



SECTION NINE CROSS COUNTRY

2016

O.C.I.A.A.
M.H.A.L.

INTRODUCTION

Interscholastic Athletics is an inherent part of the total education program for students in the secondary schools of Orange, Sullivan, and Ulster Counties. Our athletic programs will be properly organized, administered, and conducted, to provide opportunities for students to participate in athletic activities which ensure the health and safety of the athletes and spectators, promote growth and development, teach social and recreational skills, and develop leadership qualities. These values are more rapidly attained when the program is founded upon the highest standards and ethical practices developed and adhered to by all member schools.

This handbook sets forth the policies and practices for participation in Section Nine post-season competition. It is designed to inform and update all coaches, athletic directors, principals and superintendents of the procedures set forth by the NYSPHSAA and the National Federation. These procedures and policies apply to allow schools participation in post-season competition beginning with Sectional play and continuing through the State Tournament. Although dates may change from year to year, most information will remain constant.

revised 08/29/16

SECTION IX CROSS COUNTRY

2016

Sport Committee Members

BOY'S CHAIR

Jim Glover

Monroe Woodbury HS
c/o Central Valley Elementary
45 Rt. 32
Central Valley, NY 10917

845-988-6618 cell
845-460-6700 X6744 School
845-460-6067 fax

jglover@mw.k12.ny.us e-mail

GIRL'S CHAIR

Joe Cahill

Kingston HS
403 Broadway
Kingston, NY 12401

845-901-9261

jmcrun2000@gmail.com

jcahill@kingstoncityschools.org

BOY'S ASSISTANT CHAIR

Mike White

Washingtonville HS
Rt. 94
Washingtonville, NY

845-497-7060
845-497-4000 x24598

mwhite@ws.k12.ny.us

GIRL'S ASSISTANT CHAIR



Section IX Coaches Code of Conduct

In order to ensure that the principles of sportsmanship, fair play, skill development, and mutual respect among players, coaches, officials and spectators are the primary considerations governing competition in Section IX, the following Code of Conduct has been established and adopted.

Each coach shall:

1. Know the rules and abide by them. Instruct team members in the rules and coach his team in such a way as to motivate each player to compete according to the rules at all times.
2. Respect the game officials and refrain from questioning their decisions in a disrespectful or abusive manner. No negative comments in media.
3. Ensure that the players, coaches and spectators follow all facility rules and regulations, respecting at all times the property of others.
4. Assist the game officials in maintaining control of spectators during the games when necessary.
5. Respect the coaches and players of the opposing team and demonstrate appropriate gestures of sportsmanship during the play of the game and at its conclusion. Be humble and generous in victory. Be proud and courteous in defeat. Teach each player, especially through personal example, to be humble and generous in victory and proud and courteous in defeat.
6. Maintain emotional and physical control, avoiding the use of abusive language or profanity, humiliating remarks, gestures of ill temper, and physical assault upon another individual. Coaches should refrain from making comments from the bench during an opponent's shot from the free throw line.
7. Instruct team support personnel (e.g., assistant coaches, managers, scorebook keepers, and timekeepers) in their responsibilities in accordance with established rules and procedures.
8. Realize, accept, and practice the principle that a team's reputation is built not only on its playing ability, but also on its sportsmanship, courtesy and conduct.

2015-2016
SECTION IX CROSS COUNTRY

Official starting date: Monday, August 15TH, 2016

Rules: NFHS Track & Field and Cross Country Rule book.
NYSPHSAA Handbook

NYSPHSAA Rules:

of practices before 1st scrimmage: 10 Team 8 Ind.
of practices before 1st meet: 10 Team 10 Ind.
nights rest between competition: 2
maximum contests/Team & Ind: 16
contest/day 1 race. max distance 3.1 miles/5000 meters
contests/week: 2
contests to be eligible for sections: 6

MODIFIED;

of practices before 1st scrimmage: 8 Team 6 Ind.
of practices before 1st meet: 8 Team 6 Ind.
nights rest between competition: 3
maximum contests/Team & Ind: 10
contest/day 1 race. First ½ of season, 1.5 m Second ½ 2.0 m max

RULES RESOURCES: PLEASE READ THE NFHS RULE BOOK AND THE NYSPHSAA HANDBOOK. IT IS YOUR RESPONSIBILITY TO KNOW THE RULES THAT GOVERN OUR SPORT!

NYSPHSAA HANDBOOK: <http://www.nysphsaa.org/handbook/>

NFHS: <http://www.nfhs.org/category.aspx?taxid=131>

NYSPHSAA Sanctioning Policy:

You must compete only in meets sanctioned by NYSPHSAA or NFHS. Failure to comply with these regulations may cause a team or individuals to be ineligible from that date of participation for the remainder of that sport season.

