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2014-2015

Fall

Sports

Preview

*Boys & Girls
Cross Country
Season*



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(562) 493-9500 * Fax (562) 493-6266

DATE: August, 2014
TO: CIF-SS Boys and Girls Cross Country Coaches
FROM: Rainer Wulf, Assistant Commissioner
SUBJECT: 2014 Cross Country Season

The Cross Country Preview Packet has been prepared to assist you in the organization of your school's cross country program. The information is important in preparation for the upcoming season. PLEASE SHARE THIS INFORMATION WITH YOUR ASSISTANT COACHES. The following items are included:

1. Introduction
2. Advisory Committee
3. Calendar Dates
4. Enrollment Divisions
5. CBED Enrollment Figures
6. Playoff Guidelines
7. Blue Book Rules -

A. Accountability Rule	E. Supervision of Athletes
B. Player Conduct Rule	F. Outside Competition
C. Summertime Rules	G. Outside Competition Penalty
D. Tobacco Products Prohibited	H. Other Points of Interest
8. Southern California Cross Country Coaches Association
9. Sanctioned Events
10. Preparing Your Athletes for Competition in Hot Weather
11. HIV Information

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ADVISORY COMMITTEE

- Rich Ede
- Rich Gonzalez
- Hal Harkness
- Will Jacobsmeyer, La Sierra High School
- Dennis Kelly, Trabuco Hills High School
- Janice Kelley, Hemet High School
- Bob McGuire
- Tim McIntosh, St. John Bosco High School
- George Payan, Godinez High School
- Brad Peters, M.L. King High School
- Jay Stepp, Yucca Valley High School
- Mike Tomasulo, Temple City High School

MANAGEMENT COMMITTEE

- Rich Benoy
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- Steven Blue
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- Keith Gilliland
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2014 CROSS COUNTRY CALENDAR DATES

The following is a capsule of the CIF Southern Section calendar for the 2014 Boys and Girls Cross Country season:

SCRIMMAGE DATE

Schools are NOT permitted to conduct interscholastic scrimmages in cross country. Any interscholastic competition must be counted as one of the allowable number of meets.

FIRST CONTEST

The initial date on which a school may schedule and conduct an interscholastic contest is THURSDAY, AUGUST 28, 2014.

LAST LEAGUE CONTEST

All league competition for entries must end on or before FRIDAY, NOVEMBER 7, 2014. Schools may compete until November 8 for non-league contests.

PLAYOFF DATES

Prelims - Saturday, November 15 - Mt. San Antonio College

Finals - Saturday, November 22 - Mt. San Antonio College

The STATE CROSS COUNTRY FINALS will be held at WOODWARD PARK IN FRESNO on SATURDAY, NOVEMBER 29, 2014.

LEAGUE ENTRIES FOR CIF-SS PRELIMS

DUE TO THE FACT THAT WE WILL BE CONDUCTING OUR DIVISIONAL CHAMPIONSHIPS UNDER THE ENROLLMENT FORMAT, WE ARE REQUESTING THAT ALL LEAGUES HAVE THEIR PRELIMINARY RESULTS IN TO THE CIF-SS OFFICE NO LATER THAN **9:00 P.M., FRIDAY, NOVEMBER 7, 2014.**

THE INSTITUTE REPORT

Preparing Your Athletes For Competition In Hot Weather

By Cari V. Gisolfi, Ph.D.
Department of Exercise Science,
University of Iowa

Specific steps must be taken to prepare athletes for training and competing in hot weather. Proper preparation can improve athletic performance and reduce the potential for thermal injury.

Under adverse climatic conditions, including high temperature and humidity, heat gained from the combination of physical exertion and the hot environment can exceed the body's capacity to remove heat through perspiration. In such instances, heat cramps, heat exhaustion and heat stroke may occur as a result of dehydration and elevated body temperature. Such thermal injuries can occur regardless of the athlete's physical condition or ability to adapt to hot weather.

How the Body Handles Excess Heat During Exercise

During exercise, heat produced by working muscles exceeds heat released by the body, and body temperature rises. The rise in body temperature causes an increase in sweating and blood flow to the skin. As a result, heat is removed by the evaporation of sweat from the skin, radiated from the body to the cooler surroundings, and is lost by convection to moving air (e.g., wind chill).

When the rate at which heat is produced during exercise equals the rate at which heat is lost from the body, the body temperature will plateau at an elevated level. However, when more heat is produced during exercise than the body can lose, body temperature will rise to a potentially dangerous level. High environmental temperatures and humidity contribute to the risks of thermal injury because they reduce the body's ability to remove heat. Athletes who are untrained and unacclimatized (not accustomed to the heat) can maintain an elevated, but safe, body temperature during moderate exercise in temperatures ranging from 50 to 85 degrees Fahrenheit. With proper training and heat acclimatization, athletes can safely increase the intensity and duration of exercise in even hotter environments.

There is little chance that under hot, humid weather conditions thermal injury will occur in competitive events lasting up to 10 minutes (the vast majority of track events). But, body temperature could rise to dangerous levels (e.g., 106 degrees Fahrenheit) under these conditions during exercise lasting 12-to-15 minutes or longer, especially if the competition is preceded by a vigorous warm-up that elevates the body temperature.

How To Acclimate Your Athletes

Athletes can acclimate their bodies to excessive heat and humidity by performing mild to moderate exercise in a hot environment. After one and one-half to four hours of exercise per day for five to fifteen days, the body will adjust (acclimate) to hot and humid weather conditions. Successful heat acclimatization results in: (1) a lower resting body temperature, (2) lower skin and core temperature during exercise, (3) decreased exercise heart rate and metabolism, and (4) increased sweating and evaporative cooling. All of these changes help athletes safely improve their performance in hot weather. The acclimatization process is similar in men and women, is not influenced by the menstrual cycle, and does not seem to be affected by age.

Endurance training, even in a cool environment, produces physiological adjustments similar to those caused by heat acclimatization. Training and acclimatization enable athletes to exercise at considerably greater exercise intensities while maintaining safe acclimatization are required for an optimal ability to exercise in the heat.

