

CIF SOUTHERN SECTION | CROSS COUNTRY



PLAYOFF BULLETIN



2025 - 2026

POWER

SPEED

AGILITY

SMARTS

F-150

Mustang Mach-E

Bronco

Explorer

Our vehicles. Your athletes.

The Southern California Ford Dealers proudly support SoCal High School Athletics.

SoCalFordDealers.com | CIFSS.org





2025-2026 CROSS COUNTRY PLAYOFF BULLETIN

Table of Contents

PROCESS FOR POST SEASON: Action Required	4
CALENDAR PLAYOFF DATES	5
RELEASE SCHEDULE – Seeding info for CIF-SS Prelims	5
IMPORTANT – KNOW YOUR RULES	5
CIFSSHOME.org REQUIREMENTS.....	6
PLAYOFF INFORMATION	7
A. LAST DATE FOR LEAGUE COMPETITION: Friday, November 7, 2025.....	7
B. CIF SOUTHERN SECTION CROSS COUNTRY QUALIFICATIONS	7
C. STATE QUALIFYING INFORMATION.....	8
D. PRELIM AND FINALS TIME SCHEDULE	9
E. PLAYOFF TEAM INFORMATION AND COURSE MAP	10
E. DIVISION PLACEMENT	14
F. RACE BIB INSTRUCTIONS.....	15
G. DIRECTIONS AND PARKING – Mt. San Antonio College / Cross Country Course	16
H. SUPERVISION OF ATHLETES	17
TICKETS / CIF-SS COURTESY CARD INFORMATION	18
PLAYOFF/CHAMPIONSHIP REQUIREMENT (Post Season Awards).....	19

PROCESS FOR POST SEASON: Action Required

MILESPLIT is the official entry platform for the CIF-SS Cross Country Championships

To: CIF-SS Cross Country Coaches/Athletic Directors:



HOW TO GET READY FOR COMPETITION IN THE POSTSEASON

Head Coaches: Please follow these steps to register your team/athletes for possible CIF-SS postseason competition.

MileSplit Links: (refer to the 4 links below to assist you)

How to Claim Your Team- <https://support.milesplit.com/en/article/8f23dc>

How to Edit Your Roster- <https://support.milesplit.com/en/article/e93813>

How to Register Your Team for a Meet- <https://support.milesplit.com/en/article/2754df>

Team Management- <https://support.milesplit.com/en/category/d93abf>

1. MileSplit is the official entry platform for the CIF-SS Cross Country Championships. Each league **MUST** submit their participating school's entries in MileSplit to compete in the CIF-SS Cross Country Post Season Championships.
 2. Claim your team to get admin privileges over your school. If you have already claimed your team or have done so in a previous season, you don't need to do it again.
 3. The head coach is responsible for registering/claiming the MileSplit accounts for each team by **October 10, 2025.**
 4. Coaches must upload rosters in their school's MileSplit account by **October 10, 2025.**
-

2 STEP Process for Entries into the POST SEASON

ENTRY PROCESS FOR QUALIFIERS INTO (POST SEASON) CIFSS CHAMPIONSHIPS:

League Finals Meet Managers: Each CIF-SS league is required to use **MileSplit** to submit results and collect entries from their league finals meet. You can find the event calendar and set up your meet at <https://ca.milesplit.com/meet-creation>. The MileSplit platform is free to use.

- Once your league finals are complete, you'll need to upload the results to MileSplit in a semicolon-delimited format, ensuring that all athlete IDs are included by **Friday, November 7th at 9:00 PM.**
- You will also need to complete the CIF-SS Cross Country League Standings form by **Friday, November 7th at 9:00 PM.** **** The 2025 CIF-SS Cross Country League Standings form and specific instructions for submitting results and completing the entry process will be emailed to league's meet manager from the CIFSS Office ****

Head Coaches: On Saturday November 8, 2025, coaches of qualifying teams will receive an invite into CIFSS prelims from MileSplit. Head Coaches of qualified teams **MUST** enter/verify the 12 runners (**verify correct name spelling, grade, gender, etc.**) that are eligible to compete in the CIF-SS prelim meet. This must be completed by Monday, **November 10, 2025, at 8:00pm.** Head Coaches are responsible for inputting/verifying roster information.