Your school must ensure that the contest is a sanctioned contest by filing a Notice of Entry with the NYSPHSAA. Your AD should do this. Go to this link:

<http://www.nysphsaa.org/sanctioning/>

SECTION IX 2015-16 XC CLASSIFICATION (from NYSPHSAA website)

1	NEWBURGH FREE ACAD	2474	A		
2	MONROE WOODBURY HIGH SCHOOL	1750	A		
3	MIDDLETOWN HIGH SCHOOL	1585	A		
4	KINGSTON SENIOR HIGH SCHOOL	1412	A		CUT OFF #'S
5	PINE BUSH SENIOR HIGH SCHOOL	1300	A	A	850+
6	VALLEY CENTRAL HIGH SCHOOL	1088	A		
7	WARWICK VALLEY HIGH SCHOOL	1034	A	B	445-849
8	MINISINK VALLEY HIGH SCHOOL	1014	A		
9	WASHINGTONVILLE HIGH SCHOOL	997	A	C	261-444
10	FRANKLIN D. ROOSEVELT SENIOR HIGH SCHOOL	967	A		
11	POUGHKEEPSIE HIGH SCHOOL	879	A	D	0-260
1	CORNWALL CENTRAL HIGH SCHOOL	798	B		
2	WALLKILL SENIOR HIGH SCHOOL	743	B		
3	GOSHEN CENTRAL HIGH SCHOOL	723	B		
4	MONTICELLO HIGH SCHOOL	698	B		
5	SAUGERTIES SENIOR HIGH SCHOOL	697	B		
6	PORT JERVIS SENIOR HIGH SCHOOL	613	B		
7	NEW PALTZ SENIOR HIGH SCHOOL	562	B		
8	RED HOOK SENIOR HIGH SCHOOL	493	B		
1	MARLBORO CENTRAL HIGH SCHOOL	440	C		
2	RONDOUT VALLEY HIGH SCHOOL	430	C		
3	HIGHLAND HIGH SCHOOL	425	C		
4	SPACKENKILL HIGH SCHOOL	393	C		
5	ELLENVILLE HIGH SCHOOL	390	C		
6	JAMES I. O'NEILL HIGH SCHOOL	376	C		
7	LIBERTY HIGH SCHOOL	365	C		
8	JOHN S. BURKE HIGH SCHOOL	364	C		
9	ONTEORA HIGH SCHOOL	317	C		
10	DOVER HIGH SCHOOL	315	C		
11	RHINEBECK SENIOR HIGH SCHOOL	305	C		
12	CHESTER JUNIOR SENIOR HIGH SCHOOL	304	C		
13	FALLSBURG JUNIOR SENIOR HIGH SCHOOL	302	C		
14	TRI-VALLEY SECONDARY SCHOOL	261	C		
15	MOUNT ACADEMY* (COMPETING AS A C SCHOOL FOR XC)	152	D		
1	SULLIVAN WEST HIGH SCHOOL	251	D		
2	MILLBROOK HIGH SCHOOL	250	D		
3	STISSING MOUNTAIN HIGH SCHOOL	247	D		
4	WEBUTUCK MS HIGH SCHOOL	178	D		
5	S.S. SEWARD INSTITUTE	169	D		
8	ELDRED JUNIOR SENIOR HIGH SCHOOL	142	D		
9	JOHN A. COLEMAN HIGH SCHOOL	126	D		
10	LIVINGSTON MANOR HIGH SCHOOL	103	D		
11	GEORGE F BAKER HIGH SCHOOL	58	D		
12	ROSCOE HS (COMPETES IN SEC 4 W/DOWNSVILLE)	55	D		
13	AEF CHAPEL FIELD SCHOOL	53	D		
14	WAWARSING CHRISTIAN ACADEMY	13	D		

Section Nine Championships
Friday November 4th, 2016
Bear Mountain State Park

Schedule of Races:

GIRLS:

B	10:30 am
C	11:00 am
D	11:30 am
A	12:00 pm

BOYS:

B	12:30 pm
C	1:00 pm
D	1:30 pm
A	2:00 pm

Step One:

SECTION IX CHAMPIONSHIP MEET ENTRY PROCEDURE:

1. Create an account on Milesplit's website at ny.milesplit.com
2. Enter or update your team's roster

Step Two

To enter your team in the Section IX championships, log on to ny.milesplit.com and follow the procedures for entering team roster into a meet.