How To Prevent Thermal Injuries

○In preparing for outdoor competition under hot, humid conditions, warm up in the shade to avoid raising body temperature too high, too soon.
○Rest in the shade between competitive events. Exposure to the sun can cause blood to accumulate in the skin. This makes less blood available to muscles during subsequent exercise.

○Wear minimal, loose-fitting clothing to help promote heat loss.

○During prolonged exercise in the heat, body fluids lost as sweat must be replaced as frequently as possible to avoid dehydration and subsequent thermal injury. Drinking 12-to-20 ounces (1 ½ to 2 ½ cups) of fluid 10-20 minutes prior to competition is a good idea, but can not substitute for ingesting fluids during exercise. Running through a shower or being hosed with water also will not prevent the rise in body temperature during exercise.

○Fluids (e.g., sports drinks) ingested during exercise should contain 5-8 percent carbohydrate and a small amount of electrolytes. Such beverages will provide a source of fuel for the working muscles

and will facilitate the absorption of water and glucose from the intestines.

○Throughout heavy work or prolonged exercise, at least eight ounces (1 cup) of fluid should be consumed every 15-to-20 minutes.

○The pre-season regimen for competitive football, long distance running and other sports under hot and/or humid conditions should be preceded by one-to-two weeks of conditioning. This means working one-to-two hours per day in the heat, while wearing minimal clothing and drinking liberally. This will help athletes gradually achieve heat-acclimatization.

○Practice sessions under hot, humid conditions should be limited to very moderate workouts or be canceled.

○Athletes who typically train and compete in cool weather but are scheduled to compete in the heat can markedly improve their heat tolerance by training in excess clothing. Carefully supervised use of this practice will stimulate a warm environment and improve the heat-acclimatization process. Similar to exercise in warm weather, frequent fluid consumption is a must during this type of exercise.

Applying proper precautionary steps prior to and during exercise can help athletes avoid thermal injuries. Techniques, such as warming-up in the shade, ingesting adequate fluids, and wearing loose-fitting clothing can safeguard athletes' health and maximize performance.

Dr. Gisolfi is a professor of Exercise Science, Physiology and Biophysics at the University of Iowa, Iowa City. He is past president of the American College of Sports Medicine and a member of the Gatorade Sports Science Institute.

The Institute Report is a service of the Gatorade Sports Science Institute. For more information, contact:

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2014-2015 BOYS AND GIRLS CROSS COUNTRY GROUPINGS

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:

STATE CIF GROUPINGS

Division I	As determined by Section
Division II	As determined by Section
Division III	As determined by Section
Division IV	As determined by Section
Division V	As determined by Section, but enrollment may not exceed 600

CIF-SS GROUPINGS (TENTATIVE)

Division 1	2511 and Above
Division 2	2,121 – 2,510
Division 3	1,501 – 2,120
Division 4	601 – 1,500
Division 5	1 – 600





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DATE: AUGUST, 2014

TO: CIF SOUTHERN SECTION BOYS AND GIRLS
CROSS COUNTRY COACHES

FROM: RAINER WULF, ASSISTANT COMMISSIONER

SUBJECT: 2014 ENROLLMENT CLASSIFICATIONS

Enclosed are the CBED enrollments (grades 9-12) for the 2014-2015 school year which have been certified by the State Department of Education for public and private schools from the 2013-2014 year.

The enclosed divisional breakdowns are tentative. Final adjustments will be made when this year's CBED enrollments as of October 1, 2014 are known.

Reminder: By action of the CIF-SS Council at the March 23, 2000 meeting, no schools will be allowed to compete outside of their enrollment based division.

CIF Southern Section
2014 Boys and Girls Cross Country
Division 1 (2511 and Above)
Tentative until Mid-October, 2014

(B)-Boys; (G)-Girls * - DNR Enrollment

ALPHA

ALHAMBRA	2697	PIONEER VALLEY	2688
ALISO NIGUEL	2966	POLY (LONG BEACH)	4487
ALTA LOMA	2589	POLY (RIVERSIDE)	2807
ANAHEIM	3112	QUARTZ HILL	3135
ARCADIA	3477	RANCHO CUCAMONGA	3427
ARROYO VALLEY	2618	RANCHO VERDE	3367
BEAUMONT	2517	RIALTO	3104
BECKMAN	2553	ROOSEVELT	3670
BELL GARDENS	3186	SAN CLEMENTE	3080
BURBANK	2625	SANTA ANA	2675
BURROUGHS (BURBANK)	2543	SANTA FE	2535
CABRILLO (LONG BEACH)	2988	SANTA MONICA	2889
CAJON	2599	SANTIAGO (CORONA)	3608
CALIFORNIA	3039	SCHURR	2958
CAMARILLO	2665	SILVERADO	2654
CANYON SPRINGS	2592	TEMECULA VALLEY	2695
CENTENNIAL (CORONA)	3340	TRABUCO HILLS	2964
CHAFFEY	3496	TROY	2720
CHANNEL ISLANDS	2535	UPLAND	3525
CHAPARRAL	3028	VALENCIA (PLACENTIA)	2697
CHINO HILLS	3066	VALENCIA (VALENCIA)	3067
CORONA	2988	VALLEY VIEW	2611
CRESCENTA VALLEY	2844	VISTA MURRIETA	3445
CYPRESS	2684	WALNUT	2776
DANA HILLS	2750	WARREN	3801
DIAMOND BAR	2988	WESTMINSTER	2546
DOWNEY	4330	WILSON, WOODROW (LONG BEACH)	4111
EDISON	2626	YUCAIPA	2546
EL RANCHO	2794		
EL TORO	2629		
ETIWANDA	3171		
FOOTHILL	2525		
FOUNTAIN VALLEY	3535		
GLENDALE	2785		
GODINEZ	2537		
GREAT OAK	3653		
HERITAGE	2564		
HIGHLAND	3030		
HUNTINGTON BEACH	2782		
JORDAN	3366		
KATELLA	2600		
KING, M.L.	3341		
KNIGHT	3159		
LA QUINTA (LA QUINTA)	2858		
LA SERNA	2822		
LAKESWOOD	3831		
LOS ALAMITOS	3227		
LOS OSOS	3101		
LOYOLA (B)	2552		
MILLIKAN	3963		
MONTCLAIR	3050		
MONTEBELLO	3041		
NEWBURY PARK	2555		
ONTARIO	2583		
OXNARD	2872		
PACIFICA (OXNARD)	3202		
PALMDALE	2854		
PALOMA VALLEY	2724		
PARAMOUNT	4869		
PENINSULA	2556		

