

Season Preview

2021- 2022

CROSS COUNTRY

**CIF-SS CROSS COUNTRY
ASSISTANT COMMISSIONER:**
RAINER WULF

PROGRAM COORDINATOR:
KRISTINE TROST





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REV 1 – 8/20/21

REV 2 – 9/14/21

2021-2022 CROSS COUNTRY ADVISORY COMMITTEE

Over the past years, the CIF-SS office has worked with the concept of establishing advisory committees in most of the sports for boys and girls. The role of the advisory committee, comprised of coaches in the respective sport and an administrator from the CIF-SS office, may include the following:

1. Meetings
2. Recommendations for playoff sites
3. Recommendations for procedural changes
4. Recommendations for rule changes
5. Evaluation of sport season
6. Assistance to coaches and/or official's organizations
7. Liaison between coaches and the CIF-SS office

For your reference, members of the 2021-2022 Cross Country Advisory Committee and the Management Committee are:

ADVISORY COMMITTEE	MANAGEMENT COMMITTEE
Michelle Burns, Buena HS	Rich Benoy
Keith Chann, Banning HS	Keith Chann
Tom Colley, Sherman Indian School	Rich Ede
Martin Dugard, Santa Margarita HS	David Fier
Rich Ede	Mark Gardner
Mark Gardner	Rich Gonzalez
Rich Gonzalez	Hal Harkness
Hal Harkness	George Varvas
Will Jacobsmeyer	
Jonas Koolsbergen, Harvard-Westlake	
Tim McIntosh, St John Bosco HS	
Rich Medellin, Esperanza HS	
Mary Perez, Camarillo HS	
Brian Shapiro, Palos Verdes HS	
Mike Tomasulo, Temple City HS	
George Varvas	

TOP 10 POLLS

CIF-SS Cross Country polls will be updated weekly in the season of sport and can be found at www.prepcaltrack.com and on the CIF-SS website. Polling is used to identify potential at-large entries into post season competition.

2021 CROSS COUNTRY CALENDAR DATES

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

FIRST CONTEST:

The initial date on which a school may schedule and conduct an interscholastic contest is **THURSDAY, September 2, 2021.**

SCRIMMAGE:

A scrimmage is defined as:

An activity involving teams or individual student-athletes from two or more different schools in a CIF approved sport; AND

Where no official score is kept; AND

Where regulation time is not kept; AND

Where substitute rules are set aside; AND

Where coaches may stop play for instructional purposes; AND

Where no score/results are released to the media.

Number of Scrimmages: A maximum number of two (2) scrimmages are permissible prior to the first interscholastic contest (league or non-league)

LAST LEAGUE CONTEST:

All league competition for entries must end on or before **FRIDAY, November 5, 2021.** Schools may compete until November 6, 2021 for non-league contests.

MAXIMUM CONTEST:

An individual of a cross country team will be permitted to enter and participate in no more than a total of 14 dual, triangular or invitational (sanctioned) meets during the season, not including all-league or CIF Southern Section Championships.

COMPETITION IN ONE DAY:

An individual may compete in only one (1) cross country race in any one (1) day.

PLAYOFF DATES:

Prelims: Friday, November 12, 2021 – DIVISIONS 4 and 2 (**Tentative**)
Saturday, November 13, 2021 – DIVISIONS 3, 5, 1 (**Tentative**)

Mt. San Antonio College
1100 N Grand Avenue
Walnut, CA 91789

Finals : Saturday, November 20, 2021 - Mt. San Antonio College

The STATE CROSS COUNTRY FINALS will be held at WOODWARD PARK IN FRESNO on SATURDAY, November 27, 2021.

CROSS COUNTRY APPROVED SANCTIONED EVENTS

Please refer to the CIF Southern Section website (www.cifss.org) for the latest Sanctioned Events, as events are updated daily.

Sanctioned Events download directions:

Click on *GOVERNANCE TAB* > click on *SANCTIONED EVENTS* > select *Cross Country* > click Search

This page will display the most up to date information on
Cross Country Approved Sanctioned Events

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CIFSSHOME.org REQUIREMENTS

VARSITY TEAM INFORMATION (ROSTER) DUE no later than WEDNESDAY, NOVEMBER 3, 2021

Attention Athletic Directors/Coaches: It is very important that you enter your entire Boys and Girls Cross Country Varsity roster into CIFSSHOME.org no later than **WEDNESDAY, NOVEMBER 3, 2021**

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 the **"Teams"** tab, select "Cross Country, Boys" and "Cross Country Girls"

-Here are the instructions for using the sample file.

