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CIF-SS CROSS COUNTRY CHAMPIONSHIP BULLETIN

DATE: OCTOBER, 2015

TO: BOYS AND GIRLS CROSS COUNTRY COACHES

FROM: RAINER WULF, ASSISTANT COMMISSIONER

SUBJECT: **CIF SOUTHERN SECTION FORD BOYS AND GIRLS CROSS COUNTRY CHAMPIONSHIPS - PRELIMS AND FINALS MEETS**

This bulletin is to serve as an orientation to the CIF Southern Section Ford Cross Country Preliminary and Championship Meets for both boys and girls. Please note, the information and instructions contained below will serve as final notice to all coaches.

- DATE: Saturday, November 14, 2015 Championship Preliminaries
Saturday, November 21, 2015 Championship Finals
 - SITE: Championship Prelims: Riverside City Cross Country Course**
(**NEW LOCATION-Riverside)
Championship Finals: Mt. San Antonio College
 - DIRECTIONS: See Attached – page 13
 - STARTING TIME: Prelims - First Race - 7:45 a.m. (Subject to change)
Finals - First Race - 7:45 a.m.
 - MEET MANAGEMENT: Rainer Wulf, Assistant Commissioner, Meet Director
Richard Ede, Meet Manager
Hal Harkness, Assistant Meet Manager
Bob McGuire, Assistant Meet Manager
 - HOTEL ACCOMODATIONS: See Attached – page 4
6. **INTERNET INFORMATION:** You can obtain information regarding heat information and results on the following websites - www.cifss.org; www.prepcaltrack.com. SEEDING OF ALL ENTRIES, TEAM AND INDIVIDUAL, WILL BE DONE ON SATURDAY, NOVEMBER 7. THE LAST DATE FOR LEAGUE COMPETITION IS FRIDAY, NOVEMBER 6. THE HEAT SHEETS WILL BE AVAILABLE ON www.prepcaltrack.com ON SATURDAY, NOVEMBER 7 AFTER 3:00 P.M.
DO NOT CALL THE CIF-SS OFFICE FOR THIS INFORMATION.
7. **PACKET PICK UP: COACHES ONLY** will be able to pick up team packets beginning at 6:30 a.m. Packets for the Prelims will be located behind the Riverside Cross Country Course Clubhouse. Packets for the Finals will be located at Mt. Sac at the north end of the stadium. Packets will include a map of the course (including the rain course), a program, contestant numbers, two (2) athletes admission tickets for alternates, **two (2) coaches admission tickets (any additional coaches will need to purchase tickets at the ticket booth)** and a ticket to obtain results. **Coaches are reminded to bring four (4) safety pins per number.**



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**Southern Section
CHAMPIONSHIPS**

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8. **ADMISSION TO THE COURSE/STADIUM:** Coaches and athletes will be admitted beginning at **6:30 a.m. at a designated entrance.** Spectators will also be admitted beginning at **6:30 a.m.** Spectators at the Prelims must enter through the entrance off the parking lot at the Riverside Cross Country Course. Spectators at the Finals must enter the main stadium entrance gate at Mt Sac.
9. **USE OF DRONES/DRONE VIDEOGRAPHY IS NOT PERMITTED.**
10. **PRELIM SCHEDULE:** Prelim heats/schedule will be available on www.prepcaltrack.com Saturday, November 7, 2015 after 3:00 p.m.
11. **CONTESTANT BIBS:** Contestant bibs will be provided for seven (7) members of each qualifying team and two (2) gate entry tickets will be provided for alternate runners. All runners should pin their contestant number to the front of their running jersey. **Coaches are reminded to bring four (4) safety pins per number.**
12. **TEAM SIZE:** Team size is seven (7) runners and coaches should instruct league meet managers to enter the seven (7) names that competed in the league final meet as entrants in the CIF-SS Prelims. Up to two substitutions may be made each day (Prelims/Finals) and reported to Chris Drescher in the Finish area a minimum of 20 minutes prior to your race time. No changes will be accepted after that deadline. Contestants with bibs and athletes tickets will enter through the Athletes Gate.
13. **TIME SCHEDULE FOR 2015 - COMPLETE TIME SCHEDULE WILL BE PUBLISHED WITH SEEDING INFORMATION ON NOVEMBER 7, 2015.**

**PRELIMS - Saturday, November 14
(Riverside Cross Country Course)**

7:45 A.M.	Division 1 Girls
	Division 1 Boys
	Division 4 Girls
	Division 4 Boys
	Division 3 Girls
	Division 3 Boys
	Break
1:30 P.M.	Division 5 Girls
	Division 5 Boys
	Break
	Division 2 Girls
	Division 2 Boys

**FINALS - Saturday, November 21
(Mt.SAC)**

7:45	Division 3 Girls
8:05	Division 4 Girls
8:25	Division 3 Boys
8:45	Division 4 Boys
9:05	Division 5 Girls
9:25	Division 1 Boys
9:45	Division 2 Girls
10:05	Division 5 Boys
10:25	Division 1 Girls
10:45	Division 2 Boys

14. **AWARDS:** First and second place teams will receive a CIF-SS plaque. The top 15 finishers in each championship race will receive CIF-SS championship medals. ***If your team won or were a runner-up in a CIFSS Team Event*** and you wish to purchase any additional **champion plaques or runner-up plaques and runner-up medals** you may do so by ordering directly from **All American Trophy** by contacting Paul Purdum at (323) 725-1962.

Additional **Champion t-shirts** (given to championship teams only) may be ordered directly from our supplier. Contact Kristy Moore @ **Kustom Imprints** – (714) 771-5768 ext. 103 or email kristy@kustomimprints.com.

Additional **CIF-SS Champion patches** (Octagon Red or Football shaped) and **any Custom CIF-SS patches** (such as: All CIF-SS – CIF-SS Scholar Athlete – Quarter Finals) may be ordered directly from **JL Custom Jackets and Patches**
www.jlcustomjackets.com.

Other Championship Merchandise available includes CIF-SS Championship Patches (circle shape) **Playoffs or Prelims, Finals Patches** (shape of a shield) for participation in Cross Country, Track & Field or Swimming Finals, **Masters Patches** (oval shaped) for participation in a Masters Track & Field or Wrestling event and **Wrestling Dual Meet** (rectangle shaped). **Additional Merchandise** for all sports include: shirts, hats, beanies, visors, pins and more may be ordered at www.ciftshirts.com.

These are the only companies that have the license to use the words CIF-SS.



CIF– Southern Section
Is proud to host
CIF-SS Boys/Girls Cross Country Prelims

November 13-14, 2015
Riverside, CA

Partnering Hotels

All Groups please reference "CIF-SS Cross Country Championships " to receive discounted group rate

Hyatt Place. 2 miles from the Riverside Cross Country Course

3500 Market Street
Riverside, CA 92501
Reservations: (888) 492-8847
Rate: \$109.00

- * Discounted parking \$5.00/day
- * Complimentary hot and cold breakfast;
high-speed internet; and use of fitness center



Comfort Inn. 4 miles from the Riverside Cross Country Course

1590 University Ave
Riverside, CA 92501
Reservations: (951) 683-6000
Rate: \$75.00

- * Complimentary parking
- * Complimentary hot breakfast;
high-speed internet; and use of fitness center



Riverside Cross Country Course

1011 Orange Street
Riverside California
92501



Each member of a team participating in the CIF Southern Section playoffs can receive a CIF SOUTHERN SECTION PARTICIPATION CERTIFICATE. These certificates will be printed out solely by your school. The document is in a “type-in” PDF format and may be downloaded from our website: www.cifss.org under FORMS.