**CIF Southern Section
2014 Boys and Girls Cross Country
Division 2 (2121 - 2510)**

Tentative until Mid-October, 2014

APPLE VALLEY	2219	REDLANDS EAST VALLEY	2179
ARROYO	2290	REDONDO UNION	2479
ARROYO GRANDE	2356	RIO MESA	2237
AYALA, RUBEN	2373	ROWLAND	2371
BLOOMINGTON	2127	SAN GABRIEL	2366
BUENA	2213	SAN JACINTO	2286
CANYON (ANAHEIM)	2344	SAN JUAN HILLS	2236
CANYON (CANYON COUNTRY)	2449	SANTA BARBARA	2173
CAPISTRANO VALLEY	2442	SANTA MARIA	2342
CARTER	2466	SANTIAGO (GARDEN GROVE)	2307
CERRITOS	2144	SAUGUS	2364
CHINO	2388	SEGERSTROM	2507
CITRUS HILL	2171	SERRANO	2340
CITRUS VALLEY	2277	SIMI VALLEY	2241
CLAREMONT	2371	SUMMIT	2464
COACHELLA VALLEY	2190	SUNNY HILLS	2281
COLONY	2153	TEMESCAL CANYON	2157
COMPTON	2190	TESORO	2323
CULVER CITY	2302	THOUSAND OAKS	2306
EASTSIDE	2369	TUSTIN	2190
EISENHOWER	2377	UNIVERSITY	2505
ELSINORE	2373	VENTURA	2298
FONTANA	2474	VICTOR VALLEY	2141
FULLERTON	2179	VILLA PARK	2456
GARDEN GROVE	2479	VISTA DEL LAGO	2252
GLENDORA	2300	WEST COVINA	2332
GOLDEN VALLEY	2250	WEST RANCH	2482
GRAND TERRACE	2229	WEST TORRANCE	2198
HART	2202	WESTERN	2172
HAWTHORNE	2121	WESTLAKE	2419
HEMET	2391	WHITTIER	2351
JURUPA HILLS	2128	WOODBIDGE	2431
KAISER	2480		
KENNEDY	2250		
LA HABRA	2242		
LA MIRADA	2150		
LA QUINTA (WESTMINSTER)	2162		
LA SIERRA	2499		
LAKESIDE	2284		
LANCASTER	2318		
LAWNDALE	2361		
LOARA	2355		
LYNWOOD	2210		
MARINA	2414		
MARK KEPPEL	2356		
MAYFAIR	2208		
MILLER, A.B.	2473		
MIRA COSTA	2475		
MISSION VIEJO	2458		
MORENO VALLEY	2379		
MURRIETA MESA	2176		
MURRIETA VALLEY	2319		
NEWPORT HARBOR	2382		
NORCO	2314		
NORTH, J.W.	2308		
OAK HILLS	2433		
PATRIOT	2156		
PERRIS	2435		
RAMONA	2222		
REDLANDS	2340		

**CIF Southern Section
2014 Boys and Girls Cross Country
Division 3 (1501 - 2120)**

Tentative until Mid-October, 2014

AGOURA	2113	PACIFICA (GARDEN GROVE)	1765
ALEMANY	1521	PALM DESERT	2003
ANTELOPE VALLEY	1726	PALM SPRINGS	1947
ARLINGTON	2070	PALOS VERDES	1680
BALDWIN PARK	2080	PASADENA	1886
BELLFLOWER	1748	PASO ROBLES	1968
BEVERLY HILLS	1718	RANCHO ALAMITOS	1827
BOLSA GRANDE	2003	RIGHETTI	2099
BONITA	1998	ROSEMEAD	1872
BREA OLINDA	1929	ROYAL	2006
BUENA PARK	1949	RUBIDOUX	1716
CALABASAS	1725	SADDLEBACK	1731
CATHEDRAL CITY	1923	SAN BERNARDINO	1790
CENTURY	1873	SAN GORGONIO	2117
CHARTER OAK	1755	SAN MARCOS	1944
COLTON	1951	SANTA ANA VALLEY	2030
CORONA DEL MAR	1727	SANTA MARGARITA	1687
DAMIEN (B)	1848	SAVANNA	2106
DESERT HOT SPRINGS	1750	SERVITE (B)	1776
DESERT MIRAGE	1743	SHADOW HILLS	1718
DIAMOND RANCH	1833	SIERRA VISTA	1971
DOMINGUEZ	2093	SONORA	1864
DON LUGO	1960	SOUTH HILLS	1824
DOS PUEBLOS	2117	SOUTH PASADENA	1525
EL DORADO	1957	SOUTH TORRANCE	2108
EL MODENA	2099	ST. JOHN BOSCO (B)	1584
EL MONTE	1887	SULTANA	1865
ESPERANZA	1780	TAHQUITZ	1606
GABRIELINO	1743	TEMPLE CITY	2103
GAHR	1981	TORRANCE	2088
GAREY	1657	WEST VALLEY	1552
GRANITE HILLS	1618	WILSON (HACIENDA HEIGHTS)	1581
HESPERIA	1925	YORBA LINDA	1913
HOOVER	1758		
HUENEME	1947		
INDIAN SPRINGS (9-11)	1505		
INDIO	1900		
INGLEWOOD	1782		
IRVINE	1930		
JURUPA VALLEY	1680		
LA PUENTE	1524		
LAGUNA HILLS	1699		
LITTLEROCK	1554		
LOS ALTOS	1976		
LOS AMIGOS	1796		
MAGNOLIA	1807		
MATER DEI	2091		
MONROVIA	1682		
MOORPARK	2094		
MORNINGSIDE	1508		
MOUNTAIN VIEW	1558		
NOGALES	2046		
NORTE VISTA	2088		
NORTH (TORRANCE)	1984		
NORTHWOOD	2018		
NORWALK	2032		
OAK PARK	1643		
OCEAN VIEW	1512		
ORANGE	1798		
PACIFIC	1625		

