

CIF SOUTHERN SECTION



FALL 2023

Cross Country



SEASON PREVIEW



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2023-2024 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 2023-2024 Cross Country Advisory Committee and the Management Committee are:

ADVISORY COMMITTEE	MANAGEMENT COMMITTEE
Michelle Burns, Buena HS	Rich Benoy
Keith Chann, Temescal Canyon 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.

2023 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, August 31, 2023.

SCRIMMAGE:

A scrimmage is defined as:

An activity involving teams or individual student-athletes from two or more different schools in a CIF approve 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 3, 2023.** Schools may compete until November 4, 2023, 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 10, 2023 – DIVISIONS 2 and 3 (revised 9/11/23)
Saturday, November 11, 2023 – DIVISIONS 5, 1, 4 (revised 9/11/23)

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

Finals : Saturday, November 18, 2023 - Mt. San Antonio College

The STATE CROSS COUNTRY FINALS will be held at WOODWARD PARK IN FRESNO on **SATURDAY, November 25, 2023.**

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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• PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE •

CIFSSHOMe.org REQUIREMENTS/MILE SPLIT REQUIREMENTS

VARSITY COACHES

Attention Athletic Directors/Coaches: It is very important that you enter your Cross Country, Boys and Cross Country, Girls coaches (Head & Assistants) into CIFSSHOMe (www.cifsshome.org) no later than **Wednesday, November 1, 2023**

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


- Click on the “Users” tab, click on “User Manager”, click on the  in the upper right hand corner to add Coaches and Assistant Coaches. Enter the information requested on the “Add School User” page. Choose “Active” to provide the coach with access to CIFSSHOMe or “Inactive” for directory purposes only. Choose Yes or No to give the coach access to all sport, click **Submit**.

Choose the applicable options on the Assign Coach to Team page, click Save or Add Another to add additional coach(s).

VARSITY TEAM INFORMATION (ROSTERS) - Eligibility Requirement

Attention Athletic Directors/Coaches: It is very important that you enter your entire Cross Country, Boys and Girls Varsity Cross Country roster into CIFSSHOMe (www.cifsshome.org) no later than **November 1, 2023**. **This roster is for ELIGIBILITY PURPOSES.**

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

- Click on the “Teams” tab, click on “Teams Manager”, click on “Cross Country, Boys”, select 

You can UPLOAD your roster using the instructions below (1) or you can enter each player one by one (2).

Required roster information for Cross Country, Boys is:

First Name, Last Name, Birth date, Year, Eligibility

(1) To ADD roster players one by one:

- Click on  and complete fields required for Cross Country, Boys.

(2) To Import a Roster using an Excel sample file:

- Download the [sample file](#) and delete the “contents only”.


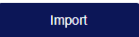
- Copy and paste or type your roster information into the file as the contents and save the file to your computer.

- Only an excel file (xls) can be uploaded 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 Cross Country, Boys are:**

First Name, Last Name, Birth date, Year, Eligibility

- Click on  to find your file, then click on 

- To confirm the roster has been uploaded, your players’ names will be uploaded in the “Official Roster” section.

- Click on  the next to the player’s name to view each player’s information.

IMPORTANT: Repeat above process for entering Cross Country, Girls Roster

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 2022-2023 Blue Book.

NFHS RULE CHANGES – Track (Spring 2023/Cross Country Fall 2023)

Track and Field Rules Changes - 2023

By NFHS on February 08, 2023

track & field/cross country

3-4-3: Offers guidelines for meet referees when determining a rerun.

Rationale: Defined specific guidelines from the case book to offer consistency and guidance to a meet referee when ruling on reruns.

4-2-1: Clarifies that an athlete is disqualified after participating in more than four events.

Rationale: The athlete is not disqualified from an event until the individual participates in more than four events. The table was revised and moved to clarify the number of events in which an athlete may participate during a meet.

5-7-2: Adjusts language to offer a standard for starter hold times.

Rationale: Standardize starter hold times for fair and consistent starts.

