



CCCAA CROSS COUNTRY STATE CHAMPIONSHIPS

Fact Sheet

- Date:** November 19, 2011
- Host Conference:** Central Valley
- Host Institution:** Fresno City College
- Venue:** Woodward Park
7775 Friant Road
Fresno, CA 93720
- Admission:** No charge
- Race 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-University
324 East Shaw Avenue
Fresno, CA 93710
Phone: (559) 224-4040
- Coaches Meeting:** Friday, Nov. 18 @ 8:00 pm [**Ramada Inn – Van Ness Meeting Room**]
- Event Manager:** Gary Bluth
Head Cross Country Coach [FCC]
Phone: (559) 442-4600 ext. 8440 or (559) 434-7945 in the evenings
Email: gary.bluth@fresnocitycollege.edu
- 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.

- Official Apparel:** Souvenir CCCAA 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 student-athlete wearing spikes will be disqualified.
- Uniform Rule:** **Will be strictly enforced.** Student-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 (3) teams will receive a plaque. In addition, a medal will also be awarded to the Top 14 individual finishers in both the Women's and the Men's Race.
- Entry Fee:** **\$12.00 per student-athlete.** Checks should 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:** Student-athletes must be entered through ***directathletics.com*** by **Thursday, November 10, 2011, at 5:00 PM.**
- *Note: A late fee of \$100 per athlete will be assessed after the entry deadline (\$300 maximum).**
- Substitutions:** You may enter up to (7) student-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*** website.
- Course Umpires:** USATF certified officials will be positioned along the course to disqualify any student-athlete(s) for a rule or decorum violations, 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 site for hotel information provided by the Fresno Visitors and Convention Bureau.
- CCCAA Memento:** The CCCAA will be providing a Championship memento to each participant.
- All-American** The top 14 finishers in each race at the State Championships who are

Certificates:

American citizens or who graduated from an American high school are eligible for All-American status. Should several foreign athletes place high in the race, a runner must also place in the overall Top 25 to be eligible. The cost will be \$15.00 (2 copies).

Course Maps:

Please click [HERE](#) for the women's map and [HERE](#) for the men's map.