CALENDAR PLAYOFF DATES

PLAYOFF DATES:

Prelims: Friday, November 14, 2025 – DIVISIONS 2 and 5
Saturday, November 15, 2025 – DIVISIONS 1, 4, 3

Finals: Saturday, November 22, 2025

Location for Prelims and Finals:

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



The STATE CROSS COUNTRY FINALS will be held at WOODWARD PARK IN FRESNO on SATURDAY, November 29, 2025.

RELEASE SCHEDULE – Seeding info for CIF-SS Prelims

On **Saturday, November 8, 2025** after 3:00 pm. Prelim heat sheet information for qualifiers to the CIF-SS Prelims for all divisions will be posted on our website at www.cifss.org. This can be found on the Boys and Girls Cross Country page of the website.

IMPORTANT – KNOW YOUR RULES

Guidelines and recommendations from the Cross Country Advisory Committee. Did you know

- 1) A student that wishes to run with an inhaler during a race, must have a note from a medical doctor stating that the runner needs to carry the inhaler while racing.
- 2) A student that wished to run with a mobile phone during a race (a student might be diabetic and use the phone as part of a monitoring system, etc.) must have a note from a doctor stating that the runner needs the device.
- 3) For team competition, five (5) team members must check in for a team to compete. Imagine a school with a small squad, such as only 5 runners, qualifies for CIF and shows up to CIF prelims with only 3 or 4 runners. They would not be allowed to race because they qualified for team competition and must meet the team minimum of 5 runners to start the race.
- 4) Know your uniform rules (see NFHS Cross Country/Track & Field rule book). CIF sends one of those rule books for each sport to every school at some point in the year.
- 5) Know, and teach your teams/parents, how teams and individuals advance from League to CIF Prelims, CIF Prelims to CIF Finals, CIF Finals to State meet. Many teams and coaches do not know this.

See information posted on the CIF-SS Cross Country page on the website and read the Blue Book pages:

XC Season Preview: https://cifss.org/wp-content/uploads/2022/11/PREVIEW-XCTY-25_New-Sched_-3.pdf

XC Divisions: https://cifss.org/wp-content/uploads/2022/11/XCTY-Initial-Divisions_2025_WEB-3.pdf

XC Blue Book Rules: <https://cifss.org/wp-content/uploads/2025/07/Cross-Country-2025-26-Blue-Book.pdf>

CIFSSHOMe.org REQUIREMENTS

VARSITY TEAM INFORMATION (ROSTERS) -Eligibility Requirement

Attention Athletic Directors/Coaches: It is very important that you enter your entire Cross Country, Boys and Cross Country, Girls Varsity rosters into CIFSSHOMe no later than **November 5, 2025. – THESE ROSTERS ARE FOR ACADEMIC ELIGIBILITY PURPOSES**

Log in @ www.cifsshomework.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 “**Vr**”

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/Girls is: First Name, Last Name, Birth date, Year, & Eligibility

(1) To ADD roster players one by one:

- Click on “**+Add Players One By One**” 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/Girls are: First Name, Last Name, Birth date, Year, & Eligibility**

- Click on “**Choose File**” to find your file, then click on “**Import**”

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

- Click on the “**Pencil**” edit button next to the player’s name to view each player’s information.

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

HEAD COACHES

Attention Athletic Directors/Coaches: It is very important that you enter your Boys and Girls Cross Country coaches (Head & Assistants) into CIFSSHOMe no later than **Wednesday, November 5, 2025.**

Log in @ www.cifsshomework.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).

PLAYOFF INFORMATION

A. LAST DATE FOR LEAGUE COMPETITION: Friday, November 7, 2025

- **LEAGUE MEET MANAGERS**

ALL LEAGUE FINAL COMPETITION MUST BE FINISHED BY FRIDAY, November 7, 2025. Entry information will be provided to League Managers and all entries will be done online.

League entries, both team and individual entries, must be uploaded into MileSplit by League Meet Managers **NO LATER THAN 9:00PM, FRIDAY, November 7, 2025.** Entry instructions will be emailed to league meet managers. Entries must be submitted to MileSplit.