**CIF Southern Section
2014 Boys and Girls Cross Country
Division 4 (601 - 1500)**

Tentative until Mid-October, 2014

ADELANTO (9-11)	1227	OAKS CHRISTIAN	954
ANIMO LEADERSHIP CHARTER	1250	OXFORD ACADEMY	746
ARTESIA	1493	PARACLETE	683
ATASCADERO	1348	PIONEER	1396
AZUSA	1399	POMONA	1364
BANNING	1116	RANCHO MIRAGE (9-10)	877
BARSTOW	1276	RIM OF THE WORLD	1232
BASSETT	1094	RIVERSIDE PREP	697
BIG BEAR	801	ROSARY (G)	1040
BISHOP AMAT	1401	SALESIAN (B)	994
BISHOP CONATY-LORETTO (G)	648	SAN DIMAS	1282
BISHOP MONTGOMERY	936	SAN LUIS OBISPO	1411
BURROUGHS (RIDGECREST)	1414	SAN MARINO	1162
CABRILLO (LOMPOC)	1486	SANTA YNEZ	1008
CAMS	677	SOUTH EL MONTE	1464
CARPINTERIA	646	SOUTHLANDS CHRISTIAN	888
CATHEDRAL (B)	1470	ST. FRANCIS (B)	1354
CENTENNIAL (COMPTON)	947	ST. GENEVIEVE	629
CHAMINADE	1328	ST. JOSEPH (LAKEWOOD) (G)	1290
COSTA MESA	1093	ST. LUCY'S PRIORY (G)	1246
COVINA	1371	TEMPLETON	727
CREAN LUTHERAN	686	TWENTYNINE PALMS	777
CRESPI (B)	1040	UNIVERSITY PREP	685
DaVINCI DESIGN (NEW)	1075	VERBUM DEI (B)	620
DON BOSCO TECH (B)	794	WHITNEY	688
DUARTE	1014	WHITTIER CHRISTIAN	619
EDGEWOOD	819	WORKMAN	1158
EL SEGUNDO	1275	YUCCA VALLEY	1355
ESTANCIA	1212		
EXCELSIOR CHARTER	966		
FILLMORE	1012		
FLINTRIDGE SACRED HEART (G)	778		
FOOTHILL TECHNOLOGY (NEW)	1001		
GANESHA	1207		
GLADSTONE	1269		
GLENN	1337		
HARVARD-WESTLAKE	1156		
HERITAGE CHRISTIAN	643		
HILLCREST (9-10)	848		
IMMACULATE HEART (G)	1008		
JSERRA	1076		
LA CANADA	1426		
LA REINA (G)	816		
LA SALLE	677		
LAGUNA BEACH	989		
LOMPOC	1376		
LOUISVILLE (G)	854		
LUTHERAN (ORANGE)	1363		
MALIBU	700		
MARANATHA	672		
MARLBOROUGH (G)	732		
MARSHALL FUNDAMENTAL	1071		
MARYMOUNT (G)	746		
MORRO BAY	829		
MUIR	979		
NIPOMO	1249		
NORDHOFF	832		
NORTHVIEW	1388		
NOTRE DAME (SHERMAN OAKS)	1239		
NOTRE DAME ACADEMY (G)	744		