15. **AWARD CEREMONY:** The awards ceremony will be held in a tent by the field house. Awards ceremonies will take place after the conclusion of a division. The awards area will be set up similar to the state awards area. First and second place teams and the first ten finishers in each division should report for each ceremony. Awards schedule is as follows:

8:40 Division 3 Girls
9:00 Division 4 Girls
9:15 Division 3 Boys
9:30 Division 4 Boys
9:45 Division 5 Girls
10:00 Division 1 Boys
10:20 Division 2 Girls
10:40 Division 5 Boys
10:55 Division 1 Girls
11:15 Division 2 Boys

16. **CLERK OF COURSE:** All members of each team, as well as individual runners, **MUST** check in at the staging area by the starting line with the Clerk of Course. All runners must be in regulation uniform with the contestant bibs properly placed on the front of the jersey and timing chips secured to both shoes. All seven (7) team members must arrive together and check-in with the Clerk of the course at least ten (10) minutes prior to the scheduled start of their race.

17. **WARM UP AREA:**

Riverside Cross Country Course (PRELIMS): Warm up area is in the designated area to the west of the team set up area.

Mt. Sac (FINALS): The warm up area is on the lower field, southwest of the stadium. No one is permitted to be on the football field in the stadium. **Team set-up is only permitted on the lower field.** No school set ups will be allowed on the upper field.

18. **GAMES IN THE WARM UP AREA:** Absolutely **NO** footballs, volleyballs, soccer balls, frisbees, etc. will be allowed in the warm up area at the Riverside Cross County Course on the lower field or on the upper field at Mt. Sac. **Use of such items could result in a team’s disqualification.**

19. **RACE RESULTS:** Result sheets will be available to **COACHES ONLY** at the Coaches Corner. Coaches must present a Results Ticket to obtain a copy of results for their division only. All results will be posted on the results board near the Clerking Area (Riverside Cross Country Course) and Field House (Mt Sac). Quick Scores are unofficial and must be considered as such. Only the published results/scores shall be used to determine finish order, team scores and advancement to the next round (SS Finals or State Meet).

Chip and Bib Instructions

You will be billed **\$10** for **each** chip not returned
\$5 late charge for **each** chip you return after you leave the meet

1. Inspect your team packet to ensure you received **ALL** your **Bibs** and **Chips**
 - *Immediately notify meet management if you are missing any Bibs and Chips*
 - *Very important – this must be done before leaving the packet pickup area*
 - *You will be responsible for any missing chips after you leave the packet pickup area*
2. Distribute your Bibs and Chips to all *competing* athletes
 - *All athletes must wear their assigned bib & chip, as assigned on your team roster*
 - *Athletes that are not registered cannot use someone else's chip*
 - *Failure to properly distribute the bibs & chips will result in inaccurate results*
3. Athletes must properly secure their chip as shown below
 - *Do NOT put the chip in your sock, on your ankle, in your pocket, etc*
 - *Be sure to Double Knot tie your shoes*



4. Chip Collection & Return
 - *Each school is responsible for the collection & return of all their chips*
 - *We suggest you use your team managers / assistant coaches to collect the chips from your athletes after they cross the finishline – there will no longer be any collection corral used*
 - *Sort all of your chips in numerical order*
 - *Use the zip ties provided and slide the chips in numerical order onto the zip ties*
 - *Use another zip tie to secure the chips from sliding off*
 - *Use your team roster to ensure none of your chips are missing*
 - *Have a COACH return all of your chips to EVENT MANAGEMENT at the same location you picked up your team packet – please refrain from sending an athlete to return chips*
 - *Event Management will check your chips with you for accuracy*
 - *You will receive a receipt showing that you returned all chips less any missing*
 - *Be sure to secure your receipt before leaving*
5. Results will be given to meet management for posting, upon the conclusion of each race
 - *Results to be posted online at www.finishedresults.com as soon as possible after each event*
 - *When available, live streaming results will be available at live.finishedresults.com*
6. Protests / Concerns
 - *In the event you have a protest or concern, please notify the meet director*

- 20. QUALIFYING FOR PRELIMS:** The number of entries guaranteed to a league is determined by how many league schools start at league finals. League schools must start a full team (5 athletes) to count towards guaranteed entries. Each recognized league shall be guaranteed TWO (2) TEAM ENTRIES FOR FOUR (4) TEAM LEAGUES (4 full teams start at league finals), THREE (3) TEAM ENTRIES FOR FIVE OR SIX (5 OR 6) TEAM LEAGUES (5 or 6 full teams start at league finals), FOUR (4) TEAM ENTRIES FOR SEVEN OR EIGHT (7 OR 8) TEAM LEAGUES (7 or 8 full teams start at league finals) OR FIVE (5) TEAM ENTRIES FOR NINE OR MORE (9) TEAM LEAGUES (9 or more full teams start at league finals) into the divisional prelims on Saturday, November 10. Meet Managers are reminded that a No. 1, 2, 3, 4 and/or 5 representative MUST be specified for the purpose of seeding. In addition to the TEAM ENTRY, each recognized league shall also be entitled to enter the THREE FASTEST runners on non-qualifying teams, provided they finish among the TOP SIX (6) RUNNERS in their respective league qualifying meet. When listing team on league entry form, please list team members in order of ability, not alphabetically.

AT-LARGE AND FREELANCE ENTRY TO SOUTHERN SECTION PRELIMS: Teams that are ranked in the top thirteen (13) in any two of the final four Southern Section cross country polls and who do not advance from league final meets or are freelance schools will be invited as “at-large” entries into the prelims. These polls will reflect the week prior to the Mt. SAC Invitational, the Mt. SAC Invitational week, the final week of dual meets and the week of most league final meets. No petitions are necessary and none will be accepted.

● ● ● LEAGUE MEET MANAGERS ● ● ●

League entries, both team and individual entries, are due in the CIF-SS Office NO LATER THAN 9:00 P.M., FRIDAY, NOVEMBER 6. ALL LEAGUE FINAL COMPETITION MUST BE FINISHED BY FRIDAY, NOVEMBER 6. Entry information will be provided to League Managers and all entries will be done online.

- 21. QUALIFYING TO 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) actual 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) actual places and are not members of qualifying teams will also advance.

THE WORKS BOWL

A BOWL FILLED WITH RICE AND VEGGIES,
TOPPED WITH CHICKEN AND BEEF.

520 calories. 46g of protein.



The Flame Broiler 
a healthy choice

Quality Food = Quality Life



22. **ELIGIBILITY LIST: Attention Athletic Directors/Coaches:** It is very important that you enter your entire Boys and Girls Varsity Cross Country roster into CIFSSHome (www.cifsshome.org) no later than Saturday, November 7, 2015 as this will serve as your eligibility list.