After League Coordinators have uploaded results from league finals into MileSplit, head coaches of prelim qualifying teams will receive an email from MileSplit inviting them to the CIFSS Prelim Meet. Head Coaches must enter/verify by Monday, November 10th at 8pm the 12 runners or (verify correct name, spelling, grade, gender, etc.) that will be eligible to compete in the CIF-SS prelim meet. No substitutions may be made after Monday, November 10th at 8pm.

B. CIF SOUTHERN SECTION CROSS COUNTRY QUALIFICATIONS

QUALIFYING FOR PRELIMS: The number of entries guaranteed to a league is determined by how many league schools start varsity teams 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), or
- THREE (3) TEAM ENTRIES FOR FIVE OR SIX (5 OR 6) TEAM LEAGUES (5 or 6 **full** teams start at league finals), or
- 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 or more) TEAM LEAGUES (9 or more **full** teams start at league finals)

into the divisional prelims on Friday, November 14, 2025 (**Divisions 2 and 5**) or Saturday, November 15, 2025 (**Divisions 1, 4, 3**). In addition to the TEAM ENTRY, each recognized league shall also be entitled to enter individual runners who are not part of a qualifying team, provided they finish among the **TOP TEN (10) RUNNERS** in their respective league finals meet.

If a school is not a part of a league, they must apply for a Freelance entry into the CIF-SS post season meet.

#3510.1 Team Sports - All freelance schools desiring entry into the playoffs must submit schedules to the Commissioner for evaluation and approval of conditions under which the team may qualify. Schedules must be submitted prior to the start of each season for evaluation.

#3510.2 Individual Sports - Schools meeting the criteria outlined in #3510.1 above may petition individual athletes for possible entry into CIF Southern Section individual playoff competition. Petitions for such athletes

must include a complete data sheet for each individual showing best marks, scores or rankings from any competition held during the current school year. All such petitions must be submitted two calendar weeks prior to the first scheduled date of CIF Southern Section playoff competition.

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.

QUALIFYING TO FINALS: – (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 sixth-place 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.

C. STATE QUALIFYING INFORMATION

The top seven (7) teams at CIF-SS Finals from Divisions 1 – 4 and the top six (6) teams in Division 5 will automatically qualify for the State Championships in Fresno (Woodward Park) on November 29, 2025.

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 VIEW/PRINT STATE BULLETIN IF THEY HAVE QUALIFIERS @ https://www.cifstate.org/sports/cross_country/champ_info/2025_Cross_Country_Handbook.pdf**

D. PRELIM AND FINALS TIME SCHEDULE

PRELIM TIME SCHEDULE:

Complete time schedule will be published with seeding information on November 9, 2024

PRELIMS – Friday, November 14 (Divisions 2 and 5)

8:30 A.M.	Division 2 Boys
	Division 2 Girls
10:05 A.M. (approx)	Division 5 Boys
	Division 5 Girls

PRELIMS – Saturday, November 15 (Divisions 1, 4, 3)

7:45 A.M.	Division 1 Boys
	Division 1 Girls
9:35 A.M. (approx)	Division 4 Boys
	Division 4 Girls
11:15 A.M. (approx)	Division 3 Boys
	Division 3 Girls

FINALS TIME SCHEDULE:

Saturday, November 22, 2025

7:45 am	Division 2 Boys
8:05 am	Division 3 Boys
8:25 am	Division 2 Girls
8:45 am	Division 3 Girls
9:05 am	Division 4 Boys
9:25 am	Division 5 Girls
9:45 am	Division 1 Boys
10:10 am	Division 4 Girls
10:35 am	Division 5 Boys
11:00 am	Division 1 Girls

2025 Awards Schedule

9:15 am	Division TBD
9:30 am	Division TBD
9:50 am	Division TBD
10:05 am	Division TBD
10:55 am	Division TBD
11:10 am	Division TBD
11:30 am	Division TBD
11:45 am	Division TBD
12:05 pm	Division TBD
12:20 pm	Division TBD

AWARDS CEREMONY: (FINALS) The awards ceremony will take place in a designated area in the Mt. SAC stadium after the conclusion of a division race. First and second place teams and the first 15 finishers in each division will receive an award.

