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FORMAT – 2023-24 CROSS COUNTRY SECTION MEET

TO: Sac-Joquin Section member schools that participate in Cross Country
FROM: Mike Garrison, Commissioner
Will DeBoard, Assistant Commissioner
DATE: October 1, 2023

2023-24 CIF SAC-JOQUIN SECTION CROSS COUNTRY SECTION MEET

Please note your school's responsibilities

A. **Location:** The CIF Sac-Joquin Section Cross Country Meet will be held on **Saturday, November 11, 2023** at Willow Hill Cross Country Course in Folsom, adjacent to the Folsom High School campus. The meet is scheduled to start at 9:00 a.m.

NOTE: Please, no tents/team areas in start/finish area.

Director - Steve Kinoshita of Folsom HS.
Starters - Mike Brown, Gwen Brown and Aaron Weidcamp.
Scoring - Red Cap Timing
Packet pickup - Del Campo; Cosumnes Oaks

Mandatory Coaches Meeting in the packet pick up room:

Divisions III, IV and V @ 8:15 a.m.

Divisions II and II @ 11:00 a.m.

School assignments are based on a team's finishing place at Sub-Sections. Each Varsity qualifying team from Sub-Sections will cover one volunteer shift. If a school has Both the girls and boys team qualify, they will be responsible covering two shifts. D 3-5 shifts are from 8:45-12:45, D1-2 are from 12:40-4:40. A team may have volunteers share/split a shift if desired.

Clerk/Start Line - *Check teams in, place teams in box, CHECK UNIFORMS, BIBS & CHIPS*
Div. I-II: Varsity Boys eighth place teams
Div. III-V: Varsity Boys eighth place teams

Course Monitors - *Monitor athletes and spectators on course.*

Divisions I-II:

Start Line (first 100m) – Varsity Girls eighth place teams

Levee (School loop side) – Varsity Boys and Girls first place teams

Levee (Bridge side) - Varsity Boys and Girls third place teams

Bathroom Turn – Varsity Girls 10th place teams

Oak Tree Turn - Varsity Boys 10th place teams

Freeway Loop (At bottom of first hill and at top of row of trees) – Varsity Boys and Girls seventh place teams

Bridge (both sides) - Varsity Boys and Girls fifth place teams

Oak Tree Loop – Varsity Boys and Girls ninth place teams

School loop bottom turn - Varsity Boys sixth place teams

Finish Area - Varsity Boys and Girls second place teams

Divisions III-V: *Start Line (first 100m)* - Varsity Girls eighth place teams

Levee (school loop side) - Varsity Boys and Girls first place teams

Levee (Bridge side) - Varsity Boys and Girls third place teams

Bathroom Turn - Varsity Girls 10th place teams

Oak Tree Turn - Varsity Boys 10th place teams

Freeway Loop (At bottom of first hill and at top of row of trees) - Varsity Boys and Girls seventh place teams

Bridge (both sides) - Varsity Boys and Girls fifth place teams

Oak Tree Loop - Varsity Boys and Girls ninth place teams

School loop bottom turn - Varsity Boys sixth place teams

Finish Area - Varsity Boys and Girls second place teams

Finish Chute - Div. I-II: Varsity Boys and Girls fourth place teams
Div. III-V: Varsity Boys and Girls fourth place teams

Post Results - *Assist with posting results; check in at scoring room.*

Div. I-II: Varsity Girls sixth place teams

Div. III-V: Varsity Girls sixth place teams

Awards - *Assist at awards table and ceremony with disbursement of medals at amphitheater.*
Varsity awards at the amphitheater; all others at the table by the scoring.