Log in @ www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director). Once you are logged in:

-On the left panel, click on Sport/Coaches/Roster

-Select "Boys/Girls Cross Country" by clicking "View" under Roster for that sport on the right

-Download the sample file or arrange your own file exactly as the information appears on the gray bar. You can only upload an excel file (xls) that is the **EXACT SAME** format as we are requiring. Columns for information not required for your sport may be left blank, but the **HEADER INFORMATION MUST REMAIN EXACTLY AS THE SAMPLE**. The Following categories are required for Boys/Girls Cross Country (First Name, Last Name, Birth date, Year, & Eligibility).

- Next to Roster Upload, click Browse, find your file and upload

Check out the Help video under the Help button on the bottom left, Making Sure You're Playoff Ready

23. **OFFICIAL TEAM:** An official team shall consist of a minimum of five and a maximum of seven runners. Five team members must finish the race to score as a team. If fewer than five finish, they may advance as individuals and will not count in the team scoring.

24. **COURSE CLOSED:** Coaches are reminded the Riverside Cross Country Course and the Mt. San Antonio College course will be **CLOSED** to all practice from November 8, 2015, through the CIF Southern Section Championships.

25. **COURSE/STADIUM ACCESS:**

Riverside Cross Country Course (PRELIMS): All participants and coaches must enter through the Clubhouse located at 1011 Orange Street, Riverside or via the school van parking lot. Parents and spectators must enter through the main entrance off the parking lot on Orange Street.

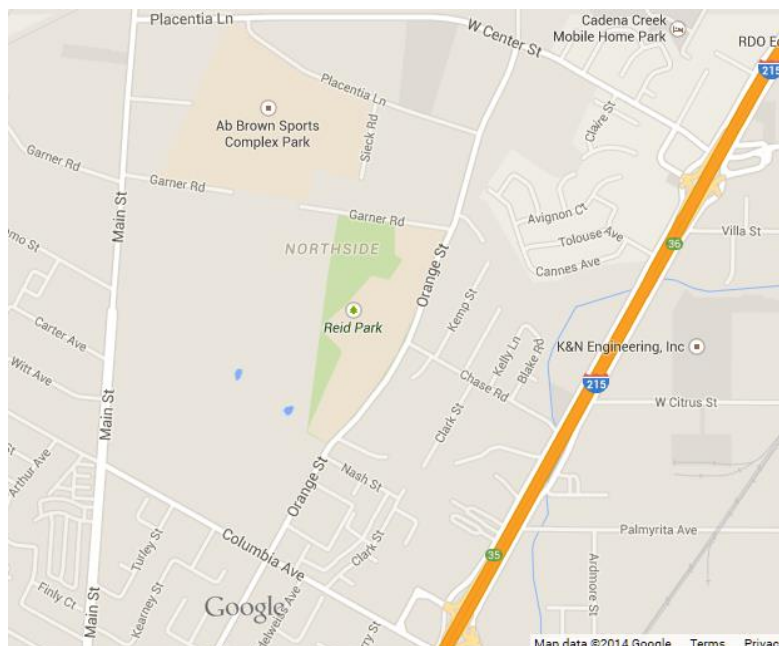
Mt. SAC (FINALS): All participants, coaches, parents and spectators must enter the stadium area through the pedestrian tunnel under Temple Avenue coming from the parking area.

26. **PARKING:**

Riverside Cross Country Course (PRELIMS): **\$10.00 parking fee** in the main parking lot located off Orange Street. Parents and spectators will enter the course through the main entrance off this lot. **Buses** will follow the map below to drop schools off at the Riverside Cross Country Course Clubhouse located on Orange Street and then will be instructed to park at the Bourns Engineering lot located at 1200 Columbia Avenue. Coaches driving **marked school vans** will park in an auxiliary lot located off the main parking lot on Orange Street (no parking fee will be charged).

Mt. SAC (FINALS): **\$10.00 for Lot R and S, closest to the stadium. \$5.00 for Lot F.** Lot F is located North of Temple Avenue. **Buses and coaches driving marked school vans** will be instructed to drop-off in Lot F at no charge and will be directed to another area for parking.

Bus Parking Instructions for CIF-SS Cross Country Championship Prelims Riverside Cross Country Course



Please have **ALL** buses exit on either **Main (off the 60 Fwy)** or **Center (off the 91 Fwy/215 Fwy)**

If exiting Center St: Go West on Center to 1st stop sign(Orange). Left on Orange for 1 mile to Clubhouse Parking Lot. All buses will discharge their athletes inside the parking lot. The drivers will be given directions to bus parking at that point.

If exiting Main St: Go North on Main to Placentia (about 2 miles). Turn right on Placentia-it will turn into Center St. Take Center to Orange St and turn right. Go about 1 mile to Clubhouse parking Lot. All buses will discharge their athletes inside the parking lot. The drivers will be given directions to bus parking at that point.

27. **PURCHASING TICKETS:**

Riverside Cross Country Course (PRELIMS): All runners and coaches will be admitted through the participant's gate located at the Clubhouse located at 1011 Orange Street, Riverside. All spectators, non-qualifying athletes, extra coaches, managers, pep squad members, bus drivers, faculty members, timers, etc., **MUST PURCHASE** general admission tickets at the main entrance located off the main parking lot on Orange Street. Gates will open at 6:30 a.m. USE OF A DRONE IS NOT PERMITTED. **NO CHECKS WILL BE ACCEPTED AT THIS EVENT HOWEVER, CREDIT CARDS WILL BE ACCEPTED. STUDENTS MUST SHOW ID TO RECEIVE THE DISCOUNTED STUDENT PRICE.**

Mt. SAC (FINALS): All runners and coaches will be admitted through the participant's gate located at the north end of the stadium. All spectators, non-qualifying athletes, extra coaches, managers, pep squad members, bus drivers, faculty members, timers, etc., **MUST PURCHASE** general admission tickets and enter through the spectator gates at the north end of the stadium. Gates will open at 6:30 a.m. USE OF A DRONE IS NOT PERMITTED. **NO CHECKS WILL BE ACCEPTED AT THIS EVENT HOWEVER, CREDIT CARDS WILL BE ACCEPTED. STUDENTS MUST SHOW ID TO RECEIVE THE DISCOUNTED STUDENT PRICE.**

GENERAL ADMISSION/HS STUDENT

\$8.00 prelims

\$10.00 finals

HS STUDENTS WITH CURRENT HS PHOTO I.D.

