

CIF STATE CROSS COUNTRY CHAMPIONSHIPS HANDBOOK



The State CIF Office
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This handbook covers policies and procedures
for the administration of the CIF State Cross Country Championships.

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OFFICIAL TITLE

The official title of this event is the **2011 CIF State Cross Country Championships presented by Farmers.**

MANAGEMENT

The CIF State California High School Cross Country Championships shall be managed by the State CIF, which will have final authority and responsibility for the championships.

MEET DIRECTOR

The on-site meet director, employed by the State CIF to oversee championship meet operations, is available to assist participating schools. All questions on meet specifics should be addressed to:

Meet Director:
Dustin Marzolf

Clovis East High School
2940 Leonard Ave
Clovis, CA 93619
(559) 327-4123 School

(559) 970-1384 cell (559) 327-4015 FAX

Email: (School) dustinmarzolf@cusd.com or (Home) dustinmarzolf79@gmail.com

CHAMPIONSHIP DATE AND SITE

Saturday, November 26, 2011 - Woodward Park, Fresno

NOTE: Competitors will not leave school on the day preceding the competition prior to the close of the school day unless travel requires two days. If travel requirements warrant, schools may petition their CIF Section office for the additional day. Violation of this regulation may result in disqualification.

IN CASE OF A NATIONAL EMERGENCY – CHANGE IN TERROR ALERT STATUS
If, prior to or during the State CIF Championships, there is a change in the Terror Alert Status or a National Emergency, all schools, administrators, coaches, parents and athletes should go to the CIF State web site at www.cifstate.org for the latest information. The State CIF and all of our championship venues work closely with local and national law enforcement authorities and Homeland Security prior to making any determination on postponing, canceling or continuing with the championships.

STATE CHAMPIONSHIP DIVISIONAL PLACEMENT OF SCHOOLS

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. Sections may use their own established criteria to determine placement of teams in the five divisions based on the following guidelines:

- 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

(Revised May 2008 Federated Council)

** The following information relates to Divisions IV and V only:*

The CBEDS enrollment figures to be used for public schools in cross country are those figures certified by the public school principal in October of each year. Non-public school principals are to certify their enrollment figures as of the CBEDS reporting date for each year.

Note: Grades 9-12 are utilized for CBEDS enrollment.

Single Gender Schools - The enrollment for single gender schools shall be doubled in grades 9-12 to gain a total figure for the single gender school.

<u>TIME SCHEDULE</u>	<u>2011 Schedule</u>
Division IV Girls Race	8:30 a.m.
Division V Girls Race	9:05 a.m.
Division IV Boys Race	9:40 a.m.
Division V Boys Race	10:10 a.m.
Division I Girls Race	10:40 a.m.
Division II Boys Race	11:15 a.m.
Division III Girls Race	11:45 a.m.
Division I Boys Race	12:20 p.m.
Division II Girls Race	12:50 p.m.
Division III Boys Race	1:25 p.m.
<u>AWARD SCHEDULE</u>	
Division IV Girls	10:00 a.m.
Division IV Boys	10:20 a.m.
Division V Girls	10:40 a.m.
Division V Boys	11:00 a.m.
Division I Girls	11:20 a.m.
Division II Boys	11:50 a.m.
Division III Girls	12:25 p.m.
Division I Boys	12:55 p.m.
Division II Girls	1:30 p.m.
Division III Boys	1:55 p.m.

INTRODUCTIONS

All 2011 Section Champions and returning State Champions will be introduced **10 minutes** prior to the start of their race. Please make contact with the announcer when you arrive at the park. Please have your athletes at the introductions **15 minutes** prior to race time.

AWARDS

- (a) **TEAM AWARDS** - Trophies for champion, runner-up, and third place team
Medals 1st through 7th for championship team, runner-up, and third place
- (b) **INDIVIDUAL AWARDS** - Individual medals 1st through 10th runner for each division
- (c) **CERTIFICATES** - will be available for schools to print for all participants and alternates at <http://cifstate.org/index.php/state-championships-/cross-country/433-playoff-forms>
- (d) **SPORTSMANSHIP/CITIZENSHIP AWARD** – Sportsmanship/Citizenship medals will be awarded to student-athletes who demonstrate exemplary sportsmanship and citizenship throughout the season. Coaches are encouraged to forward worthy nominees to the State CIF office.