Div. I-II: Folsom

Div. III-V: Folsom

- B. **Entry Fee:** An \$8.00 entry fee will be charged for each athlete who enters the Section meet. All entry fees will be invoiced by the Section Office once entries are received. Checks will not be accepted on site.
- C. **Check-in:** All Division III, IV and V teams and coaches must report to the check-in room at Folsom High School by 8:30 a.m. to check in and pick up their bibs and chips. If runners miss their race, they do not compete.
All Division I and II teams and coaches must report to the check-in room at Folsom High School by 11:00 a.m. to pick up bibs for their athletes. If runners miss their race, they do not compete.
- D. **Athlete Changes:** If a registered runner is going to compete in a DIFFERENT race division than they were originally registered, the coach MUST notify the scoring room BEFORE the athlete competes (i.e., athlete registered as a FSG but is now competing in the VG race). Or, if an athlete needs to be registered, the coach MUST notify the scoring room.
- E. **Admission:** There is no charge for spectator admission to the championships.
1. Tents will not be allowed adjacent to the start and finish areas.
- F. **Parking:** Park in the Prairie City Road parking lot near the football field. Do not park in the small lot near the course. Folsom High School will charge \$5.00 per vehicle for parking. Also, do not park in the Treehouse Shopping Center adjacent to the high school.
- G. **Description of Course:** The course is situated adjacent and south of the Folsom High School campus. The course is rolling dirt hills (see map). If excessive rain, meet will be run on alternate course on November 18.
- H. **Interference:** Any athlete who interferes with a race in progress is subject to disqualification.
ATHLETES ARE TO STAY OUT OF THE FOLSOM HIGH CAMPUS!!
- I. **Names and Numbers**
FINISH CORRAL (CHUTE) PROCEDURES
1. The finish chute (now called the finish corral) will be composed of mat-like sensors. The *runners are to run across all mats* and continue running approximately 10 feet beyond the last mat. Any runner who stops or walks will be physically removed from this zone.

2. They do not have to stay in finish order once they clear the sensor mats. The athletes must continue toward the finish corral.
3. There will be no collection of the bib numbers (tear off section will not be used due to timing chips).
4. Year and/or spelling corrections and substitution of a runner may be done as usual at packet pick-up. Be sure to bring the bib number of the runner!!!!
5. The name that is in the database will be reflected in the results unless changed at packet pick-up.

Coaches **MUST** go over the above procedures with their runners.

Please double-check your athletes' name(s) and school affiliation. If a team is substituting a runner or any spelling errors occur, please inform an official at the scoring room by bringing the **bib number with necessary corrections** and they will take down the information to give to RED CAP TIMING.

J. **Scoring Procedures:**

1. Scoring, placement and timing will be done in accordance with NFHS rules. It is imperative that ALL runners wear their assigned bib numbers.
2. The runner's bib number will be used to determine the appropriate place and time.
3. Meet results will be posted no more than 30 minutes after the finish of each race.
4. Scoring will be in compliance with National Federation rules. Five runners score and two displace.

- K. **Identification:** Coaches who change any members of their qualified team or have an incomplete team or whose team started the race with five or more and finished with less than five, **MUST** notify meet officials immediately.

No athlete may run in a lower classification in the Section meet than the athlete ran in during the Sub-Section.

- L. **Section Meet Awards:** All awards will be picked up at the table in front of scoring room.

Pennants: To the boys and girls varsity champions in each division

Plaques: To the runner-up in varsity Divisions I-V

Medals:

DIVISIONS I, II, III, IV & V:

Medals:

Team Medals

Individual Medals

Boys Varsity

7 medals to first 3 teams (21 medals)

10 medals to Top 10 finishers

Girls Varsity

7 medals to first 3 teams (21 medals)

10 medals to Top 10 finishers

Boys JV

7 medals to first 2 teams (14 medals)

8 medals to Top 8 finishers

Girls JV

7 medals to first 2 teams (14 medals)

8 medals to Top 8 finishers

Boys Soph	7 medals to first 2 teams (14 medals)	8 medals to Top 8 finishers
Boys Frosh	7 medals to first 2 teams (14 medals)	8 medals to Top 8 finishers
Girls F/S	7 medals to first 2 teams (14 medals)	8 medals to Top 8 finishers

