

# Central California Sectional Cross Country Championships



CMAC

NSL

CSL

EYL

ESL

ESL

NYL

SSL

WSL

SEYL

CSL

SWYL

WSL

TRAC

WYL

**BE PREPARED**

**MAYBE**

**\$5 per vehicle**

**at Woodward Park**

**(buses included)**

**2008 Central Section  
Cross Country Championships**  
Woodward Park  
Fresno, CA

To: Cross Country Coaches, Principals, Athletic Directors,  
Section Commissioner, Meet Director  
From: Cross Country Advisory Committee  
Date: October, 2008

\*\*\*\*\***IMPORTANT CROSS COUNTRY INFORMATION**\*\*\*\*\*

Final Date for League Competitions: November 6, 2008

Valley Meet Championship: Thursday, November 13, 2008  
Site: Woodward Park Fresno, CA

Meet Director: Shane Riddle (A.D.)  
Madera High School  
200 South "L"  
Madera, CA 93637  
Email: riddle\_sh@madera.k12.ca.us  
Phone & FAX number: 559-675-4473

CIF Cross Country Advisory Committee Chair: Larry Lung  
1509 S. Cain St.  
Visalia, Ca 93292  
E-mail: larrylung@comcast.net  
Cell Phone 559-280-7003  
Phone # 559-738-1736

The Valley meet will be conducted in five (5) divisions. Schools will compete in the division determined Section CIF office. If any questions contact Jim Crichlow.

**NO Petitioning Up**

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.

**The State CIF/CS Divisions are as follows:**

Division I As determined by Section  
Division II As determined by Section  
Division III As determined by Section  
Division IV As determined by Section, but enrollment may not exceed 1,250  
Division V As determined by Section, but enrollment may not exceed 500

**Cross Country Divisions 2008-2009**  
**Varsity Boys**

**Division I**

Bakersfield  
Central  
Clovis East  
Mt. Whitney

Buchanan  
Centennial  
Clovis West  
Stockdale

Bullard  
Clovis  
Madera

**Division II**

East  
Highland  
Monache  
Reedley  
Tulare Western

Garces  
Hoover  
North  
Sunnyside

Golden West  
Liberty  
Redwood  
Tulare Union

**Division III**

Arvin  
Delano  
El Diamante  
Frontier  
Lemoore  
Madera South  
Ridgeview  
Shafter  
South  
West

Cesar Chavez  
Dinuba  
Foothill  
Golden Valley  
Hanford  
McLane  
Roosevelt  
Selma  
Tehachapi  
Yosemite

Clovis North  
Edison  
Fresno  
Granite Hills  
Hanford West  
Porterville  
Sanger  
San Joaquin Memorial  
Wasco

**Division IV**

Avenal  
Coalinga  
Dos Palos  
Firebaugh  
Kerman  
Lindsay  
Mira Monte  
Orosi  
Robert F. Kennedy  
Tranquillity

Bakersfield Christian  
Corcoran  
Exeter  
Fowler  
Kingsburg  
Mendota  
Mission Oak  
Parlier  
Sierra  
Washington Union

Caruthers  
Chowchilla  
Farmersville  
Independence  
Liberty (Madera)  
McFarland  
Orange Cove  
Riverdale  
Taft  
Woodlake

**Division V**

Central Valley Christian  
Immanuel  
Mission Prep

Coast Union  
Kings Christian  
Strathmore

Fresno Christian  
Laton

**Cross Country Divisions 2008-2009**  
**Varsity Girls**

**Division I**

Bakersfield  
Centennial  
Clovis East  
Stockdale

Buchanan  
Clovis  
Golden West

Bullard  
Clovis West  
Madera

**Division II**

Central  
Edison  
Garces  
Mt. Whitney  
Reedley  
Sunnyside

East  
Frontier  
Highland  
Monache  
Sanger  
Tulare Union

El Diamante  
Foothill  
Liberty  
North  
San Joaquin Memorial  
Tulare Western

**Division III**

Arvin  
Dinuba  
Fresno  
Hanford  
Lemoore  
Porterville  
Roosevelt  
South  
West