PARTICIPATION CERTIFICATES: Each school may elect to print a participation certificate for students participating in the CIF Southern Section Cross Country playoffs. These **certificates** are in a “type-in” PDF format and may be downloaded from: www.cifsshome.org under FORMS.

E. PLAYOFF TEAM INFORMATION AND COURSE MAP





MAP LEGEND

C I F S O U T H E R N S E C T I O N
C R O S S C O U N T R Y C H A M P I O N S H I P S

MAP LEGEND



PARKING LOTS

XC Invite Parking (Team Vans/Buses only in Lot F)



WALKING PATHS

Green within stadium/Orange outside stadium gates



ACCESS TO OPEN AREA



BRIDGE/OVERPASS



BLOCKED ACCESS



MEDICAL - ATHLETIC TRAINING ROOM

Medical staff stationed throughout course



RESTROOMS



MAIN GATE ENTRANCE / TICKETING / WILL



TEAM BUS PARKING

Lot F



TEAM CHECK-IN

Packet Pick-Up



TEAM CAMP AREA/ACCESS POINTS

Team Camps are on the 1st floor of the Champions Parking Structure and on the field behind the scoreboard



PROBLEM SOLVING SHED

Questions and issues resolved here!



WARM-UP

Warm-ups area is on the track or on first floor of Champions Parking Structure



CLERK OF THE COURSE

Check-In 10 minutes prior to race



SOUVENIR SALES



AWARDS

TENTATIVE LOCATION

Top 3 Teams in each race (after results are posted)



EXPO AREA



OFF LIMITS AREAS

*Coaches allowed on the westside of the airstrip.
Staff Only on airstrip asphalt, stadium track/field.*

COURSE MAP LEGEND



START LINE



FINISH LINE



COURSE PATH



FIRST MILE



SECOND MILE



THIRD MILE



MILE MARKERS



HALF MILE MARKERS

TEAM ARRIVAL PROTOCOL

1. **PARKING (1)**
All school vehicles (vans or buses) must park in Lot F. No parking charge for marked school vehicles and school buses in this lot ONLY.
2. **ENTERING THE STADIUM (2)**
Coaches and athletes must enter through the Team Check in Gate (2).
3. **TEAM CAMP/TEAM CAMP ACCESS (3)**
Setup your team camp in:
 1. **Designated** areas on the field behind the scoreboard
 2. On the first floor of the Champions Parking Structure.
 3. In the stadium East or West upper levels.
Tents/umbrellas are ONLY ALLOWED on the upper level of the EAST BLEACHERS (opposite side of the pressbox).

STADIUM ACCESS: All participants, coaches, parents and spectators must enter the stadium area through the pedestrian tunnel under Temple Avenue if coming from Lot F or via the pedestrian walkway attached to the Gateway parking structure.

COURSE CLOSED: Coaches are reminded the Mt. San Antonio College Cross Country Course will be closed to all practice from November 9, 2025, through the CIF Southern Section Championships.

OFFICIALTEAM: 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.

TEAM SIZE: Team size is up to twelve (12) runners as entrants into the CIF-SS Prelims. No more than seven (7) of those twelve (12) may run each day. Coaches are responsible for claiming team and entering roster information in MileSplit prior to league meet finals (see page 3 of this bulletin). When your team qualifies for CIFSS Prelims, MileSplit will send the coach an email with instructions on verifying up to 12 runners for team participation.

TEAM/COACH ADMISSION INTO PRELIMS/FINALS: All **qualified** runners will be given bibs which will serve as their ticket to enter through the Athletes Gate. **Two (2) coach tickets will be given with packet pick up. Only those (2) coaches will be allowed to enter through the Athletes Gate. Additional coach tickets may be purchased on-line through GoFan (See page 16 for QR code to purchase ticket). There will be NO on-site CASH ticket sales** CIF-SS courtesy cards may be used, but courtesy card holders are required to show pass and receive ticket at ticket booth. These coaches must enter through the main gate.