5-10-2: Increases the number of individuals who may be listed on the relay entry.

Rationale: Providing two additional names gives opportunity for more athletes to be involved in regular and postseason track meets.

6-6-4: Clarifies when the javelin measurement should be taken.

Rationale: The measurement is made to the first point of contact under Rule 6-6-7 so that should be within the sector. If the rest of the javelin should fall outside the sector, that should not be a foul.

7-2-2f (NEW): Adds mixed relay to the special events list.

Rationale: Mixed relays are becoming more popular at high school meets adding them to special events offers guidance to the states on how to conduct these events.

9-3-2b: Any displaced or jostled crossbar should be placed on standards in exact same position before next attempt.

Rationale: Adding the words 'or jostled' clarifies the intent of the 2022 rules change.

Rule 9 (NEW): Creates new indoor track and field rules section.

Rationale: There are 17 states that conduct state championships in indoor track and field, over 150,000 participants, and 21 states that sanction the activity. With recent changes to the outdoor rules, it became clearer that it was necessary to create a section specifically for indoor track and field rules. Move Records Section to New Rule 10.

BLUE BOOK BYLAWS -

- STANDARDS OF ELIGIBILITY – BYLAW 201
<https://cifss.org/resources/blue-book/?gotopage=55>
- BASIC ELIBILITY REQUIREMENTS FOR PARTICIPATION – BYLAW 220
<https://cifss.org/resources/blue-book/?gotopage=92>
- ACCOUNTABILITY – BYLAW 125/503

125.1 - COACH EJECTION
<https://cifss.org/resources/blue-book/?gotopage=48>

503 – COACH EJECTION
<https://cifss.org/resources/blue-book/?gotopage=106>

125.2 - FAILURE TO COMPLETE A CONTEST
<https://cifss.org/resources/blue-book/?gotopage=48>
- PLAYER CONDUCT – BYLAW 503
<https://cifss.org/resources/blue-book/?gotopage=105>
- SUMMERTIME RULES/SUMMER DEAD PERIOD – BYLAW 1223
<https://cifss.org/resources/blue-book/?gotopage=147>
- TOBACCO PRODUCTS PROHIBITED – BYLAW 514
<https://cifss.org/resources/blue-book/?gotopage=120>
- SUPERVISION OF ATHLETES – BYLAW 503
<https://cifss.org/resources/blue-book/?gotopage=102>
- OUTSIDE COMPETITION – BYLAW 600
<https://cifss.org/resources/blue-book/?gotopage=120>
- BYLAW 600 PENALTY – BYLAW 601
<https://cifss.org/resources/blue-book/?gotopage=122>

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.

BIB TAG INSTRUCTIONS

The CIF-SS will be utilizing bib tag timing provided by Finished Results Professional Timing for our championship events. Please carefully review the “Bib Tag Instructions” information.

Race Bib Instructions

INSPECT your Team Packet

- Confirm you have the correct team roster, and the matching bibs
- If you notice anything missing/incorrect, please notify meet management, before you leave the pickup area

DISTRIBUTE your BIBS to your competing athletes

- All competing athletes **MUST** wear their assigned Bib as listed on your Team Roster
- Athletes that are not registered should not use someone else’s bib. Failure to follow these instructions will result in inaccurate results

PROPERLY ATTACH the bibs for each athlete (see picture)

- Race bibs should be placed up-right on the torso, between the chest and stomach
- Be sure each athlete uses 4 safety pins to securely affix their bib
- DO NOT FOLD OR DAMAGE BIBS



RACE BIBS - POST EVENT

- Please return any unused bibs and safety pins to the timer so they can be recycled or used at another event
- Athletes may keep their race bib as a souvenir or discard them in the proper recycling



2023-2024 BOYS AND GIRLS CROSS COUNTRY DIVISIONS

PLAYOFF GUIDELINES FOR DIVISION PLACEMENT

The CBED Enrollment (grades 9-12) figures from the 2022-2023 (*last year*) school year as certified by the State for public and private high schools will be used for placement in the 2023-2024 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 (2023-2024), 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)***