M. **State Meet Qualifying Standards:**

1. **TEAM:** The Sac-Joaquin Section number of automatic team qualifiers to the State meet are:

Division	Boys	Girls
Division I	3	2
Division II	3	4
Division III	3	3
Division IV	3	2
Division V	2	2

2. **INDIVIDUAL:** A maximum of five individuals (not on an automatic team entry), per the criteria in each division, will qualify from the Section meet to the State meet finals as follows:

# of Section's team automatic qualifiers	Section's five individual qualifiers to State meet must finish in the top:
1	8
2	12
3	14
4	16
5	18
6	20

Note: The California State Championships will be held November 25, 2023 at Woodward Park in Fresno.

Note: If the Section championships are unable to be completed in time for any reason, the times from the sub-section meet will be used to qualify for the state championships.

N. **Alternates:** No alternates from Sub-Section to Section if an athlete qualified as an individual. If a team qualifies, then you may substitute team members. (An athlete MAY NOT move down from the division they qualified in at the Sub-Section meet.)

O. **Unable to field team:** If a team that has qualified for the Section meet does not have enough runners to run as a team, the individuals of the incomplete team may run in the race. Please notify meet director.

P. **Uniforms:**

NOTE: No body decor will be allowed (i.e., body paint, marking pen, etc.) on any visible part of the body.

1. The competitor's uniform shall be school-issued or school approved, worn as intended by the manufacturer, and meet the following requirements and restrictions:
 - a. Each competitor shall wear shoes on both feet.
 - (1) The shoes shall have an upper and recognizable sole and heel.
 - (2) The (shoe) upper must be designed so that it can be fastened securely to the foot.
 - (3) The use of slippers or socks does not meet the requirements of the rule.
 - b. Each competitor shall wear a school-issued or school-approved full-length track top and track bottom or one-piece uniform. Any outer garment (e.g., t-shirts, sweatpants, tights) that is school-issued or school-approved becomes the official uniform, when worn.
 - (1) The top and/or bottom or one-piece uniform may have school name, school logo, school nickname and/or competitor's name.
 - (2) The top shall not be knotted or have a knot-like protrusion. Bare midriff tops are not permitted. The top must hang below or be tucked into the waistband of the uniform bottom when the competitor is standing upright.
 - (3) A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the top and bottom or one-piece uniform.
 - (4) One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.
 - (5) Any visible garment(s) worn underneath the uniform top and/or bottom is considered a foundation garment. Foundation garments are not subject to logo/trademark/reference or color restrictions.

NOTES:

1. All cross country team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team.

NOTE: The official should be able to observe that all members are from the same team.

2. A competitor shall wear the assigned contestant number and/or computerized transponders/chips during competition. The number and/or transponders/chips shall be worn, unaltered, for purposes of official timing and place finish.

PENALTY: (1 and 2) For illegal uniform, the competitor is disqualified.

3. Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, is illegal.

PENALTY: This shall lead to a warning and if repeated, to disqualification from the meet. If the incident recurs, the competitor will be disqualified from further competition in the meet.

- Q. **Locker rooms**: Locker room facilities are not available. Please come to the meet dressed to compete.
- R. **Concessions**: A concession stand will be available. Water will be provided on the course (as necessary).
- S. **T-Shirts**: T-Shirts will be available for purchase on the day of the meet.
- T. **We Are Guests**: PLEASE REMEMBER THAT WE ARE GUESTS OF FOLSOM HIGH SCHOOL. Stay out of classroom area! Our use of the facility is contingent upon our continued good conduct. NO RADIOS PLEASE!!! Each team is responsible to clean up its area. Garbage bags will be issued to each school to help with the clean-up.
- U. **Restricted areas**: No athletes or spectators will be allowed on the football field or the football bleachers. Coaches are responsible for their team's area.
- V. **Bylaw 501.4**: "All principals are responsible to ensure that their school is represented in CIF playoff competition in all team sports in which they qualify. If a school does not meet its playoff commitment, it may be subject to disciplinary action in accordance with Article III, Section 2.2, of the Constitution."