**CIF Southern Section
2014 Boys and Girls Cross Country
Division 5 (600 and Below)**

Tentative until Mid-October, 2014

ACADEMY CAREERS/EXPLORATION	257	LAKE ARROWHEAD CHRISTIAN	35	SUMMIT LEADERSHIP	177
ACADEMY/ACADEMIC EXCELLENCE	403	LENNOX ACADEMY	554	SUMMIT VIEW	68
AGBU (CANOGA PARK)	179	LINFIELD CHRISTIAN	325	SUMMIT VIEW-WESTVIEW	61
AGBU (PASADENA)	163	LOMA LINDA ACADEMY	439	TARBUT V'TORAH	174
ALVERNO (G)	332	LONE PINE	136	TEMECULA PREP	301
AMBASSADOR (9-11)	27	MAMMOTH	286	THACHER	256
ANTELOPE VALLEY CHRISTIAN	53	MARY STAR OF THE SEA	494	UPLAND CHRISTIAN ACADEMY	164
APPLE VALLEY CHRISTIAN	82	MAYFIELD (G)	592	VALLEY CHRISTIAN (CERRITOS)	581
AQUINAS	416	MESA GRANDE ACADEMY	104	VASQUEZ	422
ARCHER SCHOOL FOR GIRLS (G)	520	MIDLAND	76	VICTOR VALLEY CHRISTIAN	65
ARROWHEAD CHRISTIAN ACADEMY	354	MILKEN COMMUNITY	564	VIEWPOINT	504
AVALON	212	MISSION PREP	349	VILLAGE CHRISTIAN	408
AVESON LEADERSHIP (NEW)	153	NEW COMMUNITY JEWISH	349	VILLANOVA PREP	257
BELLARMINE- JEFFERSON	157	NEW COVENANT ACADEMY	60	VISTAMAR	265
BESANT HILL	89	NEW ROADS	372	WEAVER	DNR
BETHEL BAPTIST	34	NOLI INDIAN	74	WEBB	404
BETHEL CHRISTIAN (LANCASTER)	64	NOTRE DAME (RIVERSIDE)	475	WEST SHORES	263
BISHOP DIEGO	259	NUVIEW BRIDGE	552	WESTERN CHRISTIAN	442
BLAIR	600	OAKWOOD	310	WESTMARK	89
BLOOMINGTON CHRISTIAN	134	OJAI VALLEY	106	WESTRIDGE (G)	528
BORON	148	ONTARIO CHRISTIAN	465	WILDWOOD	230
BOYS REPUBLIC (B)	252	ORANGEWOOD ACADEMY	91	WINDWARD	390
BRENTWOOD	467	ORCUTT ACADEMY	588	WOODCREST CHRISTIAN	334
BRETHREN CHRISTIAN	228	PACIFIC HILLS	93	XAVIER PREP	555
BRIDGES ACADEMY	68	PACIFIC LUTHERAN	317	YESHIVA	331
BUCKLEY	303	PACKINGHOUSE CHRISTIAN	37	YESHIVA TECH	53
CALIFORNIA LUTHERAN	76	PADRE PIO	17		
CALIFORNIA MILITARY INSTITUTE	536	PALM VALLEY	78		
CALVARY CHAPEL (DOWNEY)	292	PALMDALE AEROSPACE ACAD (NEW)	260		
CALVARY CHAPEL (MV)	73	PILGRIM	97		
CALVARY CHAPEL (SANTA ANA)	532	PILIBOS	205		
CALVARY MURRIETA	294	POLY (PASADENA)	389		
CAMPBELL HALL	541	POMONA CATHOLIC (G)	400		
CANTWELL-SACRED HEART	569	PROVIDENCE (BURBANK)	415		
CAPISTRANO VALLEY CHRISTIAN	166	PROVIDENCE (SANTA BARBARA)	67		
CATE	291	PUBLIC SAFETY ACADEMY	191		
CHADWICK	350	RAMONA CONVENT (G)	476		
COAST UNION	231	RANCHO CHRISTIAN	187		
CONNELLY (G)	350	REDLANDS ADVENTIST ACAD.	150		
CORNERSTONE CHR.(WILDOMAR)	94	RENAISSANCE ACADEMY	73		
CROSSROADS	508	RIBET ACADEMY	DNR		
CROSSROADS CHRISTIAN	84	RIVERSIDE CHRISTIAN	175		
CSDR	205	ROLLING HILLS PREP	168		
DESERT	404	SACRED HEART OF JESUS (G)	394		
DESERT CHRISTIAN (LANCASTER)	317	SADDLEBACK VALLEY CHRISTIAN	315		
DUNN	163	SAGE HILL	479		
EASTSIDE CHRISTIAN	80	SAN GABRIEL ACADEMY	210		
EINSTEIN, ALBERT	269	SAN GABRIEL MISSION (G)	462		
EMERSON HONORS	DNR	SAN JACINTO VALLEY ACADEMY	159		
ENVIRONMENTAL CHARTER	530	SAN LUIS OBISPO ACADEMY (NEW)	20		
FAIRMONT PREPARATORY	513	SANTA CLARA	245		
FAITH BAPTIST ACADEMY	47	SANTA ROSA ACADEMY	386		
FLINTRIDGE PREPARATORY	415	SERRA	587		
GARDEN STREET ACADEMY	33	SHERMAN INDIAN	390		
GLENDALE ADVENTIST	190	SIERRA CANYON	387		
GRACE BRETHREN	366	SILVER VALLEY	427		
GROVE	136	ST. ANTHONY	509		
GUIDANCE CHARTER	131	ST. BERNARD	244		
HALSTROM	206	ST. BONAVENTURE	539		
HAMILTON	326	ST. JOSEPH (SANTA MARIA)	417		
HAWTHORNE MSA	574	ST. MARGARET'S	452		
HESPERIA CHRISTIAN	72	ST. MARY'S ACADEMY (G)	564		
HOLY FAMILY (G)	426	ST. MICHAEL'S PREP (B)	134		
HOLY MARTYRS	141	ST. MONCIA ACADEMY	81		
IMMANUEL CHRISTIAN	174	ST. MONICA CATHOLIC	545		
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2014 PLAYOFF GUIDELINES

The CBED Enrollment (grades 9-12) figures from the 2013-14 school year as certified by the State for public and private high schools will be used for placement.

When the computer enrollment data is received from the State Department of Education, schools will be divided into each Southern Section divisional category.

If a school incurs a gain/loss in enrollment of a minimum of 15% in the current year, the current year CBED enrollment figures shall be used in place of the prior year.

CIF SOUTHERN SECTION CHAMPIONSHIP QUALIFYING

LEAGUE FINALS INTO DIVISIONAL PRELIMS - The team entry formula for each league into the preliminaries is as follows:

- 4 team leagues = 2 entries
- 5 or 6 team leagues = 3 entries
- 7 or 8 team leagues = 4 entries
- 9 or 10 team leagues = 5 entries

Each league may enter up to three (3) individual runners not on a qualifying team, provided they finish in the top six (6) in their league meet. After entries from each league have been received by the CIF Southern Section Office on Friday, November 2, each team and individual entry will be assigned to their appropriate enrollment category (Divisions 1, 2, 3, 4, 5).

AT-LARGE CRITERIA INTO DIVISIONAL PRELIMS - Any team not qualifying automatically from their league, who has been ranked in the top **13** in their division in **2** of the last **4** CIF-SS polls, **will be** invited to CIF-SS Prelims as an "at-large" team.

DIVISIONAL PRELIMS TO DIVISIONAL FINALS - There will be sixteen (16) teams in each final race. In divisions with four (4) qualifying heats, the top four teams in each heat will qualify. Individuals who finish in the first six (6) actual places and are not members of qualifying teams will also advance to the finals.

In divisions with three (3) qualifying heats, the top five (5) teams in each heat will qualify plus the 6th place team with the fastest team time. Individuals who finish in the first eight (8) places and are not members of qualifying teams will also advance.

In divisions with two (2) qualifying heats, the top eight (8) teams in each heat will qualify. Individuals who finish in the first twelve (12) places and are not members of qualifying teams will also advance.

DIVISIONAL FINALS TO STATE CHAMPIONSHIPS - Team entries into the state championship cross country meet 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) entries in any divisional race, plus the top five (5) individuals on non-qualifying teams who finished in the top twenty (20).

A comprehensive bulletin detailing the Southern Section Prelims and Finals will be posted on our website in mid October. ***The playoff bulletin will only be available on our website. Please refer to www.cifss.org for all playoff information (including forms to be returned to our office) and heat sheets.***

The State CIF Office will forward to each school a bulletin covering details of the State Championship activity.

