



## Section IX Cross Country 2023

Section 9 Championships  
Saturday, November 4<sup>th</sup> 2023  
Sandfordville Elementary school

NYSPHSAA Championships  
Saturday, November 11<sup>th</sup> 2023  
Vernon-Verona Sherril HS

### INTRODUCTION

Interscholastic Athletics is an inherent part of the total education program for students in the secondary schools of Orange, Sullivan, and Ulster and Dutchess 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 8/16/23**

## 2023 Sport Committee Members

### BOY'S CHAIR

Jim Glover

Monroe Woodbury HS  
60 Cascade Road  
Warwick, NY 10990

845-988-6618      cell  
845-460-6067      fax

[jglover@mw.k12.ny.us](mailto:jglover@mw.k12.ny.us)      email

### GIRL'S CHAIR

Joe Cahill

Kingston HS  
403 Broadway  
Kingston, NY 12401

845-901-9261      cell

[jcahill@kingstoncityschools.org](mailto:jcahill@kingstoncityschools.org)      email



## 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.

2023-2024  
SECTION IX CROSS COUNTRY

Official starting date: Monday, August 21<sup>st</sup>, 20223

Modified starting date: 1<sup>st</sup> day of school.

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

**NYSPHSAA Rules:**

# of practices before 1<sup>st</sup> scrimmage: 6 Team & Ind.  
# of practices before 1<sup>st</sup> meet: 6 Team & 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 1<sup>st</sup> scrimmage: 6 Team & Ind.  
# of practices before 1<sup>st</sup> meet: 6 Team & Ind.  
# nights rest between competition: 2  
# maximum contests/Team & Ind: 10  
# contest/day 1 race. First ½ of season, 1.5 m Second ½ 2 m max

**MODIFIED XC ATHLETES MAY WEAR SPIKES**

**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:**

[https://nysphsaa.org/documents/2022/2/15/NYSPHSAA\\_Handbook\\_002.pdf](https://nysphsaa.org/documents/2022/2/15/NYSPHSAA_Handbook_002.pdf)

**NFHS RULE BOOK:**

<https://nysphsaasales.com/shop/ols/products/2020-trackfield-cross-country-rules-boys-girls>

**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:

<https://nysphsaa.org/sports/2021/6/8/sanctioning.aspx>

**SECTION IX 2023-2024 XC CLASSIFICATION** (from NYSPHSAA website)

1	NEWBURGH FREE ACADEMY	2868	A
2	MIDDLETOWN HIGH SCHOOL	1994	A
3	MONROE-WOODBURY HIGH SCHOOL	1763	A
4	KINGSTON HIGH SCHOOL	1451	A
5	PINE BUSH SENIOR HIGH SCHOOL	1280	A
6	VALLEY CENTRAL HIGH SCHOOL	1059	A
7	WASHINGTONVILLE SENIOR HIGH SCHOOL	1011	A
8	WARWICK VALLEY HIGH SCHOOL	972	A
9	FRANKLIN D ROOSEVELT SENIOR HS	887	A
10	MINISINK VALLEY HIGH SCHOOL	840	A
11	MONTICELLO HIGH SCHOOL	806	B
12	CORNWALL CENTRAL HIGH SCHOOL	758	B
13	GOSHEN CENTRAL HIGH SCHOOL	743	B
14	WALLKILL SENIOR HIGH SCHOOL	729	B
15	BEACON HIGH SCHOOL	660	B
16	SAUGERTIES SENIOR HIGH SCHOOL	615	B
17	PORT JERVIS SENIOR HIGH SCHOOL	567	B
18	LIBERTY HIGH SCHOOL	539	B
19	NEW PALTZ SENIOR HIGH SCHOOL	515	B
20	OUR LADY OF LOURDES HIGH SCHOOL	506	B
21	MARLBORO CENTRAL HIGH SCHOOL	504	B
22	RED HOOK SENIOR HIGH SCHOOL	410	C
23	RONDOUT VALLEY HIGH SCHOOL	408	C
24	SPACKENKILL HIGH SCHOOL	396	C
25	HIGHLAND HIGH SCHOOL	387	C
26	ELLENVILLE JUNIOR/SENIOR HIGH SCHOOL	383	C
27	FALLSBURG JUNIOR-SENIOR HS	383	C
28	ONTEORA HIGH SCHOOL	350	C
29	O'NEILL HIGH SCHOOL	347	C
30	DOVER HIGH SCHOOL	323	C
31	CHESTER ACADEMY-MIDDLE/HIGH SCHOOL	258	C
32	SULLIVAN WEST HIGH SCHOOL	257	C
33	RHINEBECK SENIOR HIGH SCHOOL	255	C
34	MOUNT ACADEMY (THE)	105	C*
35	BURKE CATHOLIC HIGH SCHOOL	233	D
36	TRI-VALLEY SECONDARY SCHOOL	225	D
37	MILLBROOK HIGH SCHOOL	218	D
38	PINE PLAINS HS	207	D
39	S S SEWARD INSTITUTE	161	D
40	WEBUTUCK HIGH SCHOOL	159	D
41	ELDRED JUNIOR-SENIOR HIGH SCHOOL	116	D
42	LIVINGSTON MANOR HIGH SCHOOL	89	D
43	CHAPEL FIELD SCHOOL	68	D
44	TUXEDO HIGH SCHOOL	59	D
45	ROSCOE CENTRAL SCHOOL	47	D
46	HOMESTEAD SCHOOL	17	D

