

2017 NORTH COAST SECTION/LES SCHWAB TIRES



CROSS COUNTRY CHAMPIONSHIPS

5 Crow Canyon Court, Suite 209, San Ramon, CA 94583

t 925.263.2110

f 925.263.2120

w www.cifncs.org

e bniemi@cifncs.org

TO: NCS CROSS COUNTRY SCHOOLS
FROM: BRI NIEMI, ASSISTANT COMMISSIONER
DATE: SEPTEMBER 2017



* * * IMPORTANT CROSS COUNTRY INFORMATION * * *

SATURDAY, NOVEMBER 11, 2017

Final date for league competition

SUNDAY, NOVEMBER 12, 2017

Entries due via www.ezmeets.com – (11:59 PM) – NO EXCEPTIONS

SATURDAY, NOVEMBER 18, 2017

NCS/Les Schwab Tires Meet of Champions (State Qualifying) Meet: Div. I, II, III, IV and V

SITE: Hayward High School, 1633 East Ave., Hayward 94541

CO-MEET

DIRECTORS: Chuck Woolridge, Campolindo High School
Phone: 925-285-9389
cougarcoach@comcast.net

Peter Brewer, Northgate High School
Phone: 510-919-4769
pcbcrosscountry@yahoo.com

The NCS/Les Schwab Tires Cross Country Championships will be conducted in five (5) divisions. Schools must compete in the division determined by their school's 2016 Total Enrollment for grades 9, 10, 11 and 12; unless a school incurs a gain/loss of enrollment of a minimum of fifteen (15) percent in the current year, then the October 2017 Total Enrollment figures shall be used (per CIF Bylaws).

NO Petitioning Up – Schools must participate in the division that has been established by their respective CIF Section using the previous years' Total Enrollment figures. Although the State CIF now allows petitioning, NCS member school have chosen to not allow petitioning in cross country.

CHIP TIMING

The NCS/Les Schwab Tires Cross Country Championships will utilize chip timing in 2017.

1. The runners will each have corresponding timing chips, one attached to each shoe. Directions on this procedure will be given at packet pick-up, and can also be viewed on page 7 in this bulletin. The corresponding bib numbers will also be in the packet and will be required to be worn on chest with 4 pins. **ALL ATHLETES MUST WEAR THE CORRESPONDING SAME NUMBERED CHIPS AND BIB NUMBER.** If you have any extra chips that your team did not turn in either before the race starts or at the end of their race (i.e. runner not participating or runner not finishing race, etc.), you must return those chips at the finish line or your school will be billed \$25 per non-returned chip (\$50 per runner).
2. 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.
3. They are to then disperse and remove the timing chips from their shoes and return them before leaving the corral. We will make every attempt to not allow athletes to leave the corral until their chips have been turned in.
4. There will be no collection of bib numbers.
5. Each school will be billed \$25 for each lost or non-returned chip (\$50 per runner). The NCS will collect this fee from each school not returning a chip(s).

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

ENTRIES

EACH SCHOOL MUST ENTER THEIR OFFICIAL ENTRIES. Each coach must individually enter his/her official entries, team or individuals, using the www.ezmeets.com website. The deadline for the acceptance of entries is Sunday, November 12, 2017, (11:59 PM). There will be no exceptions.

ENTRY PASSWORD

Each team needs an entry password. Go to www.ezmeets.com. Under the 2017 NCS/Les Schwab Tires Cross Country Championships click on "Password Request". Select your school from the team list. If your team is not listed, please email bniemi@cifncs.org. Enter all team information and submit.

An email address is mandatory. Submit only one request for both boys and girls since all coaches from each school will share the same password. Please request your password early. If you request a password near the entry deadline, entries may close before NCS can send you a password. NCS staff will review your password request and email your password within 48 hours. If you don't receive a password within 48 hours, first check to see if your email account's spam filter blocked the password email to you. If you still have not received your password, please email bniemi@cifncs.org.

ENTRIES - When you have your password, go to www.ezmeets.com. You may also go to the NCS website, www.cifncs.org, choose the sport of cross country and click on the "EZMeets" link. Once at www.ezmeets.com, scroll down to "North Coast Section/Les Schwab Tires Cross Country Championships" and click "Entries".