- Download the sample file **and** delete the “contents only”. Copy and paste or type your roster information into the file as the contents and save the file to your computer. You can only upload an excel file (xls) that is the exact same format as the sample file. Columns for information not required for your sport may be left blank, but the HEADER INFORMATION MUST REMAIN EXACTLY AS THE SAMPLE.

Required Columns for Boys and Girls Cross Country are: First Name, Last Name, Birth date, Year, Eligibility.

- Next - click Choose File, find your file, then click “Import Student”.

- To confirm your roster has been uploaded, your roster will be uploaded in the roster section and all of the required columns are filled out.

Check out the Help video under the Help tab on the bottom left, “Be CIF Prepared!”

VARSITY COACHES

Attention Athletic Directors/Coaches: It is very important that you enter your Boys and Girls Cross Country coaches (Head & Assistants)

into CIFSSHOME.org no later than **WEDNESDAY, NOVEMBER 3, 2021**

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:

-Click on the “**Teams**” tab on the left navigation bar. Click on the corresponding varsity team (Water Polo, Boys).

-Click on “Add/Edit Coaches”, select the information to add both your HEAD & ASSISTANT coaches

Check out the Help video under the Help tab on the bottom left, “Be CIF Prepared!”

RULES - BLUE BOOK BYLAWS - SPECIAL POINTS OF INTEREST

Following are key points/highlights coaches should review with their assistants and participants in reference to the NFHS Rule Book and CIF-SS rules and regulations as defined in the 2021-2022 Blue Book.

NFHS RULE CHANGES -

Track and Field & Cross-Country Rules Changes -2021

By NFHS on February 10, 2021

NOTE: Due to the cancellation of spring sports last year because of the Coronavirus, the 2020 NFHS Track and Field Rules will be used for the 2021 season. The Comments on the Rules written last year will apply for the 2021 season. These comments, which all reference the 2020 NFHS Track and Field/Cross Country Rules Book, will be in effect for the 2021 season.

4-6-5g, 8-6-1e: Clarifies that a competitor should not be penalized for helping another competitor who is distressed or injured when no advantage is gained by the competitor who is assisting.

Rationale: The committee believes when no advantage is gained by a competitor helping a distressed or injured competitor, the competitor assisting should not be penalized for exhibiting good sportsmanship.

5-3-3 & 4, 5-10-6 thru 11: Clarifies that in the 4x100-meter relay and 4x200-meter relay, and other relays with legs of 200 meters or less, each exchange zone will be 30 meters long. All exchange zones for races in excess of 200 meters will remain at 20 meters.

Rationale: In the 4x100-meter relay and 4x200-meter relay, and other relays with legs of 200 meters or less, each exchange zone will be 30 meters long. All exchange zones for races in excess of 200 meters will remain at 20 meters.

6-2-6: Clarifies that it is illegal to run backward or in the opposite direction (non-legal direction) on a horizontal jump, pole vault or javelin runway.

Rationale: This change promotes a more organized and efficient warm-up period.

6-3-2-b-4-a: This change provides metric measurements for tie-breaking jump-offs for vertical jumps.

Rationale: The committee established appropriate metric increments for tie-breaking jump-offs in the vertical jumps.

6-9-5: The length of long jump and triple jump pits constructed after 2019 shall be at least 23 feet (7 meters).

Rationale: Clarifies the language of the 2019 rule change for long jump and triple jump pits and ensures pit measurements are within industry standards for safety.

8-1-1: Clarifies cross country course markings.

Rationale: The reorganization of the rule states that a course should be clearly marked with any or all of the methods listed in the rule.

8-1-3: Clarifies cross country course layouts.

Rationale: This rule change will not eliminate courses that may be used for smaller meets with limited numbers of participants. The additional language provides a recommended minimum distance for straightaways at the start of all meets.

2020 Editorial Changes

5-11-1: A relay team shall pass their baton in accordance with the rules.

Rationale: Clarifies that a team finishes the race with the same baton that it used at the start of the race.

BLUE BOOK BYLAWS -

- STANDARDS OF ELIGIBILITY – BYLAW 201
<https://cifss.org/resources/blue-book/?gotopage=50>
- BASIC ELIBILITY REQUIREMENTS FOR PARTICIPATION – BYLAW 220
<https://cifss.org/resources/blue-book/?gotopage=83>
- ACCOUNTABILITY – BYLAW 125

125.1 - COACH EJECTION
<https://cifss.org/resources/blue-book/?gotopage=44>
<https://cifss.org/resources/blue-book/?gotopage=137>