AWARDS CEREMONY

Please have your medal winners (top 3 teams/top 10 individuals per division) **in school-issued uniform** at the awards ceremony **15 minutes** prior to presentation times.

PLEASE NOTE: ONLY YOUR 7 ATHLETES WHO COMPETED IN THE STATE CHAMPIONSHIP RACE ON NOVEMBER 26, 2011, ARE TO GO UP ON THE STAGE TO RECEIVE MEDALS. The rest of your team is invited to be in the audience to support the team, BUT ONLY PARTICIPATING RUNNERS WILL BE ALLOWED ON STAGE.

COURSE AND RUNNING SURFACE

- (a) All races will be 5,000 meters.
- (b) The course is in Woodward Park on hard-packed dirt trails with some grass and asphalt. It has mild ups and downs over rolling hills with one steep short hill.
- (c) Many major cross country meets have been run on this course (Foot Locker National Meet, State J.C., Regional and District N.C.A.A. Meets).
- (d) No spikes are allowed on this course.
- (e) **Meet will be run - rain or shine.**

AUTOMATIC TEAM ENTRIES (Bylaw 1701)

Team entries into the State Championship meet are based on a formula that includes two factors:

- 1) An established baseline providing a minimum number of entries for each Section.
- 2) Additional entries based upon the most recent four-year history of the Section team performance in each divisional race. No Section shall have more than seven team entries in any divisional race.

(Federated Council May 2002)

2011 CROSS COUNTRY TEAM ENTRIES

	DIVISION I		DIVISION II		DIVISION III		DIVISION IV		DIVISION V	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
Central Coast	2	2	3	4	3	3	2	4	3	3
Central Section	3	3	2	2	2	2	3	2	2	3
Los Angeles	2	2	0	0	0	0	0	0	0	0
North Coast	2	2	3	3	4	4	4	3	5	5
Northern Section	0	0	1	1	1	1	2	2	2	1
Oakland	1	1	0	0	0	0	0	0	0	0
San Diego	3	3	3	3	3	3	2	3	2	2
San Francisco	1	1	0	0	0	0	0	0	0	0
Sac-Joaquin	2	2	4	3	3	3	3	2	2	2
Southern Section	7	7	7	7	7	7	7	7	7	7
	23	23	23	23	23	23	23	23	23	23

NOTE: Sections with fewer than eight (8) or more eligible schools competing in a given classification will be limited to one (1) entry in that division. Section offices will verify this information by October 3, 2011, with the State office.

INDIVIDUAL ENTRIES

# of Section Teams Automatic Qualify	Section's Five (5) Individual Qualifiers to State Meet Must Finish in the top
1	8
2	12
3	14
4	16
5	18
6	20

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 above in each division will qualify from section to state meet finals.

NOTE: There are no alternates for the state meet.

OFFICIAL RULES

2011 National Federation Cross Country Rules (located in Track and Field Rules Book) are official and will be enforced. *"All individual runners and teams must be accompanied by a certified person from the school district."*

UNIFORMS

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

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.

NOTE: All runners must wear their competitor's number on the front of their jersey and on no other place.

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.

COACHES PACKETS

The coaches of a qualified team or individual may pick up their packets on **Friday, November 25, 2011**, at Woodward Park from **12:00 Noon - 5 p.m.** OR at **Woodward Park after 7:00 a.m.** on Saturday, November 26, 2011, at the **Coaches/Athletes Entrance**. Only the coaches' names that appear on the section qualifying entry form will be allowed to receive that school's packet.

