



10932 PINE STREET
LOS ALAMITOS, CA 90720
(562) 493-9500 • Fax (562) 493-6266

ATHLETIC DIRECTOR

DATE: OCTOBER, 2011
TO: BOYS AND GIRLS CROSS COUNTRY COACHES
FROM: RAINER WULF, ASSISTANT COMMISSIONER
SUBJECT: CIF SOUTHERN SECTION FORD BOYS AND GIRLS CROSS COUNTRY CHAMPIONSHIPS PRESENTED BY FARMERS - PRELIMS AND FINALS MEETS

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

- DATE:** Saturday, November 12, 2011 Preliminaries
Saturday, November 19, 2011 Championships
- SITE:** Mt. San Antonio College
- DIRECTIONS:** See Attached
- 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
Hal Harkness, Meet Manager
Bob McGuire, Assistant Meet Manager
- INTERNET INFORMATION:** You can obtain information regarding heat information and results on the following websites - www.cifss.org; www.dyestatcal.com. SEEDING OF ALL ENTRIES, TEAM AND INDIVIDUAL, WILL BE DONE ON SATURDAY, NOVEMBER 5. THE LAST DATE FOR LEAGUE COMPETITION IS FRIDAY, NOVEMBER 4. THE HEAT SHEETS WILL BE AVAILABLE ON www.dyestatcal.com ON SATURDAY, NOVEMBER 5 AFTER 3:00 P.M. **DO NOT CALL THE CIF-SS OFFICE FOR THIS INFORMATION.**
- PACKET PICK UP: COACHES ONLY** will be able to pick up team packets beginning at 6:30 a.m. Packets will be located 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) coaches admission tickets and a ticket to obtain results. **Coaches are reminded to bring four (4) safety pins per number.**
- ADMISSION TO THE STADIUM:** Coaches and athletes will be admitted beginning at **6:30 a.m.**, spectators will also be admitted beginning at **6:30 a.m.** Spectators must enter through main stadium entrance gate.
- PRELIM SCHEDULE:** Prelim heats/schedule will be available on www.dyestatcal.com Saturday, November 5, 2011 after 3:00 p.m.

10. **CONTESTANT BIBS:** Contestant bibs will be provided for each participant. All runners should pin their contestant number to the front of their running jersey. **DO NOT** pin the tear off strip at the bottom of the bib. This bib is the runner's admission for entrance. ***Coaches are reminded to bring four (4) safety pins per number.***
11. **TEAM SIZE:** Nine names may be submitted from League Finals. Up to two substitutions may be made each day (Prelims/Finals) and reported to George Varvas in the Finish area a minimum of 20 minutes prior to your race time. No changes will be accepted after that deadline. Only nine team members will be allowed to enter through the Athletes Gate.
12. **TIME SCHEDULE FOR 2011 - COMPLETE TIME SCHEDULE WILL BE PUBLISHED WITH SEEDING INFORMATION ON NOVEMBER 5, 2011.**

Prelims - Saturday, November 12

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

Finals - Saturday, November 19

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

13. **AWARDS:** ***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 Elizabeth at (323) 725-1962. Additional ***Champion t-shirts*** (given to championship teams only) may be ordered directly from our supplier. Please contact Greta at the CIF Southern Section for contact information. Additional ***CIF-SS Champion patches*** (Octagon Red or Football shaped) and ***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), ***Finals Patches*** (shape of a shield) for participation in a Finals event for Cross Country, Track & Field or a Swimming Championship, ***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.

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 may be downloaded from our website: www.cifss.org under forms.

