



SECTION NINE CROSS COUNTRY

2018

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.

SECTION IX CROSS COUNTRY

2018

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
845-460-6067 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



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.

2018-2019

SECTION IX CROSS COUNTRY

Official starting date: Monday, August 13TH, 2018

Modified starting date: 1st day of school.

Rules: NHFS Track & Field and Cross Country Rule book.

NYSPPHSAA Handbook

NYSPPHSAA 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
******NEW LAST YEAR!! MODIFIED XC ATHLETES MAY WEAR SPIKES!******

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

NYSPPHSAA HANDBOOK: <http://www.nyspphsaa.org/handbook/>

NFHS: <http://www.nfhs.org/activities-sports/track-fieldcross-country/>

NYSPPHSAA Sanctioning Policy:

You must compete only in meets sanctioned by NYSPPHSAA 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 NYSPPHSAA. Your AD should do this. Go to this link:
<http://www.nyspphsaa.org/ADs-Coaches/Sanctioning>

SECTION IX 2015-17 XC CLASSIFICATION (from NYSPHSAA website)

1	NEWBURGH FREE ACAD	2452	A	
2	MONROE WOODBURY HIGH SCHOOL	1723	A	
3	MIDDLETOWN HIGH SCHOOL	1723	A	CUT OFF #'S
4	KINGSTON SENIOR HIGH SCHOOL	1471	A	
5	PINE BUSH SENIOR HIGH SCHOOL	1317	A	A 830+
6	WASHINGTONVILLE HIGH SCHOOL	1058	A	
7	VALLEY CENTRAL HIGH SCHOOL	1027	A	B 446-829
8	WARWICK VALLEY HIGH SCHOOL	970	A	
9	MINISINK VALLEY HIGH SCHOOL	955	A	C 240-445
10	FRANKLIN D. ROOSEVELT SENIOR HIGH SCHOOL	911	A	
				D 0-239
1	CORNWALL CENTRAL HIGH SCHOOL	829	B	
2	GOSHEN CENTRAL HIGH SCHOOL	708	B	
3	WALLKILL SENIOR HIGH SCHOOL	704	B	
4	MONTICELLO HIGH SCHOOL	662	B	
5	SAUGERTIES SENIOR HIGH SCHOOL	615	B	
6	NEW PALTZ SENIOR HIGH SCHOOL	603	B	
7	PORT JERVIS SENIOR HIGH SCHOOL	552	B	
8	RED HOOK SENIOR HIGH SCHOOL	509	B	
9	RONDOUT VALLEY HIGH SCHOOL	460	B	
10	*MOUNT ACADEMY* (COMPETING IN CLASS B FOR XC)	129	D*	
1	MARLBORO CENTRAL HIGH SCHOOL	423	C	
2	HIGHLAND HIGH SCHOOL	402	C	
3	LIBERTY HIGH SCHOOL	386	C	
4	JAMES I. O'NEILL HIGH SCHOOL	360	C	
5	ELLENVILLE HIGH SCHOOL	362	C	
6	SPACKENKILL HIGH SCHOOL	349	C	
7	ONTEORA HIGH SCHOOL	325	C	
8	DOVER HIGH SCHOOL	318	C	
9	FALLSBURG JUNIOR-SENIOR HIGH SCHOOL	293	C	
10	JOHN S. BURKE HIGH SCHOOL	286	C	
11	CHESTER ACADEMY	278	C	
12	RHINEBECK SENIOR HIGH SCHOOL	273	C	
13	SULLIVAN WEST HIGH SCHOOL	255	C	
14	TRI-VALLEY SECONDARY SCHOOL	243	C	
15	MILLBROOK HIGH SCHOOL	241	C	
1	STISSING MOUNTAIN HIGH SCHOOL (PINE PLAINS)	209	D	
2	S.S. SEWARD INSTITUTE	181	D	
3	WEBUTUCK MS HIGH SCHOOL	157	D	
4	ELDRED JUNIOR SENIOR HIGH SCHOOL	139	D	
5	LIVINGSTON MANOR HIGH SCHOOL	93	D	
6	JOHN A. COLEMAN HIGH SCHOOL	81	D	
7	GEORGE F BAKER HIGH SCHOOL	46	D	
8	AEF CHAPEL FIELD SCHOOL	55	D	
9	*ROSCOE CENTRAL SCHOOL* competing in SEC 4	52	D*	
10	WAWARSING CHRISTIAN ACADEMY	7	D	