ATHLETE GATE OPENS AT: Friday, November 14, 2025	6:30 am
Saturday, November 15, 2025	6:00 am
Saturday, November 22, 2025	6:00 am

NO SPECTATORS OR EXTRA COACHES THRU THIS GATE
--

CONTESTANT BIBS WITH CHIPS: Contestant bibs containing chips will be provided for up to twelve (12) members of each qualifying team. It is important that bib numbers be distributed to the correct athletes as each bib has a unique chip that has been assigned to a specific athlete. League meet managers are responsible for entering qualified teams/individuals following the League finals meet. Head coaches of prelim qualifying teams/individuals will receive an email from Mile Split inviting them to the CIFSS Prelim Meet. Head Coaches must enter/verify by Monday, November 10th at 8 pm the 12 runners or individual runner (verify correct name, spelling, grade, gender, etc.) that will be eligible to compete in the CIF-SS prelim meet. No substitutions may be made after Monday, November 10th at 8pm. 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.** (see Race Bib Instructions insert)

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. 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.

NO IN STADIUM TEAM SET UP: The stadium facility at Mt. SAC is closed to any team seating and/or team set-up on both the home and visitor side stands. Please avoid entering the stadium seating area and remain on the concourse when entering and exiting the facility on race days.

TEAM CAMP AREAS - Teams may set-up camp on the grass field area between the large stadium scoreboard and the fence for the warm-up field, with overflow team camp area on the bottom floor of the Champions parking structure. Team camps may only set up in parking stalls in this parking structure. Do not block access for emergency personnel to drive through the structure.

WARM UP AREA:

Mt. SAC Cross Country Course: Warm up area is in the designated area on the Mt. SAC warm up football field. (see Map) **NO Team set up is allowed on the warmup field.**

GAMES IN THE WARM UP AREA: Absolutely **NO** footballs, volleyballs, soccer balls, frisbees, etc. will be allowed in the warm up area at the Mt. Sac Cross Country Course. **Use of such items could result in a team's disqualification.**

RACE RESULTS: Race results will be available to coaches and spectators at www.finishedresults.com. Final team results for prelim races and identification of those teams advancing to the CIF-SS Finals and the State Meet will be noted there. Reminder that "Quick Results" are unofficial and must be considered as such. Only final results published on www.finishedresults.com shall be used to determine finish order, team scores and advancement.

DRESSING FACILITIES: There are no dressing facilities available. Athletes are responsible for their own belongings and valuables.

MEDICAL SUPPORT: COACHES ARE ASKED TO REVIEW CAREFULLY INFORMATION REGARDING HEAT INJURY STRATEGIES FOR COACHES AND ATHLETES. COACHES/SCHOOLS ARE RESPONSIBLE FOR TAPING OF ATHLETES.

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.

RULES OF COMPETITION: 2025 National Federation Cross Country Rules will govern the running to this meet, except when superseded by this bulletin or Articles 1900-1910 (Cross Country Regulations) of the 2025-2026 CIF-SS Blue Book.

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.

PROTEST OF PLAYOFF CONTESTS: 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 meet officials as they pertain to a possible misapplication of the rules in accordance with the National Federation rules governing that sport.

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 1101, as it pertains to use of an ineligible player or violations of any CIF-SS rule in connection with the contest.

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 teams and individuals, the meet would be postponed only if conditions were such that they were deemed to be hazardous for the competitors involved. IN CASE OF EXTREME HEAT CONDITIONS, CONSIDERATION WILL BE GIVEN BY MEET MANAGEMENT TO REDUCE THE RACE DISTANCE TO TWO (2) MILES.

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 EMERGENCIES ONLY.**

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.

USE OF DRONES/DRONE VIDEOGRAPHY IS NOT PERMITTED. Drones are not allowed during contests at any level. Although there is not an actual State CIF rule against the use of drones, the FAA (Federal Aviation Administration) in its June 21, 2016 Summary of Small Unmanned Aircraft Rule states "*Small unmanned aircraft may not operate over any persons not directly participating in the operation.*" Based upon this federal ruling the CIF State Office has instructed our section to deem it a safety hazard and to not allow the use of drones.

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.

E. DIVISION PLACEMENT

The Cross Country divisional placements can be found on the boys or girls cross country sports page at www.cifss.org > Cross Country > Download button labeled "Playoff Divisions".

F. RACE BIB INSTRUCTIONS



Race Bib Instructions

Return ALL unused bibs and safety pins to the registration/packet pick up area

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

To prevent the possibility of false reads, we ask that athletes only wear their bibs while competing. Bibs should NOT be worn during warm-ups and athletes should remove their bibs after they have finished their race.

