

# SECTION V 2020



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## Boys and Girls CROSS COUNTRY HANDBOOK

SECTION V CROSS COUNTRY

1. **Section V Executive Director: Kathy Hoyt**
2. **Section V Cross Country Liaison: 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: Nikki Guy, Northstar Christian  
Rich Russotti, Bishop Kearney**

**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 three (3) contests prior to Sectionals** (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 online (x-c link of section v. org) .
- **All entries must be received by 8:00 PM Sunday November 15, 2020. 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
- Due To Covid-19, sectional sites were not determined until early Sept.
- All four classes contested on Saturday, Nov 21st
- Sectionals will be the first Saturday of November.
- Due to Covid-19, which delayed the start of the season forced us to move sectionals back to Nov 21.
- Starting time will be voted on by the games committee.
- All four classes contested on Saturday, Nov 21st
- Class A is at Center Park in Perinton @ 10:00am
- Class B is at Wayne HS @ 2:00pm
- Class C & D is at Harris Whalen Park, Penfield
  - Class C @ 10am
  - Class D @ 1:00pm

- 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.

**Due to Covid-19 we ask and encourage the use of face masks and maintaining social distancing of 6' or more.**

- ***This is a Championship Meet! Coaches are expected to Supervise their athletes. No footballs, frisbees, etc.***
- ***Dogs and other pets are not allowed at the sectional sites***
- ***Do not tour the course before the day of the race.***
- ***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 sectional coordinator.
- Jury of Appeals decisions are final.
- All scoring corrections 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 per each site
  - THERE WILL NOT BE AN AWARDS CEREMONY - all awards will be delivered to their appropriate schools.

## 14. NEW YORK STATE CHAMPIONSHIPS: The NYSPHSAA CHAMPIONSHIP & NYS FEDERATION CHAMPIONSHIP will NOT be contested in 2020

### A. Qualifiers: The NYSPHSAA CHAMPIONSHIP & NYS FEDERATION CHAMPIONSHIP will NOT be contested in 2020

- 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: The NYSPHSAA CHAMPIONSHIP & NYS FEDERATION CHAMPIONSHIP will NOT be contested in 2020**

- Championship plaque and medals to the winning team.
- Medals to top 20 in each race.
- T-Shirt to the top 10 runners on the Championships

Intersectional Team.

- The **Sportsmanship Awards** will be selected from the athletes on Section V State Team and a vote of league coaches.

**C. Qualifying for NYS Federation: The NYSPHSAA CHAMPIONSHIP & NYS FEDERATION CHAMPIONSHIP will NOT be contested in 2020**

- Based on performance in NYSPHSAA Championships
- Rankings throughout the year.
- Information provided by coach (Due by XXXXX)

**15. ALL SECTION V CROSS COUNTRY SELECTION PROCESS - THERE WILL NOT BE A BLENDED ALL-STAR TEAM IN 2020, WE WILL NAME THE TOP 10 IN EACH CLASS ALL-STARS FOR THEIR RESPECTIVE CLASS.**

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