Section Nine Championships

Friday November 2nd, 2018

Bear Mountain State Park

Schedule of Races:

GIRLS:

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

BOYS:

D	12:30 pm
A	1:00 pm
B	1:30 pm
C	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. Wednesday, October 31st

IMPORTANT:

Deadline: Wednesday, October 31st, 2018 9:59 pm

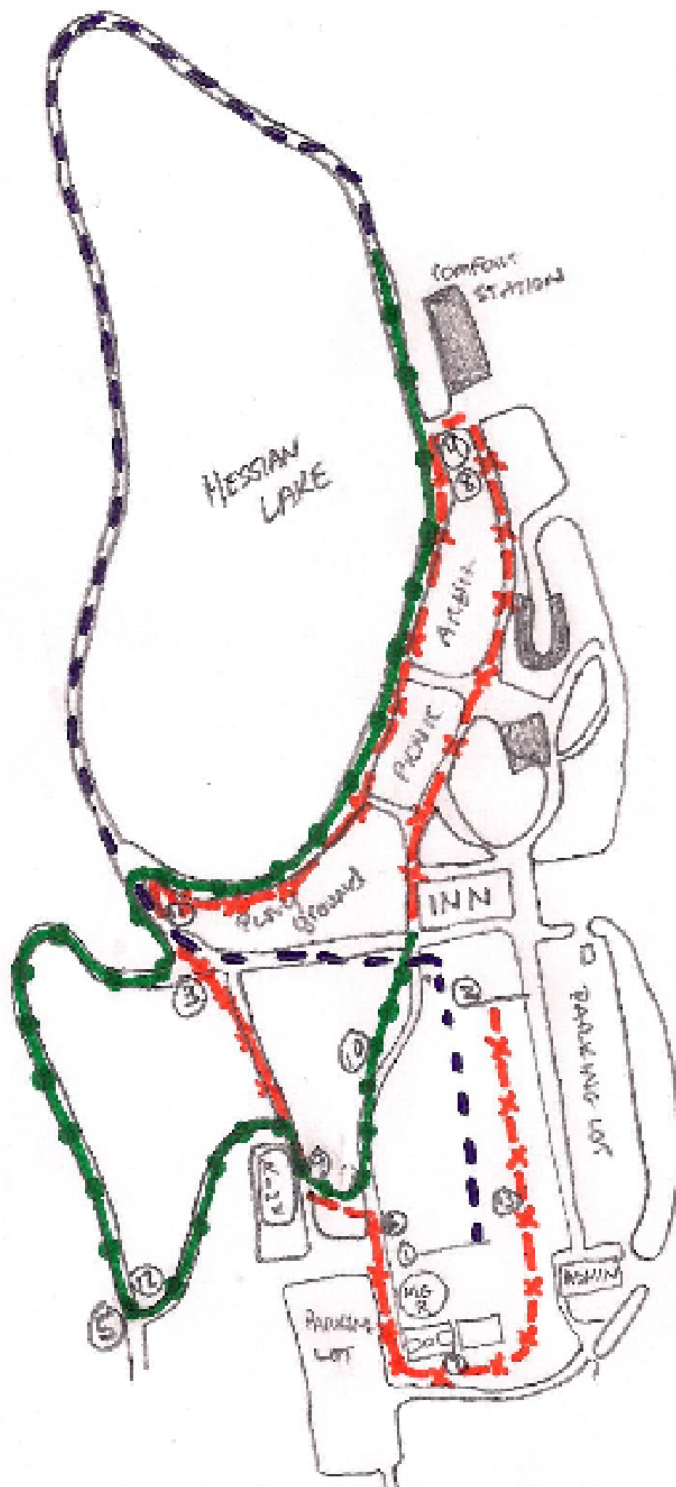
Limit: You may enter **10 athletes**. YOU MAY ONLY **RUN 7**.

Eligibility: Athletes must have participated in 6 sanctioned cross-country meets to be eligible. It is your's and your Athletic Director's 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



--- 1ST MILE
—•— 2nd mile
-x-x- 3rd mile

- 1- START
- 2- FINISH, SCORING, MEET MGMT.