14. **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 4 Girls	10:00	Division 2 Boys
9:00	Division 5 Girls	10:20	Division 3 Girls
9:15	Division 4 Boys	10:40	Division 1 Boys
9:30	Division 5 Boys	10:55	Division 2 Girls
9:45	Division 1 Girls	11:15	Division 3 Boys

15. **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.
16. **WARM UP AREA:** No one is permitted to be on the football field in the stadium. The warm up area is on the lower field, southwest of the stadium. Camping is only permitted on the lower field. No school set ups will be allowed on the upper field.
17. **GAMES IN THE WARM UP AREA:** Absolutely **NO** footballs, volleyballs, soccer balls, frisbees, etc. will be allowed in the warm up area on the lower field or on the upper field. **Use of such items could result in a team's disqualification.**
18. **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 Field House.
19. **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), OR FOUR (4) TEAM ENTRIES FOR SEVEN OR EIGHT (7 OR 8) TEAM LEAGUES (7 or 8 **full** teams start at league finals) into the divisional prelims on Saturday, November 12. Meet Managers are reminded that a No. 1, 2, 3 and/or 4 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 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 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 individuals, are due in the CIF-SS Office **NO LATER THAN 9:00 P.M., FRIDAY, NOVEMBER 4. ALL LEAGUE FINAL COMPETITION MUST BE FINISHED BY FRIDAY, NOVEMBER 4.** Entry forms will be provided for League Managers.

20. 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) places and are not members of qualifying teams will also advance.

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

21. ELIGIBILITY LIST: Eligibility lists are required for all teams and all individuals entered in the prelims. **THE LISTS MUST BE FILED WITH THE CIF-SS OFFICE NO LATER THAN THURSDAY, NOVEMBER 10. DO NOT FAX** the eligibility lists. **MAIL THEM** before the deadline, please!

22. 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.

23. COURSE CLOSED: Coaches are reminded the Mt. San Antonio College course will be **CLOSED** to all practice from November 5, 2011, through the CIF Southern Section Championships.

24. STADIUM ACCESS: All participants, coaches, parents and spectators must enter the stadium area through the pedestrian tunnel under Temple Avenue coming from the parking area.

25. PARKING: **There will be a \$3.00 parking fee at Mt. SAC.** ALL parking will be in Lot S, north of Temple Avenue. Buses and school district vehicles will **not** be charged and will be allowed to drop-off in Lot S and will be directed to another area for parking.

26. PURCHASING TICKETS FOR PRELIMS AND 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 each morning at 7:00 a.m. **NO CHECKS OR CREDIT CARDS WILL BE ACCEPTED AT THIS EVENT. CASH ONLY!**

GENERAL ADMISSION/HS STUDENT	\$7.00 prelims	\$8.00 finals
HS STUDENTS WITH CURRENT HS PHOTO I.D.	\$5.00 prelims	\$5.00 finals
CHILDREN 13 & under (under three free)	\$5.00 prelims	\$5.00 finals

27. **PASSES:** CIF-SS courtesy cards, CIF-SS press and 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.**
28. **DRESSING FACILITIES:** There are no dressing facilities available. Contestants are responsible for their own belongings and valuables.
29. **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.
30. **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.
31. **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 2011-2012 CIF-SS Blue Book.
32. **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.
33. **USE OF PINS TO FASTEN CONTESTANT NUMBERS:** All runners should pin their contestant number to the front of their running jersey. **DO NOT** pin the tear off strip at the bottom of the number. **Coaches are reminded to bring four (4) safety pins per number.**
34. **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.
35. **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.**

- 36. 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 included in each team packet.
- 37. 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 REVIEW** ● ● ●

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 26.

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 TO MT. SAN ANTONIO COLLEGE

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 \$3.00 parking fee for all autos except school busses and district marked vehicles.**

STRATEGIES FOR AVOIDING HEAT INJURIES DURING THE 2011 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.

STRATEGIES FOR AVOIDING HEAT INJURIES DURING THE 2011 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 balance of 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, IT'S 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.

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.