1. Go to <http://ny.milesplit.com> - calendar-Section IX Championship
2. Click "register online now"
3. Enter meet.
4. Online entries will be open until 9:59 p.m. Tuesday, November 1st

IMPORTANT:

Deadline: Tuesday, November 1st, 2016 9:59 pm

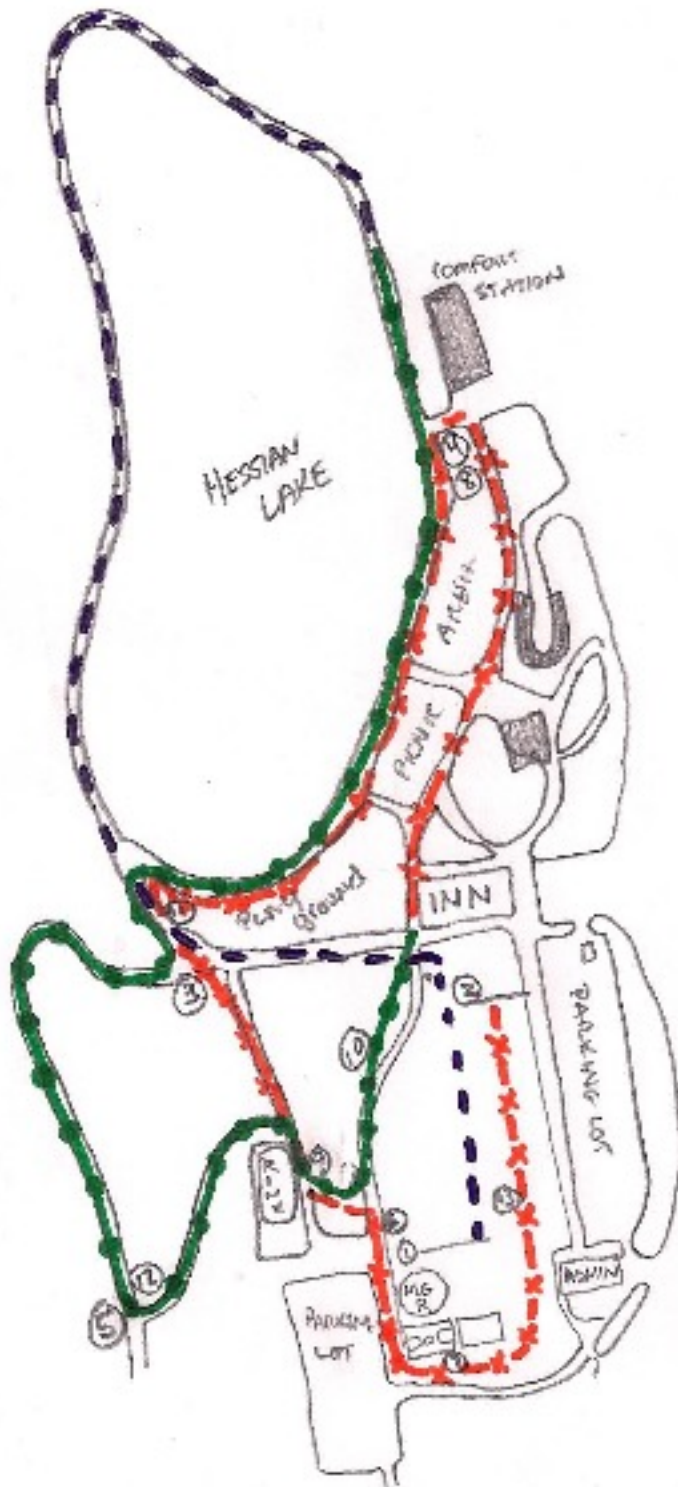
Limit: You may enter **10 athletes**. YOU MAY ONLY **RUN 7**.

Eligibility: Athletes must have participated in 6 sanctioned cross-country meets to be eligible. It is you and your Athletic Directors responsibility to certify that your athletes have met all requirements to participate in the Section IX championships. A medical waiver may be petitioned through the Section IX council. Your AD must do this. If an athlete's eligibility is questioned, the coach will be asked to show proof at that time that the athlete has competed in the required number of meets.

You can use the NYSPHSAA Cross Country competition form to keep track. Form can be found at the end of this handbook.

Thank you for your cooperation.