Follow the instructions on the "NCS Entries" page to enter your school entries.

You may only enter and run 7 runners. If a **TEAM (alternate/substitution) or correction** is necessary, name change forms will be available at packet pickup and must be turned in to the timer's room (located at the finish line portable, under the announcer) ASAP or 1 hour prior to your team's race.

ENTRY RECEIPT - Each time you visit www.ezmeets.com and change your school's entries, print a copy of the team entry web page. This is your official receipt. Do this at the end of each online session. Only the most recent printout showing your latest changes is your official receipt. Others are invalid. Emails of your entries are not official receipts. Contact the NCS office with any questions or concerns.

Team Qualifications: All NCS member schools are eligible to participate in the NCS/Les Schwab Tires Cross Country Championships. Complete teams consist of a minimum of five and maximum of seven eligible competitors.

Individual Qualifications: All NCS member schools may enter individual finishers (fewer than five team members) in each division.

CROSS COUNTRY DIVISIONS

See 2017 divisions on the NCS website.

NATIONAL FEDERATION CROSS COUNTRY RULES

The National Federation rules will be enforced at all NCS/Les Schwab Tires Cross Country Championship events. **Uniforms must comply with the rules.**

CERTIFICATION OF COACHES

All coaches of CIF member school teams must meet the requirements of the California Education Code 49032, 35179.1 and Bylaw 22.B.9. (Federated Council 2/09)

ADMISSION

Participating schools will list team party members on a gate list (see page 6). Team Party - includes up to two certified coaches, a certified trainer and team drivers. Participants listed on the gate list will be admitted as a group without a ticket. The certified coach must be present at the gate to identify these participants.

SCHEDULE/RACE/AWARDS

WALK THE COURSE	7:00 - 8:15 A.M.	
DIVISION V GIRLS	8:30 A.M.	10:00 A.M.
DIVISION I GIRLS	9:05 A.M.	10:40 A.M.
DIVISION V BOYS	9:35 A.M.	10:20 A.M.
DIVISION I BOYS	10:05 A.M.	11:00 A.M.
DIVISION II GIRLS	10:35 A.M.	11:20 A.M.
DIVISION III BOYS	11:05 A.M.	11:50 A.M.
DIVISION IV GIRLS	11:35 A.M.	12:25 P.M.
DIVISION II BOYS	12:05 P.M.	12:55 P.M.
DIVISION III GIRLS	12:35 P.M.	1:30 P.M.
DIVISION IV BOYS	1:05 P.M.	1:55 P.M.

Race results will be available through "Live Scoring" at the NCS website. Links will be provided above at a later date.

ADMISSION FEES

General Admission (adults) \$6.00; Special \$4.00 (seniors, students, & children with adults).

MERCHANDISE

Schools may purchase NCS cross country merchandise at the championship site, at the NCS office or online at www.cifncs.org. Coaches may use check, cash, credit card, school purchase order, requisition form and school billing to purchase merchandise. See the order form in the back of this packet for more information.

AWARDS

The following awards will be presented according to the awards schedule below:

- a) Plaques to each boys' and girls' championship teams.
- b) Pennants to the first and second place boys' and girls' teams in all divisions.
- c) Certificates for all participants.
- d) The top three teams in each division will receive medals. Seven (7) medals will be provided per team of seven.
- e) The top seven (7) individuals in each race will receive medals.

EMS PERSONNEL

Approved medical personnel will be available to athletes for the duration of the 2017 NCS/Les Schwab Tires Cross Country Championships. EMS personnel present at NCS/Les Schwab Tires Championship Series Events are present for paramedic services. These services will be performed by approved medical personnel. EMS personnel will perform only those services that are within the scope of the license or certification. During NCS/Les Schwab Tires Championship Series Events EMS personnel will respond to emergencies immediately. All other non-emergency services may be provided; however, they may be interrupted or may become unavailable if an emergency arises. EMS personnel do not replace the responsibility of the coach of each represented school as the responsible party of their athlete's medical care. Coaches are expected to have a medical kit as well as all emergency medical forms necessary to respond to the health and welfare of their athletes.