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DATE: OCTOBER, 2011
TO: CIF SOUTHERN SECTION
BOYS AND GIRLS CROSS COUNTRY COACHES
FROM: RAINER WULF, ASSISTANT COMMISSIONER
SUBJECT: *UPDATED* 2011 ENROLLMENT CLASSIFICATIONS

Enclosed are the *UPDATED* CBED enrollments for the 2011-2012 school year which have been certified by the State Department of Education for public and private schools from the 2010-2011 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
2011 Boys and Girls Cross Country
Division 1 (2560 and Above)
Tentative until Mid-October, 2011

(B)-Boys; (G)-Girls			ALPHA
ALHAMBRA	3039	POLY (LONG BEACH)	4337
ALISO NIGUEL	2836	POLY (RIVERSIDE)	2785
ALTA LOMA	2656	QUARTZ HILL	3176
ANAHEIM	3341	RANCHO CUCAMONGA	3115
ARCADIA	3671	RANCHO VERDE	3063
ARROYO VALLEY	2896	REDLANDS	2840
BELL GARDENS	3171	RIALTO	2955
BLOOMINGTON	2733	ROOSEVELT	3220
BUENA	2687	SAN CLEMENTE	3048
BURBANK	2709	SAN GORGONIO	2919
BURROUGHS (BURBANK)	2715	SANTA ANA	3085
CABRILLO (LONG BEACH)	3405	SANTA FE	2814
CALIFORNIA	3052	SANTA MONICA	2989
CANYON SPRINGS	2616	SANTIAGO (CORONA)	3691
CAPISTRANO VALLEY	2729	SCHURR	3461
CATHEDRAL CITY	2831	SILVERADO	3502
CENTENNIAL (CORONA)	2970	TEMECULA VALLEY	2642
CHAFFEY	3609	TRABUCO HILLS	3224
CHAPARRAL	3163	TROY	2568
CHINO	2563	UPLAND	3654
CHINO HILLS	2924	VALENCIA (VALENCIA)	3109
COLTON	3370	VALLEY VIEW	2855
CORONA	3120	VENTURA	2623
CRESCENTA VALLEY	2906	VICTOR VALLEY	2739
DANA HILLS	2721	VISTA MURRIETA	3370
DIAMOND BAR	3090	WALNUT	2907
DOWNEY	4130	WARREN	3974
EDISON	2683	WEST COVINA	2892
EL RANCHO	3174	WEST RANCH	2798
EL TORO	2841	WESTMINSTER	2699
ETIWANDA	3242	WHITTIER	2562
FONTANA	3254	WILSON, WOODROW (LONG BEACH)	4305
FOUNTAIN VALLEY	3389	YUCAIPA	2781
GLENDALE	2970		
GREAT OAK	3232		
HERITAGE	2647		
HIGHLAND	3064		
HUNTINGTON BEACH	2764		
JORDAN	3807		
KATELLA	2695		
KING, M.L.	3083		
KNIGHT	3415		
LA QUINTA (LA QUINTA)	2968		
LA SIERRA	3314		
LAKEWOOD	4185		
LOARA	2633		
LOS ALAMITOS	3245		
LOS OSOS	3311		
MARINA	2788		
MILLIKAN	4290		
MISSION VIEJO	2693		
MONTCLAIR	3210		
MONTEBELLO	3764		
NEWBURY PARK	2610		
ONTARIO	2687		
OXNARD	2999		
PACIFICA (OXNARD)	3256		
PALMDALE	3047		
PALOMA VALLEY	2639		
PARAMOUNT	4775		
PIONEER VALLEY	2622		

CIF Southern Section
2011 Boys and Girls Cross Country
Division 2 (2116 - 2559)
Tentative until Mid-October, 2011