Bear Mt. SP Cross Country course



SECTION IX CHAMPIONSHIPS MEET PROCEDURES

Your cooperation is requested in the following manner:

1. Pick up packets from scorer table near finish line. If you need to make any changes to your line up, please see Dan Morse no later than 10 am for boys and 12 noon for girls.
2. Make sure your runners report to the starting line no later than **10 minutes** before your scheduled race. Starting positions will be posted on race day.
3. Make sure that your runners have their identification tags pinned to the front of their shirt. **DO NOT PUT PIN IN THE HOLE!!!** Make sure that the tag has the correct information on it. **IF YOU HAVE ANY QUESTIONS, PLEASE SEE JOE CAHILL or JIM GLOVER, IMMEDIATELY.** Any runner without a tag will not be allowed to run.
4. Upon the conclusion of the race, each runner will be handed a number at the end of the chute. Please take these from your runners and fill out your scorecard.
5. **PLEASE** return the cards with your scorecard to scoring table within **5 MINUTES** after the conclusion of your race.
6. Make sure your runners know the course. If there are any questions, ask **BEFORE** your race is run.
7. **PLEASE** do not bother the officials for results. Results will be posted near the finish line. All results will be posted online.
8. **Awards:** All state qualifiers will receive section IX patches. Plaques to Team Champions.
9. **State Qualifiers:** Team champion from each class. The first five runners *not* on the winning team will also qualify.
10. **Please** pick up your award packet at the scorer table. It contains important information for the state meet.

Section IX Championships Jury of Appeals:

Jim Glover	Boys Chair
Joe Cahill	Girls Chair
Mike White	Class A
Greg Rafferty	Class B
OPEN	Class C
OPEN	Class D
Meet Referee	Starter

NYSPHSAA CHAMPIONSHIPS

Saturday November 12th, 2015

Section IV
CHENANGO VALLEY STATE PARK
Chenango Forks, NY 13746

Hotel and meet information can be found here:
www.tajames.com/home.html

Schedule

OPENING CEREMONY: 8:45

This schedule **may** change by meet time.

GIRLS:

B	9:00	AWARDS 10:00
C	9:30	AWARDS 10:30
D	10:00	AWARDS 11:00
A	10:30	AWARDS 11:30

BOYS:

B	11:00	AWARDS 12:00
C	11:30	AWARDS 12:30
D	12:00	AWARDS 1:00
A	12:30	AWARDS 1:30

NYS FEDERATION CROSS COUNTRY CHAMPIONSHIPS

SATURDAY, NOVEMBER 19TH, 2016

BOWDOIN PARK

WAPPINGERS FALLS, NY

GIRLS RACE: 12:15 PM

BOYS RACE 1:00 PM

The NYS Federation of Secondary School Athletic Associations brings together the four separate member associations for NYS high school sports to crown a “true” NYS cross country team and individual champion. They are:

NYSPPHSAA (Public Schools)
PSAL (NYC Public School)
CHSAA (NYS Catholic Schools)
NYSAISAA (Private Schools)

Each association is allotted a set number of teams and individuals to send to the meet.

<u>QUOTAS</u>	<u>TEAMS</u>	<u>AT- LARGE TEAMS</u>	<u>INDIVIDUALS</u>
NYSPPHSAA	9	7	40
CHSAA UPSTATE	1*		3
CHSAA	3*	3*	12
PSAL	3*		12
AIS	1*		3
TOTALS	17	10	70

*Four starred groups eligible for the three at-large bids. Fed Chair is final selector. Entries are limited to qualifiers through their association championships, approved by their association chairperson and meet the Federation qualifying criteria and quotas.

For the NYSPHSAA, teams are selected by the cross-country committee immediately following the NYSPHSAA championships. Once the teams are selected, the top individuals are chosen. The top 18 individuals not on a selected team automatically qualify. After that, each section gets their top two finishers to qualify for a total of 40 individuals. Some athletes and teams elect not to participate in the meet. We need to know if your team or athletes wish to be considered. To be considered, Section 9 coaches must fill out an entry form and submit it to us at the Section IX Championships. You must fill out the form for individuals also. We will assume that if you wish to go as a team, any individual on that entry will also wish to participate if the team is not selected. Teams should also submit any supporting data that will help us get your team selected. (See cross-country federation process for the process.)

If you think your team or individual has a shot for selection to the NYS Federation Championship meet and would like to be considered, please fill this form out and hand in (with supporting information for team only) to us at the Section 9 meet.

Cross Country Federation Selection Process, Updated 8/20/04

No process is perfect. However, the intent of the enclosed Federation Selection Procedure is to design a process that provides specific guidelines and consistency in the selection process from year to year.

