

**Wayne - Finger Lakes XC Preseason meeting**  
**8-29-23 Tuesday August 29<sup>th</sup>**  
**7:00 via Zoom**

1. Schools represented: Geneva, Midlakes, Newark, Pal-Mac, PennYan, Waterloo, Wayne, Marcus Whitman, Mynderse, Bloomfield/Naples, Williamson, HAC, Honeoye, Marion, NR-W, Red Jacket, Red Creek, Clyde Sav/Lyons, Sodus, South Seneca, EPCS

Not represented: Dundee/Bradford, Romulus, St. Mary's

2. Updated coaches directory

3. League Website <http://www.wfltrack.org/cross/index.html>  
Reporting Results for Site –excel spreadsheet on website

**\*\*Looking for someone to take over website administration for XC and track**

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](mailto:sports@messengerpostmedia.com)

Finger lakes times- 1-800-388-6652 ext. 243 Fax 315-789-4077  
[sports@fltimes.com](mailto:sports@fltimes.com)

D&C- 585-258-2400 then press 1 Fax: 585-258-2776  
[sports@democratandchronicle.com](mailto:sports@democratandchronicle.com)

4. Reviewed league schedule – league alignments, made site changes, inc. teams
5. League meets: Meets start at 4:30, call host school if you are going to be late.  
Order of races: Boys and girls modified - Boys JV/Varsity -Girls JV/Varsity.  
**Senior recognitions should not interfere with race times!!!**  
-Once you run Varsity you can't go back.  
-Mods must be moved up by mid season of their schedule, just do asap

**Rule reminders-**

Soft bracelets legal, hair ties ok on wrists. Keep it simple – limit jewelry but **no longer illegal!**

**Watches and GPS watches are legal.**

**Mods wearing spikes is legal**, some sections illegal. This is opt in for each section. Practice scrimmage/competition both 6 individual for Modifieds. Varsity needs 6 practices for a meet. Need 6 meets to compete at sectionals.

**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.**

- 9<sup>th</sup> graders may be modified at coaches discretion, make sure at correct level on ventiming-- once they run varsity they are varsity. 9<sup>th</sup> graders should be working their way off modified. -9<sup>th</sup> graders should not dominate mod races. **1.5 miles till Oct 3rd - Oct 10th move them up to 2 miles.** Last two league meets 2 miles.

-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 have 2 officials and need two vouchers.

**New course maps please send them to me.**

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.

-Heat –check the NYSPHSAA regulations- as coaches we are responsible for our athletes safety

-Also remember lightning and thunder are the same thing (30 minute rule)

Invationals and some league meets use computerized timing

Update rosters add/remove check/uncheck XC box

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

**Same as outdoor/indoor track**

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

Check level -9<sup>th</sup> graders may still show as mod - change to varsity

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

**6. League championships SATURDAY, OCTOBER 28th, 2023 NRW**  
**Jobs assigned Order of races**

**No girls JV race this year** - boys JV will be investigated depending on numbers of the first 2 races of season, last year we had 56 boys in JV, don't want too small of a race but don't want to flood the Varsity. Girls combined would have total of **108** runners, boys had 134 in Varsity. If we combined then it would be **190** boys in one race.

Discussed -Bob Goodell Timing, course setup

Top 10 gold, 2<sup>nd</sup> 10 silver, 3<sup>rd</sup> 10 bronze round medals

1-50 ribbons in chute Top 30 LAS Cert and Patch

Teams ECW Trophy

Champ Shirts will be for sale  
\$5 per car charge

\*League meet is paid for and is part of your dues  
**--ENTRIES DUE BY WED OCT 25<sup>th</sup> @8PM**

8. Sectionals 11-4-23 @ Letchworth SP  
-Remind all parents that there is a Charge. No dogs. Sectional entries will be due **Mon Oct 30<sup>th</sup> @8PM**. Verification sheets need to be turned in to me at league Championships or faxed/emailed sooner.  
Foot chips will also be worn at Sectionals this year.

Awards:

**Trophy medal t-shirts to winning team 7**  
**Medals to second place team 7**  
**Patches to top 10 - medal and t shirt to individual champ**

9. Review Sectional classes – not finalized yet - check your enrollment #'s  
All info on the WFL and sectionvtrack websites will be updated

**Girls Class D is a single class** 1 team champ 1 runner up  
1 individual champ and 19 patches now Boys has 10 D1 and 10 D2

10. All section V information on web site – all updated  
<http://www.sectionvtrack.com/cross-country>  
Sectional entries due - see web site for details  
Download verification sheet - 10 entries run only 7  
Must turn in chips not used at pickup

11. State Meet Information  
-Held at @ VVS Nov 11<sup>th</sup>

Federation Meet Information is posted on section V website and WFL site

- 12. XC Post season meeting Tuesday November 14<sup>th</sup>**  
**7:00**

**Please submit any proposed changes or ideas (New business) for coaches to consider (voted on) at least one week before the meeting.**

Newark showed interest in hosting next year's league championships, please contact me if interested in 2025. Marion may take if no others interested

**---Meeting adjourned at 8:02 PM--**