NAMES AND NUMBERS FINISH CORRAL (CHUTE) PROCEDURES

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 in this handbook in **Appendix F**. The usual corresponding bib and hip numbers will also be in the packet and will be required to be worn on chest (bib) and right hip each with 4 pins. **ALL ATHLETES MUST WEAR THE CORRESPONDING SAME NUMBERED CHIPS, BIB AND HIP 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 the race, etc.), you must return the those chips at packet pick-up or coaches' corner because your school will be billed \$25 per non-returned chip (\$50 per runner).

2. 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 to where two officials will be waving red flags. Any runner who stops or walks will be physically removed from **this zone**.

3. Once the runners have reached the red flags, they may disperse and walk. They do not have to stay in finish order once they clear the sensor mats.

4. They are to disperse and find an empty chair, 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.

5. There will be no collection of the bib numbers (tear off section will not be used due to timing chips).

6. Each school will be billed \$25.00 for each lost or non-returned chip (\$50 per runner). The CIF will collect this fee from each school not returning a chip(s).

7. 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!!!!**

8. 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 athlete's name(s) and school affiliation. If a team is substituting a runner or any spelling errors occur, please inform an official at the packet pick-up area by bringing the **chest number with necessary corrections** and they will take down the information to give to Bob Rush, or changes with Bob Rush can be done Friday from **12:00 Noon-5:00 p.m.** at Woodward Park.

DO NOT CALL THE STATE CIF OFFICE WITH THESE MINOR CORRECTIONS.

DO CALL IF YOUR ATHLETE WAS AN INDIVIDUAL WHO INADVERTANTLY WAS LEFT OFF THE LIST OF ENTRIES.

REMEMBER: a maximum of 7 runners can be entered. There are no alternates.

If a TEAM (alternate/substitution) or correction(s) is necessary, do it when you pick up your packet on Friday. Team entries can be changed. Please see Appendix D.

CHECK-IN/STARTING LINE ASSIGNMENTS

Enclosed in your entry packet will be starting line assignments. Please have your athletes at the starting line **20 minutes** prior to race time for check-in. The starting line must be cleared of all coaches **5 minutes** prior to race time.

Please make sure that ALL of your runners have their corresponding chips, bib and hip numbers attached accordingly. Chips must be securely laced on each shoe, bib numbers on the chest with pins, and hip numbers on the right hip with pins as well.

STARTING AREA

Please help us to keep the starting area free of spectators to allow the runners ample room to warm up.

SCORING PROCEDURES

- (a) Scoring, placement and timing will be done in accordance with NFHS. It is imperative that all runners wear their assigned corresponding chips, bib and hip numbers. If a runner does not wear or loses his/her chips then he/she will not be recorded and scored in the results unless an appeal is filed, in which a video and photo finish review will be conducted. At that time, the runner's bib and hip numbers will be used to determine the appropriate place and time. NFHS Rule 9-3-3 states, "Computerized chips may be used to record the finish of a runner in cross-country, provided the chips are attached to both shoes of the runner. When chips are used, it is the position of the chip, not the torso, that determines the finishing position of the runner."
- (b) Meet results will be posted thirty (30) minutes after the finish of each race. Only one copy of the typed results for each division will be available following the awards presentation. Enclosed in your packet is a results ticket for your division. Additional copies will be sold for \$1.00.
- (c) Scoring will be in compliance with the 2011 National Federation Rules. (Five {5} score and Two {2} displace).
- (d) NFHS Rule 9-2-4 – Ties in team scoring shall be resolved by comparing the sixth place finishers from tying teams. The team with the best sixth place finisher shall prevail. If one team does not have a sixth finisher the team with a sixth place finisher shall prevail.

COACHES CORNER

If you need answers fast, go to the Coaches Corner.

ADDITIONAL SAFETY PINS

Additional pins will be available at Coaches Corner.

ATHLETE CONDUCT

Notify your athletes to refrain from throwing footballs, Frisbees, etc., around the start/finish and awards area. All athletes are expected to "Pursue Victory with Honor" and follow the CIF Codes of Conduct.

RESTROOMS

Restrooms are located throughout the park, but please come dressed to run.

MOPEDS, BICYCLES, ETC.

