



TO: CROSS COUNTRY COACH

DATE: OCTOBER 8, 2021

RE: 2021 SAN DIEGO CIF CROSS COUNTRY CHAMPIONSHIPS

1. CHAMPIONSHIP FORMAT

- a. Host Conference: **Frontier Conference and the Metro Conference are co-hosts for the meet. Mr. Julian Valdez is the Meet Director and Mr. Chuy Nuñez is the Assistant Meet Director. The Tournament Director is Mr. Dennis McClanahan.**
- b. All schools will be expected to declare their team for entry on athletic.net with at least one runner per gender submitted by November 6, 2021, before 7:00 pm so that the CIF is aware of your intention to compete. Final Entry deadline is Saturday, November 13, 2021, at 8:00 P.M. A late entry of \$100 per team will be assessed to all schools who miss the entry deadline and apply to the CIF Office to compete. This late entry fee will need to be paid prior to the school teams competing on November 20, 2021. **IF YOU PLAN ON RUNNING ONLY INDIVIDUALS IN THE FINALS AND NOT A FULL TEAM PLEASE SEND A EMAIL TO THE TOURNAMENT DIRECTOR dennismcclanahan@hotmail.com AT THIS TIME.**
- c. There are no prelims in the CIFSDS Cross Country Championships.
- d. The 2021 San Diego CIF Cross Country Championships will be conducted in five divisions, and the October 2020 CBED enrollment figures shall determine division placement.
- e. Seven students may be entered as a Cross Country team for the Finals, and only seven may run, and only five shall be counted (except in the case of a tie-breaker Ties will be resolved by counting the sixth finisher from each team concerned. Sixth and Seventh runners will displace.
- f. **CIF ENTRIES ONLINE FOR 2021.** Go to athletic.net for instructions to submit entries. Team entries for 7 athletes and/or individual entries for 1-4 athletes: All CIFSDS meet information will be posted on the www.sdtrackmag.com. There will be no seeding meeting - all starting positions are random.
- g. Protests will be addressed by the Meet Director.
- h. **If your athlete has not competed in at least 5 meets the attached waiver form must be submitted and approved Prior to the Championships. Form information below:**

The CIFSDS Waiver to Compete in Team and Individual Championships [form](#) must be submitted and approved by November 12, 2021, to be eligible.

2. **RACE TIMES AND APPROXIMATE AWARD SCHEDULE CIFSDS CROSS COUNTRY MEET
NOVEMBER 20, 2021 @ MORLEY FIELD.**

<u>RACE TIME</u>	<u>EVENT/DIVISION</u>	<u>AWARDS TIME</u>
8:30 a.m.	BOYS III	10:00 a.m.
9:00 a.m.	BOYS IV	10:30 a.m.
9:30 a.m.	GIRLS III	10:40 a.m.
10:05 a.m.	GIRLS IV	11:10 a.m.
10:40 a.m.	BOYS V	11:20 a.m.
11:10 a.m.	GIRLS I	11:50 a.m.
11:45 a.m.	BOYS II	12:25 p.m.
12:15 p.m.	GIRLS V	12:55 p.m.
12:50 p.m.	BOYS I	1:30 p.m.
1:20 p.m.	GIRLS II	1:55 p.m.

3. **IMPORTANT MEET INFORMATIONf**

- a. Upon arrival, **Head Coaches only** will be allowed to pick up packets in front of the Senior Citizens Building. Please follow instructions in the packet carefully. If you have name changes for your 7 runners you can make them by emailing Dennis McClanahan during the week or you will need to make changes on Saturday morning when you check-in. **School Head Coaches will also be responsible for returning your runners' chips to the Check-In area after you compete.**
- b. Final Divisional Results will be available for coaches approximately 30 minutes after their school's Divisional Race.
- c. Awards presentations will be held on the east side of the Senior Citizens Building.

4. **FINISH LINE TIMING, SCORING, AND RESULTS**

Team scoring and results will be done by Computer Chip (Finished Results) timing and placing. Bib number tags and video will serve as backup systems for the chip. Important info on packet pickup and chip timing is written below:

- a. When coaches pick up their school packets the morning of the meet, they will find the athletes race bib along with the computer chips that will be used for timing and scoring the races.
- b. If you are changing one of your seven runners that you previously entered, that will be the time you need to make changes.
- c. Additionally, the school packet will be instructions as to the placing of the bibs and chips on your athletes. Coaches will need to make sure that the chips and numbers are correctly placed

on the runners for the races. **All coaches need to be reminded that chips are to be worn on both shoes and need to match.**

d. To be able to run, the athlete must have both the number and chips correctly in place for the finish line. **An athlete running without their PROPERLY assigned chips is disqualified.**

e. If an athlete/school loses their bibs/chips prior to their race beginning they need to immediately go to check-in and request another set. Replacement cost for bib and chips will be \$20; your school will be invoiced for the replacement cost.

f. **After a school competes, the School Head Coaches will also be responsible for returning all your runners chips to the Check-In area.** Replacement cost for chips lost or not turned back in will be \$10 per chip.