ADOLFO CAMARILLO	2371	NORTH, J.W.	2522
ARLINGTON	2243	NORWALK	2313
ARROYO	2302	OAK HILLS	2252
ARROYO GRANDE	2173	PACIFIC	2149
AYALA, RUBEN	2458	PALM SPRINGS	2199
BALDWIN PARK	2318	PATRIOT	2388
BEAUMONT	2342	PENINSULA	2406
BECKMAN	2370	PERRIS	2424
CAJON	2443	REDLANDS EAST VALLEY	2550
CANYON (ANAHEIM)	2337	REDONDO UNION	2431
CANYON (CANYON COUNTRY)	2463	RIGHETTI	2204
CARTER	2320	ROWLAND	2372
CENTURY	2240	ROYAL	2445
CHANNEL ISLANDS	2494	SAN BERNARDINO	2372
CITRUS HILL	2184	SAN GABRIEL	2404
CLAREMONT	2444	SAN JACINTO	2166
COACHELLA VALLEY	2483	SANTA ANA VALLEY	2135
COLONY	2201	SANTIAGO (GARDEN GROVE)	2267
COMPTON	2331	SAUGUS	2423
CULVER CITY	2300	SAVANNA	2268
CYPRESS	2501	SEGERSTROM	2452
DOMINGUEZ	2288	SERRANO	2464
DON LUGO	2290	SIMI VALLEY	2477
DOS PUEBLOS	2271	SULTANA	2202
EASTSIDE	2391	SUNNY HILLS	2517
EISENHOWER	2395	TESORO	2446
EL DORADO	2205	THOUSAND OAKS	2438
EL MODENA	2175	TORRANCE	2142
ELSINORE	2365	VALENCIA (PLACENTIA)	2478
ESPERANZA	2163	VILLA PARK	2485
FOOTHILL	2268	VISTA DEL LAGO	2315
FULLERTON	2143	WESTERN	2220
GARDEN GROVE	2403	WESTLAKE	2309
GLENDORA	2383	WOODBIDGE	2119
GODINEZ	2537		
GOLDEN VALLEY	2260		
HART	2118		
HEMET	2368		
INDIO	2295		
KAISER	2432		
KENNEDY	2275		
LA HABRA	2306		
LA MIRADA	2169		
LA QUINTA (WESTMINSTER)	2162		
LA SERNA	2536		
LANCASTER	2458		
LOS AMIGOS	2186		
LOYOLA (B)	2498		
LYNWOOD	2436		
MAGNOLIA	2187		
MARK KEPPEL	2453		
MAYFAIR	2334		
MIRA COSTA	2360		
MOORPARK	2306		
MORENO VALLEY	2525		
MURRIETA VALLEY	2338		
NEWPORT HARBOR	2507		
NOGALES	2190		
NORCO	2198		
NORTE VISTA	2298		
NORTH (TORRANCE)	2201		