Mopeds, bicycles, and other similar forms of transportation to traverse the course are restricted. Vehicles of this type should be limited to the paved roadway, and at no time be in position to interfere with runners or the normal operations of the meet. At this meet, the start/finish area gets extremely congested and will be closely monitored. Thank you for your cooperation.

WATER/LIQUID REMINDER

Meet management, or individual coaches, may provide water/liquids during a cross country race as long as **it has been announced before the start of the race, and regardless of whoever is providing water/liquids; they are *equally available to all runners, regardless of team affiliation***. A coach/school may not provide water/liquids for only their runners.

DISQUALIFICATION

The CIF will consider disqualifying a runner or team only if a meet official detects or can verify the infraction. Meet management **will not** rely on information provided by non-officials. If you have a concern or complaint, contact Meet Director, **Dustin Marzolf**, or **Dave Dodson**, through the Coaches Corner.

COURSE MAPS

The course map is enclosed in this bulletin. Please feel free to ask for clarification.

EMERGENCY MEDICAL CARE

Medical care will be available for emergencies only. Athletic trainers will NOT be available for taping or massaging of athletes. Trainers will be out on the course during races and also will be available at the Mt. View Shelter.

IT IS THE COACHES' RESPONSIBILITY TO ENSURE THAT COMPETITORS WHO USE "INHALERS" HAVE THE COMPETITORS INHALER DURING THE RACE AND MUST BE PRESENT AT THE FINISH LINE AREA.

ENTRANCE/PARKING/CONCESSIONS

- (a) **Athletes, coaches and officials - Entrance to Woodward Park will be at the North East gate off Friant Road only (see map).**
- (b) Spectators' entrance to Woodward Park will be at the South Gate off Audubon.
- (c) Admission charges: **General Admission - \$10.00 CHILDREN - \$5.00**
To be admitted to the park, coaches must present their ribbon and athletes their race number.

Pre-race admission tickets will be available for purchase on-line through TicketLeap (approximately two weeks prior to the event), please visit the CIF State website (www.cifstate.org) for the link to this service. Pre-sale tickets will also be available on Friday, November 25, at Woodward Park, Mt. View Shelter, from 12:00 Noon - 4:00 p.m. Parking is allowed in designated areas only. All vehicles parked illegally, inside or outside of the park, will be ticketed and towed. Do not park on any grassy areas inside the park.

- (d) A concession stand will be available at the park.

CIF MERCHANDISE

A souvenir concession stand will be open race day from 8 a.m. - 3:30 p.m. It also will be open at Woodward Park at Mt. View Pavilion from 12 Noon - 5 p.m., Friday, November 25. T-shirts, sweatshirts, patches, pins and other cross country materials will be on sale. Supply is limited to those on hand.

SOUVENIR PROGRAM

Souvenir programs will be available for purchase at Woodward Park on Friday, November 25, from 12 noon – 4:00 p.m., as well as all day Saturday. The program will include all entered participants and numerous photos of student-athletes from across the state.

Help for the program is requested. Coaches are asked to submit **action photos** of top student-athletes **NO LATER THAN WEDNESDAY, NOVEMBER 2**. Please identify all photos sent with name, school and division. Digital photos may be emailed to Justin Peterson (Justin@sectionsports.com.) Photographs can also be emailed to: Rebecca Brutlag, CIF Media Relations Officer (rbrutlag@cifstate.org).

MEDIA CREDENTIAL REQUESTS

Requests for media credentials must be made on the appropriate credential request form and received by the State CIF office no later than Tuesday, November 22, 2011, at 12 noon. Credential request forms will be sent via the State CIF email distribution list and also will be available on the State CIF web site (www.cifstate.org) under the "Media" link. Late requests for credentials will not be accepted. Approved media members may pick up their credential Friday, November 25, from 12 noon – 4:00 p.m. at the Coaches Packet Pickup area at Woodward Park. Media who do not claim credentials Friday will need to show their media affiliation identification to gain complimentary entrance to the park on Saturday, and then come to the working press area to obtain their credential.