SECTION IX CHAMPIONSHIPS MEET PROCEDURES

Your cooperation is requested in the following manner:

1. Pick up packets from scorer table near finish line. If there is any issue with 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, if your team or athlete is a qualifier, please make sure they stay in the finish area for the program picture. We will be doing a quick score at the end of the shoot. If the race is very close, we may wait for the official result before we take the picture.
5. Make sure your runners know the course. If there are any questions, ask **BEFORE** your race is run.
6. **PLEASE** do not bother the officials for results. Results will be posted near the finish line. All results will be posted online.
7. **Awards:** All state qualifiers will receive section IX patches. Plaques to Team Champions.
8. **State Qualifiers:** Team champion from each class. The first five runners *not* on the winning team will also qualify.
9. **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
Eric McLaud	Class B
Pat Berkhardt	Class C
OPEN	Class D
Meet Referee	Starter

NYSPHSAA CHAMPIONSHIPS

Saturday November 10th, 2018

Section XI
SUNKEN MEADOW STATE PARK
KINGS PARK, NY

Meet information can be found here:
<http://www.nysphsaa.org/Sports/Cross-Country/Championship-Central>

Schedule

OPENING CEREMONY: 8:45

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

GIRLS:

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

BOYS:

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

HOTEL INFORMATION
Host hotels with negotiated rates:

<u>HOTEL</u>	<u>RATE</u>	<u>CONTACT</u>	<u>PHONE/EMAIL</u>
Hilton Huntington	\$155	Martha Gavilan	martha.gavilan@hilton.com
Marriott Melville	\$159	Annmarie Leckie	aleckie@columbiasussex.com
Radisson Hotel	\$159	Claudia Scheibe	scscheibe@upskyli.com
Hilton Garden Inn Stony Brook	\$159	Nicole	631-941-2980
Hilton Garden Inn Ronkonkoma	\$159	Sales	631-738-7800

FOR MORE HOTEL INFO:

Go to: Hotelplanning.com
enter: Sunken Meadow State Park and enter dates

A list of hotels will come up with prices and distances from the park.

For information on Sunken Meadows XC invitationals got to:

<http://www.just-in-time-racing.com/>

there are 5 Invitationals

- 9/15 Jim Smith Invitational**
- 9/22 Bob Pratt Invitational**
- 9/29 Suffolk Coaches Invitational**
- 10/5 St. Anthony's Invitational (Friday afternoon)**
- 10/13 Suffolk Officials Invitational**

**NEW YORK STATE FEDERATION SECONDARY SCHOOL
ATHLETIC ASSOCIATION
AIS CHSAA PHSAA PSAL**

**THE 43rd ANNUAL BOYS & GIRLS CROSS COUNTRY FEDERATION
CHAMPIONSHIPS, SATURDAY NOVEMBER 18, 2017.
Bowdoin Park, Wappinger Falls, NY.**

GIRLS RACE 12:15 PM BOYS RACE 1:00 PM

HOSTED BY: The Federation Committee, Bowdoin Park, Dutchess County Parks.
Officials volunteer student- athletes and adult groups from each league.

MEET DIRECTOR: BOB BARATTA ASSISTANT.DIR. LOUIS VAZQUEZ

JURY OF APPEALS: FEDERATION CROSS-COUNTRY COMMITTEE
Bob Baratta, NYSE, Lou Vazquez, CHSAA, NYSPHS ,Chuck Wiltse, Marbry Gansle,
AIS George Calano, PSAL Dwayne Burnett Bob Beer ENTRY COORDINATOR

OFFICIALS: NYS CERTIFIED OFFICIALS
SITE COORDINATORS; Steve Arnett, Ken Kraft Terry Horton

Entries are limited to qualifiers through their association championships, approved by their association chairperson and meet the Federation qualifying criteria and quotas. Quotas are based on size of league, and league power ratings. Evaluated annually.

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

***Four starred groups eligible for the three at-large bids. Fed Chair is final selector.**

COURSE: 5000m, VARIED TERRAIN AND SURFACES, SUITABLE FOR SPIKES ..
EXCELLENT SPECTATOR COURSE, WITH A FAIR START AND FINISH.