W. **Time Schedule:**

<u>Event No.</u>	<u>Event</u>	<u>Time</u>	<u>Event No.</u>	<u>Event</u>	<u>Time</u>
1	Frosh Boys - Div. 3, 4, 5	9:00	10	JV Boys - Div. 1, 2, 3, 4, 5	1:00
2	Frosh-Soph Girls - Div. 3, 4, 5	9:20	11	JV Girls - Div. 1, 2, 3, 4, 5	1:02
3	Soph Boys - Div. 3, 4, 5	9:40	12	Varsity Girls - Div. 1	1:40
4	Varsity Girls - Div. 3	10:00	13	Varsity Boys - Div. 2	2:10
5	Varsity Boys - Div. 4	10:30	14	Varsity Boys - Div. 1	2:45
6	Varsity Boys - Div. 5	11:00	15	Varsity Girls - Div. 2	3:15
7	Varsity Boys - Div. 3	11:30	16	Frosh. Boys - Div. 1, 2	3:50
8	Varsity Girls - Div. 4	12:00	17	F-S Girls - Div 1, 2	4:10
9	Varsity Girls - Div. 5	12:30	18	Soph Boys - Div. 1, 2	4:30

Race times are approximate. Most of the previous race will clear before next start, but race may not start on time due to circumstances beyond control of the meet management.

Awards Ceremony Schedule: (VARSITY ONLY).

To be held at the Folsom High School Amphitheater

All Division 3, 4 and 5 Races 1:00 p.m.

All Division 1 and 2 Races.....4:00 p.m.

Lower level competition awards will be given out at the awards table in front of the scoring room.

X. **JV Rule:** The boys' and girls' JV races are open to athletes who are not part of their varsity top five (5). If a school does not enter its top five (5) in the varsity division, it is not allowed any entry in the JV division.

Y. **Note:** Coaches are responsible for the behavior of their athletes for the entire day. Schools will be billed for any vandalism that might occur.

1. Coaches: Stay out of scoring area.

Z. **Incident Weather:** In case of *inclement* weather, please visit the Section website at www.cifsjs.org.

AA. **Limit on Entrants:** No varsity team may have more than seven (7) runners in any race.

PENALTY: Team is disqualified. Individuals from that team may qualify as individuals.

BB. **State Meet Entrants:** Coaches who have state meet qualifiers **should** come to the copy room **ONLY** to make changes in team members or correct names and grade level.

