



Section IX Cross Country 2025

Section 9 Championships
Tuesday, November 4th
Warwick Valley High School

NYSPHSAA Championships
Saturday, November 15th
Queensbury High School

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.

2025 Sport Committee Members

BOY'S CHAIR

Jim Glover

Monroe Woodbury HS *retired*
60 Cascade Road
Warwick, NY 10990

845-988-6618 cell

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 email

USEFUL LINKS:

SECTION IX ATHLETICS <https://www.sectionixathletics.org>

SECTION IX XC PAGE <https://www.sectionixathletics.org/sectionixcrosscountryhome.html>

NYS PHAA <https://nysphsaa.org>

RESULTS:

Fulton Accurate Timing <https://fat.live/meet-list>

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

Tullyrunners <http://www.tullyrunners.com>

SECTION IX RULES INTERPRETATION MEETING:

Monday, August 18 · 6:30 – 7:30pm

Google Meet joining info:

Video call link: <https://meet.google.com/txz-wfzd-ioz>

Or dial: (US) +1 628-232-0767 PIN: 541 875 822#



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.

2025
SECTION IX CROSS COUNTRY

Official starting date: Monday, August 18th 2025

Modified starting date: September 3rd /1st day of school.

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

NYSPHSAA Rules:

of practices before 1st scrimmage: 6 Team & Ind.
of practices before 1st 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 1st scrimmage: 6 Team & Ind.
of practices before 1st 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_005.pdf

NFHS RULE BOOK:

<https://nfhs.org/sports/cross-country/rules>

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 2025-2026 XC CLASSIFICATION			CLASS	LEAGUE/DIVISION	CUT OFF
1	NEWBURGH FREE ACAD	2819	A	OCL 1	
2	MIDDLETOWN HIGH SCHOOL	2085	A	OCL 1	
3	MONROE WOODBURY HIGH SCHOOL	1752	A	OCL 1	
4	KINGSTON SENIOR HIGH SCHOOL	1368	A	OCL 1	
5	PINE BUSH SENIOR HIGH SCHOOL	1176	A	OCL 2	A 815+
6	VALLEY CENTRAL HIGH SCHOOL	1050	A	OCL 2	B 450-814
7	WARWICK VALLEY HIGH SCHOOL	999	A	OCL 2	S 255-449
8	WASHINGTONVILLE HIGH SCHOOL	917	A	OCL 2	D 0-254
9	FRANKLIN D. ROOSEVELT SENIOR HS	855	A	MHAL	
1	MINISINK VALLEY HIGH SCHOOL	794	B	OCL 3	
2	GOSHEN CENTRAL HIGH SCHOOL	756	B	OCL 3	
3	CORNWALL CENTRAL HIGH SCHOOL	744	B	OCL 3	
4	WALLKILL SENIOR HIGH SCHOOL	729	B	MHAL	
5	MONTICELLO HIGH SCHOOL	689	B	OCL 3	
6	BEACON HIGH SCHOOL	651	B	OCL 3	
7	SAUGERTIES SENIOR HIGH SCHOOL	581	B	MHAL	
8	OUR LADY OF LOURDES HS	572	B	MHAL	
9	PORT JERVIS SENIOR HIGH SCHOOL	521	B	OCL 5	
10	LIBERTY HIGH SCHOOL	498	B	OCL 5	
11	NEW PALTZ SENIOR HIGH SCHOOL	489	B	MHAL	
12	MARLBORO CENTRAL HIGH SCHOOL	456	B	MHAL	
1	RONDOUT VALLEY HIGH SCHOOL	416	C	MHAL	
2	RED HOOK SENIOR HIGH SCHOOL	410	C	MHAL	
3	HIGHLAND HIGH SCHOOL	387	C	MHAL	
4	DOVER HIGH SCHOOL	369	C	MHAL	
5	SPACKENKILL HIGH SCHOOL	368	C	MHAL	
6	ELLENVILLE HIGH SCHOOL	362	C	MHAL	
7	JAMES I. O'NEILL HIGH SCHOOL	353	C	OCL 4	
8	FALLSBURG HIGH SCHOOL	339	C	OCL 4	
9	ONTEORA HIGH SCHOOL	297	C	MHAL	
1	SULLIVAN WEST HIGH SCHOOL	252	D	OCL 4	
2	CHESTER ACADEMY MIDDLE/ HS	242	D	NO PROGRAM	
3	RHINEBECK SENIOR HIGH SCHOOL	236	D	MHAL	
4	PINE PLAINS STISSING MOUNTAIN	218	D	MHAL	
5	JOHN S. BURKE CATHOLIC HS	209	D	OCL 4	
6	TRI-VALLEY HIGH SCHOOL	204	D	OCL 4	
7	MILLBROOK HIGH SCHOOL	186	D	MHAL	
8	S.S. SEWARD INSTITUTE	179	D	OCL 5	
9	WEBUTUCK HIGH SCHOOL	159	D	MHAL	
10	ROCKLAND CENTRAL HIGH SCHOOL	145	D	OCL 5	
11	MOUNT ACADEMY*	131	C	MHAL	*NO GIRLS
12	ELDRED HIGH SCHOOL	123	D	OCL 5	
13	CHAPEL FIELD SCHOOL	86	D	NO PROGRAM	
14	GEORGE F BAKER HS (TUXEDO)	42	D	OCL 5	
15	HOMESTEAD SCHOOL	18	D	OCL 5	