In an effort to allow all teams that are being considered for advancement to the Federation Meet to be judged on related data, information should be gathered for each team from Invitationals and quality dual meets that have taken place during the **last six weeks of the season**. Information presented prior to the McQuaid Invitational cannot be used in any decision making process. The following data is recommended to allow for comparisons between teams:

- 1 The Individual Winning Time and Distance of each race.
- 2 Team Scores.
- 3 The Number of Runners in each race.
- 4 The times of the winning teams 1st through 5th Runner, Cumulative Team Time for 1st through 5th Runner, and Team Average Time for 1st through 5th Runner.
- 5 The times of the petitioning teams 1st through 5th Runner, Cumulative Team Time for 1st through 5th Runner, and Team Average Time for 1st through 5th Runner.
- 6 The times of any potential at-large teams 1st through 5th Runner, Cumulative Team Time for 1st through 5th Runner, and Team Average Time for 1st through 5th Runner.

(See the Excel Federation Comparison Chart for a Working Document to organize this data.)

Team Selection Procedures

- 1 Friday before the State Meet, the Boys' and Girls' Cross Country Coordinators shall meet and rank the teams that are not participating in the state meet and could be considered for an at-large bid. These teams should be ranked based upon the information received from the committee and each team's respective Section Coordinator. The Federation Comparison Chart is recommended as a guideline for this process. After discussion and ranking, not to exceed 15 minutes, a majority vote is taken to finalize the ranking of these teams. If a majority is reached from the committee the ranking is finalized. If a majority is not reached, additional discussion and voting continues until a majority is reached.
- 2 After the completion of the entire State Meet, both the Boys' and Girls' Federation Committees will meet in separate rooms to make the Federation selections. Data that can be used to make the selections for teams advancing to the Federation Meet is the rankings of at-large teams from Friday's meeting, Merged Results (Including the Team Cumulative Times and Average Times for 1st through 5th Runner), the Individual Class Results from the NYSPHSAA State Meet and any information from the Federation Comparison Charts obtained from the past six weeks.

NOTE: If a team that participates in the NYSPHSAA State Meet wins head to head in its Class but loses to that team in the merge, the Teams Cumulative Time of the 1st through 5th Runner should take precedence in order to determine the better team.

- 3 A Team that participates in the NYSPHSAA State Meet and finishes as one of the top 5 teams in the Merged Results will automatically advance to the Federation Meet. If any of these five teams fail to accept the advancement, the committee cannot automatically accept the 6th spot. (Maximum of 5 Teams can be selected after this Step).

- 4 The Winning Team from each Class at the NYSPHSAA State Meet will automatically advance to the Federation Meet if they finish between 6th or 10th place. If any of these teams fail to accept the advancement, the committee cannot offer the position to the second place team in that class. (Maximum of 9 Teams could be selected after this Step).
- 5 The Teams that are remaining from the NYSPHSAA State Meet that remaining in the merge should be re-ranked based upon the Teams Cumulative Time of their 1st through 5th Runner from the NYSPHSAA State Meet Results. Discussion (Maximum of five minutes) should take place regarding the fairness of this ranking and adjustments may be made. After discussion, a majority vote is taken to finalize the ranking of these teams. If a majority is reached from the committee the ranking is finalized. If a majority is not reached another five minutes of discussion is allowed. If a majority cannot be reached at this time, then the teams stay ranked based upon their cumulative time.
- 6 At-large bids are considered at this point. The remaining ranked teams from the NYSPHSAA State Meet are compared to the Top Teams from the At-Large Ranking that was voted on at Friday's meeting. Discussion is allowed for three minutes and a majority vote is then taken to determine which of the two teams advances to the Federation Meet. This process continues until 13 teams have been selected to the Federation Meet.
- 7 At this point, Section Coordinators are asked to remove any team from their respective section that is not deserving of one of the three final spots. Five minutes of discussion is allowed on the remaining teams and then a vote is initiated. Each Section votes for three teams and ranks them in order 1st, 2nd, 3rd. When tallying the votes, 1st Place Teams earn 5 points, 2nd place Teams earn 3 Points and 3rd place Teams earn 1 point. The three teams with the most points will advance to the Federation Meet. If there is a tie that prevents the advancement of a third team, then a majority vote is taken to break that tie.

Individual Selection Process

After all the teams have been removed from the merge of the NYSPHSAA State Meet the first 18 individuals will advance to the state meet. After these individuals are selected, each Section Coordinator selects two additional individuals from their respective section.

Companion Documents: ... To download, go to:

<http://www.tullyrunners.com/XC2004/FedRankProcedure.htm>

Then click:

Microsoft Excel Comparison Chart ... working document to organize data

Hand Calculation Only Document