815	A
450-815	B
255-449	C
0-254	D

Section Nine Championships  
Saturday, November 4<sup>th</sup>, 2023  
Sandfordville Elementary School  
144 **Sanfordville** Road Warwick, NY 10990

Schedule of Races:

C GIRLS	10:00
D GIRLS	10:30
C BOYS	11:00
D BOYS	11:30
B GIRLS	12:00
A GIRLS	12:30
B BOYS	1:00
A BOYS	1:30

## **SECTION IX CHAMPIONSHIP MEET ENTRY PROCEDURE:**

### **Step One:**

1. Create an account on Milesplit's website at [ny.milesplit.com](http://ny.milesplit.com)
2. Enter or update your team's roster. Please do this at the beginning of the season. Your team will be issued bib numbers with chips to be used at all meets timed by Fulton Accurate timing and the OCIAA and Section IX championships. There will be a fee for replacement #'s that are lost or damaged.

### **Step Two**

To enter your team in the Section IX championships, log on to [ny.milesplit.com](http://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, November 1st

### **IMPORTANT:**

Deadline: Wednesday November 1st at 9:59 pm

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

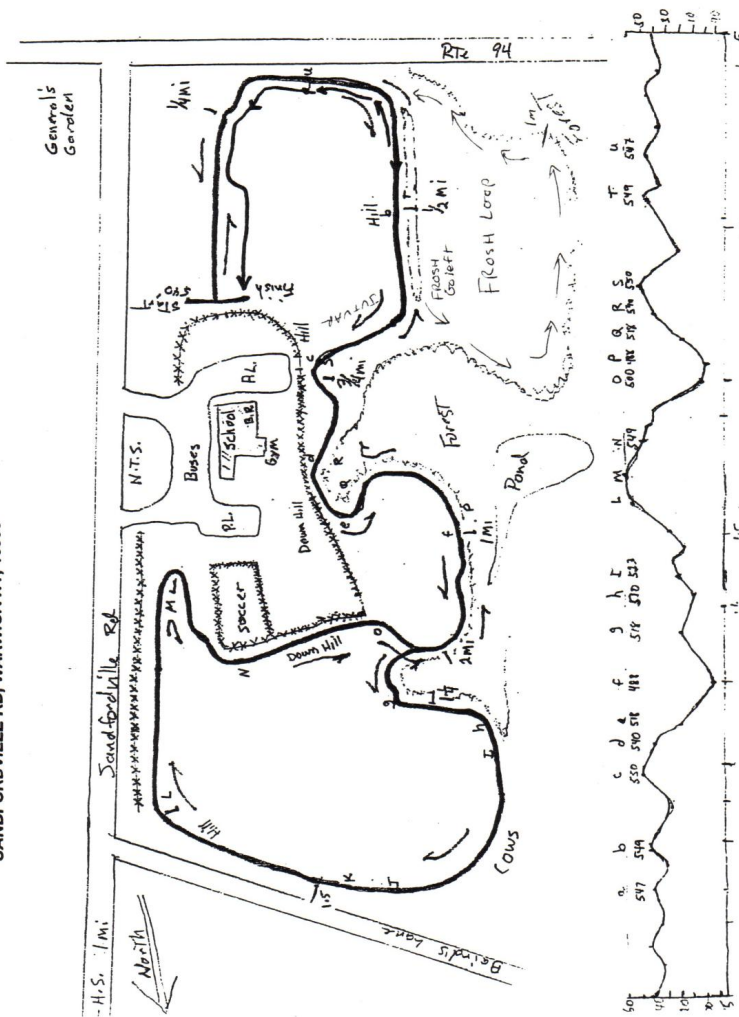
Eligibility: Athletes must have participated in 6 sanctioned cross-country meets to be eligible. It is yours and your Athletic Director's responsibility to certify that your athletes have met all requirements to participate in the Section IX championships. A medical waiver may be petitioned through the 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.

