

Finger Lakes XC Post-season meeting 11-13-18
7:00 @ Wegmans-Canandaigua
Minutes

Schools represented:

Dave Bradshaw (Pal-Mac), Paul Pfeiffer (Marion), Dan Deckman (HAC),
Don Densmore (Mynderse), Dan Sackett (Williamson), Julie Bailey (Geneva),
Debbie Palmer (Sodus), Ed Courtney (Waterloo), Jody McLaughlin (MW),
Joe Contario (Newark), Mike Schaertl (Red Jacket), Tim Burlee (Wayne),
Kris King (C-S), Julie Backus (Midlakes), Michael Flaherty (NRW),
Travis Geary (Bloomfield), Seth Almekinder (Naples), Rick Smith (Penn Yan),
Patrick Dunham (Dundee)

Unable to attend:

Bob Stewart (Honeoye), Jim Bathgate (ER), Dave Briggs (Red Creek) St. Mary's

Updated coach's directory – Directory is updated and attached

Review of 2018 season

Dual meets

- League duals; overall ran well.
- Thanks to everyone for timely and full results. Great this year!!!! 100%
- WFL League is what we as coaches make it.
- Enforce rules, educate yourself, and your athletes
- Athletes need to be held to honor code during races
- Courses- 5000m -marked well with maps- **measure mod courses up to 2 miles**
- **Week 4 19 -Oct 8th move mods to 2 miles if possible at site, before up to 1.5 miles**
- Host schools – Modified races: **provide M/F** and school in order to score.
- **Officials were assigned to host site this year reserved beforehand by officials' assigner**
- **They clerked line, started race, enforced rules, called finish, verified scores**
- As the coach you should not be put in the position to make judgment calls that affect the score or enforce rules that only a certified official should. Dual meets should be no different than any other XC meet in rule enforcement.
- It is important to make all league meets official and consistent.
- Coaches may bring their own filled out pull tags to the league meets if they wish
- Incomplete we will count such teams as exhibition teams and they will not score.
- Modified start date has changed, I will get back to you on our official date.
- Senior recognitions should not disrupt the scheduled races, keep to 10 minutes and keep 4:30, 5:00, 5:30 race times intact.

Modified League Invite

- The 2019 Mod invite will be on same Saturday as the Championship meet again.
- Race distance should be near 2.0 miles by end of mod season

League Championships

Overall Champs: Marcus Whitman --- HAC

- **Boys Division Champs:** Wayne, Marcus Whitman, Honeoye
- **Girls Division Champs:** Waterloo, Williamson, HAC

- Thanks to Marcus Whitman and Jody whom did an outstanding job hosting.
- We plan to continue using Bob Goodell Jr and the Hytek system for the League championship. We will continue to utilize Yen's site for entries.
- Shirt Sales went well average ~\$3400 in sales, average 300+ cars admission/parking ~\$1500 \$5 parking charge is still a bargain per car to support the league
- Coaches are happy with the race being held on Saturday Morning.

- Order of races for next year – **Girls First for 2019**

**Mods G/B, Varsity B Girls, Varsity B Boys Varsity A Girls, Varsity A Boys
Box # based on Boys Record**

10:00, 10:30, 11:00, 11:30, 12:15, 1:00 45 min between Varsity races

Modified also have bib numbers versus pull tags

- Easier to keep track of numbers, and all Mod/JV/V rosters entered in same meet
- will order patches, bib numbers and supplies for next year
- Keep coach of year awards
- Modified runners had proper uniforms and looked like teams on start line
- We will continue to enforce uniform rules for all runners

NEXT YEAR ---Coaches, please bring your sectional verification forms to this meet!

Also, make sure your entries are entered on the Yentiming website

Don't be that guy!!!!

League All Stars and Awards -

2018 AWARDS:

XC is a unique sport in that we have an **individual** and **team** championship happening at the same time.

We try to honor both with the awards layout by having awards balanced throughout the field.

These awards attempt to both reflect a League Championship meet and Sectional level awards.