125.2 - FAILURE TO COMPLETE A CONTEST
<https://cifss.org/resources/blue-book/?gotopage=44>
- PLAYER CONDUCT – BYLAW 1224
<https://cifss.org/resources/blue-book/?gotopage=136>
- SUMMERTIME RULES/SUMMER DEAD PERIOD – BYLAW 1223
<https://cifss.org/resources/blue-book/?gotopage=135>
- TOBACCO PRODUCTS PROHIBITED – BYLAW 514
<https://cifss.org/resources/blue-book/?gotopage=110>
- SUPERVISION OF ATHLETES – BYLAW 503
<https://cifss.org/resources/blue-book/?gotopage=93>
- OUTSIDE COMPETITION – BYLAW 600
<https://cifss.org/resources/blue-book/?gotopage=110>
- BYLAW 600 PENALTY – BYLAW 601
<https://cifss.org/resources/blue-book/?gotopage=112>

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 14 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 300 (B) 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.

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 most current 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.
9. **PRACTICE ALLOWANCE**- For the benefit of the physical and mental health of our student-athletes, all practices (as defined herein) under the auspices of the high school athletic program during the season of sport shall be conducted under the following conditions (See also Bylaw 504.M.):
 - a. All teams will be allowed no more than eighteen (18) hours of practice time per week and no more than four (4) hours in any single day.
 - i. Multiple Practice Sessions:
 1. Double day practices shall not be held on consecutive days.
 2. Must include a minimum of three (3) hours rest between practices.
 - b. Any competition day would count as three (3) hours toward the allowable weekly and daily practice hours no matter the length of the contest(s). No practice may be held following the conclusion of any contest.

CHIP AND BIB TIMING

The CIF-SS will be utilizing “chip” timing provided by Finished Results Professional Timing for our championship events. Please carefully review the “Chip and Bid Instructions” information.



Shoe Tag and Bib Instructions

You will be billed **\$10** for **each** shoe tag not returned today

Pay only \$5 for missing shoe tags, if you pay for them before you leave the meet

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



You are responsible for returning all of your shoe tags in numerical order before you leave the meet

4. Shoe tag Collection & Return
 - Each school is responsible for the collection & return of all their shoe tags
 - Tags must be returned in Numerical Order on the zip ties, the same as you received them
 - **KEEP THE ZIP TIES UNLOCKED – DO NOT CLOSE THE ZIP TIES**
 - Use your team roster to ensure none of your shoe tags are missing
 - We suggest you use your team managers / assistant coaches to collect the shoe tags from your athletes after they cross the finishline – there will no longer be any collection corral used
 - Have a COACH return all of your shoe tags to EVENT MANAGEMENT at the same location you picked up your team packet – please refrain from sending an athlete to return shoe tags
 - Event Management will check your shoe tags with you for accuracy



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2021-2022 BOYS AND GIRLS CROSS COUNTRY DIVISIONS

PLAYOFF GUIDELINES FOR DIVISION PLACEMENT

The CBED Enrollment (grades 9-12) figures from the 2020-2021 (*last year*) school year as certified by the State for public and private high schools will be used for placement in the 2021-2022 school year.

- 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 (2021-2022), the current year CBED enrollment figures shall be used in place of the prior year.

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-subject to change)**

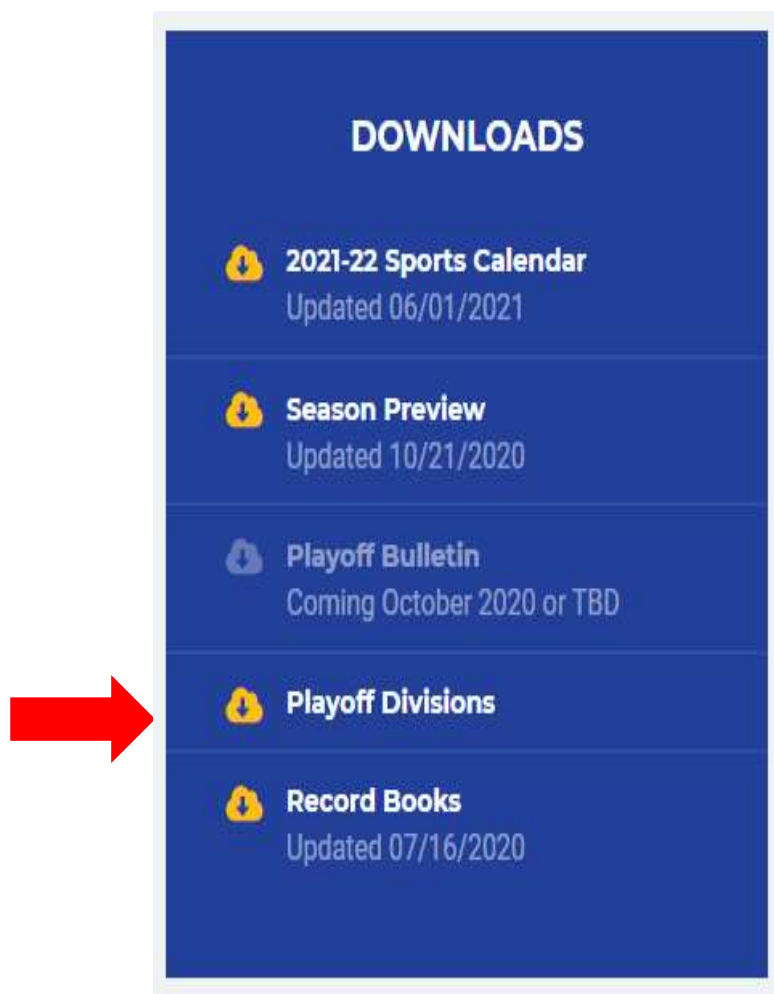
Division 1	2481 and above
Division 2	2480-2061
Division 3	2060-1521
Division 4	1520-601
Division 5	600 and below