\$5.00 prelims

\$5.00 finals

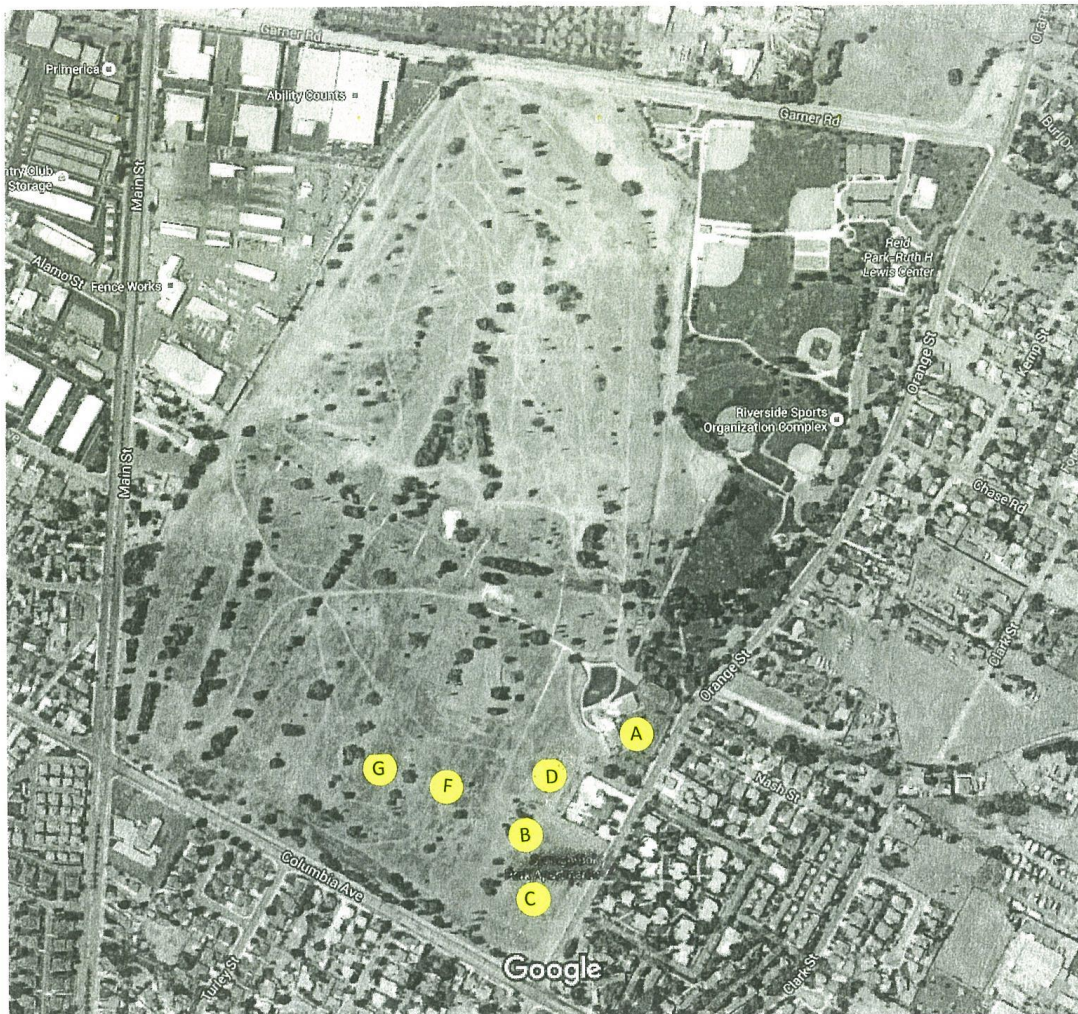
CHILDREN 5-13 (under five free)

\$5.00 prelims

\$5.00 finals

28. **PASSES:** CIF-SS courtesy cards, CIF-SS press and CIF-SS photo passes will be honored and must be presented at the **front ticket window for entry**. Faculty passes, league passes, school passes, district passes, Los Angeles or other section passes, Official's Organization cards, coaches passes and any other passes **WILL NOT BE HONORED**.

Riverside Cross Country Course Facility Map



A – School bus drop off then park at Bourns Building located at 1200 Columbia Avenue, School van packet pick-up then park vans at D through Main Parking lot, participant entry gate with ticket

B- Ticket Booth, spectator entry and exit

C- Main Parking Lot accessed off of Orange Street

D- School van, handicap, auxiliary parking accessed through Main Parking Lot, participant entry with ticket

F- Team Set-up area for easy-ups

G- Team Warm-up area/course

29. **DRESSING FACILITIES:** There are no dressing facilities available. Contestants are responsible for their own belongings and valuables.
30. **MEDICAL SUPPORT:** COACHES ARE ASKED TO REVIEW CAREFULLY THE ATTACHED INFORMATION REGARDING HEAT INJURY STRATEGIES FOR COACHES AND ATHLETES. COACHES/SCHOOLS ARE RESPONSIBLE FOR TAPING OF ATHLETES.
31. **USE OF MEDICINAL MISTERS/ATOMIZERS:** National Federation Rule 4-5-8 (note) permits the use of such devices for medicinal reasons as long as a letter from a licensed Physician is presented to the Clerk of the Course at check-in. All letters will be kept on file for both Prelims and Finals.
32. **RULES OF COMPETITION:** National Federation Cross Country Rules will govern the running to this meet, except where superseded by this bulletin or Articles 1700-1717 (Cross Country Regulations) of the 2015-2016 CIF-SS Blue Book.
33. **CHIP TIMING WILL BE USED AT BOTH MEETS:** Two chips for each competing athlete (coordinated with the athlete's bib number) will be included in the coach's packet. A chip must be securely fastened to EACH shoe of the runner (2 chips per runner). At the conclusion of the meet, all chips must be returned by the coach in their original envelope to the collection station located near original participant's gate. Failure to return chip will result in a charge by the timing company to the school.
34. **UNIFORM REGULATIONS:** Each member of a team will wear the **SAME** color and design school issued uniform–**JERSEY AND SHORTS** or one-piece. When other apparel is worn under the jersey and/or shorts by more than one (1) team member, the apparel must be the same solid color. Running shoes are required for cross country competition. Shoes with spikes are **NOT** allowed. Hair ribbons and sweat/head bands (blank except for manufacturer's logo) will be allowed.
35. **USE OF PINS TO FASTEN CONTESTANT NUMBERS:** All runners should pin their contestant number to the front of their running jersey. **Coaches are reminded to bring four (4) safety pins per number.**
36. **ABNORMAL WEATHER:** In the event of abnormal weather conditions (rain or heat) before or during the meet, every effort will be made to conduct each heat as scheduled. Because of travel involved for all participating team and individuals, the meet would be postponed only if conditions were such that they were deemed to be hazardous for the competitors involved. Mt. Sac has a rain course that could be utilized. IN CASE OF EXTREME HEAT CONDITIONS, CONSIDERATION WILL BE GIVEN BY MEET MANAGEMENT TO REDUCE THE RACE DISTANCE TO TWO (2) MILES.
37. **USE OF WATER:** Water is provided at the end of the finish chute. No water bottles or containers are to be taken out of the Clerk's area to the starting line. **Coaches are reminded that they need to bring liquids, ice, tape, safety pins, etc. for their athletes. Coaches and their school trainers are responsible for meeting the needs of their athletes. Coaches MUST have WATER and ICE available for their athletes as they exit the finish chute. Coaches are to deal with minor medical issues. Event trainers are available for EMERGENICES ONLY.**

38. **FACILITY CLEAN-UP:** We must leave the grounds/restrooms as we found them. We ask that coaches take it upon themselves to help in this endeavor. Please see to it that you police the area in which your team is located. Trash bags will be available at entrance gates.
39. **NO DOGS ALLOWED INSIDE FACILITY!** Please ask all parents and fans to leave all pets at home. Mt. San Antonio College will not allow dogs in the facility unless they are aiding the disabled.

● ● ● **STATE CIF CROSS COUNTRY MEET INFORMATION** ● ● ●

STATE MEET: The first seven (7) teams in boys divisions I-V and girls division I-V will automatically qualify for the State Championships in Fresno (Woodward Park) on November 28, 2015.

A maximum of five (5) individual finishers who are not members of qualifying teams and who finish in the first twenty (20) places in their respective divisions, will also advance to the State Championships.

