or did not field any team in this sport.

7. RULES - Cross Country competition in the CIF Southern Section is conducted under National Federation Rules, which are contained in the most current edition of the National Federation Track and Field Rule Books.
8. No interscholastic contests or practices of any kind are to be held on Sunday.

## CHIP AND BIB TIMING

The CIF-SS will be utilizing “chip” timing provided by Finished Results Professional Timing for our championship events. Please carefully review the “Chip and Bid Instructions” information.



### Shoe Tag and Bib Instructions

You will be billed \$10 for each shoe tag not returned today

Pay only \$5 for missing shoe tags, if you pay for them before you leave the meet

1. Inspect your team packet to ensure you received all your bibs and shoe tags
  - Immediately notify meet management if you are missing any bibs or shoe Tags
    - Very important – this must be done before leaving the packet pickup area
  - You will be responsible for any missing shoe tags after you leave the packet pickup area
2. Distribute your Bibs and Shoe Tags to all competing athletes
  - All athletes must wear their assigned bib & shoe tag, as assigned on your team roster
  - Athletes that are not registered should not use someone else's shoe tag
  - Failure to properly distribute the bibs & shoe tags will result in inaccurate results
3. Athletes must properly secure their shoe tag as shown below
  - Do NOT put the shoe tag in socks, in your pocket, etc
  - Be sure to Double Knot tie shoes



You are responsible for returning all of your shoe tags in numerical order before you leave the meet

4. Shoe tag Collection & Return
  - Each school is responsible for the collection & return of all their shoe tags
  - Tags must be returned in Numerical Order on the zip ties, the same as you received them
    - **KEEP THE ZIP TIES UNLOCKED – DO NOT CLOSE THE ZIP TIES**
  - Use your team roster to ensure none of your shoe tags are missing
  - We suggest you use your team managers / assistant coaches to collect the shoe tags from your athletes after they cross the finishline – there will no longer be any collection corral used
  - Have a COACH return all of your shoe tags to EVENT MANAGEMENT at the same location you picked up your team packet – please refrain from sending an athlete to return shoe tags
  - Event Management will check your shoe tags with you for accuracy



Contact us for discounted pricing for all your equipment and uniform needs use offer code **FINISHED** to get 15% off your next order  
[sales@finishedresults.com](mailto:sales@finishedresults.com)  
951-334-8300

## 2019-2020 BOYS AND GIRLS CROSS COUNTRY DIVISIONS

### 2019 PLAYOFF GUIDELINES FOR DIVISION PLACEMENT

The CBED Enrollment (grades 9-12) figures from the 2018-19 school year as certified by the State for public and private high schools will be used for placement.

- When the computer enrollment data is received from the State Department of Education, schools will be divided into each Southern Section divisional category.
- If a school incurs a gain/loss in enrollment of a minimum of 15% in the current year (2019-2020), the current year CBED enrollment figures shall be used in place of the prior year.

Each Section will determine the divisional placement for its schools who qualify for the state cross country championships and is required to submit the placement of schools into the five divisions to the State CIF Office no later than October 1. CIF member schools will be required to participate in the division that has been established by their respective Section. Sections may use their own established criteria to determine placement of teams in the five divisions based on the following guidelines:

#### **STATE CIF GROUPINGS**

<b>Division I</b>	<b>As determined by Section</b>
<b>Division II</b>	<b>As determined by Section</b>
<b>Division III</b>	<b>As determined by Section</b>
<b>Division IV</b>	<b>As determined by Section</b>
<b>Division V</b>	<b>As determined by Section, but enrollment may not exceed 600</b>

#### **CIF-SS GROUPINGS *\*\* (Tentative-subject to change)***

<b>Division 1</b>	<b>2481 and above</b>
<b>Division 2</b>	<b>2480-2051</b>
<b>Division 3</b>	<b>2050-1530</b>
<b>Division 4</b>	<b>1529-601</b>
<b>Division 5</b>	<b>600 and below</b>

*\*\* The CIF-SS Cross Country divisions are based on CBED information from the 2018-2019 year. When the CBED information for 2019-2020 has been submitted to CIF-SS and the State Department of Education, any school that incurs a gain/loss in enrollment of a minimum of 15% in the current year will utilize the new CBED data for placement into division. Reporting of the information to the State Department of Education occurs prior to October 1<sup>st</sup> each year. Final divisional placement for each school will be determined once this information has been received and compiled.*

*REMINDER: By action of the CIF-SS Council at the March 23, 2000 meeting, no schools will be allowed to compete outside of their enrollment based division.*

**NOTE: Final divisional placement will be posted at [www.cifss.org](http://www.cifss.org) after October 15, 2019 once CBED information has been analyzed and adjusted**

The Boys and Girls division placements can be found on the Cross Country sports page at [www.cifss.org](http://www.cifss.org) > Cross Country >Download button labeled “Playoff Divisions”.





## PLAYOFF INFORMATION

### PLAYOFF DATES:

PRELIMS: Friday, November 15, 2019 – DIVISIONS 3 and 1  
Saturday, November 16, 2019 – DIVISIONS 2, 5, 4

Riverside Cross Country Course  
1055 Orange Street  
Riverside, CA 92501

FINALS : Saturday, November 23, 2019 - Riverside Cross Country Course

STATE CROSS COUNTRY FINALS: Saturday, November 30, 2019  
Woodward Park in Fresno

### CIF SOUTHERN SECTION CHAMPIONSHIP QUALIFYING INFO

**LEAGUE FINALS INTO DIVISIONAL PRELIMS** (Bylaw # 3314) - In all sports other than football, the team entry formula for each league into the playoffs is as follows:

4 team leagues = 2 entries  
5 or 6 team leagues = 3 entries  
7 or 8 team leagues = 4 entries  
9 or more leagues = 5 entries

If an individual runner finishes in the top six (6) in their league meet and is not on a qualifying team, they may be entered to participate in preliminaries. After entries from each league have been received by the CIF Southern Section Office on Friday, November 8, 2019 each team and individual entry will be assigned to their appropriate enrollment category (Divisions 1, 2, 3, 4, 5).

