

**THE 51st ANNUAL BOYS & GIRLS CROSS COUNTRY
FEDERATION CHAMPIONSHIPS**

Saturday, November 22, 2025.

Bowdoin Park, Wappinger Falls, NY.

Boys Race 12:00 PM and Girls Race 12:35 PM

Meet Director - Louis Vazquez

Entry Coordinator – Adam McKenzie

Jury of Appeals: New York State Federation Committee Members:

Louis Vazquez, NYSF, Adam McKenzie, Marbry Gansle – NYSPHSAA – Dwayne Alexis - AIS,
Dwayne Burnett – PSAL.

Entries are limited to qualifiers through their association championships and approved by their association chairperson.

New York State Federation qualifying quotas:

Association	# of automatic teams	# of at large teams	# of Individuals
NYSPHSAA	9	9	46
CHSAA UPSTATE	1		5
CHSAA	4	2	14
PSAL	4		12
AIS	1	1	5
TOTALS	<u>19</u>	<u>12</u>	<u>82</u>

The meet director will approve the final selection of at-large teams.

Course: 5000 meters (3.1 miles) with varied terrain and surfaces. Spikes are recommended for this course. The course is spectator friendly with a fair start and finish. The Federation races will be held during the Nike XC Regional on November 22 and will serve as the NXR Championship races selecting the New York teams qualifying for NXN in Oregon. The Boys' race begins at 12:00pm and the Girls at 12:35pm. All athletes should be at the starting line 20 minutes before the start of their race.

Awards: Team plaque and seven medals for the first five teams. Top forty individual medals. The awards ceremony will begin shortly after the boys' race and will be located at the park's amphitheater. Results will be posted after each race by the registration tent and posted on most cross-country websites. Top teams and athletes will also earn NXR awards. There will only be one awards ceremony and both NXR and NYS Federation Awards will be presented at this time.

Entry Fees: Teams - \$90 and Individual - \$20. Checks, cash, or money orders are accepted. No credit cards accepted. We do not accept vouchers or purchase orders. Payments will be accepted at packet-up. All AIS, CHSAA and PSAL entries are submitted through their league chairperson. Athletes who previously entered as individuals in the NXR New York Open race can be refunded for any entry fees paid by emailing Joe Lanzalotto – j.lanza@verizon.net and Louis.Vazquez@parks.nyc.gov. Please email both of us.

Entry Fees are Payable to: **New York State Federation of High School Athletic Associations**

All fees are payable on the day of the meet for the NYS Federation Championship. If your school is mailing a check, please send it to:

NYS XC Federation
c/o Jim Foster
129 Rocky Ridge Road
West Charlton, NY 12010

Entry procedure: All coaches must enter their individuals/teams on Athletic.net by Sunday, November 16th at 9:00pm. Only those individuals/teams that qualify from their association championship can compete in the NYS Federation Championship race. All association chair people must send a list of their team and individual qualifiers to both Louis Vazquez – Louis.Vazquez@parks.nyc.gov and Joe Lanza – j.lanza@verizon.net at the conclusion of their association championship. Teams/individuals will then be invited to enter the NYS Federation Championship on Athletic.net. An e-mail with the link to the Federation entry will be sent to all coaches whose individuals and teams qualify for those races. Coaches, please make sure your account information is correct on Athletic.net.

All others can compete in the Nike NXR Open Race. Entry fees for the NXR New York Open race must be paid in compliance with the deadlines.

Uniforms: All individuals/teams in the NYS Federation Championship must wear their school issued uniforms and compete under their school's name. For those individuals/teams running in the Nike Open races, **athletes must compete as unattached/club and must not wear their school uniform.**

Nike NYS Federation/Nike Cross Regional Retail Sales: Tee shirts, sweatshirts as well as other merchandise will be on sale Friday and Saturday near the finish line area.

Packet Pick-up: Packet pick-up will be located at the park's amphitheater. Packets will be available on Friday – 12:00pm until 4:00pm and on Saturday starting at 7:30am. The course is available on Friday from 12:00pm until 4:00pm and will be on Saturday at 7:30am. All athletes will receive a bib number, hip numbers (left & right), meet certificate and box assignments. Please remind your athletes to run past the finish line mats at the finish line. No coaches or spectators are allowed in the finish line area. Coaches are asked to inform parents of parking procedures, spectator areas and sportsmanship responsibilities.

Parking: Admission charge is \$10.00 per car and spectator parking will be on the upper grounds of the park. Overflow parking will be placed in offsite areas. **Large team buses will be parked offsite after unloading athletes and coaches after entering the park. Please follow parking staff instructions.** Small school buses (van sized) will be parked at a lower level as available. There is no parking on Sheafe Road, and tickets will be issued by local police enforcement. We ask all vehicles to follow the directions of the parking crew. Disability parking as directed by staff and may require some walking. Athletes can be dropped off at the main entrance and then walk down to the starting line. Coaches are asked to inform their spectators of the parking procedures, spectator areas and sportsmanship responsibilities.

Spectator sportsmanship: All spectators must respect the running lanes and the restraining lines set-up on the course and finish line area. The safety and needs of the athletes must be respected. We ask spectators to avoid coming out to the middle of the infield between the starting line area (river side) side and the finish line area. This will provide a clear view of the last 1000 meters for all spectators and coaches.

Concession Stand: – Food will be onsite on Saturday. Food trucks will be located near the finish line area.

Hotel Information:

https://nrxny.runnerspace.com/eprofile.php?event_id=299&title_id=218&do=title&pg=1&folder_id=273&page_id=1589

Questions on the Nike Cross Regionals for New York/Northeast, please contact Paul Limmer -palimmer1@gmail.com or Joe Lanza - j.lanza@verizon.net