



## **2009 CROSS COUNTRY STATE CHAMPIONSHIPS**

- Date:** Saturday, November 21, 2009
- Site:** Woodward Park (Fresno, CA)
- Host College:** Fresno City College
- Starting Times:** Women's Race - 3.1 miles @ 10:00 A.M.  
Men's Race - 4.0 miles @ 11:00 A.M.
- Host Hotel:** **Ramada Inn-Fresno**  
324 East Shaw Avenue  
Fresno, CA 93710  
Phone: (559) 224-4040
- Coaches Meeting:** Ramada Inn – **8:00 PM on Friday night (Palm B Meeting Room).**
- Qualifying:** At the Regional Championships, 50 percent of the scoring teams may qualify to the State Championships, in accordance with the following parameters. Initially, there will be a minimum of (10) and a maximum of (14) teams that qualify from each region. For example, if there are (25) complete teams in the regional results, the number of qualifying teams to the State Meet would be  $25 \times .50 = 12.5$ . That number would then be rounded up to 13. **However**, if one region does not meet the maximum number (14), and the other region has a reserve of qualifiers, that region may add the next best qualified teams to fill the field to a maximum of (28) teams.
- The top (25) individuals not on a qualifying team who place in the top 50% of the regional finishers shall also advance to the State Meet.
- Tee Shirts:** Souvenir State Championship short sleeve T-Shirts will be available for \$15.00 each. A long sleeve version will cost \$ 20.00 each.
- No Spikes Rule:** Spikes will **not be allowed** on the course for safety reasons. Any athlete wearing spikes will be disqualified.
- Uniform Rule:** **Will be enforced.** Athletes will be asked to leave the starting line if they do not meet the current guidelines. No midriff must be showing while standing straight, and the uniform must have a college identifying name and/or logo visible on the front of the uniform.

- Awards:** Team and individual presentations will be made near the finish line at the conclusion of the Men's Race. The Top three (3) teams will receive a plaque and each participant on those teams will receive an individual medal. In addition, a medal will also be awarded to the Top 14 finishers in both the Women's and the Men's Race.
- Entry Fee:** **\$11.00 per Athlete.** Checks are to be made payable to the **FCC Cross Country Fund.** Please do **not** mail your check. Bring a check or cash to the meet.
- Chip Timing:** A chip must be tied into each competitor's shoe that corresponds to the competitor's bib number. A **\$25.00 replacement fee** will be assessed for any chip that is lost.
- Entry Deadline:** Athletes must be entered through ***directathletics.com*** by **Thursday, November 12, 2009, at 5:00 PM.**
- A late fee of \$25 per athlete will be assessed after the entry deadline (\$100 maximum).**
- Substitutions:** You may enter up to (7) athletes through ***directathletics.com.*** Substitutions may be made at the Friday night Coaches Meeting at the Ramada Inn, or on Saturday morning from **8:15 – 9:15 AM.**
- Course Maps:** May be downloaded from the [www.norcalstat.com](http://www.norcalstat.com) website.
- Course Marshalls:** USATF certified officials will be positioned along the course to disqualify any athlete(s) for a rule or decorum violation, and that includes within the finish chute. Failure to follow a meet official's directions is a decorum violation.
- Protest Forms:** There will be a Protest Form in each team packet. If you have an athlete(s) disqualified, you may file a written protest with the Meet Referee. The protest form must be accompanied with a \$20.00 (cash) processing fee. That fee will be refunded in full if the Jury of Appeals reverses the Meet Referee's decision.
- Lodging:** See the [www.norcalstat.com](http://www.norcalstat.com) site for hotel information provided by the Fresno Visitors and Convention Bureau.
- CCCAA Lunches:** The CCCAA is providing additional funds outside of our budget to provide all competitors with a souvenir beanie and a post-race lunch.
- Questions:** **Event Manager:**  
Gary Bluth Head Cross Country Coach @ FCC  
Email: [gary.bluth@fresnocitycollege.edu](mailto:gary.bluth@fresnocitycollege.edu)  
Office Phone: (559) 442-4600 (ext. 8440)  
Home Phone: (559) 434-7945 (only during the evening)