



## *2024 SAN DIEGO CIF CROSS COUNTRY CHAMPIONSHIPS*

Date Published: SEPTEMBER 23, 2024

### **CHAMPIONSHIP ORGANIZATION**

- a. Host Conference: Grossmont & Coastal Conferences
- b. Meet Directors: Mr. Tyler Ludwig, Mr. Ross Bartel, Mr. John Hill
- c. Tournament Director: Mr. Julian Valdez & Mr. Andrew Corman.
- d. Meet Date: Saturday, November 16, 2024
- e. Meet Site: Morley Field/Balboa Park
- f. Divisions: The 2024 SDS CIF XC Championships will be conducted in [five divisions](#). The October 2023 CBED enrollment figures shall determine division placement.

### **CHAMPIONSHIP ENTRY INFORMATION**

- a. Where to post entries: All entries must be posted on [athletic.net](http://athletic.net)
- b. Declaration to compete deadline: November 2, 2024, at 7:00 pm. To declare your schools intention to compete you must enter at least one girl and one boy on or before the declaration deadline.
- c. Final entry deadline: Saturday, November 9, 2024, at 7:00 P.M. All entries must be submitted by the entry deadline. A late fee of \$100 per team will be assessed to all schools who miss the entry deadline. This late fee must be paid prior to the school teams competing on November 16, 2024.
- d. Maximum number of entries: Each school is allowed to enter and race a maximum of seven runners in both the girls and boys races.
- e. Changes in entries: If you need to change one or more of your runners after the posted deadline, you may email your changes to tournament director, Dennis McClanahan at [dennismcclanahan@hotmail.com](mailto:dennismcclanahan@hotmail.com). Any meet day changes must be made at check-in and prior to racing.
- f. Entering less than a full team: If you plan on entering less than a full team (fewer than five runners), you must email tournament director Dennis Mclanahan at [dennismcclanahan@hotmail.com](mailto:dennismcclanahan@hotmail.com) prior to the entry deadline
- g. Minimum number of competitions: Athletes entered into the CIF Championships must have competed in a minimum of five (5) competitions during the fall season. If your athlete has not competed in the minimum number of competitions the following [waiver form](#) must be submitted (**by November 8, 2024**) and be approved by the CIF Office for your athlete to be eligible.

### **SCORING INFORMATION**

- a. Starting box assignments are randomly drawn.
- b. The sum of the places of each team's top five runners will determine each team's score. Low score wins.
- c. In the case of a tie, the place of each team's sixth place runner will break the tie. (lowest placing is used)
- d. Each team's sixth and seventh place runners do not count in the initial team score, but they may increase the score of the opposing teams if they finish ahead of any of those teams top five runners.
- e. Protests will be handled by the Meet Director.

<b><u>RACE TIME</u></b>	<b><u>EVENT/DIVISION</u></b>	<b><u>AWARDS TIME</u></b>
8:30 a.m.	Boys V	10:15 a.m.
9:00 a.m.	Boys I	10:40 a.m.
9:30 a.m.	Girls V	11:05 a.m.
10:05 a.m.	Girls I	11:30 a.m.
10:40 a.m.	Boys II	11:55 a.m.
11:10 a.m.	Girls III	12:20 a.m.
11:45 a.m.	Boys IV	12:45 p.m.
12:15 p.m.	Girls II	1:10 p.m.
12:50 p.m.	Boys III	1:35 p.m.
1:20 p.m.	Girls IV	2:10 p.m.

### **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 and prior to your athlete(s) running
- 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. Please arrive on time.

### **FINISH LINE TIMING, SCORING, AND RESULTS**

Team scoring and results will be done using Bib Chips (Finished Results) timing and placing. Bib numbers and video will serve as backup systems for the bib chips. 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 (which includes the computer chip) plus 4 safety pins for each bib. The bib chip will be used for timing and scoring the races. **These bibs can be kept by the athletes after their race and do not need to be returned.**
- b. If you are changing one of your seven runners that you previously entered, you must do that at check-in.
- c. Race bibs are to be secured with the safety pins to the front center of each athlete's singlet. **An athlete running without their PROPERLY assigned bib chip will be disqualified.**
- d. If an athlete/school loses their bib chips prior to their race beginning they need to immediately go to the **finish line timing** and request another bib. Replacement cost for bib chips will be \$20; your school will be invoiced for the replacement cost.

### **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 equipped in proper school uniforms.**

**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.**

### **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 30, 2024 at Woodward Park in Fresno.

In the boys races the following number of teams advance:

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

In the girls races the following number of teams advance:

**Div 1:** 3 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.

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.

#### **CIFSDS TRAVEL EXPENSE FORM**

CIFSDS Travel Expense Form for reimbursement for State CIF Cross Country Meet on **November 30, 2024**, in Fresno is located on the CIF website [www.cifsd.org](http://www.cifsd.org). The form must be completed and returned to the CIFSDS Office within ten (10) days following the meet.

#### **NON-FOOD CONCESSION**

The 2024 Cross Country non-food concession (T-shirts, sweatshirts, etc.) has been awarded to the **Northwest Designs Inc.**

**FOOD CONCESSION:** THERE WILL BE NO FOOD CONCESSIONS AT THIS YEARS CHAMPIONSHIPS.

#### **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](http://www.cifsd.org) to log in. Please contact Ms. Stacy Candia at [scandia@cifsd.org](mailto:scandia@cifsd.org) if you have any questions.

#### **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://cifsd.myshopify.com/>.

#### **ADDITIONAL RUNNER-UP PATCHES AND CHAMPIONSHIP PATCHES**

Additional Runner-up and Championship patches may be purchased for **\$25.00** orders will be accepted via the CIFSDS Home site, please visit our website at <https://cifsd.myshopify.com/>.

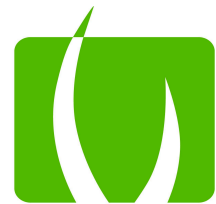
#### **INFORMATION FOR STATE CIF CROSS COUNTRY MEET**

For information on the State CIF Cross Country Meet go to the State CIF web site at [www.cifstate.org](http://www.cifstate.org)

Thank you, & we wish you well as we continue to head toward the Fall 2024 Championship Season



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