



# Section IX Cross Country 2024

Section 9 Championships  
Wednesday, November 6<sup>th</sup> 2024  
Bear Mt. State Park

NYSPHSAA Championships  
Saturday, November 16<sup>th</sup> 2024  
Queensbury High School

## INTRODUCTION

Interscholastic Athletics is an inherent part of the total education program for students in the secondary schools of Orange, Sullivan, 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 8/19/24**

# 2024 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

## USEFULL LINKS:

### SECTION IX XC

[www.sectionixathletics.org](http://www.sectionixathletics.org)

[Section IX cross country page](#)

<https://nysphsaa.org/>

### RESULTS:

[live.fultonaccuratetiming.com](http://live.fultonaccuratetiming.com)

<https://ny.milesplit.com/>

[www.tullyrunners.com](http://www.tullyrunners.com)



## 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.

2024-2025  
SECTION IX CROSS COUNTRY

Official starting date: Monday, August 26<sup>th</sup>, 2024

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/2023/8/21/NYSPHSAA\\_Handbook\\_004.pdf](https://nysphsaa.org/documents/2023/8/21/NYSPHSAA_Handbook_004.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 2024-2025 XC CLASSIFICATION** (from NYSPHSAA website)

A	NEWBURGH	2867	Class A	815 and up
A	MIDDLETOWN	2106	Class B	450-814
A	MONROE-WOODBURY	1758	Class C	255-449
A	KINGSTON	1446	Class D	254 and
A	PINE BUSH	1209		below
A	VALLEY CENTRAL	1026		
A	WARWICK VALLEY	1010		
A	WASHINGTONVILLE	938		
A	MINISINK VALLEY	876		
A	FDR	870		
B	GOSHEN	798		
B	CORNWALL	743		
B	MONTICELLO	740		
B	WALLKILL	698		
B	BEACON	645		
B	SAUGERTIES	642		
B	LIBERTY	567		
B	PORT JERVIS	557		
B	OUR LADY OF LOURDES	554		
B	NEW PALTZ	473		
B	MARLBORO	462		
C	RONDOUT VALLEY	414		
C	SPACKENKILL	411		
C	RED HOOK	399		
C	HIGHLAND	396		
C	FALLSBURG	395		
C	ELLENVILLE	383		
C	DOVER	374		
C	ONTEORA	341		
C	JAMES I ONEILL	335		
D	RHINEBECK	242		
D	CHESTER	240		
D	SULLIVAN WEST	237		
D	TRI-VALLEY	234		
D	PINE PLAINS	227		
D	JOHN S BURKE	221		
D	MILLBROOK	200		
D	SS SEWARD	165		
D	WEBUTUCK	156		
D	MOUNT ACADEMY	122	*BOYS C*	*GIRLS D*
D	ELDRED	110		
D	LIVINGSTON MANOR	95		
D	CHAPEL FIELD	72		
D	ROSCOE	50		
D	TUXEDO	50		
D	HOMESTEAD SCHOOL	38		

Section Nine Championships  
Wednesday November 6<sup>th</sup>, 2024  
Bear Mt. State Park

Schedule of Races:

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

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

### **Step One:**

1. Create an account on Milesplit's website at [ny.milesplit.com](https://ny.milesplit.com) Enter or update your team's roster.
2. Go to <https://ny.milesplit.com/meets/632179-section-9-xc-bib-chip-roster-collection-2024/info> and enter your entire team in the "Section 9 Bib Chip Roster Collection 2024" event.
3. Your team will be issued bib numbers with chips to be used at all meets timed by Fulton Accurate timing and the OCIAA, MHAL 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](https://ny.milesplit.com) and follow the procedures for entering team roster into a meet.

1. Go to <https://ny.milesplit.com/meets/632181-section-9-xc-championships-2024/info>
2. Enter meet.
3. Online entries will be open until 9:59 p.m. Monday November 2<sup>nd</sup>, 2024

### **IMPORTANT:**

**Deadline:** Monday November 2<sup>nd</sup> 2024 11:59 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.

## **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

# NYSPHSAA CHAMPIONSHIPS

## Saturday November 16<sup>th</sup>, 2024

### SECTION II

#### Queensbury High School

Meet information can be found here:  
[https://nysphsaa.org/tournaments/?id=9&path=](https://nysphsaa.org/tournaments/?id=9&path=Schedule)  
Schedule

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

Opening Ceremony 9:45

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

## **HOTEL INFORMATION**

### **Exit 18 (2 - 3 Miles from School) I-87 (Adirondack Northway)**

<b><u>Hotel</u></b>	<b><u>Phone Number</u></b>
<b>Queensbury Hotel</b>	(518) 792-1121
<b>Fairfield Inn &amp; Suites</b>	(518) 832-4056
<b>Holiday Inn Express</b>	(518) 415-1888

### **Exit 19 (<1 Mile)**

<b>Baymont by Wyndham</b>	(518) 793-7701
<b>Home2 Suites</b>	(518) 741-7600
<b>Sleep Inn</b>	(518) 955-3000
<b>Red Roof Inn</b>	(518) 745-4000

### **Exit 20 (2-3 Miles)**

<b>Six Flags Great Escape Lodge</b>	(518) 824-6060
<b>Clarion Inn &amp; Suites</b>	(838) 332-2016
<b>Country Inn</b>	(518) 745-0180
<b>Comfort Suites</b>	(518) 798-7227