**COACHES ARE REMINDED TO PICK UP A STATE MEET BULLETIN
IF THEY HAVE QUALIFIERS OR VISIT WWW.CIFSTATE.ORG TO VIEW/PRINT BULLETIN**

DIRECTIONS

DIRECTIONS TO RIVERSIDE CITY CROSS COUNTRY COURSE – Preliminaries

Saturday, November 13, 2015

The Riverside City Cross Country Course (formerly the site of the Riverside Golf Club) is located in Riverside on Orange Avenue - **1011 N. Orange Street , Riverside, CA 92501.**

From the 91/215 Freeway, exit Center Street and go West on Center Street to first stop sign (Orange Street). Left on Orange for 1 mile to main entrance parking lot. (Instructions for Bus/Marked School vehicles noted previously). From the 60 Freeway, exit Main Street and go North on Main to Placentia (about 2 miles). Turn right on Placentia-it will turn into Center Street. Take Center Street to Orange Street and turn right. Go about 1 mile to main entrance of parking lot. (Instructions for Bus/Marked School vehicles noted previously). **There is a parking fee for all vehicles except school buses and school district marked vehicles - \$10.00 per vehicle.**

DIRECTIONS TO MT. SAN ANTONIO COLLEGE – Championships

Saturday, November 21, 2015

The Mt. San Antonio College Stadium is located in Walnut on Temple Avenue just west of Grand Avenue. From the 10 Freeway take the Grand Avenue exit south to Temple Avenue and turn left to the stadium. From the 60 Freeway take the Brea Canyon Road exit north to Valley Blvd. Turn right on Valley Blvd. to Grand Avenue and turn right on Temple Avenue to the stadium. **ALL PARKING IS ACROSS THE STREET FROM THE STADIUM.** **There is a parking fee for all vehicles except school buses and district marked vehicles. Preferred parking available in Lots R and S - \$10.00 per vehicle and general parking in Lot F - \$5.00 per vehicle.**

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OF CALIFORNIA'S STUDENT ATHLETES**

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GATORADE® HIGH SCHOOL PERFORMANCE PACKAGE ORDER FORM



G Series Performance Package: \$225

(Up to \$1,115 retail value)

OUR PREMIUM PERFORMANCE PACKAGE

- (6) Cases of Gatorade Prime® Energy Chews (96 servings)
- (2) Cases of Gatorade® Thirst Quencher Powder (yields 168 gallons total)
- (8) Cases of Gatorade Recover® Protein Shakes
OR Gatorade Recover® Whey Protein Bars (96 servings)

Choose 3 of the below Premiums

- 7-gallon cooler
- 10-gallon cooler
- 60-quart ice chest on wheels
- 10 Gatorade® towels
- 24 Gatorade® squeeze bottles
- 4 Gatorade® squeeze bottle carriers
- 1 case of 7 oz. cups (2,000/case)



Create Your Own G Series: \$145

(Up to \$840 retail value)

CHOOSE TWO OF THE BELOW OPTIONS*:

- OPTION #1 – 10 Cases of Gatorade Prime® Energy Chews (160 servings)
- OPTION #2 – 1 Case of Gatorade® Thirst Quencher Powder and 1 Case of 7 oz. cups (yields 84 gallons total)
- OPTION #3 – 10 Cases of Gatorade Recover® Protein Shakes (120 servings)
- OPTION #4 – 10 Cases of Gatorade Recover® Whey Protein Bars (120 servings)

*Create Your Own G Series must consist of 2 different options.



Refuel and Restore: \$70

(\$185 retail value)

IDEAL TO REPLENISH ANY TEAM'S INVENTORY

- (1) Case of Gatorade® Thirst Quencher Powder (yields 84 gallons total)
- (1) Case of 7 oz. cups (2,000/case) OR 24 Gatorade® squeeze bottles

YOUR DEDICATION TO THEIR GAME. OUR SCIENCE. THEIR SUCCESS.



GATORADE CALIFORNIA MARKET REPRESENTATIVES

Southern California

Kari Mills

828-399-0717

Kari.Mills@Pepsico.com

San Diego

Josh Gutierrez

307-631-4393

Joshua.Gutierrez@Pepsico.com

Pasadena / Northridge / Covina /
Whittier / Cerritos / Simi Valley

Rachelle Silberg

619-822-6723

Rachelle.Silberg@PepsiCo.com

Los Angeles / Hollywood / Burbank /
Glendale / Santa Clarita / Inglewood /
Sherman Oaks

Melanie Shell

310-347-1648

Melanie.Shell@Pepsico.com

South Bay / Malibu / Thousand
Oaks / Ventura / Santa Barbara

Steve Shiley

970-222-2298

Steven.Shiley@Pepsico.com

North Orange County / North & West
Inland Empire

STRATEGIES FOR AVOIDING HEAT INJURIES DURING THE 2015 CIF CROSS COUNTRY SEASON

COACHES:

Educate your runners about the need to drink fluids throughout the day in preparation for their training and racing.

Emphasize that:

- * Dehydration causes a decrease in blood volume which greatly decreases the ability of their cardiovascular system to deliver oxygen to their muscles. In a 20-minute cross country race, just a 2% decrease in performance represents more than :20 seconds.
- * Drinking before racing will not cause abdominal cramps. Research shows that it is dehydration that causes most gastrointestinal problems during running.
- * You can't just drink when you're thirsty! By then it is too late to quickly achieve the adequate balance of body fluids needed for maximum performance.
- * Runners need to drink 16-32 ounces of fluids (preferably water) between lunch and an hour before a practice or weekday afternoon league meet...or between breakfast and an hour before a Saturday morning invitational. One gulp is about one ounce.
- * Runners need to drink 6-8 ounces of water just before going to the starting line. 93% of that will be absorbed into the blood stream, not emptied into the bladder, during the race.
- * The best time to drink electrolytes (e.g. Gatorade) or carbohydrate replacements (e.g. Exceed) is AFTER the race, not before.

Schedule water breaks in your daily workouts where everybody drinks.

Present drinking adequate amounts of water before your meets as part of your pre-race strategy.

Make a 6.5 gallon Gatorade-type water jug part of the standard equipment for your cross country team. (For sanitation purposes, your jug should be washed with soap and sun-dried daily.)

Encourage each of your runners to have their own 16-32 ounce water bottle and bring it filled to every meet.



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STRATEGIES FOR AVOIDING HEAT INJURIES DURING THE 2015 CIF CROSS COUNTRY SEASON

RUNNERS:

- * You need to drink fluids throughout the day, every day, to maximize your performance in training and racing.
- * Hot, dry conditions accelerate your loss of body fluids. This is called "dehydration."
- * Dehydration causes a decrease in blood volume which greatly decreases the ability of your cardiovascular system to deliver oxygen to your muscles. In a 20-minute cross country race, just a 2% decrease in performance represents more than :20 seconds.
- * Drinking before racing will not cause stomach cramps! Research shows it is dehydration that causes most abdominal problems during running.
- * It takes several hours to become properly hydrated to achieve the adequate body fluids needed for peak performance in distance running. You can't just drink when you become thirsty! By then it is usually too late.
- * You need to drink 16-32 ounces of fluids (preferably water) between lunch and an hour before a practice or weekday afternoon league meet, or between breakfast and an hour before a Saturday morning invitational. One gulp is about one ounce.
- * You should drink 6-8 ounces of water just before you go to the starting line. 93% of that will be absorbed into your blood stream, not emptied into your bladder, during the race.
- * Don't count on water being easily available at your meets. You should have your own 16-32 ounce water bottle and bring it filled to every meet.
- * The best time for you to drink electrolytes (e.g. Gatorade) or carbohydrate replacements (e.g. Exceed) is AFTER your race. Water is the best thing to drink before your race.