NOTE: Due to limited space in the finish line chute, media WILL NOT be allowed in the finish line chute area under any circumstances. Only photographers with proper credentials will be allowed access to the finish line chute and only for the purpose of taking photos (not interviewing athletes). Anyone seen violating this policy will be asked to leave the finish line chute area.

MEDIA PARKING

Credentialed media are requested to enter Woodward Park at the **spectator entrance**. Parking is complimentary to all credentialed media in the designated area, provided they show proper identification.

PRESS FACILITY

A covered, outdoor working press area will be available near the finish line. There are electrical outlets for media use, but no telephone service is available at Woodward Park. Results will be distributed at the press area approximately 30 minutes following the conclusion of each race. Media are responsible for securing their own interviews with athletes and/or coaches.

APPENDIX A

Headquarters Hotels:

Hampton Inn & Suites Fresno

327 East Fir Avenue, Fresno, CA 93720
(559) 447-5900 • Facsimile (559) 449-1500

<http://hamptoninn.hilton.com/en/hp/hotels/index.jhtml?ctyhocn=FATCAHX>

Piccadilly Inn Hotels

5113 E. McKinley Avenue, Fresno, CA 93727
(559) 456-1418 • Facsimile (559) 456-4643

<http://www.piccadillyinn.com/>

APPENDIX B
CIF State Cross Country Championships – OVERFLOW HOTELS
November 26-27, 2010