Section Nine Championships

Tuesday, November 4th, 2025

Warwick Valley HS

Schedule of Races:

C BOYS	10:00
D BOYS	10:30
C GIRLS	11:00
D GIRLS	11:30
B BOYS	12:30
A BOYS	1:00
B GIRLS	1:30
A GIRLS	2:00

SECTION IX CHAMPIONSHIP MEET ENTRY PROCEDURE:

Step One:

1. Create an account on Milesplit's website at 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 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. Saturday, Nov1st

IMPORTANT:

Deadline: Saturday, 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.

SECTION IX CHAMPIONSHIPS

MEET PROCEDURES

Your cooperation is requested in the following manner:

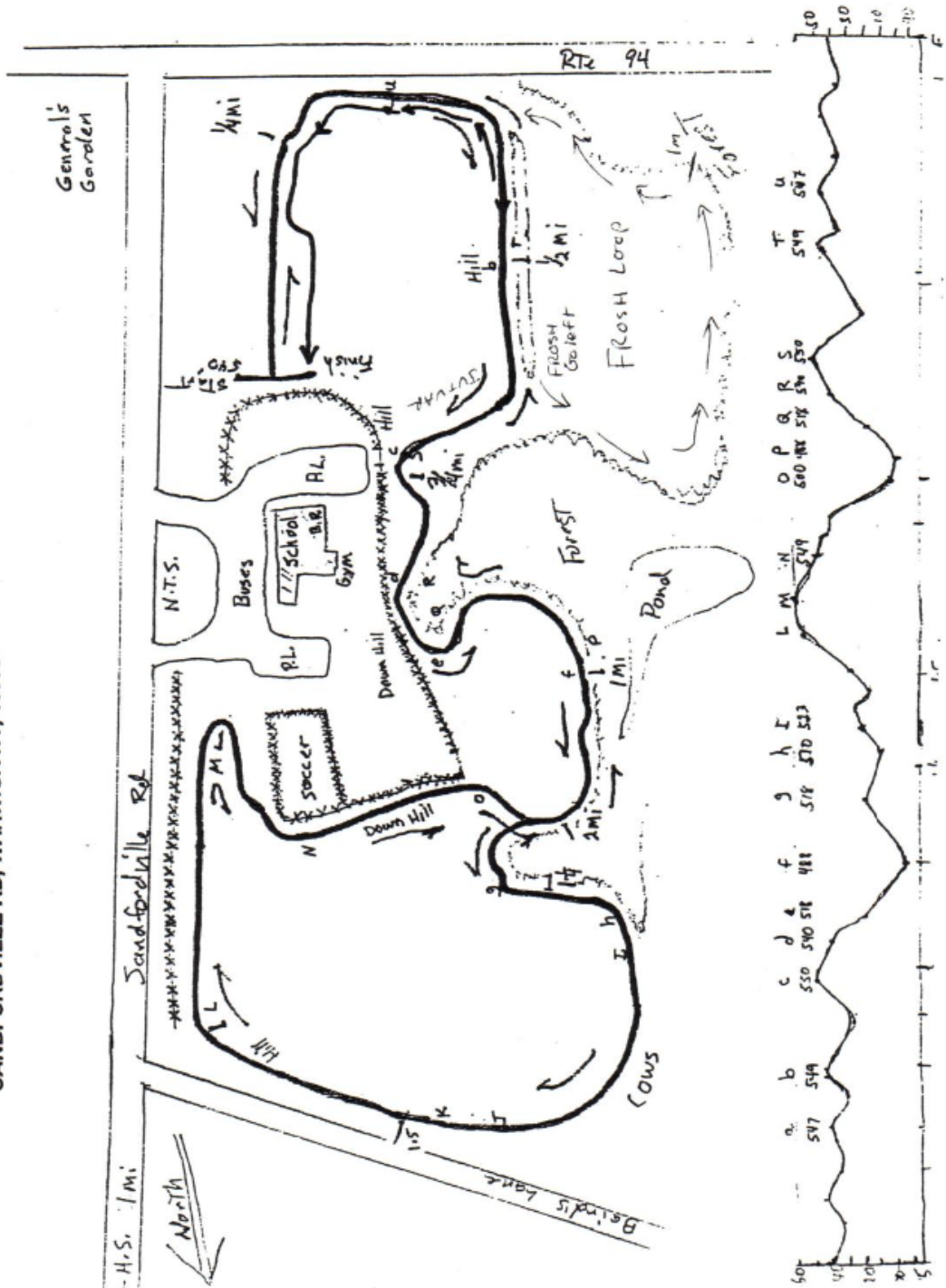
1. Pick up packets from scorer table near finish line. If there is any issue with your line up, please see Joe or Jim no later than one hour prior to your race.
2. Make sure your runners report to the starting line no later than 10 **minutes** before your scheduled race. Starting positions will be posted on race day.
3. Make sure that your runners have their bib numbers pinned to the front of their shirt. **DO NOT BEND, FOLD OR DAMAGE. THE CHIPS ARE EMBEDDED IN THE BIB.** 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.
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 and available live at live.fultonaccuratetiming.com
7. **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.
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
Nick Mancuso	Class B
Pat Burkhardt	Class C
Kelly Mahoney	Class D