SPECIAL NOTICE

SUPERVISION OF ATHLETES

The Southern Section Office has experienced a problem which has perpetuated itself over the past few years as it pertains to proper supervision and entry of student-athletes in the post-season playoffs.

The situation relates only to individual sports, i.e. CROSS COUNTRY, INDIVIDUAL TENNIS, TRACK, SWIMMING, etc. and the official recognition and registration of entrants at the respective playoff sites.

State and Southern Section Rule 309 states:

No CIF team (i.e., individual) shall participate in inter-scholastic 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 By-Law #506A and #506B. (Additionally, refer to Rule 123.) The supervisor must remain in attendance at all times.

Those persons APPROVED FOR SUPERVISION PURPOSES are limited to:

- A. Certificated personnel**
- B. Certified Coaches (certified credentialed coaches)**
- C. Non-certificated temporary coaches (certified walk-on coaches.)**

(It should be noted that schools representing the same DISTRICT may send one credentialed or certified supervisor for three or four athletes. 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.)

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. ***GIVING PARENTS THE SUPERVISION AUTHORITY, WHETHER IN WRITING OR NOT, DOES NOT MEET THE STANDARDS SET FORTH IN THE ABOVE REGULATIONS. This also applies to parents who are the student's private coach but are not under contract to the member school.***

PLEASE NOTE, THIS RULE WAS REVIEWED BY BOTH THE STATE CIF OFFICE, ITS GENERAL COUNSEL AND THE SOUTHERN SECTION EXECUTIVE COMMITTEE. IT HAS BEEN REAFFIRMED THAT THE INTERPRETATION STAND AS ABOVE AND THAT ANY STUDENT REPORTING FOR COMPETITION WHO IS NOT UNDER 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 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.



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IMPORTANT NOTICE
TO ALL COACHES
REGARDING
PROTEST OF PLAYOFF CONTESTS

*** * * IMPORTANT * * ***

By action of the CIF-SS Council, protests of playoff contests involving National Federation rules will no longer be entertained following the conclusion of the contest.

Coaches may direct questions to the game officials as they pertain to a possible mis-application of the rules in accordance with the National Federation rules governing that sport. No protest may be carried forth once the contest is completed.

Coaches are encouraged to carry National Federation rule books with them for all playoff contests.

Schools will still have the opportunity to protest a contest in accordance with Southern Section, Rule 1110, as it pertains to use of an ineligible player or violations of any CIF-SS rule in connection with the contest.



SPORTS PATCH



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DATE: OCTOBER, 2015

TO: CIF SOUTHERN SECTION
BOYS AND GIRLS CROSS COUNTRY COACHES

FROM: RAINER WULF, ASSISTANT COMMISSIONER

SUBJECT: *UPDATED* 2015 ENROLLMENT CLASSIFICATIONS

Enclosed are the *UPDATED* CBED enrollments used for the 2015-2016 school year which have been certified by the State Department of Education for public and private schools from the 2014-2015 year.

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
2015 Boys and Girls Cross Country
Division 1 (2521 and Above)
UPDATED 10/20/15**

ALPHA - (B)-Boys; (G)-Girls

ALHAMBRA	2725	PALOMA VALLEY	2829
ALISO NIGUEL	3017	PARAMOUNT	4701
ALTA LOMA	2530	PENINSULA	2574
ANAHEIM	3206	PIONEER VALLEY	2741
ARCADIA	3442	POLY (LONG BEACH)	4504
ARROYO VALLEY	2627	POLY (RIVERSIDE)	2795
BEAUMONT	2597	QUARTZ HILL	3133
BECKMAN	2648	RANCHO CUCAMONGA	3462
BELL GARDENS	3065	RANCHO VERDE	3264
BURBANK	2559	REDONDO UNION	2623
BURROUGHS (BURBANK)	2659	RIALTO	2727
CABRILLO (LONG BEACH)	2778	ROOSEVELT	4116
CAJON	2856	SAN CLEMENTE	3059
CALIFORNIA	2962	SANTA ANA	2587
CAMARILLO	2965	SANTA MARIA	2569
CENTENNIAL (CORONA)	3343	SANTA MONICA	2927
CHAFFEY	3470	SANTIAGO (CORONA)	3818
CHANNEL ISLANDS	2535	SCHURR	2840
CHAPARRAL	3205	SUMMIT	2606
CHINO HILLS	3012	TEMECULA VALLEY	2713
CORONA	2941	TEMESCAL CANYON	2641
CRESCENTA VALLEY	2819	TRABUCO HILLS	2860
CYPRESS	2740	TROY	2764
DANA HILLS	2663	UNIVERSITY	2643
DIAMOND BAR	3050	UPLAND	3449
DOWNEY	4237	VALENCIA (PLACENTIA)	2746
EDISON	2560	VALENCIA (VALENCIA)	3177
EL RANCHO	2736	VALLEY VIEW	2691
EL TORO	2550	VENTURA	2617
ETIWANDA	3513	VILLA PARK	2774
FONTANA	2536	VISTA MURRIETA	3457
FOOTHILL	2525	WALNUT	2755
FOUNTAIN VALLEY	3705	WARREN	3812
GLENDALE	2735	WESTMINSTER	2593
GLENDORA	2566	WILSON, WOODROW (LONG BEACH)	3942
GODINEZ	2538	YUCAIPA	2623
GREAT OAK	3621		
HERITAGE	2622		
HIGHLAND	2919		
HUNTINGTON BEACH	2939		
JORDAN	3457		
KATELLA	2691		
KING, M.L.	3331		
KNIGHT	3064		
LA QUINTA (LA QUINTA)	2814		
LA SERNA	2940		
LAKEWOOD	3570		
LOS ALAMITOS	3292		
LOS OSOS	3172		
MILLIKAN	4089		
MONTCLAIR	3034		
MONTEBELLO	2803		
NEWBURY PARK	2537		
ONTARIO	2541		
OXNARD	2895		
PACIFICA (OXNARD)	3398		
PALMDALE	2836		