Coaches are expected to encourage runners to be hydrated. Water at the finish line will be available for emergency situations and may not be provided to every runner. EMS personnel will provide as necessary.

EXTRA NON-RELATED CROSS COUNTRY ACTIVITIES

In respect and safety for competing athletes and the best possible spectator observation possibilities, meet management asks that no other non-related cross country activities be conducted during the championships. Such activities include, but are not limited to, football, frisbees, basketballs, baseball, other games, etc. Your cooperation in advance is greatly appreciated.

DIRECTIONS

Hayward High School is located in Hayward, CA – just south of Oakland. Take Hwy. 880 north or south to the Jackson St. exit. Proceed east. Just past the large intersection of Mission Blvd. and Jackson turn right on Main St. At the dead end turn left onto E St. Follow E St. to East Ave. and Hayward High School.

REVIEW OF COURSE PRIOR TO THE DAY OF THE RACE

The Hayward High School cross country course is not available for review until after 3:30 p.m. during the school week. Please do not enter the campus prior to 3:30 p.m. during the week. Cross country teams should not be on campus without proper supervision. Hayward High School administration has been asked to contact the NCS Office concerning any violation of this request. While on campus there is the possibility that no restrooms will be available. On November 4, 2017 the WACC will conduct the WACC Cross Country Championships on the Hayward H.S. course. The course will be closed to any individuals and teams not members of the WACC on that day.

BILLING OF ENTRY FEES

The North Coast Section will bill each league/conference commissioner for the total entry fees for each entrant to the Meet of Champions at the rate of \$100.00 per team of five or more competitors (maximum of seven) or \$15.00 per individual competitor.

CIF STATE CROSS COUNTRY CHAMPIONSHIPS

The CIF State Cross Country Championships will take place Saturday, November 25, 2017 at Woodward Park in Fresno. The State CIF Cross Country Championship handbook is available online at www.cifstate.org. 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 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) team entries in any divisional race. Based on the above criteria North Coast Section will have the following entries to the 2016 State CIF Cross Country Championships:

	Boys	Girls
Division I	2 entries	2 entries
Division II	3 entries	3 entries
Division III	4 entries	4 entries
Division IV	3 entries	4 entries
Division V	5 entries	6 entries

Individuals

The top five highest placed individuals (not on an automatic team entry), per the criteria below in each division will qualify from section to state meet finals.

Divisions Qualifying Two Teams - Individuals must place in the top 12 at section finals to qualify.

Divisions Qualifying Three Teams – Individuals must place in the top 14 at section finals to qualify.

Divisions Qualifying Four Teams – Individuals must place in the top 16 at section finals to qualify.

Divisions Qualifying Five Teams – Individuals must place in the top 18 at section finals to qualify.

Divisions Qualifying Six Teams – Individuals must place in the top 20 at section finals to qualify.

MOTELS, HOTELS & RESTAURANTS IN AND AROUND HAYWARD

Miles listed are from Hayward H.S.

Lodging

Best Western Inn – Hayward
360 West A Street
Hayward
510-785-8700

Quality Inn
24997 Mission Blvd.
Hayward
510-538-4466
1.0 miles

Days Inn - Airport
450 West A Street
Hayward
510-670-0555
2.3 miles

Days Inn – La Hacienda
24400 Mission Blvd.
Hayward
510-537-5404

Discovery Inn
333 East Jackson Street
Hayward
510-886-7111
1.2 miles

La Quinta
20777 Hesperian Blvd.
Hayward
510-732-6300
2.7 miles

Budget Inn
21598 Foothill Blvd.
Hayward
1.4 miles

Hampton Inn
24137 Mission Blvd.
Hayward
510-247-1555
0.7 miles

Days Inn + Suites
24400 Mission Blvd.
Hayward
510-537-5404
0.7 miles

Super 8 Motel
21800 Foothill Blvd.
Hayward
510-733-5012
1.2 miles

Deluxe Inn
21172 Mission Blvd.
Hayward
510-537-1200
1.6 miles

Comfort Inn
2532 Castro Valley Blvd.
Castro Valley
510-538-9501
1.8 miles
Holiday Inn Express
2419 Castro Valley Blvd.
Castro Valley
1.8 miles