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



G. DIRECTIONS AND PARKING – Mt. San Antonio College / Cross Country Course

DIRECTIONS TO MT. SAN ANTONIO COLLEGE / CROSS COUNTRY COURSE

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.

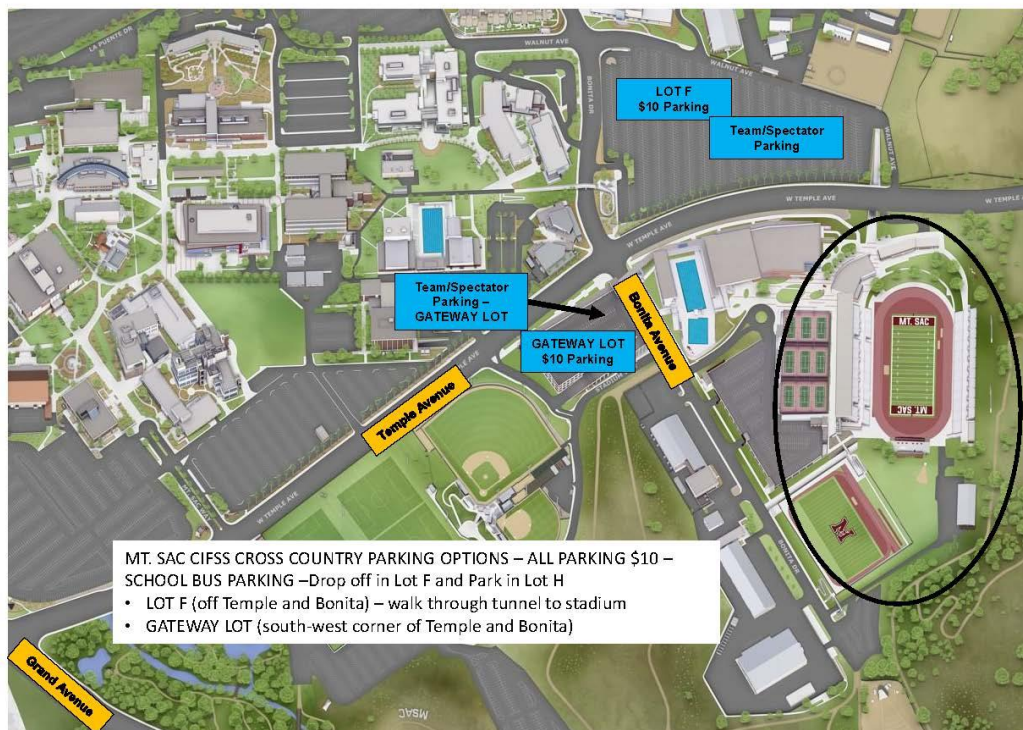
PARKING IS AVAILABLE IN LOT F OR THE GATEWAY PARKING STRUCTURE.

There is a parking fee for all autos except school buses and district marked vehicles. The parking fee for this event is \$10.00 (Mt. SAC will except cash only for parking).

PARKING

(PRELIMS and FINALS): \$10.00 parking fee (cash only) in Lot F located off Temple Avenue or in the Gateway parking structure. Participants, coaches, parents and spectators must enter the stadium area through the pedestrian tunnel under Temple Avenue if coming from Lot F or via the pedestrian walkway attached to the Gateway parking structure (see attached map).

Coaches driving **marked school vans** will park in Lot F on Temple Avenue (no parking fee will be charged for school marked vans). Buses will be instructed where to park after team drop off in Lot F.



H. SUPERVISION OF ATHLETES

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 503 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 49032 and CIF By-Law #503 (F). (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 503, 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.

TICKETS / CIF-SS COURTESY CARD INFORMATION

PURCHASING TICKETS:

Mt. SAC College Cross Country Course (PRELIMS):

All runners with a bib and coaches with a coach ticket will be admitted through the ATHLETE'S GATE near the Ticket Booth. Coaches using a CIF-SS courtesy card must go to the ticket booth to receive a ticket and will enter through the main gate.