**CIF Southern Section
2011 Boys and Girls Cross Country
Division 3 (1251 - 2115)**

Tentative until Mid-October, 2011

AGOURA	2078	PALOS VERDES	1808
ALEMANY	1669	PASADENA	2085
ANTELOPE VALLEY	1843	PASO ROBLES	1962
APPLE VALLEY	2084	PIONEER	1467
ARTESIA	1692	POMONA	1538
ATASCADERO	1472	RAMONA	2075
AZUSA	1416	RANCHO ALAMITOS	1909
BARSTOW	1519	RIM OF THE WORLD	1416
BELLFLOWER	2000	RIO MESA	2039
BEVERLY HILLS	2055	ROSEMEAD	1942
BISHOP AMAT	1385	RUBIDOUX	1701
BOLSA GRANDE	2079	SADDLEBACK	1946
BONITA	2000	SAN DIMAS	1310
BREA OLINDA	1974	SAN JUAN HILLS	1873
BUENA PARK	1927	SAN LUIS OBISPO	1380
BURROUGHS (RIDGECREST)	1502	SAN MARCOS	1884
CABRILLO (LOMPOC)	1500	SANTA BARBARA	2071
CALABASAS	1871	SANTA MARGARITA	1578
CATHEDRAL (B)	1376	SANTA MARIA	1966
CERRITOS	2100	SERVITE (B)	1894
CHARTER OAK	1911	SIERRA VISTA	1937
CITRUS VALLEY	1649	SONORA	2051
CORONA DEL MAR	1642	SOUTH EL MONTE	1563
COVINA	1489	SOUTH HILLS	2020
DAMIEN (B)	1938	SOUTH PASADENA	1525
DESERT HOT SPRINGS	1887	SOUTH TORRANCE	2100
DESERT MIRAGE	1760	ST. FRANCIS (B)	1342
DIAMOND RANCH	1833	ST. JOHN BOSCO (B)	1520
EL MONTE	1916	ST. JOSEPH (LAKEWOOD) (G)	1446
ESTANCIA	1274	ST. LUCY'S PRIORY (G)	1392
GABRIELINO	1806	TAHQUITZ	1558
GAHR	2023	TEMESCAL CANYON	2093
GANESHA	1482	TEMPLE CITY	2014
GAREY	1937	TUSTIN	2112
GLADSTONE	1467	WEST TORRANCE	2100
GLENN	1602	WEST VALLEY	1783
GRANITE HILLS	1817	WILSON/HACIENDA HEIGHTS	1695
HESPERIA	1969	YORBA LINDA (9-11)	1383
HOOVER	2040	YUCCA VALLEY	1527
HUENEME	1995		
INGLEWOOD	1623		
IRVINE	1881		
JURUPA VALLEY	1911		
LA CANADA	1440		
LA PUENTE	1639		
LAGUNA HILLS	1744		
LAKESIDE	1927		
LITTLEROCK	1786		
LOMPOC	1425		
LOS ALTOS	2025		
LUTHERAN (ORANGE)	1290		
MATER DEI	2083		
MONROVIA	1725		
MOUNTAIN VIEW	1796		
MURRIETA MESA (9-11)	1644		
NORTHVIEW	1591		
NORTHWOOD	1923		
OAK PARK	1356		
OCEAN VIEW	1450		
ORANGE	2104		
PACIFICA (GARDEN GROVE)	1860		
PALM DESERT	2011		