Econo Lodge
3928 E. Castro Valley Blvd.
Castro Valley
510-537-8833
1.8 miles

Valley Inn
17130 Foothill Blvd.
Castro Valley
510-276-8151
2.3 miles

Budget Inn
16500 Foothill Blvd.
Castro Valley
510-276-6290
2.7 miles

La Quinta
20777 Hesperian Blvd.
Hayward
510-732-6300
2.7 miles

All Suites Islander Motel
29083 Mission Blvd.
Hayward
510-538-8700
2.8 miles

Fairmont Inn
16320 Foothill Blvd.
San Leandro
510-276-4484
2.9 miles

Restaurants
Subway Sandwiches & Salads
22549 2nd St.
Hayward
0.7 miles

La Piazza
22640 Vermont St.
Hayward
0.7 miles

El Pollo Loco
24119 Mission Blvd.
Hayward
0.7 miles

McDonald's
23989 Watkins St.
Hayward
0.8 miles

Round Table Pizza
22457 Foothill Blvd.
Hayward
0.8 miles

Togo's Eatery
798 Jackson St.
Hayward
0.8 miles

Pizza Express
22323 Redwood Rd.
Castro Valley
0.8 miles

International House of Pancakes
22222 Foothill Blvd.
Hayward
1.1 miles

Starbucks Coffee
22555 Mission Blvd.
Hayward
1.1 miles

Taco Bell
21600 Foothill Blvd.
Hayward
1.2 miles

Hill's Coffee Shop
21458 Foothill Blvd.
Hayward
1.5 miles

Round Table Pizza
157 Harder Rd.
Hayward
1.6 miles

Round Table Pizza
20261 Patio Dr.
Castro Valley
1.6 miles

Shari's
3360 Castro Valley
Castro Valley
1.7 miles

El Rancho Steak House
3240 Castro Valley Blvd.
Castro Valley
1.7 miles

Rigatonis
20680 Rustic Dr.
Castro Valley
1.7 miles

Val's Burgers
2115 Kelly St.
Hayward
1.7 miles

NCS CROSS COUNTRY GATE LIST/AUTHORIZATION TO COACH

Gate List/Authorization to Coach form to be presented to gate personnel upon arrival at site.

There will be no additional personnel allowed on the gate list; please adhere to the gate list policy.

SCHOOL _____

SITE Hayward H.S

COACH _____

DATE Saturday, November 18, 2017

ASST. COACH _____

CIF Bylaw 503 Administrative Oversight must be adhered to. I hereby assert and verify that the person(s) named above is/are employed by _____ HS and meets the requirements of CIF Bylaw 503, and the requirements of the California Education Code 49032, 35179.1 and Bylaw 22.B.9 as of this date.

SIGNATURE OF PRINCIPAL _____

PRINT NAME _____

TEAM MEMBERS (maximum of 7 per boys and girls team)

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____

4. _____

4. _____

5. _____

5. _____

6. _____

6. _____

7. _____

7. _____

BUS DRIVER OR TEAM DRIVERS (maximum of 4)

(If a team arrives by bus, only the bus driver will be allowed free admission. Only drivers that transport team members, up to 4 individuals, will be allowed admission at no charge.)

1. _____

2. _____

3. _____

4. _____

CERTIFIED ATHLETIC TRAINER

1. _____

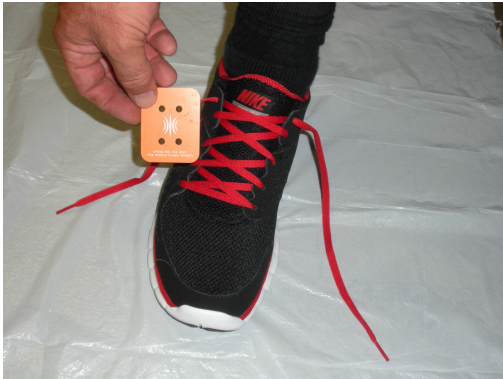
Chip and Bib Instructions:

ALL CHIPS MUST BE RETURNED TODAY

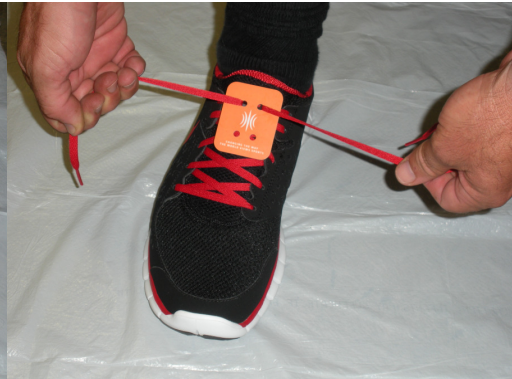
- 1) ALL athletes **MUST** wear the corresponding Bib and shoe chips.
- 2) Make sure to match the correct numbers to the corresponding athlete numbers.
 - Chips are to be shoe laced into the shoe laces as shown.
 - Double knot shoe laces.
 - One chip per shoe.

Do **NOT** put the chip in your sock, on your ankle, or in your pocket, etc. Only wear as shown.

1



2



3

4



- 2) ALL chips, whether an athlete is running, **NOT** running, or DOES NOT FINISH **MUST** be turned in and/or collected after each race. We need them for another up coming race.
- 3) There is a **\$25** charge for **each** chip not returned

**NCS Order Form
CROSS COUNTRY**

**DEADLINE TO ORDER APPAREL: NOVEMBER 24, 2017
THERE IS NO DEADLINE FOR ORDERING PATCHES
OUT OF STOCK ITEMS: ALLOW 6-8 WEEKS DELIVERY**

(Payment must accompany all orders)

Description	Sizes (Enter Qty)										Ext Size (2X)	Unit Price Add \$2.00 Ext Sz	Unit Total	Shipping	Shipping Total	TOTAL
	XS	S	M	L	XL	XXL	TOT QTY									
T-Shirt	N/A					N/A						\$17.00		\$3.25 each		
Sweatshirt (Hooded)	N/A					N/A						\$33.00		\$7.75 each		
Performance Long Sleeve T-Shirt						N/A						\$25.00		\$3.25 each		
Cinch Sack (One Size)	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX		\$10.00		\$1.50 each		
*Patch, Sport (season / year: _____)	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX		\$17.00		\$1.25 each		
**Patch, Scholar (season / year: _____)	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX		\$17.00		\$1.25 each		
***Patch, Scholastic (season / year: _____)	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX		\$17.00		\$1.25 each		
****Patch Champion / Runner-up (Circle One)	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX		\$17.00		\$1.25 each		
NCS Hat (one size) (circle color: White, Black, Navy, Red, Grey)	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX		\$17.00		\$1.75 each		
NCS Visor (one size) (circle color: White, Black, Navy, Red, Grey)	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX		\$13.00		\$1.75 each		

Tax Included
TOTAL

* Sport - Participation in NCS Playoffs, First Round to Championships
**Scholar - STUDENT GPA 3.5 or Higher Unweighted
****Champion/Runner Up - 1st Place or 2nd Place Finisher
*** Scholastic - TEAM AVERAGE GPA 3.0 or Higher Unweighted

Merchandise subject to availability. Extended Sizes Not Available For All Items. All prices subject to change without notice.

When filling out credit card orders please complete all of the following:

Method of Payment (circle one) CASH, CHECK, VISA, MASTERCARD, DISCOVER, AMEX	CARD NUMBER	EXP DATE	NAME ON CARD	SECURITY CODE
---	-------------	----------	--------------	---------------

SIGNATURE FOR ORDER / CREDIT CARD / PO	DATE	CONTACT PHONE NUMBER
--	------	----------------------



ALL SALES ARE FINAL

Receipt:
Name:
Payment method:
Sales Location:
Sales person:
Date:

SHIP TO ADDRESS (Please Print)
NAME:
ADDRESS:
CITY, ZIP:
PHONE NUMBER:
EMAIL ADDRESS:

**For Bulk Orders:
Please call the office for
discounted shipping rate.**

Send to: North Coast Section, CIF
5 Crow Canyon Ct., Ste. 209
San Ramon, CA 94583
(925) 263-2110 ~ Fax: (925) 263-2120
www.cifncs.org