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BLUE BOOK RULES - SPECIAL POINTS OF INTEREST

A) ACCOUNTABILITY RULE -

125.1 - COACH EJECTION - Upon the ejection of a coach from any CIF-SS contest, it is the responsibility of the principal of said school to file a letter of explanation with the CIF Southern Section Office which includes the circumstances surrounding the matter and what action the principal has taken to prevent a recurrence. Said correspondence is to be filed within THREE school days of notification of the ejection. Additionally, upon ejection, the ejected coach shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. A second ejection will constitute a two contest suspension and a third ejection will cause suspension for the remainder of the season.

QUESTION: What happens if unknowingly a coach or player who was ejected the previous game participates in the next contest?

ANSWER: Being in attendance at or coaching/playing in a contest after having been ejected from a previous contest will result in the forfeiture of the contest.

QUESTION: What is meant by attendance at a contest?

ANSWER: Attendance is defined as being present at the team bench/area, inside a gymnasium, stadium or playing area. The intent of this rule is that the ejected person is not in attendance at the contest.

125.2 - FAILURE TO COMPLETE A CONTEST - When a school fails to complete a contest, due to a coach pulling his/her team from the floor, court or field, it is MANDATORY that the CIF-SS Office be notified by the Principal within 24 hours (excluding holidays and weekends). The competing schools and officials will be required to file written reports, and after review of the aforementioned material, the principal of the school involved will be required to respond to the CIF Southern Section Office concerning his/her investigation of the incident.

QUESTION: How serious is such action?

ANSWER: It has been the position of the CIF-SS Executive Committee to expect the building principal of the school concerned to relieve the coach from his/her assignment for the balance of that season or the Executive Committee is empowered to consider recommendations for additional penalties.

B) RULE 1713- PLAYER CONDUCT RULE -

Any player who is ejected for any reason shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest.

A second ejection from a game or contest for fighting or assaultive behavior will cause suspension for the remainder of the season. A player who was ejected from the previous contest, who knowingly, or unknowingly, participates in or is in attendance at the next contest, will result in the forfeiture of that contest

Any player whose conduct merits ejection from a game by an official for fighting or assaultive behavior shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. After the suspension from play, the student may only return after certification by the school principal that the student(s) has completed a conference with a school administrator. The appropriate form indicating the completion of the conference must be filed with the Section office prior to rejoining the team.

Any player who leaves the confines of the bench or team area during a fight that has broken out or may break out will be ineligible for the team's next contest. After the suspension from play, the student may return only after certification by the school principal that the student(s) has completed a conference with a school administrator. The appropriate form indicating the completion of the conference must be filed with the Section office prior to rejoining the team.

In the case of any suspension from play, the next contest may not be a forfeited, postponed or canceled game.

QUESTION: *What must be submitted to the Section office before a student can be cleared to rejoin his/her team?*

ANSWER: *The Section office will provide a form that may be faxed or mailed to the Section office. The referee or official's report need not accompany the statement, but it is recommended the form be attached to the certification of the conference.*

QUESTION: *What is meant by attendance at a contest?*

ANSWER: *Attendance is defined as being present at the team bench/area, inside a gymnasium, stadium or playing area. Students ejected from a game in progress should remain under supervision of school staff. The intent of this rule is that the ejected person is not in attendance at the contest.*

C) RULE 1707 - SUMMERTIME RULES/SUMMER DEAD PERIOD -

1707.1 With the exception of the summer dead period, until the beginning of the first official starting date for fall sports, there shall be no restriction on high school coaches working with high school students registered and/or attending their respective high school or entering them in summer competition, provided approval is received from the school principal.

QUESTION: *Who may participate in high school summer athletic programs approved by the principal?*

ANSWER: *Only students registered for the upcoming school year in grades 9 through 12. Additionally, it would be a violation to allow elementary students (8th grade and below) to participate with the high school team. For students enrolled in more than one school, all summer practice and competition must be confined to one school.*

1707.2 High schools may sponsor sport camps and/or allow non-school sponsored sport camps to use their facilities.

- * High school students and individual from the general community can attend.
- * The high school name, nickname and identifying marks can be used in the title and/or promotion of the camp.
- * The principal of the high school must give permission for the camp to take place; non-school sponsored camps must secure a facility permit for use of any facilities and equipment.
- * The camp must comply with all CIF rules, including those pertaining to undue influence and dead period.
- * Non-school sponsored camps should provide required liability insurance for the use of any school facilities.

1707.3 A summer dead period must be declared by the school principal for all sports. The dates of the dead period must be forwarded to the Southern Section Commissioner. The dead period must be the same for all levels and must be three (3) consecutive weeks between the end of school or the first Friday in June, whichever is first, and the last Monday in August. No class could be offered which could circumvent the rule. There are no exceptions to the summer dead period.

During the dead period, weight lifting ONLY would be permitted. No running or other type of conditioning would be allowed.

Special nationally recognized programs in various sports that require a national or regional championship format, such as Bobby Sox Softball, American Legion or Mickey Mantel Baseball, etc., would be allowed to continue, until completion, during the dead period.

D) RULE 527 - TOBACCO PRODUCTS PROHIBITED -

The use of tobacco products in conjunction with any CIF Southern Section athletic contest is prohibited. This would include all those involved in the contest including players, coaches and officials.

E) RULE 309 - SUPERVISION OF ATHLETES -

State and Southern Section Rule 309 states:

"No CIF team or individual shall participate in interscholastic or approved competition with any other team unless the CIF team is under supervision as required by the California Administrative Code Title V and CIF Bylaw 506(B). (Additionally, refer to Rule 123.)"

It should be noted that schools representing the same district may send one credentialed or certified supervisor for three or four students. These individuals have been recognized and are to continue to be recognized for registration and participation purposes in that the district has assigned the supervisory role for all students from its member schools to this one individual. The supervisor must remain in attendance at all times.

However, the concern is for those students who are not accompanied by a faculty representative and report to the playoff site by themselves or with a parent.