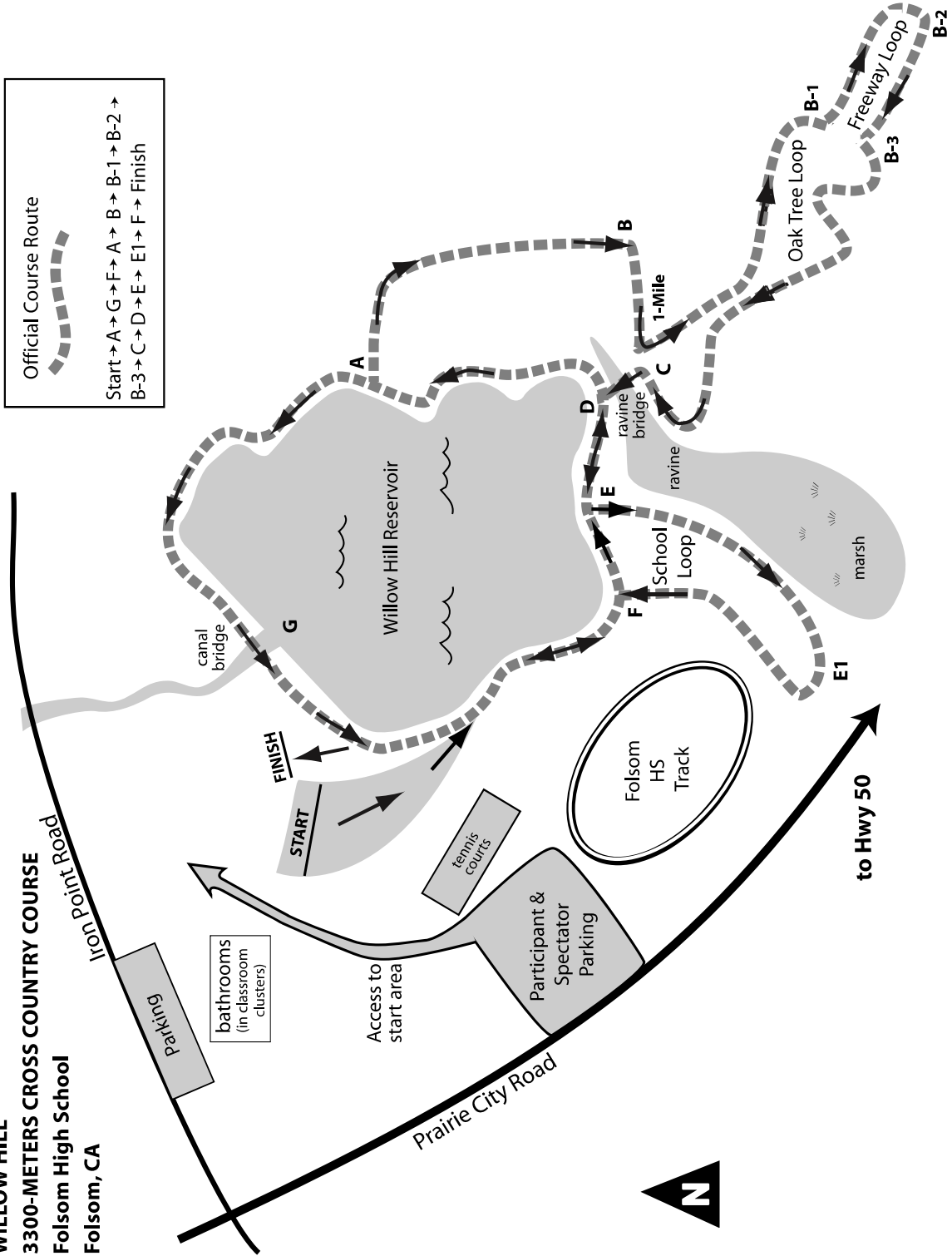
1. The State Meet qualifiers from the Sac-Joaquin Section will be posted on the Section website (www.cifsjs.org).

CC. **Meet Results:** Meet results will be posted on the Sac-Joaquin Section website (www.cifsjs.org) and Red Cap Timing website (redcaptiming.com).

DD. **Postponements:** If the event is postponed due to any reason, the Section will make any and all adjustments as needed.