5. **UNIFORM INFORMATION/STATE UPDATED REQUIREMENTS**

a. National Federation Rules 9-6-1, 9-6-2, 9-6-4, 9-6-5, and 9-6-7 will be enforced.

b. If your team is planning on using a new or different school uniform for the state meet, please make sure the uniform adheres to CIF and National Federation uniform rules. For questions, contact rules interpreter Hal Harkness at [714-529-6938](tel:714-529-6938).

Coaches should continue to see that their competitors are properly equipped.

Face and Body Decorations are Prohibited: An athlete who has visibly decorated/painted any part of his/her face or body will not be allowed to enter the clerk/starting area until all traces of any decoration(s) have been completely removed. This does not apply to hair color.

6. **QUALIFYING TO THE STATE CHAMPIONSHIPS**

The San Diego CIF XC Championships also serves as a qualifying meet for athletes to advance to the California State XC Championships. November 27, 2021 at Woodward Park in Fresno.

In the boys races the following number of teams advance:

Div 1: 2 teams Div 2: 3 teams Div 3: 3 teams Div 4: 3 teams Div 5: 3 teams

In the girls races the following number of teams advance:

Div 1: 2 teams Div 2: 3 teams Div 3: 4 teams Div 4: 3 teams Div 5: 3 teams

Individual Entries

Qualifications from sectional competition to the CIF State Cross Country Championships as an individual entry are based upon individual place finish. Qualifying teams plus the top five highest-placed individuals (not on a qualifying team) as per the criteria below in each division will qualify from section to state meet finals.

As it relates to the San Diego Section,

- a. If two teams qualify for the state meet in a race, the individuals must qualify from the top 12 finishers.
- b. If three teams qualify for the state meet in a race, the individuals must qualify from the top 14 finishers.
- c. If four teams qualify for the state meet in a race, the individuals must qualify from the top 16 finishers.

- d. If five teams qualify for the state meet in a race, the individuals must qualify from the top 18 finishers.

Coaches will be expected to verify after races if their team or individuals will be going to the state championships. This will need to be done before you leave the meet as entries are due at the state level that evening after the meet.

NOTE: There are no alternates for the state meet.

7. CIFSDS TRAVEL EXPENSE FORM

CIFSDS Travel Expense Form for reimbursement for State CIF Cross Country Meet on **November 27, 2021**, in Fresno is located on the CIF website www.cifsd.org. The form must be completed and returned to the CIFSDS Office within ten (10) days following the meet.

8. NON-FOOD CONCESSION

The 2021 Cross Country non-food concession (T-shirts, sweatshirts, etc.) has been awarded to the **Kukulski Bros**. If you have special ordering needs, contact David Kukulski at 480-921-1975.

9. FOOD CONCESSION: THERE WILL BE NO CONCESSION STAND AT THIS YEARS CHAMPIONSHIPS.

10. CIFSDS RECORD BOOK UPDATE

CIF Record Book information may be updated through the CIFSDS Home Site under New CIFSDS Records tab. Please visit our website at www.cifsd.org to log in. Please contact Ms. Stacy Candia at scandia@cifsd.org if you have any questions.

11. PLAYOFF PARTICIPATION PATCHES

Playoff participation patches may be purchased for **\$20.00** each. Orders will be accepted via the CIFSDS Home site, please visit our website at <https://cif-sds.square.site/>.

ADDITIONAL RUNNER-UP PATCHES AND CHAMPIONSHIP PATCHES

Additional Runner-up and Championship patches may be purchased for **\$20.00** orders will be accepted via the CIFSDS Home site, please visit our website at <https://cif-sds.square.site/>.

12. INFORMATION FOR STATE CIF CROSS COUNTRY MEET

For information on the State CIF Cross Country Meet go to the State CIF web site at www.cifstate.org

Thank you, & we wish you well as we continue to head toward the Fall 2021 Championship Season!

Mr. Joe Heinz
Commissioner

Mr. Todd Cassen
Assistant Commissioner



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