**CIF Southern Section
2011 Boys and Girls Cross Country
Division 4 (501 - 1250)**

Tentative until Mid-October, 2011

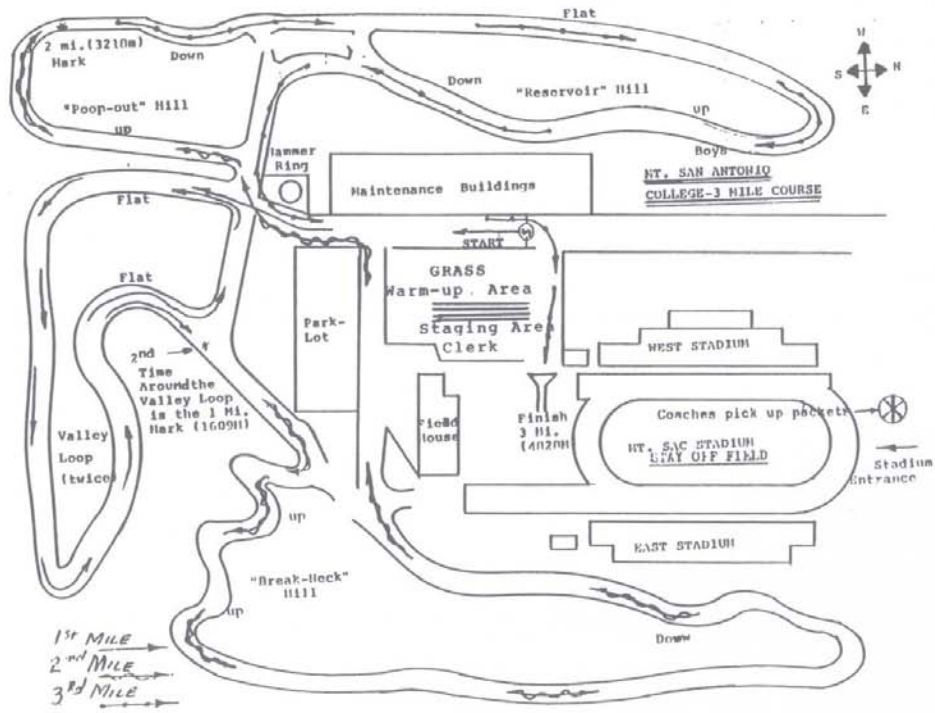
ANIMO LEADERSHIP CHARTER	602	MUIR	939
ARCHER SCHOOL FOR GIRLS (G)	534	NIPOMO	1148
BANNING	1131	NORDHOFF	939
BASSETT	1232	NOTRE DAME (SHERMAN OAKS)	1204
BIG BEAR	838	NOTRE DAME ACADEMY (G)	758
BISHOP CONATY-LORETTO (G)	626	OAKS CHRISTIAN	865
BISHOP MONTGOMERY	1070	ONTARIO CHRISTIAN	511
BISHOP UNION	682	ORCUTT ACADEMY	510
BLAIR	757	OXFORD ACADEMY	723
CALVARY CHAPEL (SANTA ANA)	616	PARACLETE	771
CAMPBELL HALL	536	RAMONA CONVENT (G)	692
CAMS	638	ROSAMOND	826
CANTWELL-SACRED HEART OF MARY	577	ROSARY (G)	1174
CARPINTERIA	687	SALESIAN (B)	840
CENTENNIAL (COMPTON)	1150	SAN GABRIEL MISSION (G)	518
CHAMINADE	1250	SAN MARINO	1137
COSTA MESA	1084	SANTA YNEZ	1032
CRESPI (B)	1124	SERRA	642
DON BOSCO TECH (B)	1020	SHADOW HILLS (9-11)	880
DUARTE	1105	SILVER VALLEY	503
EL SEGUNDO	1178	ST. BONAVENTURE	540
EXCELSIOR EDUCATION CTR.	901	ST. GENEVIEVE	574
FAIRMONT PREPARATORY	541	ST. JOSEPH (SANTA MARIA)	561
FILLMORE	1074	ST. MARY'S ACADEMY (G)	728
FLINTRIDGE SACRED HEART (G)	832	ST. MONICA CATHOLIC	555
HARVARD-WESTLAKE	1173	ST. PAUL	569
HAWTHORNE MSA	592	TEMPLETON	726
IMMACULATE HEART (G)	1052	TWENTYNINE PALMS	780
JSERRA	969	UNIVERSITY PREP	663
JURUPA HILLS (9-11)	1044	VALLEY CHRISTIAN (CERRITOS)	603
KERN VALLEY	561	VASQUEZ	585
LA REINA (G)	740	VERBUM DEI (B)	526
LA SALLE	741	WESTRIDGE (G)	562
LAGUNA BEACH	1012	WHITNEY	692
LENNOX ACADEMY	547	WHITTIER CHRISTIAN	657
LOS ANGELES BAPTIST	533	WORKMAN	1175
LOUISVILLE (G)	872		
MALIBU	652		
MARANATHA	649		
MARLBOROUGH (G)	732		
MARSHALL FUNDAMENTAL	1018		
MARYMOUNT (G)	726		
MAYFIELD (G)	606		
MILKEN COMMUNITY	571		
MORNINGSIDE	1084		
MORRO BAY	849		