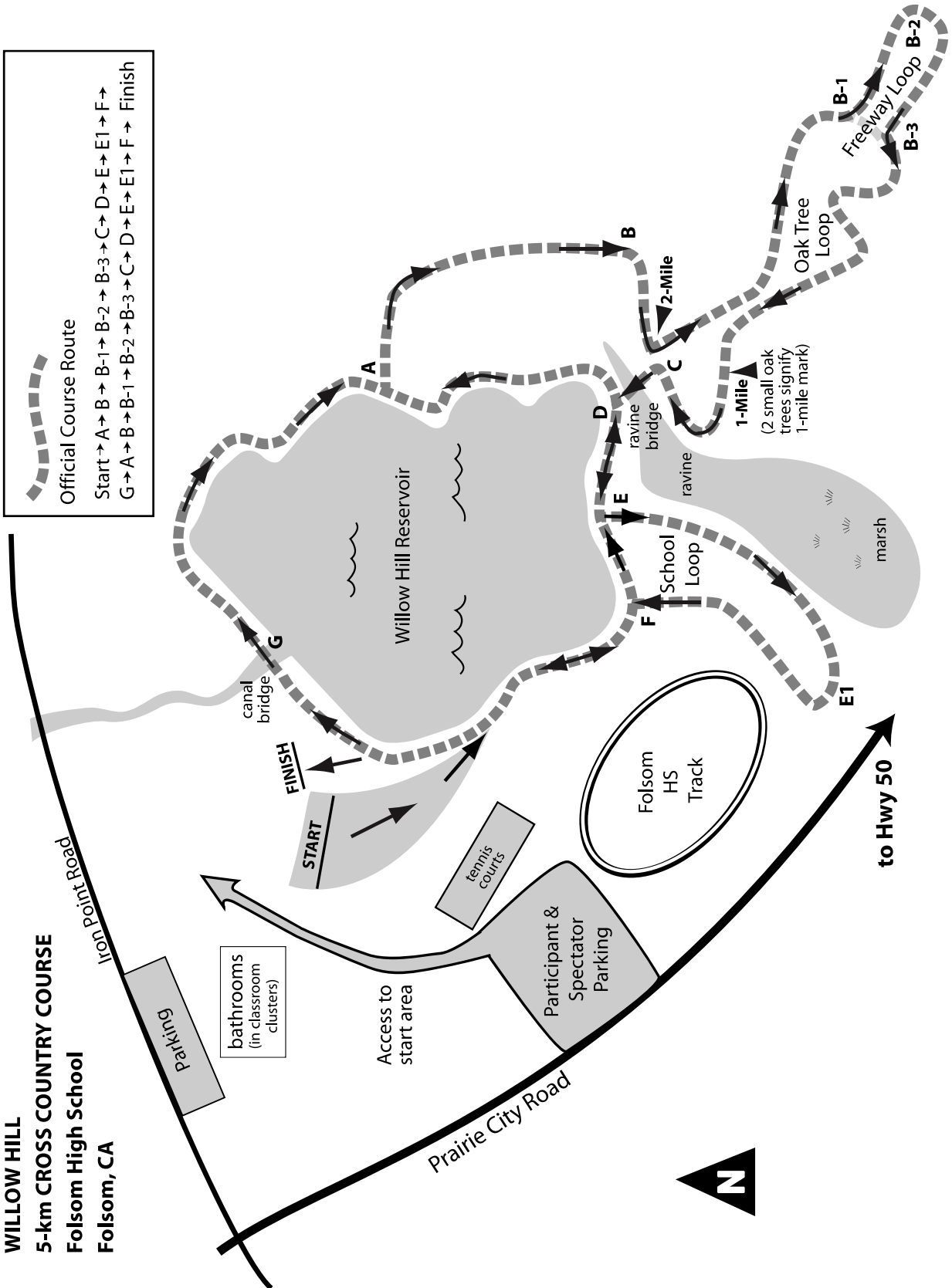
**WILLOW HILL
3300-METERS CROSS COUNTRY COURSE
Folsom High School
Folsom, CA**

Official Course Route
 Start → A → G → F → A → B → B-1 → B-2 →
 B-3 → C → D → E → E1 → F → Finish



WILLOW HILL
5-km CROSS COUNTRY COURSE
Folsom High School
Folsom, CA

Official Course Route
 Start → A → B → B-1 → B-2 → B-3 → C → D → E → E1 → F →
 G → A → B → B-1 → B-2 → B-3 → C → D → E → E1 → F → Finish



140th Point Road

canal bridge

START

FINISH

Willow Hill Reservoir

Willow Hill Canal

ravine bridge

ravine

1-Mile (2 small oak trees signify 1-mile mark)

1-Mile

2-Mile

Oak Tree Loop

Freeway Loop

marsh

Folsom HS Track

Participant & Spectator Parking

tennis courts

bathrooms (in classroom clusters)

Access to start area

Parking

Prairie City Road

to Hwy 50

N