Sandfordville XC course

WARWICK VALLEY CROSS COUNTRY 5K COURSE
SANDFORDVILLE RD, WARWICK NY, 10990



NYSPHSAA CHAMPIONSHIPS

Saturday November 15th, 2025

Section II
Queensbury High School

Meet information can be found here:
<https://nysphsaa.org/tournaments/?id=9&path=>

Schedule

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

Opening Ceremony 8:45

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

SECTION IX WILL BE BOX 11 (closest to finish line)

HOTEL INFORMATION

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

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

Exit 19 (<1 Mile)

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

Exit 20 (2-3 Miles)

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

Exit 21 (6-8 Miles)

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

MEET INFO

NXN NEW YORK REGION

MEET DATE & LOCATION

11.22.2025

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 22nd 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.

STATES INCLUDED

NY

[WATCH NXR NY LIVE WEBCAST \(RUNNERSPACE +PLUS\)](#)

2024 SCHEDULE UPDATED 11.18

9:00 AM	Boys Open Race NY ORANGE
9:35 AM	Boys Open Race NY PURPLE
10:10 AM	Girls Open Race NY
10:45 AM	Girls Open Race NE
11:20 AM	Boys Open Race NE GREEN
11:55 AM	Boys Open Race NE BLUE
12:40 PM	Open Awards Ceremony
12:40 PM	Boys NY Federation Championship at NXR NY
1:15 PM	Girls NY Federation Championship at NXR NY
1:50 PM	Boys NE Championship
2:25 PM	Girls NE Championship
3:00 PM	Championship Awards
3:00 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 10th (or 11th) 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>
NYSPHSAA	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.**

Free gift to the first 3 S9 coaches to contact 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]

Participation in an exhibit on competitive counts towards the maximum number of contests permitted and meets the requirements of the Representative on Standards. If an individual or team exceeds the maximum number of contests permitted, the penalty is loss of eligibility from the case of the violation for the rest of the season.

School: _____

Level:

Coach:

Year:

Athletic Director Signature: _____