

# NSCIF CROSS COUNTRY CHAMPIONSHIPS

[www.geocities.com/westvalleytrack](http://www.geocities.com/westvalleytrack)

Dear Coach:

West Valley High School is once again proud to be hosting the 2009 Northern Section Cross Country Championships. The following reminders should help to alleviate concerns you may have. 1) Overall scoring will be used at each level rather than scoring each individual division. Divisional champions will be the highest placing team from that division. 2) Individual qualifiers to the State Meet will not be adjusted once results are posted. Teams must declare their intentions **not** to participate at the State Meet at the coaches meeting prior to the Section Finals. Failure to do so will cause their athletes to be ineligible for State individual competition. 3) Online registration of participants must be done at [www.athletic.net](http://www.athletic.net). Please familiarize yourself with the following information.

Date: Thursday, November 12, 2009

Place: West Valley High School, Cottonwood, CA

Times:	2:00 p.m.	Varsity Boys	3.0 miles
	2:30 p.m.	Varsity Girls	3.0 miles
	3:10 p.m.	Open Division Boys	2.2 miles
	3:40 p.m.	Open Division Girls	2.2 miles

\*\* Open Division Boys and Girls: Any freshmen and sophomores, as well as juniors and seniors beyond the number 7 varsity runner.

State Meet Qualifiers: Varsity Boys/Girls only. All teams will be scored together with athletes qualifying as follows:

Divisions 2 and 3 - One team in each division, plus up to five individuals provided they finish in the top eight places within their division.

Division 4 and 5 - Two teams, plus up to five individuals provided they finish in the top twelve places within their division.

The State Cross Country Championships will be held on Saturday, November 28, 2009 at Woodward Park, Fresno, CA. Advanced State Meet information can be found at: [www.cifstate.org](http://www.cifstate.org)

State Qualifying Divisions: (BASED ON FOUR YEAR ENROLLMENT)

2800 - up	Division I
1850 - 2799	Division II
1250 - 1849	Division III
500 - 1249	Division IV
1 - 499	Division V

School Size Enrollment Divisions:

\*\*\* Enclosed is a list of 2008 CBED figures for schools participating in cross country in the Northern Section. Schools must compete in their enrollment division.

Online Registration:

**Entries must be posted online by November 9, 2009.**

1. Go to [www.Athletic.Net](http://www.Athletic.Net) and sign in. (If you have not set up an account, contact me directly via email.)
2. Click on your school, then "NSCIF Finals @ West Valley".
3. Next, click on "Register Athletes" below.
4. Click the "Increment Divisions" button until all names on roster who will compete say "3 Miles Varsity". You do not need to declare which race athletes will run in at this time.
5. Click "**Save Registrations**". Check your registrations by clicking "Print Registrations".

Entry Fee: \$4.00 per entrant in all divisions. DO NOT BRING AN ENTRY FEE TO THE MEET!! Athletic directors will receive a bill from the section office, following the meet, based on the number of ENTRANTS from each school posted on athletic.net.

Awards: Varsity Boys and Girls: Team championship frame in Divisions II, III, IV, & V; 1st place team patches x 7 in each division; Olympic style medal to individual winner; medals to top 25 finishers overall.  
Open Division Boys and Girls: Team championship frame; Olympic style medal to individual winner; medals to top 15 finishers.

Course: Located at West Valley High School, the course offers both flat and rolling terrain with three separate hills located during the second mile of the course. Running surfaces include grass, dirt trails, and a short stretch of pavement.

Other Information:

Locker room facilities are available at West Valley High School. Athletes will need to provide their own locks and towels.

An awards presentation will be held in the north (small) gymnasium approximately 20 minutes after the Open Girls race. Complete results will be available at this time. They will also be posted online at: [www.auhsd.net/wvhs/track](http://www.auhsd.net/wvhs/track) and [www.athletic.net](http://www.athletic.net) websites.

The course must be walked by 2:00 p.m.

Northern Section Cross Country Championship T-Shirts will be available for purchase. We are only ordering a limited number so please inform your athletes to buy early.

A snack bar will be in operation throughout the meet.

Any questions please give me a call at (530) 347-7171 ext. 2901 (school) or 243-4331 (home) or return email.

Scott Fairley  
Cross Country Coach  
West Valley High School