Contact the hotels directly or book online at www.fresnocvb.org

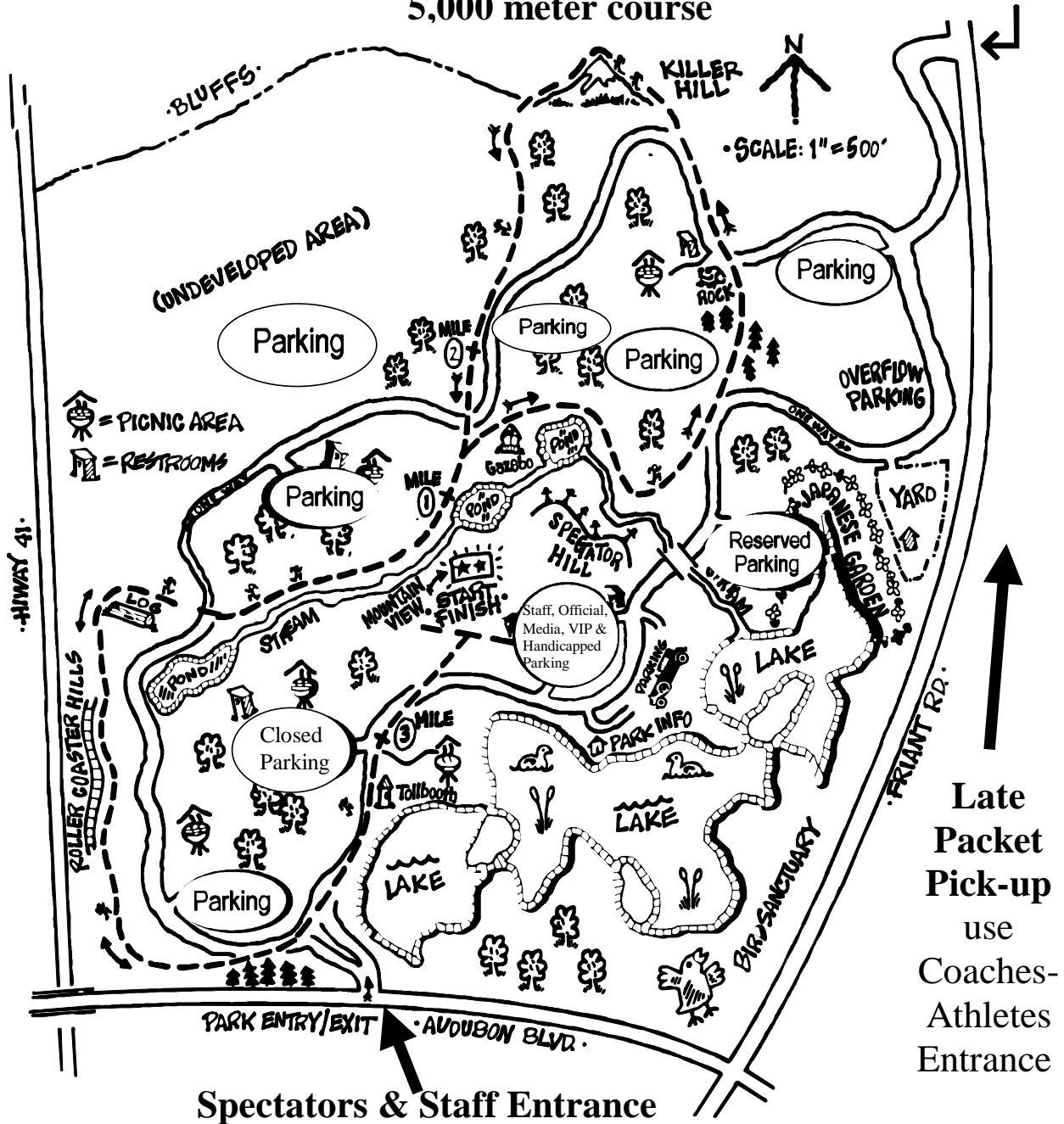
Hotel	G.M.	Address	City	State	Zip Code	Phone	Fax
Ambassador Inn & Suites	Mr. San Patel	1804 W. Olive Ave.	Fresno	CA	93728	(559) 442-1082	497-9545
America's Best Value Inn -Water Tree Inn	Ms. Lynn Parsons	4141 N. Blackstone Ave.	Fresno	CA	93726	(559) 222-4445	226-4589
America's Best Value Inn-Downtown	Mr. Peter Patel	2425 Merced St.	Fresno	CA	93721	(559) 233-4896	233-4898
Best Western Village Inn	Ms. Renee McCoy	3110 N. Blackstone Ave.	Fresno	CA	93703	(559) 226-2110	226-0539
Comfort Inn	Mr. Bart Chatkara	5455 W. Shaw	Fresno	CA	93711	(559) 275-2374	275-7674
Comfort Suites Clovis	Mr. Rick Cobb	143 Clovis Ave.	Clovis	CA	93612	(559) 299-9992	299-9994
Country Inn & Suites	Ms. Cynthia Jones	6065 N. Thesta	Fresno	CA	93710	(559) 435-5838	435-6439
Courtyard by Marriott-Airport	Mr. Jason Quigley	1551 N. Peach	Fresno	CA	93727	(559) 251-5200 ext 156	454-0552
Courtyard by Marriott-Shaw	Mr. Mgeni Mpolo	140 E. Shaw Ave.	Fresno	CA	93710	(559) 221-6000	226-3896
Day's Inn Highway 99	Mr. Raju Verma	2640 S. Second	Fresno	CA	93706	(559) 237-6644	237-0705
Econo Lodge - North Blackstone	Mr. Vick Patel	6309 N. Blackstone Ave.	Fresno	CA	93710	(559) 439-0320	436-8030
Econo Lodge-Parkway	Mr. Arvind Bhakta	445 N. Parkway Dr.	Fresno	CA	93706	(559) 485-5012	495-0567
Four Points by Sheraton	Ms. Diane Colebrook	3737 N. Blackstone Ave.	Fresno	CA	93726	(559) 230-8495	227-2084
Garden Inn & Suites	Ms. Jaime Shih	4949 N. Forestiere Ave.	Fresno	CA	93722	(559) 277-3888	same (call first)
Hampton Inn & Suites Fresno	Ms. Jennifer M. Machado	327 E. Fir Ave.	Fresno	CA	93720	(559) 447-5900	449-1500
Hampton Inn & Suites Madera	Ms. Michelle Garcia	3254 Airport Dr.	Madera	CA	93637	(559) 661-0910	661-0929
Holiday Inn Express/Riverpark	Ms. Lydia Galvin	7115 N. Howard St.	Fresno	CA	93720	(559) 577-1350	577-1355
Holiday Inn Fresno Airport	Mr. Ken Stiles	5090 E. Clinton Way.	Fresno	CA	93727	(559) 455-2501	455-2511
Holiday Inn Swan Court	Ms. Lauri Pentorali	2950 Split Pea Anderson Blvd.	Selma	CA	93662	(559) 891-8000	891-9575
Holiday Inn Visalia	Ms. Barbara Tuch	9000 W. Airport Dr.	Visalia,	CA	93277	(559) 651-5000	651-5014
La Quinta Inn (North)	Mr. Victor Patel	330 E. Fir Ave.	Fresno	CA	93720	(559) 313-3485/449-0928	449-1869
La Quinta Inn, Fresno	Mr. Mark Knudsen	2926 Tulare Street	Fresno	CA	93721	(559) 442-1110	237-0415
Parkside Inn	Mr. Mitch Gajjar	1415 W. Olive	Fresno	CA	93728	(559) 237-2086	237-3742
Piccadilly Inn Express	Ms. Paula Flores	5113 E. McKinley Ave.	Fresno	CA	93727	(559) 456-1418	456-4643

