

SECTION V

2019

Boys and Girls

CROSS COUNTRY

HANDBOOK

SECTION V CROSS COUNTRY

- 1. Section V Executive Director: Kathy Hoyt**
- 2. Section V Cross Country Liason: Kim Henshaw/ Greece Olympia**
- 3. Section V Cross Country Chairmen:**
Mike DeMay / Boys Chairman Tim Burlee / Boys Assistant
Lynn Auble / Girls Chairman Julie Backus / Girls Assistant
- 4. Sectional Cross Country Chairpersons will:**
 - Conduct pre and post season meetings.
 - Review and revise sectional classes based on Section V criteria.
 - Make reports to the Section V athletic council.
 - Make arrangements for State Meet competition. (Busing, Meals, Transportation, and chaperones).
 - Conduct Sectional Class Championships.
 - Attend State Cross Country meetings and serve on state games Committee.
- 5. Section V Cross Country League Chairman:**
Steuben County: Tim Lyons/ Addison HS

Allegany County:

City/ Catholic: Todd Stewart/ McQuaid HS

Private/ Parochial/ Independent:

Wayne-Finger Lakes: Paul Pfeiffer/ Marion HS
Ed Courtney/ Waterloo

Livingston/ Genesee: Jim Sattora/ Pavilion HS
Andy Buckenmeyer/ Alexander HS

Monroe Country: Michael LaFrance/ Brockport HS
Sean Curynski/ East Irondequoit HS

6. Section V Cross Country League Chairpersons will:

- Attend all Section V Cross Country meetings.
- Send information to all schools in their league:
 - Cross country handbook
 - Sectional classifications
 - Sectional entry procedure
 - Rules and regulations for sectionals
 - Any changes from the games committee
- Help administrate Sectional Championships
- Notify sectional chairperson of any mergers, move-ups, or violations in their league

7. Rules and Regulations:

Section V Cross Country will follow National Federation Rules (Rule 9, sections 1-7) and all rules of eligibility found in the NYSPHSAA handbook.

8. Section V Cross Country Games Committee (Boys and Girls)

The games committee consists of:

Boys sectional chairpersons

Girls sectional chairpersons

Chairpersons from each league

The games committee is responsible for:

A. Organizing and conducting sectional class championships

B. Conducting State Qualifier meet

C. Determine how teams and individuals qualify for NYS championships

D. Select a Jury of Appeals for Sectionals

E. Determine policy and changes for the sport of Cross Country

**** Any policy that requires the committee to vote shall use the following procedure:**

- 1. Each league has one vote for each team in their league.**
- 2. League chairpersons may send a proxy vote with a designated representative .**
- 3. Fifty percent of the possible votes constitute a quorum.**
- 4. Sixty percent will carry the vote.**
- 5. The vote of each sectional chairperson will be used to decide the outcome of a vote if needed.**

9. SECTIONAL ELIGIBILITY:

- A. May not start practice before approved starting dates set by New York State, Section V and Leagues
- B. Must follow state requirements for practice and participation (See NYSPHSAA Handbook)
- C. Must run a minimum of six (6) contests prior to Sectional (See appeal)
- D. Any modified runner moved up to varsity competition must be moved up prior to 50% of their schools modified schedule.

*** All appeals must be documented and sent to the respective Section V Chairman and League Chairman prior to the Sectionals for approval. All appeals must be signed by the coach and the Athletic director or Chief school officer.**

10. SECTIONAL ENTRIES:

- The Cross Country Sectionals are an open format. All teams and individuals are invited if they have met NYS standards.
- The number of entries will be regulated by the Games Committee.
- Each team will be allowed to enter seven (7) runners.
- Entry form and athlete verification can be obtained on line (x-c link of section v. org) .
- **All entries must be received by 8:00 PM Monday October 28, 2019. Late entries must go through the appeals process. Changes in entries may be made up to 1 Hour prior to your race with Dave Yen.**
- The Sectional Committee has the right to rule on all extenuating circumstances.

11. SECTIONALS:

- Sectional sites will be recommended to the Athletic Council by the Games Committee for approval at the April meeting
- Sectionals will be the first Saturday of November.
- Starting time will be voted on by the games committee.
- Starting line positions will be assigned. 7 runners on the line.
- **Uniform Rule and Jewelry Rule will be strictly enforced.**

Any illegal runners or teams will be disqualified. (no face paint or other distracting apparel will be allowed).

- Coaches are responsible for runners wearing the correct bib number on the front of their uniform and shoe chip.
- Scoring will be by Computer. Official results will be posted after each race
- Final results will be posted on the internet at the end of the day: **sectionv.org** website.

- ***This is a Championship Meet! Coached are expected to Supervise their athletes. No footballs, frisbees, etc.***
- ***Dogs and other pets are not allowed on the Midlakes HS campus***
- ***. Do not tour the course before the day of the race. Midlakes High School is private property.***
- ***No Bikes allowed on the course during the meet.***
- ***All vehicles will be charged to park on campus.***

12. Disqualifications and Protests:

- All protests must be in writing, on form provided within 30 minutes of the conclusion of the race. Protests will be submitted to the section chairman.
- Jury of Appeals decisions are final.
- All scoring correction of team or individuals placement must be within 48 hours of the end of the meet.

13. AWARDS:

- Trophy and certificate to team champion in each sectional class.
- Medals to the 2nd place team
- Patches to top ten (10) individuals in each sectional class. (15) individual patches in Girls Class D
- Patches to members of winning teams (7)
- *** Awards ceremony will be at the designated times.

14. NEW YORK STATE CHAMPIONSHIPS:

A. Qualifiers:

- Overall winning team (8 runners maximum) and coach in each State CLASS A, B, C, D will represent section V. (**Boys D Representatives will be the winning team from the class D/DD blends**).

***No others without coordinator's approval.

- Overall top 5 individuals not on the winning team, in each State CLASS A, B, C, D will be represent Section V.
- individual runners will be supervised by the sectional chairmen and section V chaperones.

B. NYSPHSAA AWARDS:

- Championships plaque and medals to winning team.
- Medals to top 20 in each race.
- T-Shirt to the top 10 runners on the Championships Intersectional Team.
- The **Sportmanship Awards** will be selected from the athletes on Section V State Team and a vote of league coaches.

C. Qualifying for NYS Federation:

- Based on performance in NYSPHSAA Championships
- Rankings throughout the year.
- Information provided by coach (Due by 11/13/19)

15. ALL SECTION V CROSS COUNTRY SELECTION PROCESS

- The top 30 runners from the Section V **Blended results** will be the All Section V team.
- 1st Team 1-10
- 2nd Team 11-20
- 3rd Team 21-30.
- All runners on the Section V All Star team will receive a commemorative award.