**CIF Southern Section
2015 Boys and Girls Cross Country
Division 2 (2080-2520)
UPDATED 10/20/15**

AGOURA	2132	PERRIS	2372
APPLE VALLEY	2215	RAMONA	2160
ARROYO	2301	REDLANDS	2342
ARROYO GRANDE	2454	REDLANDS EAST VALLEY	2105
AYALA, RUBEN	2452	RIGHETTI	2082
BUENA	2480	RIO MESA	2116
CANYON (ANAHEIM)	2324	ROWLAND	2331
CANYON (CANYON COUNTRY)	2371	ROYAL	2100
CANYON SPRINGS	2499	SAN GABRIEL	2325
CAPISTRANO VALLEY	2385	SAN JACINTO	2389
CARTER	2363	SAN JUAN HILLS	2391
CERRITOS	2135	SAN MARCOS	2081
CHINO	2369	SANTA BARBARA	2261
CITRUS HILL	2370	SANTA FE	2496
CITRUS VALLEY	2269	SANTIAGO (GARDEN GROVE)	2214
CLAREMONT	2338	SAUGUS	2447
COACHELLA VALLEY	2332	SEGERSTROM	2492
DOS PUEBLOS	2191	SERRANO	2285
EASTSIDE	2319	SILVERADO	2144
EISENHOWER	2456	SIMI VALLEY	2200
EL MODENA	2195	SOUTH TORRANCE	2083
EL SINORE	2132	SUNNY HILLS	2264
FULLERTON	2156	TEMPLE CITY	2116
GARDEN GROVE	2506	TESORO	2380
GOLDEN VALLEY	2086	THOUSAND OAKS	2348
GRAND TERRACE	2269	TORRANCE	2115
HART	2233	TUSTIN	2304
HAWTHORNE	2127	VISTA DEL LAGO	2243
HEMET	2413	WEST COVINA	2426
JURUPA HILLS	2083	WEST RANCH	2350
KAISER	2455	WEST TORRANCE	2088
KENNEDY	2351	WESTERN	2124
LA HABRA	2230	WESTLAKE	2391
LA MIRADA	2126	WHITTIER	2174
LA QUINTA (WESTMINSTER)	2144	WOODBIDGE	2480
LANCASTER	2363		
LAWNDALE	2241		
LOARA	2377		
LOYOLA (B)	2492		
LYNWOOD	2286		
MARINA	2440		
MARK KEPPEL	2306		
MATER DEI	2145		
MAYFAIR	2102		
MILLER, A.B.	2352		
MIRA COSTA	2512		
MISSION VIEJO	2438		
MORENO VALLEY	2387		
MURRIETA MESA	2145		
MURRIETA VALLEY	2485		
NEWPORT HARBOR	2300		
NORCO	2254		
NORTE VISTA	2125		
NORTH, J.W.	2287		
NORTHWOOD	2173		
OAK HILLS	2356		
PATRIOT	2094		

**CIF Southern Section
2015 Boys and Girls Cross Country
Division 3 (1421-2079)
UPDATED 10/20/15**

ADELANTO	1748	NOGALES	1952
ANTELOPE VALLEY	1718	NORTH (TORRANCE)	1913
ARLINGTON	1956	NORWALK	1989
BALDWIN PARK	1921	OAK PARK	1655
BELLFLOWER	1724	OCEAN VIEW	1549
BEVERLY HILLS	1633	ORANGE	1927
BLOOMINGTON	2038	PACIFICA (GARDEN GROVE)	1779
BONITA	1937	PALM DESERT	2001
BOLSA GRANDE	2077	PALM SPRINGS	1789
BREA OLINDA	1896	PALOS VERDES	1661
BUENA PARK	1942	PASADENA	1903
CABRILLO (LOMPOC)	1490	PASO ROBLES	1957
CALABASAS	1754	RANCHO ALAMITOS	1822
CATHEDRAL (B)	1498	RANCHO MIRAGE	1565
CATHEDRAL CITY	1896	ROSEMEAD	1827
CENTURY	1864	RUBIDOUX	1675
CHARTER OAK	1735	SADDLEBACK	1688
COLONY	2042	SAN BERNARDINO	1640
COLTON	1902	SAN GORGONIO	2057
COMPTON	1740	SAN LUIS OBISPO	1434
COMPTON	1740	SANTA ANA VALLEY	2050
CORONA DEL MAR	1729	SANTA MARGARITA	1730
CULVER CITY	2056	SANTA PAULA	1546
DAMIEN (B)	1904	SAVANNA	2055
DaVinci Design	1952	SERVITE (B)	1798
DESERT HOT SPRINGS	1777	SHADOW HILLS	1771
DESERT MIRAGE	1868	SIERRA VISTA	1972
DIAMOND RANCH	1791	SONORA	1924
DOMINGUEZ	2064	SOUTH EL MONTE	1433
DON LUGO	1760	SOUTH HILLS	1835
EL DORADO	1924	SOUTH PASADENA	1533
EL MONTE	1850	ST. JOHN BOSCO (B)	1626
ESPERANZA	1933	SULTANA	1881
GABRIELINO	1801	TAHQUITZ	1633
GAHR	1968	VICTOR VALLEY	2012
GAREY	1625	WEST VALLEY	1743
GLENN	1495	WILSON (HACIENDA HEIGHTS)	1616
GRANITE HILLS	1531	YORBA LINDA	1768
HESPERIA	2051		
HILLCREST	1791		
HOOVER	1711		
HUENEME	1985		
INDIAN SPRINGS	1836		
INDIO	1769		
INGLEWOOD	1530		
IRVINE	1969		
JURUPA VALLEY	1581		
LA SIERRA	2066		
LAGUNA HILLS	1642		
LAKESIDE	1973		
LITTLE ROCK	1543		
LOS ALTOS	2061		
LOS AMIGOS	1782		
MAGNOLIA	1824		
MONROVIA	1785		
MOORPARK	2060		
MOUNTAIN VIEW	1439		

**CIF Southern Section
2015 Boys and Girls Cross Country
Division 4 (601 - 1420)
UPDATED 10/20/15**

ALEMANY	1354	NOTRE DAME (SHERMAN OAKS)	1259
ANIMO LEADERSHIP CHARTER	1257	NOTRE DAME ACADEMY (G)	752
ARTESIA	1406	OAKS CHRISTIAN	972
ATASCADERO	1333	NORTHVIEW	1388
AZUSA	1393	OXFORD ACADEMY	767
BANNING	1129	PACIFIC	1406
BARSTOW	1380	PARACLETE	711
BASSETT	1071	PIONEER	1414
BIG BEAR	758	POMONA	1286
BISHOP AMAT	1415	RIM OF THE WORLD	1200
BISHOP CONATY-LORETTO (G)	616	RIVERSIDE PREP	701
BISHOP MONTGOMERY	921	ROSARY (G)	1014
BLAIR	628	SALESIAN (B)	962
BURROUGHS (RIDGECREST)	1397	SAN DIMAS	1363
CAMS	676	SAN MARINO	1189
CARPINTERIA	638	SANTA YNEZ	1001
CENTENNIAL (COMPTON)	955	SOUTHLANDS CHRISTIAN	892
CHAMINADE	1349	ST. FRANCIS (B)	1290
COSTA MESA	1122	ST. JOSEPH (LAKEWOOD) (G)	1198
COVINA	1337	ST. LUCY'S PRIORY (G)	1254
CREAN LUTHERAN	754	ST. PAUL	628
CRESPI (B)	992	TEMPLETON	762
DON BOSCO TECH (B)	766	TWENTYNINE PALMS	760
DUARTE	992	UNIVERSITY PREP	696
EDGEWOOD	831	WHITNEY	675
EL SEGUNDO	1251	WHITTIER CHRISTIAN	610
ESTANCIA	1274	WORKMAN	1126
EXCELSIOR CHARTER	1399	YUCCA VALLEY	1354
FILLMORE	985		
FLINTRIDGE SACRED HEART (G)	770		
FOOTHILL TECHNOLOGY	1038		
GANESHA	1131		
GLADSTONE	1218		
HARVARD-WESTLAKE	1151		
HERITAGE CHRISTIAN	607		
IMMACULATE HEART (G)	1000		
JSERRA	1180		
LA CANADA	1389		
LA PUENTE	1403		
LA REINA (G)	826		
LA SALLE	656		
LAGUNA BEACH	1038		
LOMPOC	1327		
LOUISVILLE (G)	750		
LUTHERAN (ORANGE)	1336		
MALIBU	652		
MARANATHA	680		
MARLBOROUGH (G)	714		
MARSHALL FUNDAMENTAL	1074		
MARYMOUNT (G)	776		
MAYFIELD (G)	634		
MORNINGSIDE	974		
MORRO BAY	868		
MUIR	900		
NIPOMO	1293		
NORDHOFF	783		
NORTHVIEW	1340		