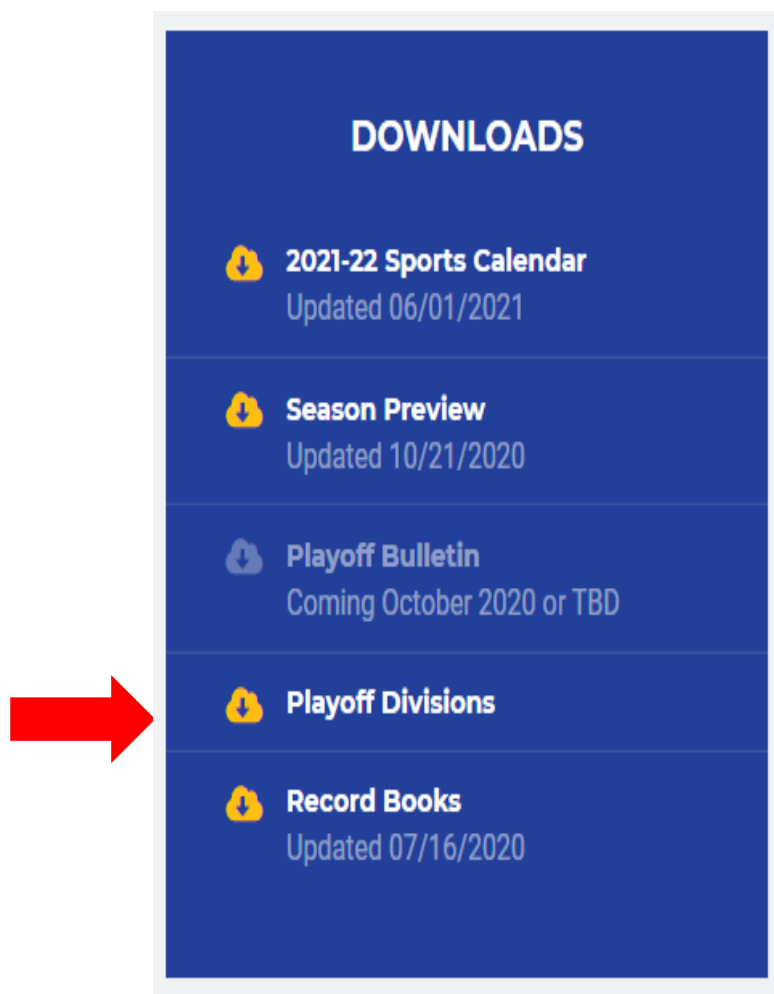
Division 1	2471 and above
Division 2	2021-2470
Division 3	1481-2020
Division 4	301-1480
Division 5	600 and below

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 2022-2023 school year is used to determine initial Cross Country divisions for the 2023-2024 school year. If enrollment data from 2023-2024 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, 2023 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”.



PLAYOFF INFORMATION

PLAYOFF DATES:

PRELIMS: Friday, November 10, 2023 – DIVISIONS 2 and 3 (revised 9/11/23)
Saturday, November 11, 2023 – DIVISIONS 5, 1, 4 (revised 9/11/23)

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

FINALS : Saturday, November 18, 2023 - Mt. San Antonio College

STATE CROSS COUNTRY FINALS: Saturday, November 25, 2023
Woodward Park in Fresno

CIF SOUTHERN SECTION CHAMPIONSHIP QUALIFYING INFO

LEAGUE FINALS INTO DIVISIONAL PRELIMS (Bylaw # 3514 - <https://cifss.org/resources/blue-book/217>)
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)** 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 3, 2023 each team and individual entry will be assigned to their appropriate enrollment category (Divisions 1, 2, 3, 4, 5).

Leagues must have their League finals results entered into Mile Split (**New process in 2023**) no later than 9:00 PM on Friday, November 3, 2023. Instructions for entering results from the league meet finals in Mile Split will be forwarded to the league coordinator and further clarified in the cross country bulletin.

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 (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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