ATHLETE GATE OPENS AT: Friday, November 14th 6:30 am
 Saturday, November 15th 6:00 am
 Saturday, November 22nd 6:00 am

**NO SPECTATORS OR
EXTRA COACHES THRU
THIS GATE**

All spectators, non-qualifying athletes, extra coaches, managers, pep squad members, bus drivers, faculty members, timers, etc., **MUST PURCHASE** general admission ticket online through GoFan. **There will be no cash sales for ticket purchases.** Coaches using a CIF-SS courtesy card must go to the ticket booth to receive a ticket and will enter through the main gate.

Spectator Gates will open: Friday, November 14, 2025 **6:30 am** (Divisions 2 and 5)
 Saturday, November 15, 2025 **6:00 am** (Divisions 1, 4, and 3)

Mt. SAC College Cross Country Course (FINALS):

All runners with a bib and coaches with a coach ticket will be admitted through the ATHLETE'S GATE near the Ticket Booth.

All spectators, non-qualifying athletes, extra coaches, managers, pep squad members, bus drivers, faculty members, timers, etc., **MUST PURCHASE** general admission tickets online through GoFan. **There will be no cash sales for ticket purchases** Coaches using a CIF-SS courtesy card must go to the ticket booth to receive a ticket and will enter through the main gate.

Spectator Gates will open: Saturday, November 22, 2025 **6:00 am**

TICKET PRICES:

GENERAL ADMISSION/HS STUDENT	\$12.00 prelims	\$14.00 finals
HS STUDENTS WITH CURRENT HS PHOTO I.D.	\$ 6.00 prelims	\$ 7.00 finals
CHILDREN 5-13 (under five free)	\$ 6.00 prelims	\$ 7.00 finals

ALL TICKETS MUST BE PURCHASED ON-LINE THROUGH GOFAN.

THERE WILL BE NO CASH SALES FOR TICKET PURCHASES.



General admission tickets may be purchased in advance at <https://gofan.co/app/school/CIFSS>

QR CODES WILL BE AVAILABLE ON SITE

CIF-SS COURTESY CARDS:

CIF-SS courtesy cards, CIF-SS press and CIF-SS photo passes will be honored and must be presented at the “**CIF-SS PASS ticket window**” located at the ticket booth. Recipient will be given ticket that will allow them entrance at the main entrance gate.

Faculty passes, league passes, school passes, district passes, Los Angeles or other section passes, Official's Organization cards, coach passes and any other passes **WILL NOT BE HONORED.**

NO DOGS ALLOWED INSIDE FACILITY!

USE OF A DRONE IS NOT PERMITTED

PLAYOFF/CHAMPIONSHIP REQUIREMENT (Post Season Awards)

Information regarding CIF Southern Section Playoff/Championship Requirements and Post Season Awards can be found on the download section of the Cross Country sports page @ www.cifss.org

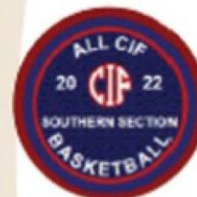


CUSTOM JACKETS

SPECIALIZING IN CIF PATCHES, LETTERMAN
JACKETS, VARSITY LETTERS AND CUSTOM PATCHES



- Official CIF-SS Patch Manufacturer for: Champions, Finalists, All-CIF, Athlete of the Year and Unified Sports
- Official CIF-SS Letterman Jacket Partner
- League patches, custom patches, varsity letters, & emblems available
- Banquet dates guaranteed
- 2 – 3 Week turnaround time on all orders



Place your order online today at
www.jlcustomjackets.com
Contact us at: 951-867-3200 or
customerservice@jlcustomjackets.com
Locations in: Moreno Valley and Anaheim



When pain gets in the way of doing what you love ...

Trust the experts at Hoag & Hoag Orthopedic Institute
Sports Medicine to get you back on the field.

Hoag & Hoag Orthopedic Institute Sports Medicine are proud
to be the Official Orthopedic & Sports Medicine Partner of the
CIF Southern Section.

**Hoag
Orthopedic
Institute.**

SPORTS MEDICINE



We are proudly founded by our premier physicians in partnership with Hoag.

© 2024, Hoag is a registered trademark of Hoag Memorial Hospital Presbyterian. All Rights Reserved.



THE
BEST
USE
THE
BEST

GATORADE