### **Exit 21 (6-8 Miles)**

<b>Best Western</b>	(518) 668-5701
<b>Comfort Inn &amp; Suites</b>	(518) 668-4884
<b>Wingate by Wyndham</b>	(518) 668-4141
<b>Fort William Henry Hotel</b>	(518) 668-3081
<b>Holiday Inn Resort</b>	(518) 668-5781
<b>Hampton Inn &amp; Suites</b>	(518) 668-4100
<b>Quality Inn</b>	(518) 668-3525
<b>Courtyard Lake George - Marriott</b>	(518) 761-1150

# MEET NYS FEDERATION CHAMPIONSHIPS/NXN NEW YORK REGION

## INFO

*(from Nike website)*

[CLICK HERE FOR LINK TO NIKE PAGE](#)

## MEET DATE & LOCATION

11.23.2024

Bowdoin Park

Wappingers Falls, NY

Nike and the New York State Federation are partnering on a post-season cross-country championship event, merging Nike Cross Regionals and the New York Federation Cross Country Championships into one meet. The Championships will take place on Saturday, November 23rd at Bowdoin Park in Wappingers Falls, New York. This new meet format will allow competing athletes to race at their Federation meet, while at the same time vying to secure a spot to Nike Cross Nationals in Oregon. The merge of the two meets has enabled us to move the Nike Regional meet a week earlier than previous years. This will afford athletes, parents, coaches, and staff the opportunity to fully enjoy their Thanksgiving holiday weekend. We hope the experience is a good one for all that are involved in the meet.

Selection for the New York Federation Championship races will continue to be made by the New York Federation Committee as always. Questions about the New York Federation Championship races should be directed to Lou Vazquez. Questions regarding the New York Open races can be directed to either Joe Lanzalotto or Paul Limmer. (see "Contact" for e mail addresses). More details about race day will be shared by NXR Race Directors on RunnerSpace in the coming months.

## 2024 SCHEDULE

9:00 AM	Boys Open Race NY
9:35 AM	Girls Open Race NY
10:10 AM	Girls Open Race NE
10:45 AM	Boys Open Race NE GREEN
11:20 AM	Boys Open Race NE BLUE
12:15 PM	Open Awards Ceremony
<b>12:25 PM</b>	<b><i>Boys NY Championship</i></b>
<b>1:00 PM</b>	<b><i>Girls NY Championship</i></b>
1:40 PM	Boys NE Championship
2:15 PM	Girls NE Championship
2:50 PM	Championship Awards
2:50 PM	USATF Kids Race

## HOW TO GET TO THE FEDERATION MEET:

1. Let us know you are interested by filling out the form below and handing to us at the Section IX meet. This goes for both team and individuals. If you want your team to be considered, we will assume that you also want any individual on the list race if the team does not make it.
2. RACE HARD AT STATES!
3. At the conclusion of the meet, the fed committee meets (Joe is on the girls and Jim is on the boys) and we decide which teams and individuals will compete at FEDs.
4. Basically, the top 9 teams from the merge will automatically make it. If #10 is a state champion team, they also are automatic. Then we compare the 10<sup>th</sup> (or 11<sup>th</sup>) team with our list of at large teams to see who gets the 7 remaining spots.
5. After the teams are picked, we choose individuals. Top 18 in the merge are automatic, then each section gets 2. Our practice is to pick the 2 fastest (after any S9 auto qualifiers). Quite often, we get several auto qualifiers.
6. So please, if you do not win Sections but are a state ranked team, please consider attending the Fed meet and fill out the form.
7. ENTER A TEAM OR ATHLETE FOR CONSIDERATION ONLY IF YOU ARE WILLING TO COMPETE AT THE FEDERATION MEET. When we contact you that you have qualified, please do not tell us you have changed your mind. If you do change your mind, the time to tell us is BEFORE WE GO TO OUR SELECTION MEETING! Not doing this may affect athletes from our section and other sections who would have qualified. Illness or extenuation circumstance of course will be respected. Check with your athlete and make sure they know that they are committed to racing that day. Especially individual qualifiers.

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>
<b>NYSPHSAA</b>	<b>9</b>	<b>7</b>	<b>40</b>
<b>CHSAA UPSTATE</b>	<b>1*</b>		<b>3</b>
<b>CHSAA</b>	<b>3*</b>	<b>3*</b>	<b>12</b>
<b>PSAL</b>	<b>3*</b>		<b>12</b>
<b>AIS</b>	<b>1*</b>		<b>3</b>
<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.**

Free gift to the first 3 S9 coaches to contact [jglover@mw.k12.ny.us](mailto:jglover@mw.k12.ny.us)

## SECTION IX FED ENTRY FORM

Must be handed to us at or before the Section IX championship meet.

TEAM ROSTER: List seven runners - only. Changes are permitted.

INDIVIDUAL ENTRIES: List only runners who will be running at states.

PLEASE CIRCLE BELOW

TEAM	INDIVIDUAL	BOYS	GIRLS
SCHOOL: _____			SECTION 9

PRINT NAME GRADE

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

Coaches Name: \_\_\_\_\_

Cell Phone \_\_\_\_\_ (preferred)

Land line \_\_\_\_\_

WE MAY NEED TO CONTACT YOU AT THE CONCLUSION OF THE STATE MEET.



# Cross Country Competition Form

[illegible]

Participants on an exhibit on competitive counts towards the maximum number of contests permitted and meet the requirements of the *Regulation on Statistics*. If an individual exceeds the maximum number of contests permitted, the penalty is loss of eligibility from the cause of the violation for the rest of the season.

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

Level:

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

Year:

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