**CIF Southern Section
2011 Boys and Girls Cross Country
Division 5 (500 and Below)**

Tentative until Mid-October, 2011

ACADEMY/ACADEMIC EXCELLENCE	423	MARYWOOD - PALM VALLEY	104
ACADEMY CAREERS/EXPLORATION	187	MESA GRANDE ACADEMY	128
AGBU (PASADENA)	124	MIDLAND	81
ALVERNO (G)	404	MONTCLAIR PREPARATORY	211
APPLE VALLEY CHRISTIAN	76	NEW COMMUNITY JEWISH	398
AQUINAS	341	NEW ROADS	390
ARROWHEAD CHRISTIAN ACADEMY	325	NOLI INDIAN	59
AVALON	200	NOTRE DAME (RIVERSIDE)	482
BELLARMINE- JEFFERSON	273	NUVIEW BRIDGE	383
BESANT HILL	95	OAKWOOD	312
BETHEL BAPTIST	40	OJAI VALLEY	101
BETHEL CHRISTIAN (RIVERSIDE)	47	PACIFIC HILLS	125
BETHEL CHRISTIAN (LANCASTER)	49	PACIFIC LUTHERAN	309
BISHOP DIEGO	296	PACIFICA CHRISTIAN	183
BLOOMINGTON CHRISTIAN	224	PADRE PIO	19
BORON	158	POLY (PASADENA)	374
BOYS REPUBLIC (B)	272	PROVIDENCE	373
BRENTWOOD	471	PROVIDENCE HALL	71
BRETHREN CHRISTIAN	248	REDLANDS ADVENTIST ACAD.	114
BRIDGES ACADEMY	71	RENAISSANCE ACADEMY	34
BUCKLEY	301	RIBET ACADEMY	166
CALIFORNIA CITY	450	RIVERSIDE CHRISTIAN	167
CALIFORNIA LUTHERAN	88	RIVERSIDE PREP	444
CALVARY CHAPEL (DOWNEY)	326	ROLLING HILLS PREP	165
CALVARY CHAPEL (MORENO VALLEY)	95	SACRED HEART OF JESUS (G)	476
CALVARY CHRISTIAN (NEW)	20	SADDLEBACK VALLEY CHRISTIAN	234
CALVARY MURRIETA	367	SAGE HILL	429
CAPISTRANO VALLEY CHRISTIAN	176	SAN GABRIEL ACADEMY	213
CATE	278	SANTA CLARA	367
CHADWICK	376	SANTA ROSA ACADEMY	209
COAST UNION	234	SHERMAN INDIAN	268
CONNELLY (G)	440	SIERRA CANYON	310
CORNERSTONE CHR.(WILDOMAR)	85	SOUTHLANDS CHRISTIAN	198
COUTIN	49	SOUTHWESTERN ACADEMY	123
CREAN LUTHERAN	452	ST. ANTHONY	366
CROSSROADS	499	ST. BERNARD	339
CROSSROADS CHRISTIAN (9-10)	44	ST. MARGARET'S	429
CSDR	168	ST. MATTHIAS (G)	442
DESERT	416	ST. MICHAEL'S PREP (B)	98
DESERT CHRISTIAN (LANCASTER)	438	ST. MONICA ACADEMY	64
DUNN	166	SUMMIT	193
EASTSIDE CHRISTIAN	84	SUMMIT VIEW	87
EDGEWOOD (9-10 NEW)	400	SUMMIT VIEW WEST	65
EINSTEIN, ALBERT (9 NEW)	30	TARBUT V'TORAH	143
EMERSON HONORS	80	TEMECULA PREP	220
ENCORE	371	THACHER	253
ENVIRONMENTAL CHARTER	471	UNIVERSITY	251
FLINTRIDGE PREPARATORY	415	UPLAND CHRISTIAN ACADEMY	137
FRAZIER MOUNTAIN	417	VAN HORN CENTER (B)	68
GLENDALE ADVENTIST	240	VICTOR VALLEY CHRISTIAN	134
GRACE BRETHREN	298	VIEWPOINT	458
GROVE	122	VILLAGE CHRISTIAN	412
HALSTROM	109	VILLANOVA PREP	291
HAMILTON	389	VISTAMAR	366
HESPERIA CHRISTIAN	95	WAVERLY	100
HILLCREST CHR. (GRANADA HILLS)	227	WEBB	377
HOLY FAMILY (G)	470	WEST VALLEY CHRISTIAN	63
HOLY MARTYRS	181	WESTERN CHRISTIAN	356
LA SIERRA ACADEMY	268	WILDWOOD	235
LAGUNA BLANCA	170	WINDWARD	362
LINFIELD CHRISTIAN	345	WOODCREST CHRISTIAN	360
LONE PINE	121	XAVIER PREP	433
MAMMOTH	285	YESHIVA	184
MARY STAR OF THE SEA	500		

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