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.

Enrollment data from 2020-2021 school year is used to determine initial Cross Country divisions for the 2021-2022 school year. If enrollment data from 2021-2022 reporting incurs a gain/loss of 15%, current enrollment will be used.

NOTE: Final divisional placement will be posted at www.CIFSS.org after November 1, 2021 once CBED information has been analyzed and adjusted

The Boys and Girls division placements can be found on the Cross Country sports page at www.cifss.org > Cross Country >Download button labeled “Playoff Divisions”.



The image shows a dark blue rectangular menu titled "DOWNLOADS" in white capital letters. The menu contains five items, each with a yellow download icon (a downward arrow inside a circle) to its left. The items are: "2021-22 Sports Calendar" (Updated 06/01/2021), "Season Preview" (Updated 10/21/2020), "Playoff Bulletin" (Coming October 2020 or TBD), "Playoff Divisions", and "Record Books" (Updated 07/16/2020). A large red arrow points from the left towards the "Playoff Divisions" item.

Download Item	Update Date
2021-22 Sports Calendar	Updated 06/01/2021
Season Preview	Updated 10/21/2020
Playoff Bulletin	Coming October 2020 or TBD
Playoff Divisions	
Record Books	Updated 07/16/2020

PLAYOFF INFORMATION

PLAYOFF DATES:

PRELIMS: Friday, November 12, 2021 – DIVISIONS 4 and 2 (Tentative)
Saturday, November 13, 2021 – DIVISIONS 3, 5, 1 (Tentative)

Mt. San Antonio College
1100 N Grand Avenue
Walnut, CA 91789

FINALS : Saturday, November 20, 2021 - Mt. San Antonio College

STATE CROSS COUNTRY FINALS: Saturday, November 27, 2021
Woodward Park in Fresno

CIF SOUTHERN SECTION CHAMPIONSHIP QUALIFYING INFO (updated 9/14/21)

LEAGUE FINALS INTO DIVISIONAL PRELIMS (Bylaw # 3314 - <https://cifss.org/resources/blue-book/199/>)

In all sports other than football, the team entry formula for each league into the playoffs is as follows:

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

If an individual runner finishes in the top **ten (10)** (new in 2021 season) in their league meet and is not on a qualifying team, they may be entered to participate in preliminaries. After entries from each league have been received by the CIF Southern Section Office on Friday, November 5, 2021 each team and individual entry will be assigned to their appropriate enrollment category (Divisions 1, 2, 3, 4, 5).

Leagues must have their Prelim results entered into EPI Sports no later than 9:00 PM on Friday, November 5, 2021. Results will be entered in EPI Sports using unique login code for each league.

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 – (new qualifying info for Mt. Sac)

There will be **sixteen (16)** teams in each final race.

In divisions with four (4) qualifying heats, the top **four (4)** teams in each heat will qualify. Individuals who finish in the first **6 (six)** 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. The fastest remaining team time of the three heats will also advance as the 16th team in the finals. Individuals who finish in the first **eight (8)** actual places and are not members of qualifying teams will also advance to the finals.

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.

HEALTH & SAFETY

It is the expectation of the CIF Southern Section that your Athletic Coaches and Administration will take every measure to ensure the health and safety of your student athletes.

Resource information and additional information regarding heat safety, hydration and other health and safety related articles can be found on the CIF-SS website @ www.cifss.org. Click link to “Sports Medicine” tab on the blue toolbar.

Additional resources can be found at www.cifstate.org under the “Sports Medicine” tab on the white toolbar.

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