Cesar Chavez  
Delano  
Golden Valley  
Hanford West  
Madera South  
Ridgeview  
Selma  
Tehachapi  
Yosemite

Clovis North  
Exeter  
Granite Hills  
Hoover  
McLane  
Redwood  
Shafter  
Wasco

**Division IV**

Avenal  
Coalinga  
Dos Palos  
Fowler  
Kingsburg  
Mendota  
Mission Oak  
Parlier  
Sierra  
Washington Union

Bakersfield Christian  
Corcoran  
Farmersville  
Independence  
Liberty (Madera)  
McFarland  
Orange Cove  
Riverdale  
Taft  
Woodlake

Caruthers  
Chowchilla  
Firebaugh  
Kerman  
Lindsay  
Mira Monte  
Orosi  
Robert F. Kennedy  
Tranquillity

**Division V**

Central Valley Christian  
Immanuel  
Mission Prep

Coast Union  
Kings Christian  
Strathmore

Fresno Christian  
Laton

## **The CIF Sectional Championships In each of the five (5) divisions.**

One race for boys - 5 kilometers      One race for girls - 5 kilometers  
1-7 runners per team

All runners and all teams in the CIF Central Section MAY participate in the Sectional Championships.

**Team Qualifiers:** Varsity boys and girls only. A team will consist of 5 to 7 runners from any one school of boys and girls.

**Individual Qualifications:** All Central Section schools may enter individual runners (whether member of a team or not) in each division from each league meet. Entries of less than 5 from one school will be considered individual entries, and will compete only for individual awards. Their order of finish will not be considered in the team scoring.

### **RACE SCHEDULE**

9:30	Check-in	1:30	Division 2 Boys
11:00	Division 5 Girls	2:00	Division 1 Girls
11:30	Division 4 Boys	2:30	Division 3 Boys
12:00	Division 5 Boys	3:00	Division 2 Girls
12:30	Division 4 Girls	3:30	Division 1 Boys
1:00	RESERVE RACE	4:00	Division 3 Girls

### **NATIONAL FEDERATION CROSS COUNTRY RULES**

The National Federation rules will be enforced at all Valley Cross Country Championship events. Uniforms must comply with the rules.

### **AWARDS**

The following awards will be presented:

- a) Plaques to each Girls' and Boys' championship and runner-up teams
- b) The top 12 runners in each race

**The permanent site for the Sectional Championships and Grand Masters will be Woodward Park, Fresno (Executive Board 3/02)**

### **DIRECTIONS**

Woodward Park is located in Fresno, CA. Take HWY. 41 to Friant Rd. exit. Turn right and continue to Audubon Dr. where you will be taking a left turn. From the right lane you will be entering the park. Headquarters are at the Mountain View picnic area.

If it is apparent your team will be late to the championship meet, it is the responsibility of the coach to contact the meet director by phone. (559-213-0928)

### **BILLING OF ENTRY FEES**

The fee is **\$5 per athlete** and must be paid before the meet or the fee will be double as allowed by the CIF.

---

**Grand Masters Hosted by Roosevelt HS  
November 20, 2008**

Varsity Girls 2:30

Reserve Race 3:00

Varsity Boys 3:30

Register with Bruce Wade at the Valley Meet

## **NATIONAL FEDERATION RULES WILL BE STRICTLY ENFORCED**

### **REGARDING UNIFORMS:**

9-6-1 Each competitor's uniform shall consist of:

a. Shoes

b. Full-length top and bottom or one-piece uniform **issued by the school**

1. Bottoms ... must be the same color and design for all team member

4. The one-piece uniform, top and bottom may have school identifications and the top may have the competitor's name

5. The top shall not be knotted or have a knot-like protrusion

8. Any visible shirt(s) worn under the top and other visible apparel worn under the bottom must be unadorned and of a single color except for a single, visible manufacturers logo and/or single school name or insignia (each no more than 2 1/4 square inch). Visible items under both the top and the bottom do not have to be the same color

9-6-2 Uniforms must worn as intended by the manufacturer. **(i.e.: shorts not rolled)**

The waistband of a competitor's shorts shall be worn above the hips. **(i.e.: not sagging)**  
There shall be no bare midriff.