Sandfordville XC course

WARWICK VALLEY CROSS COUNTRY 5K COURSE  
SANDFORDVILLE RD, WARWICK NY, 10980



## **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 Joe or Jim no later than one hour prior to your race.
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 bib numbers pinned to the front of their shirt. **YOU WILL USE YOUR FULTON ACCURATE TIMEING ISSUED #'S (you will receive them at any FAT timed meet you enter and use them throughout the season. If you do not attend an FAT event, you will receive them at the MHAL OR OCIAA Championship meet.**
4. Make sure that the number corresponds to the athlete wearing it. **IF YOU HAVE ANY QUESTIONS, PLEASE SEE JOE CAHILL or JIM GLOVER, IMMEDIATELY.** Any runner without a bib will not be allowed to run.
5. 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.
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. All results will be posted online and available live at [live.fultonaccuratetiming.com](http://live.fultonaccuratetiming.com)
8. **Awards:** Team and individual champion will receive Section IX champion shirt. Medals will be awarded to the top 10 finishers in the race. State qualifiers will receive a section ix patch. Plaques will be awarded 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
Nick Mancuso	Class B
Pat Burkhardt	Class C
Kelly Mahoney	Class D
Meet Referee	Starter

# NYSPHSAA CHAMPIONSHIPS

Saturday November 11<sup>th</sup>, 2023

## Section III

Vernon-Verona-Sherrill High School  
5275 NY-31, Verona, NY 13478

Meet information can be found here:

<https://nysphsaa.org>

Schedule

## OPENING CEREMONY: 8:45

This schedule may change by meet time.

Opening Ceremony 8:45

<u>RACE</u>	<u>AWARDS</u>
Girls C 9:00	10:00
Girls D 9:30	10:30
Boys C 10:30	11:30
Boys D 11:00	12:00
Girls B 12:30	1:30
Girls A 1:00	2:00
Boys B 2:00	3:00
Boys A 2:30	3:30

## **HOTEL INFORMATION**

**La Quinta\*** – 315-231-5080 (\$189, Courtney in sales)

**Wingate\*** – 315-334-4244 (\$96, Alec Hawk or Kevin Bartlett in sales)

**Hampton Inn Rome\*** – 315-709-0000 (\$119, Amanda in sales)

**Homewood\*** – 315-801-7200 (\$139, Nicole in sales)

**Fairfield\*** – 315-363-8888 (Rate TBA, very low inventory, Mike in sales)

**Vernon Downs** – 315-829-6870 (\$89, Josh Peters in sales)

**Under the Turning Stone umbrella** are the following hotels with rates that have been secured.

Contact Samantha Vivirito in sales for any of the hotels (315-366-9277)

**The Inn** \$79.00 per night

**Sandstone Hollow Inn** \$125.00 per night

**Turning Stone Hotel** (on main property) \$179 per night

***\*includes breakfast***

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

**THE 47<sup>TH</sup> ANNUAL BOYS & GIRLS CROSS COUNTRY FEDERATION  
CHAMPIONSHIPS, SATURDAY NOVEMBER 18, 2023.**

**Bowdoin Park, Wappinger Falls, NY.**

**RACE SCHEDULE TBA    <https://nysfederation.org/feature/XC>**

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

MEET DIRECTOR: BOB BEER                      ASSISTANT.DIR. LOUIS VAZQUEZ

JURY OF APPEALS: FEDERATION CROSS-COUNTRY COMMITTEE  
Bob Baratta, NYSF, 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.

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

**\*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.**

TEAM ROSTER: List seven runners - only. Changes are permitted Friday, and on Race day (Saturday) up to 11 AM.

INDIVIDUAL ENTRIES; List only runners who have qualified.

PLEASE CIRCLE BELOW

TEAM INDIVIDUAL BOYS GIRLS

SCHOOL: \_\_\_\_\_ SECTION/ASSOCIATION \_\_\_\_\_

PRINT NAME GRADE RACE# TO ASSIGNED BY COMMITTEE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

All competitors must run with their assigned number, properly pinned on the front of the game jersey. Number pickup and changes until 11 am on race day.

Coaches Name: \_\_\_\_\_ Phone \_\_\_\_\_ Fax \_\_\_\_\_

E-Mail \_\_\_\_\_ **PAY TO;NYS FED XC 2005**

Method of payment: Cash Check Money order Paid by Association

**PAYMENT IS NECESSARY TO PICKUP NUMBER AND COMPETE. NO VOUCHERS, NO P.O.s, ACCEPTED. DO NOT MAIL PAYMENT.**

**Schools that owe from a previous year must pay all past due fees to compete.**

**FAX TO: BOB BEER 631 345 9419 BEERCOACH @AOL.COM**

**INFO: BOB BARATTA 631 666 8490 BOBRUN8 @msn.com**

# **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 NYSPHSAA 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. A void 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 e a c h s i d e.
- ❖ 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.



# Cross Country Competition Form

[illegible]

Participation on an exhibit on competitive counts towards the maximum number of careers permitted and meets the requirements of the Representation of Slaves Act. If an individual's career exceeds the maximum number of careers permitted, the penalty is loss of eligibility from the case of the violation for the rest of the season.

**School:** \_\_\_\_\_

**Coach:** \_\_\_\_\_

**Athletic Director Signature:** \_\_\_\_\_

Coach: \_\_\_\_\_

**Athletic Director Signature:** \_\_\_\_\_

Level:  
Year:

Year: \_\_\_\_\_