

Wayne - Finger Lakes XC Preseason meeting
9-29-20 September August 29th
7:00 @ Zoom

Please see zoom slideshow for more information

1. Updated coaches directory
2. League Website <http://www.wfltrack.org/cross/index.html>
Reporting Results for Site –excel spreadsheet on website

Host school needs to call in results: do your part to promote our sport

CA Messenger- 585-394-0770 ext. 271 Fax: 585-394-4160

sports@messengerpostmedia.com

Finger lakes times- 1-800-388-6652 ext. 243 Fax 315-789-4077

sports@fltimes.com

D&C- 585-258-2400 then press 1 Fax: 585-258-2776

sports@democratandchronicle.com

3. Reviewed league schedule – league alignments, made site changes, inc. teams
4. League meets: Meets start at 5 on Tuesday, call host school if you are going to be late. They start at 10 AM on Saturday. **12 runners per race max**
-Once you run Varsity you can't go back.
-Mods must be moved up by midseason of their schedule, just do asap

Covid – state guidance and concerns, league guide to procedures
Please see your AD and Superintendent for more info or clarification
I am sending a short sheet with the state rules and our league meet procedures

Rule reminders-

Soft bracelets legal, hair ties ok on wrists. Keep it simple – no jewelry

GPS watches are legal.

Mods wearing spikes is legal, some sections illegal. This is opt in for each section. Practice scrimmage/competition both 10 individual for Modifieds. Varsity needs 10 practices for a meet. Need 6 meets to compete at sectionals. This has been applied for a waiver of just 3 meets

Unofficial scores for modified races- Score top 3 displace 4,5

--they should score and count like other sports –team coaches responsible
-Make sure your athletes have their required practices to compete.

- 9th graders may be modified at coaches discretion, make sure at correct level on yentiming-- once they run varsity they are varsity. 9th graders should be working their way off modified. -9th graders should not dominate mod races. I would assume this year that mods will run shorter courses.

-An official enforces rules, can start your races, call the finish, is an impartial judge and certifies your meet as legal. Their job is not to walk the entire course. They may offer you suggestions for changes etc.

Kathy McLymond is the official's contact. Like last year, they are all scheduled for you just like track. You will have 2 officials to help with the meet this year they will have full PPE, please have 2 vouchers ready for them.

New course maps please send them

Run league meets following NFHS rules as they are a scoring official HS event. Legal school issued uniforms and well-marked courses are essential. Courses should be as close to 5000 meters or 3.1 miles as your site allows.

Champs and some league meets use computerized timing

Update rosters add/remove check/uncheck XC box

Please check your ventiming account now! <http://www.yentiming.com/>

Same as outdoor/indoor track

Check gender grade, enter only kids running don't just click add all.

Check level 9th graders may still be mod - change to varsity

This may take 20-30 minutes to check over but once it is done it is set for the season.

5. League championships SATURDAY, November 14, 2020 Red Jacket
Varsity only this year - top 7 only

6. Sectionals at various sites this year Nov 21st

Class A @ Center Park, Fairport

Class B @ Wayne

Class C @ Penfield (HWP)

Class D @ Marion

7. Sectional classes – schools not finalized yet

Class B	446-829
Class C	240-445
Class D	239-below

8. Please think about hosting league champs next year, we already have one school interested. We want schools that actively want to host and put on a great meet. If you have any questions please ask. If you want to think about 2022 that is fine also.