9-6-4 Each team member shall wear the same color and design school uniform. If under apparel worn by more than one member (two or more), that apparel must be the same color.

9-6-7 Contestants shall not wear jewelry; except:

1. religious medal (shall be taped to the body under the uniform)

2. medical medal (taped to the body and the alert may be visible)

3. watch may be worn around the wrist

State Track/Cross Country Advisory Committee Declares:

Jersey must be tucked into the shorts. **(Following Rule 4-3-1b-6: Bare midriff tops are not allowed)**

Cross Country Advisory Committee Declares:

**No water** to be handed out anywhere on the course. (For runner's safety)

**Teams not in compliance will be in violation of the rules, which results in disqualification.**

**CIF STATE CROSS COUNTRY CHAMPIONSHIP**  
**Saturday, November 29, 2008 at Woodward Park**

The State CIF will mail CIF State Cross Country Championship Bulletins to each CIF member school. The following criteria shall be used to determine the number of teams and individuals who will qualify to the CIF State Cross Country Championships:

**Automatic Teams**

Team entries into the State CIF Cross Country Championships shall be based on a formula that is composed of two factors: 1) An established baseline providing a minimum number of entries for each section; 2) Additional entries based upon the most recent (4) year history of the section team performance in each division race. No section shall have more than seven(?) team entries in any division race. Base on the above criteria Central Section will have the following entries to the 2007 State CIF Cross Country Championship:

	Boys	Girls
Division I	3	2
Division II	2	3
Division III	2	2
Division IV	3	2
Division V	2	3

Qualifications from the CIF Central Section Championships to the CIF State Meet, will be dictated by the state CIF as in the previous table.

**Individual Qualifiers**

A Maximum of five (5) individuals (not on an automatic team entry) per the criteria in each division will qualify from Section to State meet finals.

Criteria being:

Sections entering Three teams - Individuals must place in the top 14 at section finals to qualify

Sections entering Two teams - Individuals must place in the top 12 at section finals to qualify

**INDIVIDUAL ENTRIES**

# of Section Teams Automatic Qualify	Sections Five (5) Individual Qualifiers to State Meet Must Finish in the top
2	12
3	14

State Meet qualifiers: **Simple Directions--Go to the meet,**

State Handbook: online @

[http://www.cifstate.org/sports/state/cross\\_country/pdf/08%20xc%20handbook.pdf](http://www.cifstate.org/sports/state/cross_country/pdf/08%20xc%20handbook.pdf)

**Valley Meet Entries**

**School** \_\_\_\_\_

**Boys Team** \_\_\_\_\_

**Name**

**Grade**

\_1 \_\_\_\_\_

\_2 \_\_\_\_\_

\_3 \_\_\_\_\_

\_4 \_\_\_\_\_

\_5 \_\_\_\_\_

\_6 \_\_\_\_\_

\_7 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Head Coach \_\_\_\_\_

Address \_\_\_\_\_

City/Zip Code \_\_\_\_\_

E-mail \_\_\_\_\_

Phone \_\_\_\_\_

FAX to :

Madera High School

200 South "L"

Madera, CA 93637

Email:

**FAX # 559-675-4531**

**Valley Meet Entries**

**School** \_\_\_\_\_

**Girls Team** \_\_\_\_\_

**Name**

**Grade**

\_1 \_\_\_\_\_

\_2 \_\_\_\_\_

\_3 \_\_\_\_\_

\_4 \_\_\_\_\_

\_5 \_\_\_\_\_

\_6 \_\_\_\_\_

\_7 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Head Coach \_\_\_\_\_

Address \_\_\_\_\_

City/Zip Code \_\_\_\_\_

E-mail \_\_\_\_\_

Phone \_\_\_\_\_

FAX to :

Madera High School

200 South "L"

Madera, CA 93637

Email:

**FAX # 559-675-4531**