Piccadilly Inn-Airport	Ms. Julie Mayewski	5115 E. McKinley	Fresno	CA	93727	(559) 251-6000	251-6956
Piccadilly Inn-Shaw	Ms. Layla Forstedt	2305 W. Shaw Ave.	Fresno	CA	93711	(559) 222-3719	222-0562
Piccadilly Inn-University	Ms. Bonnie Hansen	4961 N. Cedar Ave.	Fresno	CA	93726	(559) 224-4200	227-2382
Quality Inn	Mittal Kumar	4278 W. Ashlan Ave.	Fresno	CA	93722	(559) 275-2727	275-9103
Quality Inn & Suites	Mr. Mark Soares	480 E. Shaw Ave.	Fresno	CA	93710	(559) 229-5811	229-5911
Radisson Hotel & Conference Center	Mr. Steve Klein	2233 Ventura Street	Fresno	CA	93721	(559) 268-1000	441-2954
Ramada University	Ms. Judy Ramos	324 E. Shaw Ave.	Fresno	CA	93710	(559) 224-4040	224-4017
Residence Inn by Marriott	Mr. Mgeni Mpolo	5322 N. Diana Ave.	Fresno	CA	93710	(559) 222-8900	226-3896
San Joaquin Suites	Mr. Wes Roland	1309 W. Shaw Ave.	Fresno	CA	93711	(559) 225-1309	225-6021
Sequoia Lodging Sales & Marketing	Mr. Andy Grinsfelder	220 N. Santa Fe	Visalia	CA	93292	(559) 565-4070	335-5502
Super 8 Motel		2127 Inyo Street	Fresno	CA	93721	(559) 268-0621	233-9300
Super 8 Motel	Andy or Kathy Panchal	3142 Highland Ave.	Selma	CA	93662	(559) 896-2800 or cell # 260-7011	896-7244
Towne Place Suites	Ms. Denise Matheson	7127 N. Fresno St.	Fresno	CA	93720	(559) 435-4600	435-4613
Travelodge	Ms. Cora Labung	3093 N. Parkway Dr.	Fresno	CA	93722	(559) 276-7745	271-7966
Vagabond Inn	Mr. Shafi Ahmed	2570 S. East Ave.	Fresno	CA	93706	(559) 486-1188	486-2743
Vagabond Inn Executive	Mr. Zafar Kamal	2141 N. Parkway Dr.	Fresno	CA	93705	(559) 237-1881	237-9717
Valley Inn	Mr. Nash Patel	933 N. Parkway Drive	Fresno	CA	93728	(559) 233-3913	498-8526
Welcome Inn	Mr. Mitch Gajjar	777 N. Parkway Drive	Fresno	CA	93728	(559) 237-3742	same
Wonder Valley Ranch Resort & Conference Center	Ms. Vonda Hutchinson	6450 Elwood Road	Sanger	CA	93657	(559) 787-2551	787-2556