AWARDS: plaques and medals to first five teams. Forty individual medals. Awards ceremony shortly after boys race. Results and pictures on MileSplits, Metro Dyestat, NYSPHSAA site, Tully Runners, & Leone Timing, Armory Track, other websites

WE ARE USING CHIP TIMING, RESULTS, AND SCORING BY LEONE TIMING. COACHES AND ATHLETES MUST COMPLY WITH PROCEDURES THAT MUST BE ACCURATELY FOLLOWED BEFORE AND AFTER THE RACES.

ENTRY FEES:TEAMS-\$75, INDIVIDUALS-\$15. ALL FEES MUST BE PAID BEFORE ATHLETES CAN COMPETE. CHECK, CASH, MONEY ORDER. NO VOUCHERS OR PURCHASE ORDERS. CHECKS PAYABLE TO NYS FEDERATION XC. PAY AT PICKUP OF NUMBER & CHIPS.

**NEW YORK STATE FEDERATION SECONDARY SCHOOL
ATHLETIC ASSOCIATION
AIS CHSAA PHSAA PSAL**

ALL PSAL, CHSAA, AND AIS ENTRIES ARE SUBMITTED THROUGH THEIR LEAGUE CHAIRPERSONS. DO NOT FAX ENTRIES ON AN INDIVIDUAL SCHOOL BASIS. ALL NYS PHSAA ENTRIES FROM THE STATE MEET SHOULD NOT BE FAXED. AT- LARGE ENTRIES NOT COLLECTED AT THE STATE MEET MUST BE EMAILED TO : BEERCOACH@AOL.COM. (text file or word file or download our excel form) **DO NOT FAX ENTRIES.**

HOUSING: Meet Headquarters is the Ramada Inn and Conference center located just north of US 84 on Route 9. This hotel is a full service hotel, with a great rate and meal plans. It is 8 miles from the course. There are hotels and Malls along route 9. Schools should take advantage of the Headquarters hotel. The Hotel has dinner specials Friday night, a free hot breakfast Saturday morning, and a great room rate-\$79. To get special rate reservations must be made directly to the hotel and declare for the Federation XC Meet.

PARKING: Spectator parking will be on the UPPER grounds. An admission charge will be \$10 per car. Overflow cars could be placed at offsite areas. Team busses will be parked on the lower part of the park or at another site location. Athletes can be dropped off at the main entrance and must walk down to the start/finish area if not in a big bus. Small school buses will be parked at a lower level as available. A turn around at the top of the park will be utilized by team buses if necessary. No parking on Sheafe Rd. This year the roads will be policed by local and state troopers. Heavy rain or wet grounds could change this plan. All vehicles must follow the directions of the parking crew. Handicap parking as directed. (requires some walking) We must follow mandated safety rules regarding traffic below Pavilion 3...the playground area. The roads below the playground area will have almost no car traffic.as per safety rules of the Township.

SPECTATOR SPORTSMANSHIP: All spectators must respect the running lanes and the restraining lines setup at the start and finish area. The safety and needs of the athletes must be respected. We have opened up the course so spectators can see more-but if safety is a factor we will return to a more secure course. Avoid coming out to the middle of the infield, between the river side and the finish straight path. This provides a clear view of the last 1000 meters for all spectators.. and reduces the chance of a DQ for coaching/pacing/ etc. as in rules.

NUMBER/CHIP PICKUP/INFORMATION: Packets are available on Friday at the course from 2:00PM until 4:00PM. It is unsafe-dark- around 4PM, so plan accordingly. Saturday pickup is from 9:30AM until 11:00 AM. Programs and souvenirs shirts will be sold, and a snack bar will be open on Saturday. For information, contact Bob Baratta; 516 449 1886 or Email -Bobrun8@gmail.com. Packet pickup,. Long sleeve dri-fit Tees for sale \$20, could be available Friday Evening at the Ramada Inn. Will be announced.