**CIF Southern Section
2015 Boys and Girls Cross Country
Division 5 (600 and Below)
UPDATED 10/20/15**

ACADEMY CAREERS/EXPLORATION	329	FLINTRIDGE PREPARATORY	412	REDLANDS ADVENTIST ACAD.	137
ACADEMY Charter (Santa Ana)	380	GARDEN STREET ACADEMY	34	RENAISSANCE ACADEMY	63
ACADEMY/ACADEMIC EXCELLENCE	402	GLENDALE ADVENTIST	175	RIBET ACADEMY	136
AGBU (CANOGA PARK)	176	GRACE BRETHERN	389	River Springs Charter School (New)	229
AGBU (PASADENA)	166	GROVE	134	RIVERSIDE CHRISTIAN	93
ALVERNO (G)	336	GUIDANCE CHARTER	152	Riverside County Ed. Academy (New)	168
AMBASSADOR	67	HALSTROM	171	ROLLING HILLS PREP	157
Anaheim Discovery Christian (New)	206	HAMILTON	326	SACRED HEART OF JESUS (G)	408
ANTELOPE VALLEY CHRISTIAN	50	HAWTHORNE MSA	568	SADDLEBACK VALLEY CHRISTIAN	288
APPLE VALLEY CHRISTIAN	95	HESPERIA CHRISTIAN	74	SAGE HILL	506
AQUINAS	430	HOLY FAMILY (G)	368	SAN GABRIEL ACADEMY	263
ARCHER SCHOOL FOR GIRLS (G)	520	HOLY MARTYRS	134	SAN GABRIEL MISSION (G)	494
ARROWHEAD CHRISTIAN ACADEMY	378	IMMANUEL CHRISTIAN	187	SAN JACINTO VALLEY ACADEMY	262
AVALON	196	Judson International (New)	30	SAN LUIS OBISPO ACADEMY	31
AVESON GLOBAL LEADERSHIP	187	LA SIERRA ACADEMY	227	SANTA CLARA	289
BELLARMINE-JEFFERSON	123	LAGUNA BLANCA	160	Santa Clarita Valley (New)	228
BESANT HILL	98	LAKE ARROWHEAD CHRISTIAN	51	SANTA ROSA ACADEMY	471
BETHEL BAPTIST	83	LENNOX ACADEMY	558	SERRA	556
BETHEL CHRISTIAN (LANCASTER)	72	LINFIELD CHRISTIAN	337	SHERMAN INDIAN	297
BISHOP DIEGO	249	LOMA LINDA ACADEMY	439	SIERRA CANYON	408
BLOOMINGTON CHRISTIAN	134	LONE PINE	130	SILVER VALLEY	387
BORON	172	Lycee International (New)	134	ST. ANTHONY	495
BOYS REPUBLIC (B)	244	MAMMOTH	297	ST. BERNARD	233
BRENTWOOD	466	MARY STAR OF THE SEA	511	ST. BONAVENTURE	555
BRETHREN CHRISTIAN	239	MESA GRANDE ACADEMY	94	ST. GENEVIEVE	598
BRIDGES ACADEMY	82	MIDLAND	79	ST. JOSEPH (SANTA MARIA)	393
BUCKLEY	343	MILKEN COMMUNITY	536	ST. MARGARET'S	464
CALIFORNIA LUTHERAN	80	MISSION PREP	381	ST. MARY'S ACADEMY (G)	550
CALIFORNIA MILITARY INSTITUTE	462	NEW COVENANT ACADEMY	63	ST. MICHAEL'S PREP (B)	126
CALVARY CHAPEL (DOWNEY)	288	NEW ROADS	371	ST. MONICA ACADEMY	87
CALVARY CHAPEL (MORENO VALLEY)	54	NOLI INDIAN	93	ST. MONICA CATHOLIC	538
CALVARY CHAPEL (SANTA ANA)	522	NOTRE DAME (RIVERSIDE)	494	ST. PIUS X-ST. MATTHIAS	296
CALVARY MURRIETA	312	NUVIEW BRIDGE	594	SUMMIT VIEW	65
CAMPBELL HALL	532	OAKWOOD	310	SUMMIT VIEW-WESTVIEW	165
CANTWELL-SACRED HEART OF MARY	556	OJAI VALLEY	110	TARBUT V'TORAH	174
CAPISTRANO VALLEY CHRISTIAN	189	ONTARIO CHRISTIAN	450	TEMECULA PREP	294
CATE	287	ORANGEWOOD ACADEMY	95	THACHER	259
CHADWICK	341	ORCUTT ACADEMY	593	UPLAND CHRISTIAN ACADEMY	224
COAST UNION	218	PACIFIC HILLS	90	VALLEY CHRISTIAN (CERRITOS)	580
Cobalt Institute (New)	369	PACIFIC LUTHERAN	271	VASQUEZ	403
CONNELLY (G)	354	Pacifica Christian-Santa Monica	230	VERBUM DEI (B)	592
CORNERSTONE CHR.(WILDOMAR)	110	Pacifica Christian -Orange County (New)	50	VICTOR VALLEY CHRISTIAN	77
CROSSROADS	508	PACKINGHOUSE CHRISTIAN	24	VIEWPOINT	512
CROSSROADS CHRISTIAN	88	PADRE PIO	14	VILLAGE CHRISTIAN	419
CSDR	185	PALM VALLEY	90	VILLANOVA PREP	261
DESERT	386	PALMDALE AEROSPACE ACADEMY	590	VISTAMAR	283
DESERT CHRISTIAN (LANCASTER)	336	Pathways Community (New)	115	WEAVER	175
DeTOLEDO (New Jewish Comm.)	384	PILGRIM	98	WEBB	409
DUNN	151	PILIBOS	252	WESTERN CHRISTIAN	390
EASTSIDE CHRISTIAN	72	POLY (PASADENA)	387	WESTMARK	89
EINSTEIN, ALBERT	275	POMONA CATHOLIC (G)	450	WESTRIDGE (G)	546
EMERSON HONORS	152	PROVIDENCE (BURBANK)	454	WILDWOOD	212
ENVIRONMENTAL CHARTER	524	PROVIDENCE (SANTA BARBARA)	71	WINDWARD	406
Executive Prep Academy (New)	250	PUBLIC SAFETY ACADEMY	190	WOODCREST CHRISTIAN	334
FAIRMONT PREPARATORY	493	RAMONA CONVENT (G)	442	XAVIER PREP	587
FAITH BAPTIST ACADEMY	244	RANCHO CHRISTIAN	218	YESHIVA	354



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