APPENDIX D

California State Meet
Cross Country
Woodward Park
Fresno, California
5,000 meter course

Coaches-
Athletes
Entrance



APPENDIX E

Runner Name/Spelling/Corrections Procedure

1. Cross out the name of the runner who is **NOT** running with a single line.
2. **PRINT IN CAPS** – The **FIRST NAME** and **LAST NAME** and **YEAR IN SCHOOL**
3. **YOU MUST BRING THE CORRECTED CHEST NUMBER TO THE COMPUTER OPERATOR.**

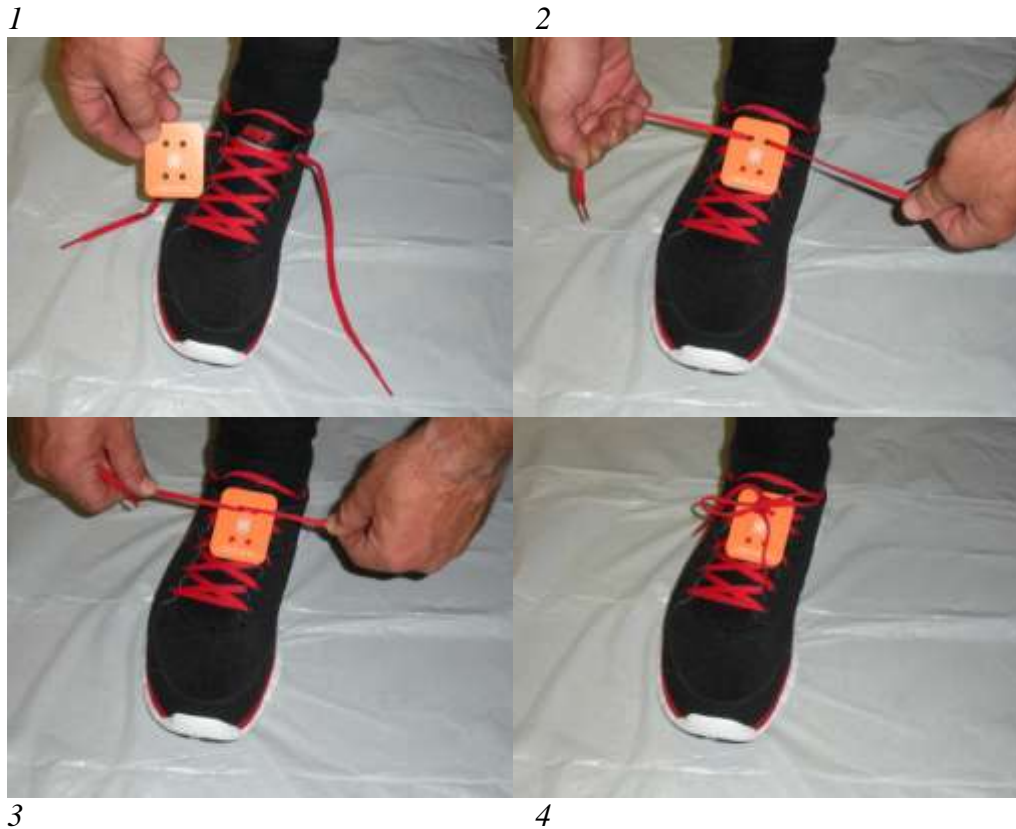
Note: This procedure is for changes or corrections in team entries. Individual entries cannot be substituted, but can be corrected.



Chip and Bib Instructions:

- 1) ALL athletes **MUST** wear the corresponding Bib and shoe chips.
- 2) ALL athletes **MUST** wear the corresponding numbered chips.
 - Chips are numbered on the Black side. 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.
 - No Chip = no results.

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



- 3) 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 upcoming race.
- 4) **There is a \$25 charge for each chip not returned**