Leagues must have their Prelim results entered into EPI Sports no later than 9:00 PM on Friday, November 8, 2019. Results will be entered in EPI Sports using unique login code for each league.

**AT-LARGE CRITERIA INTO DIVISIONAL PRELIMS** - Any team not qualifying automatically from their league, who has been ranked in the top **16** in their division in **2** of the last **4** CIF-SS polls, **will be** invited to CIF-SS Prelims as an at-large team.

**DIVISIONAL PRELIMS TO DIVISIONAL FINALS** (\*\*Specific to Riverside Cross Country Course) - \*\*There will be twenty-four (24) teams in each final race. In divisions with three (3) qualifying heats, the top eight (8) teams in each heat will qualify. Individuals who finish in the first ten (10) actual places and are not members of qualifying teams will also advance to the finals.

In divisions with two (2) qualifying heats, the top twelve (12) teams in each heat will qualify. Individuals who finish in the first fifteen (15) places and are not members of qualifying teams will also advance.

**DIVISIONAL FINALS TO STATE CHAMPIONSHIPS** - Team entries into the state championship cross country meet shall be based on a formula that is comprised of two factors: 1) An established baseline providing a minimum number of entries for each section; 2) Additional entries based upon the most recent four (4) year history of the section team performance in each divisional race. No section shall have more than seven (7) entries in any divisional race, plus the top five (5) individuals on non-qualifying teams who finished in the top twenty (20).

A comprehensive bulletin detailing the Southern Section Prelims and Finals will be posted on our website in mid October. ***The playoff bulletin will only be available on our website. Please refer to [www.cifss.org](http://www.cifss.org) for all playoff information (including forms to be returned to our office) and heat sheets.***

The State CIF Office will forward to each school a bulletin covering details of the State Championship activity.



**CIF SOUTHERN SECTION**  
is proud to host  
**Boys and Girls Cross Country Prelims**  
**November 15-16, 2019**  
Riverside, CA



**Partnering Hotels**

\*\*\*Please reference "CIF-SS Cross Country Prelims" to receive a discounted group rate\*\*\*

**Quality Inn** 1590 University Avenue, Riverside, CA 92507

3 miles from The Riverside Cross Country Course

Rate: \$99.00

Reservations: (951) 683-6000

- \* Complimentary hot breakfast
- \* Complimentary high-speed internet and use of fitness center
- \* Complimentary parking

**Courtyard Marriott** 1510 University Avenue, Riverside, CA 92507

3 miles from The Riverside Cross Country Course

Rate: \$139.00

Group Code: CIFICFP

Booking Link: <https://www.marriott.com/ralcy>

Reservations: (951) 276-1200

- \* Complimentary upgrades for Coaches
- \* Complimentary full American Breakfast
- \* Complimentary high-speed internet and use of fitness center
- \* Complimentary parking

**Hyatt Place** 3500 Market Street, Riverside, CA 92501

2 miles from The Riverside Cross Country Course

Rate: \$139.00

Reservations: (888) 492-8847

Group Code: G-CCCP

Booking Link: [http://riversidedowntown.place.hyatt.com/en/hotel/home.html?corp\\_id=G-CCCP](http://riversidedowntown.place.hyatt.com/en/hotel/home.html?corp_id=G-CCCP)

- \* Complimentary American Breakfast Buffet
- \* Complimentary high-speed internet and use of fitness center
- \* Discounted parking at \$12.00 per day, per vehicle

**Event Venue**

**Riverside Cross Country Course**

**1011 Orange Street, Riverside, CA 92501**





**CIF SOUTHERN SECTION**  
is proud to host  
**Boys and Girls Cross Country Finals**  
November 23, 2019  
Riverside, CA



**Partnering Hotels**

**\*\*\*Please reference "CIF-SS Cross Country Prelims" to receive a discounted group rate\*\*\***

**Quality Inn** 1590 University Avenue, Riverside, CA 92507

3 miles from The Riverside Cross Country Course

Rate: \$99.00

Reservations: (951) 683-6000

- \* Complimentary upgrades for Coaches
- \* Complimentary hot breakfast
- \* Complimentary high-speed internet and use of fitness center
- \* Complimentary parking

**Courtyard Marriott** 1510 University Avenue, Riverside, CA 92507

3 miles from The Riverside Cross Country Course

Rate: \$139.00

Group Code: CIFCFF

Booking Link: <https://www.marriott.com/ralcy>

Reservations: (951) 276-1200

- \* Complimentary upgrades for Coaches
- \* Complimentary full American Breakfast
- \* Complimentary high-speed internet and use of fitness center

**Event Venue**

Riverside Cross Country Course

1011 Orange Street, Riverside, CA 92501



## HEALTH & SAFETY

It is the expectation of the CIF Southern Section that your Athletic Coaches and Administration will take every measure to ensure the health and safety of your student athletes.

Resource information and additional information regarding heat safety, hydration and other health and safety related articles can be found on the CIF-SS website @ [www.cifss.org](http://www.cifss.org). Click link to “Sports Medicine” tab on the blue toolbar.

Additional resources can be found at [www.cifstate.org](http://www.cifstate.org) under the “Sports Medicine” tab on the white toolbar.



**THE HOME OF**



**STREAM ON** 