PLEASE NOTE: THIS RULE WAS REVIEWED WITH BOTH THE STATE CIF OFFICE AND THE SOUTHERN SECTION EXECUTIVE COMMITTEE AND REAFFIRMED THAT THE INTERPRETATION STAND AS ABOVE AND THAT ANY STUDENT REPORTING FOR COMPETITION WHO IS NOT UNDER THE DIRECT SUPERVISION IN ACCORDANCE WITH STATE AND SOUTHERN SECTION RULE 309, IS TO BE "DENIED" ENTRY FOR PARTICIPATION IN THE COMPETITION.

As pointed out by the Southern Section and State CIF Attorney, there are also inherent liability problems when an individual competes in violation of said rule. Please review this rule with your staff in that it will be strictly enforced as per the above application.

F) RULE 600 - OUTSIDE COMPETITION -

A student on a high school team becomes ineligible if the student competes in a contest on an "outside" team, in the same sport, during the student's high school season of sport. (Refer to bylaw 511) The following exceptions apply:

- A. If the outside team has half or more of the team members as stated in the National Federation rule book for that sport, it shall be considered the same sport. Examples: three on three basketball – outside team competition prohibited; two on two volleyball – outside team competition permitted.

QUESTION: *May a student who competes at the freshman or junior varsity level compete on an outside team during his or her high school season of sport?*

ANSWER: *No. The Outside Competition Rule pertains to all levels of competition. Thus, any individual participating at the varsity, junior varsity, sophomore and/or freshman levels may not compete on an outside team during his or her high school season of sport. *See exception in above paragraph.*

QUESTION: *Does this rule apply to a student/athlete who starts the season, plays in a game and then becomes ineligible?*

ANSWER: *Yes. Once the student is eligible and plays in a game, he/she may not play on an outside team and retain their eligibility for that season.*

B. FLAG FOOTBALL

For purposes of this rule, touch football and flag football are considered to be a different sport than tackle football.

C. SOCCER

In the sport of soccer, Rule 600 shall be in effect only during the winter high school soccer season. High school soccer programs that compete during the fall or spring season are not subject to Rule 600.

QUESTION: What is the definition of the student's high school season for soccer in the Southern Section?

ANSWER: A season of sport is defined as that period which begins with school's first interscholastic competition (non-league game, tournament contest or league game). For the 2010-2011 soccer season, the date would be November 22, 2010.

D. SWIMMING & DIVING

Swimmers may compete for an amateur team during the season of sport in the USA Swimming Senior National Championship Meet, the USA Swimming Sectional Championship meets and the YMCA National Meet. Divers may compete for an amateur team during the season of sport in the USA National Diving Championships and the USA National Junior Diving Championships.

E. Rule 600 shall not be in effect for those sports conducted outside the State adopted season of sport.

F. SPONTANEOUS RECREATIONAL ACTIVITY

It is permissible for a high school team member to participate in a spontaneous recreational activity or game in which sides or teams are chosen without regard to players representing any group or organization. Such participation would not cause loss of eligibility. (spontaneous—no prior planning or notice; an unplanned part of another activity which has a primary focus other than the sport.)

G. UNATTACHED COMPETITION IN INDIVIDUAL SPORTS

(1) An unattached athlete shall not represent any team. Points won by the athlete shall not be credited to any team. An unattached athlete shall not use a uniform which identifies a school or "outside" team. Any violation shall be considered an infraction of Bylaw 600.

(2) Unattached competition is permissible for a student in other than school contests during the season of sport provided the student enters in the individual sports of badminton (singles and doubles), cross country, golf, gymnastics, skiing, swimming and diving (including unattached entry on relays), tennis (singles and doubles), track and field (including unattached entry on relays) and wrestling.

(Revised May 2003 Federated Council)

(3) CERTIFICATION OF UNATTACHED ATHLETES

No official recognition or certification on the part of the CIF member school or personnel of the CIF member school may be given in order that unattached athletes may participate in contests.

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(4) REPRESENTATION IN CIF COMPETITION

Unattached competition is not permitted in any CIF competition (see Bylaw 302). Individuals or teams entered in CIF competition must represent a CIF member school. No other form of representation shall be permitted in CIF competition.

G) RULE 601 BYLAW 600 PENALTY -

A. Individual

(1) First Offense in High School Career in Any Sport

- (2) The student becomes immediately ineligible for participation with his/her high school team for a number of contests equal to twice the number of contests of outside competition in which the student participated.

The student becomes immediately ineligible for one year (365 days) from the second infraction in all sports.

(3) Appeals

Upon written appeal to the Section commissioner, the student may petition his/her Section for reinstatement of his/her eligibility status.

B. Team

(1) Games Forfeited

Games in which a student participated on his/her high school team after violation of CIF Bylaw 600 shall be forfeited.

(2) Appeals

Sections may establish rules and procedures to consider requests for waivers of game forfeitures.

(Revised May 2004 Federated Council)

H) OTHER POINTS OF INTEREST -

1. **MAXIMUM CONTEST** - An individual of a cross country team will be permitted to enter and participate in no more than a total of 11 dual, triangular or invitational (sanctioned) meets during the season, not including all-league or CIF Southern Section Championships.
2. **COMPETITION IN ONE DAY** - An individual may compete in only one (1) cross country race in any one (1) day.
3. **OUTSIDE COMPETITION** - (Unattached) competition is permissible for a student in other than school contests during the season of sport. Please refer to Blue Book Rule 600 regarding unattached competition which will highlight specific regulations in reference to athletes who compete unattached.
4. **PROPER UNIFORM** - All Athletes competing in cross country must be in proper team uniform and wear running shoes. Spikes are not permitted.

5. DISTANCE OF RACES - The maximum distance in all non-league, league and invitational cross country competition shall be 5,000 meters (3.1 miles)(Adopted Southern Section Council March 22, 2001). A shorter distance may be adopted by a league or by mutual agreement by schools for non-league competition.
6. TEAM COMPOSITION - Coaches are urged to become familiar with CIF Rule 200 in reference to Boys and Girls team competition. Major emphasis would be the area of your school fielding only one team and its makeup consisting of both Boys and Girls. If a Girl is a member of this student team, she - at the conclusion of the regular season - WOULD NOT be permitted to compete in the girls' cross country championships, but must take part in the boys' championships, if she so qualifies.