Ribbons 1st-50th places (all races), 51 on -finisher (mods only) -all ribbons in Chute

Top 30 in race get medals -10 gold, 10 silver, 10 bronze (B,G) -Varsity

Top 30 get "League All Star" Certificate and Patch (B/G) -Varsity

Team Trophies in each division (B/G - E,C,W) -Varsity

7 Team Medals to winning team (B/G - E,C,W) -Varsity

Varsity B Overall Team Trophies 1B, 1G

Coach of the year (B/G - E,C,W)

Overall League Team Champion (B/G)

Review of Sectionals and States

- Sectionals: Our league did very well, Congratulations to all.
- Recognized all sectional patch recipients and state representatives
- Congratulations to Red Creek and Waterloo on team Sectional Champions

Website

League Website ----- <http://www.wfltrack.org/crosscountry.htm>

- Site worked well with getting League information and results out.
- all 2018 results and all stars are posted ----**Need updated Maps!!!**
- Site will be updated with all of 2019 dates and events.
- Thanks to Lisa Schaertl for maintaining the site

New Business/ Old Business - League Business

--Order of races for Tuesday meets

First 3 weeks mod boys girls, last 3 weeks mods girls boys keep 4:30, 5:00, 5:30

No issues reported so decided to keep the same as last year

--9th graders at the modified level

It was agreed that coaches should continue to use discretion on having 9th graders at the modified level. It is a sensitive topic and usually the 9th graders that run modified are not ready for varsity races in any form. Many coaches agree that 9th graders should not displace the 7th and 8th grade runners.

--Finisher ribbons for Modified - decided to cease all finisher ribbons for 2020 on

--Modified awards at League Modified Invite

Upon further investigation NYSPHSAA rules allow for ribbons only. Also the WFL league does not award modified athletes trophies or medals in other sports.

--Emergency moving races at league champs to ensure best conditions for Varsity runners
If weather/course conditions/predictions are deemed to be bad enough that we feel the course will be too tore up by the Varsity races, we will move the races to first and notify the league 2 days in advance of this change.

2019 League Championship site-

As a league, we continue to look for the best sites to host our league championship meet. Next year, one of the best sectional and state courses in our league, school controlled, with great facilities; **Wayne** has stepped up to host, this was our #1 choice.

As league chairperson it is my duty to organize and run and League Championship Meet.

These sites are proven to be capable and willing to put on a great meet, proper facilities, adequate supplies, etc. A rotation will be setup between Marcus Whitman, Wayne, and Midlakes, with a bid process for others to bump in. Other sites will be decided by a championship course committee. This process seems to be the best choice in moving forward to ensure the best possible sites for this meet.

League Meet Requirements that will be weighed by League Chairman and Championship committee for sites bidding for meet

1. Adequate Parking for buses and spectators. (25 buses and 350 cars)
2. Ability to close roads and charge for parking
3. Adequate restrooms/portajohns for athletes and spectators.
4. Telephone, first aide, ambulance/trainer on site.
5. Shelter large enough for awards ceremony. Prefer indoor gymnasium
6. 5k measured cross country course.
7. Unobstructed starting area large enough to accommodate 150 runners.
8. Race running surface should be free of hazards.
9. Race course must be wide enough for safe passing.
10. Race course will be in compliance with the National Federation Cross Country Standards.
11. Host site will mark path with white paint and have proper flagging on all corners
12. Paved running surfaces will be restricted to 5% of the total race distance and are not to exceed 50 meters in length for any segment.
13. A secure and safe finish area with adequate chute. (100 feet long double chute) with 200ft crowd control flagging on sides of chute
14. The race course will host an invitational or be open for tour
15. The race course must be used for competitive races for one year before the championships are run on it.
16. A sheltered area with tables for T-Shirt sales and scoring.
17. PA system for awards inside and announcing races outside
18. A committee of coaches will visit and evaluate proposed sites before final approval.
Can the course/site handle this size of race? Are the facilities adequate? Is the school/coach willing/able to prepare for this? Is there minimal overlap or crossings that may confuse runners?

-Bids should include an endorsement from your AD that your school is offering full support and is ready and willing to host this meet on that day/time

The league will provide:

Awards, Vouchers for officials, pay 4 parking attendants/supervisors,
6 portajohns, pay for trainer, pay timer and scorer,

2019 Schedule

- Set up 2019 schedule with host schools assigned. See attached document
- Rotation to balance meets: 4-5 schools per site for 6 meets.

Pre-season meeting Tuesday August 27th 2019

Meeting adjourned at 8:19PM