**NEW YORK STATE FEDERATION SECONDARY SCHOOL
ATHLETIC ASSOCIATION
AIS CHSAA PHSAA PSAL**

THE FOLLOWING PROCEDURES WILL BE NECESSARY WITH THE USE OF THE CHIP TIMING SYSTEM:

- ❖ All athletes will receive a bib number, hip numbers- left and right hip, and two chips. The chips must be securely attached to Bib unless they are already on the bib- as per instructions. Make sure the chip number matches the competitors bib number. Bib Numbers will be worn on the front, on the running jersey. Hip numbers will also be worn on each side.
- ❖ The numbers for all athletes run consecutively. Numbers 1 to 299 will be for girls, and from 301 to 600 for boys.
- ❖ The primary timing system will be a combination of the chip system and a Finish Lynx photo-finish system. Finish Lynx will be used to VERIFY close finishes.
- ❖ We will not chute the runners – BUT RUNNERS MUST BE COACHED TO CONTINUE RUNNING *into the tents*. PAST THE TWO MATS AT THE FINISH, AND GET OUT OF THE MIDDLE OF THE FINISH AREA. WE CANT HAVE A BACKUP AT THE MAT/FINISH AREA. .MOVE TO THE SIDES.
- ❖ The finish area is completely enclosed. No one is allowed in this area until all scoring is complete. Officials will determine who enters the area.
- ❖ It is important to coach runners to cross the finish line and get out of the way, off to the sides and to the back as quickly as possible. We will provide assistance...
- ❖ ALL instructions will be in your packet..
- ❖ The finish Lynx system is a great backup, and we also have a video backup

COURSE HOURS: Friday the course is open from 1:00 PM until dark. Do not plan on staying after 4 PM. All information is available at the Amphitheater on site.
Saturday, the course opens at 9:00 AM. And all services will be available.

The local Fire Department has a full service snack bar with breakfast and lunch items on sale. This is located just south of the pickup/awards area. Tee shirts will be on sale in the general area. They usually sell out before the end of the meet. Programs are on sale in several areas of the park. The program and pickup area has post positions, course maps, other information posted.

Opening ceremonies will start at 11:45 AM. Followed by a call to the starting line for the girls race at 12:15 PM. Boys races should report to the starting line after all girls have finished their race.

Award ceremonies will follow the completion of the boys race at the outdoor theater.

**NEW YORK STATE FEDERATION SECONDARY SCHOOL
ATHLETIC ASSOCIATION**

AIS CHSAA PHSAA PSAL

Program ad forms are available on Mile Splits, Metro Dyestat, Armory Track, Tully, and other internet sites. All monies from program ads and sales are put back into the meet. We have upgraded the meet every year and your continued support is very important. Increased costs for shuttle buses, Porta-Johns, and meet administration are somewhat offset by supporting the food and shirt vendors, and the purchase of programs by athletes, coaches, and spectators.

Also, coaches are reminded to provide all information on the entry page to athletes, parents, schools, officials. Coaches are asked to inform their spectators of the parking procedures, spectator areas and sportsmanship responsibilities. This highly competitive and important race requires the cooperation of everyone. Team tents are permitted in designated areas.

We provide medical coverage including ambulances, EMTs, trainers, and AEDs on SITE Saturday. We have standby services available on Friday.

We appreciate the support of student-athletes, coaches, spectators, and especially the parents. Every athlete who competes in this event has reached a significant level of achievement in high school cross country and should be proud of this accomplishment. Each participant receives a certificate of participation from the NYS Federation and a free Nike item.

We are not sponsoring a Friday evening dinner. Participants must make their own dinner plans. The meet hotel has dinner specials for participants and parents. It is possible that all rest rooms will be closed at the site. Porta Johns will be placed throughout the site.

Committee members from each league are a local source of information. Program ads and program sales are an important source of income for this meet.

Nike Running provides the bibs and hip numbers, a souvenir item for each participant, and supplies the meet long sleeve tees. Tees cost \$20 and usually sellout before the end of the meet. Programs are \$3 each or two for \$5

PICKUP AREA AND AWARD CEREMONY ARE AT THE AMPHITHEATER

Meet programs usually sellout early and it is difficult to print extra copies, so buy early. Every year I get requests to buy additional programs, or tee shirts in the days following the event.

HAVE A SAFE TRIP HOME. THANKS FOR YOUR COOPERATION AND SUPPORT. The cross country committee and Federation officers.

If you think your team has a shot for selection to the NYS Federation Championship meet and would like to be considered, please provide us with supporting information i.e: performance against state ranked teams in invitationals from 10/13/18 on. Performance in league championships. Please hand to us at the Section 9 meet.

Individuals are chosen based on their performance at the state meet. If you want your athlete to be considered, please fill out an entry form for the athlete and hand it in at Sections. They will be available at the Section IX meet.