In order for a Girl to compete in the CIF-SS Girls post-team cross country championships, she must have been a member of a Girls team for the regular season or have run as a freelance entry all season due to the fact that her school fielded only a Boys team or did not field any team in this sport.

7. RULES - Cross Country competition in the CIF Southern Section is conducted under National Federation Rules, which are contained in the 2014 edition of the National Federation Track and Field Rule Books.
8. No interscholastic contests or practices of any kind are to be held on Sunday.

COACHES' ASSOCIATION MEETING DATES

GENERAL MEETING - TBA - 7:00 P.M.

CROSS COUNTRY SANCTIONED EVENTS

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AMERICAN ACADEMY OF PEDIATRICS

Committee on Sports Medicine and Fitness

Human Immunodeficiency virus [Acquired Immunodeficiency Syndrome (AIDS) virus] in the Athletic Setting

Because athletes may bleed following trauma, they represent a theoretical risk to others if they are infected with the human immunodeficiency virus [HIV, acquired immunodeficiency syndrome (AIDS) virus]. Two questions have concerned coaches, athletic trainers, and school administrators: Should an athlete known to be infected with HIV be allowed to participate in competitive sports, and should the universal precautions recommended for health care worker¹ be used when handling athletes' blood and body fluids?

The risk of infection from skin exposure to the blood of a child or adolescent infected with HIV is unknown, but it is apparently minute and is much less than the risk of HIV infection by needle sticks from infected patients of approximately 1:250.² Although it is theoretically possible that transmission of HIV could occur in sports such as wrestling and football in which bleeding and skin abrasions are common, no such transmission has been reported in these sports. There is one report of possible transmission of HIV involving a collision between soccer players.³ However, this report from Italy remains undocumented.

If an HIV-infected athlete would choose to pursue another sport, this possible risk to others would be avoided; but, in the absence of any proven risk, involuntary restriction of an infected athlete is not justified. Informing others of the athlete's status would probably lead to his or her exclusion due to

This statement has been approved by the Council on child and Adolescent Health.

The recommendations in this publication do not indicate an exclusive course of treatment or serve as a standard of medical care. Variations, taking into account individual circumstances, may be appropriate.

PEDIATRICS (ISSN 0031 4005). Copyright © 1991 by the American Academy of Pediatrics.

inappropriate fear and prejudice and therefore should also be avoided. This advice must be reconsidered if transmission of HIV is found to occur in the sports setting. Athletes should also be made aware of the hazards of needle sharing for illicit drug use, including steroids.

Universal precautions adapted for the athletic setting are provided in Recommendation 6. Risk of exposure to a variety of infectious diseases is greater for coaches and trainers because of their interaction with many athletes. Competitors have extraordinarily low exposure rates. Coaches and athletic trainers should use these precautions if they are exposed repetitively to athletes' blood, because a rare athlete may have an HIV infection and because the athletic staff may not know this (as a result of the current practice of non-disclosure or because HIV-infected individuals may be asymptomatic and unaware of their infection).

The American Academy of Pediatrics recommends:

1. Athletes infected with HIV should be allowed to participate in all competitive sports. This advice must be reconsidered if transmission of HIV is found to occur in the sports setting.
2. A physician counseling a known HIV-infected athlete in a sport involving blood exposure, such as wrestling or football, should inform him of the theoretical risk of contagion to others and strongly encourage him to consider another sport.
3. The physician should respect a HIV-infected athlete's right to confidentiality. This includes not disclosing the patient's status of infection to the participants or the staff of athletic programs.
4. All athletes should be made aware that the athletic program is operating under the policies in Recommendations 1 and 3.

5. Routine testing of athletes for HIV infection is not indicated.
6. The following precautions should be adopted:
 - a. Skin exposed to blood or other body fluids visibly contaminated with blood should be cleaned as promptly as is practical, preferably with soap and warm water. Skin antiseptics (eg, alcohol) or moist towelettes may be used if soap and water are not available.
 - b. Even though good hand-washing is an adequate precaution,⁴ water-impervious gloves (latex, vinyl, etc) should be available for staff to use if desired when handling blood or other body fluids visibly contaminated with blood. Gloves should be worn by individuals with non-intact skin. Hands should be washed after glove removal.
 - c. If blood or other body fluids visibly contaminated with blood are present on a surface, the object should be cleaned with fresh household bleach solution made for immediate use as follows: 1 part bleach in 100 parts of water, or 1 tablespoon bleach to 1 quart water (hereafter called "fresh bleach solution"). For example, athletic equipment (eg, wrestling mats) visibly contaminated with blood should be wiped clean with fresh bleach solution and allowed to dry before reusing.
 - d. Emergency care should not be delayed because gloves or other protective equipment are not available.
 - e. If the care giver wishes to wear gloves and none are readily available, a bulky towel may be used to cover the wound until on off-the-field location is reached where gloves can be used during more definitive treatment.
 - f. Each coach and athletic trainer should receive training in first aid and emergency care and be provided with the necessary supplies to treat open wounds.
 - g. For those sports with direct body contact and other sports where bleeding may be expected to occur⁶:
 1. If a skin lesion is observed, it should be cleansed immediately with a suitable antiseptic and covered securely⁵.
 2. If a bleeding wound occurs, the individual's participation should be interrupted until the bleeding has been stopped and the wound is both cleansed with antiseptic and covered securely or occluded.⁵
 - h. Saliva does not transmit HIV. However,

because of potential fear on the part of those providing cardiopulmonary resuscitation, breathing (Ambu) bags and oral airways for use during cardiopulmonary resuscitation should be available in athletic settings for those who prefer not to give mouth-to-mouth resuscitation.

- i. Coaches and athletic trainers should receive training in prevention of HIV transmission in the athletic setting; they should then help implement the recommendations suggested above.

COMMITTEE ON SPORTS MEDICINE AND FITNESS, 1990-1992

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