



Cross Country
Handbook
2023

Section 3 Committee

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Section 3- Classifications

Class A

3	Fowler - Corcoran - ITC	2053	A
3	THOMAS R PROCTOR	1991	A
3	CICERO-NORTH SYRACUSE	1880	A
3	LIVERPOOL	1686	A
3	CHARLES W BAKER (Baldwinsville)	1295	A
3	HENNINGER	1173	A
3	ROME FREE ACADEMY	1160	A
3	FAYETTEVILLE-MANLIUS	1055	A
3	WEST GENESEE	1010	A
3	AUBURN	957	A
3	EAST SYRACUSE MINOA	861	A
3	PAUL V MOORE (Central Square)	861	A
3	WATERTOWN	848	A
3	NOTTINGHAM	824	A

Class B

3	OSWEGO	774	B
3	G RAY BODLEY (Fulton)	747	B
3	WHITESBORO	711	B
3	JAMESVILLE-DEWITT	648	B
3	CARTHAGE	641	B
3	NEW HARTFORD	627	B
3	INDIAN RIVER	624	B
3	CORTLAND	525	B
3	CAMDEN	498	B
3	CENTRAL VALLEY ACADEMY	493	B
3	CHITTENANGO	470	B

Class C

3	SOUTH JEFFERSON	446	C
3	VERNON-VERONA-SHERRILL	444	C
3	HOMER	437	C
3	MEXICO	434	C
3	WESTHILL	425	C
3	ONEIDA	422	C
3	CHRISTIAN BROTHERS ACADEMY	381	C
3	JOHN C BIRDLEBOUGH (Phoenix)	375	C
3	MARCELLUS	360	C
3	SOLVAY	357	C
3	CAZENOVIA	336	C
3	HOLLAND PATENT	332	C
3	GENERAL BROWN	327	C
3	SKANEATELES	327	C
3	HANNIBAL	314	C
3	CANASTOTA	311	C
3	ADIRONDACK	293	C

3	CLINTON	285	C
3	LOWVILLE	284	C
3	SHERBURNE-EARLVILLE	279	C
3	LITTLE FALLS	278	C
3	JORDAN-ELBRIDGE	270	C
3	HERKIMER	257	C

Class D

3	PORT BYRON / UNION SPRINGS	245	D
3	Westmoreland / Oriskany	237	D
3	ALTMAR-PARISH-WILLIAMSTOWN	237	D
3	PULASKI	237	D
3	MT MARKHAM	234	D
3	SYRACUSE ACAD-SCI CHARTER SCH	234	D
3	SAUQUOIT VALLEY	222	D
3	UTICA ACA. SCIENCE CHARTER SCH	210	D
3	CATO-MERIDIAN	204	D
3	COOPERSTOWN / MILFORD	204	D
3	BEAVER RIVER	201	D
3	JAMES A GREEN (Dolgeville)	201	D
3	LA FAYETTE	195	D
3	WEEDSPORT	186	D
3	THOUSAND ISLANDS	185	D
3	FRANKFORT-SCHUYLER	180	D
3	ONONDAGA	179	D
3	SOUTH LEWIS	174	D
3	TULLY	171	D
3	SANDY CREEK	159	D
3	BISHOP GRIMES	156	D
3	FABIUS-POMPEY	155	D
3	ONTECH CHARTER	155	D
3	WEST CANADA VALLEY	155	D
3	MORRISVILLE	149	D
3	WATERVILLE	147	D
3	HAMILTON	141	D
3	BISHOP LUDDEN	140	D
3	CINCINNATUS	126	D
3	RICHFIELD SPRINGS / OWEN D YOUNG	125	D
3	REMSEN / OLD FORGE	119	D
3	ALEXANDRIA CENTRAL	117	D
3	NY MILLS	117	D
3	LAFARGE	116	D
3	McGRAW	114	D
3	POLAND	114	D
3	NOTRE DAME (Utica)	113	D
3	BELLEVILLE HENDERSON	111	D
3	MADISON	104	D
3	ACKETTS HARBOR	104	D

3	STOCKBRIDGE VALLEY	98	D
3	COPENHAGEN	90	D
3	IMMACULATE HEART	86	D - girl only
3	MANLIUS-PEBBLE HILL SCHOOL	86	D
3	DERUYTER	78	D
3	LYME	69	D
3	OTSELIC VALLEY	66	D
3	LIVING WORD ACADEMY	54	D
3	FAITH HERITAGE SCHOOL	50	D
3	BROOKFIELD	48	D
3	MATER DEI ACADEMY	33	D
3	TYBURN ACAD-MARY IMMACULATE	32	D

2023 - 2024 SECTION III LEAGUES AND SCHOOLS

<u>CENTER STATE CONFERENCE</u>		<u>FRONTIER</u>	<u>OHSL</u>
<u>Division I</u>		<u>Division 1</u>	<u>Liberty American</u>
Adirondack		Watertown	Homer
Canastota		Carthage	Chittenango
Clinton		Indian River	Westhill
Herkimer		South Jefferson	Mexico
Sherburne-Earlville		General Brown	CBA
Little Falls		<u>B Division II</u>	Cortland
<u>Division II</u>		Beaver River	<u>Liberty National</u>
Cooperstown		South Lewis	Phoenix
Dolgeville		Sandy Creek	Solvay
Sauquoit Valley		Thousand Islands	Skaneateles
Waterville			Hannibal
Westmoreland			Cazenovia
Mount Markham			Marcellus
			JE
<u>Division III</u>			<u>Patriot American</u>
Hamilton			OCS
New York Mills			:Lafayette
Oriskany			Faith Heritage
Old Forge/ Remsen			Fabius
Poland			Tully
West Canada Valley			MPH
ODY/ Richfield Springs			Matre Dei
			Cincy
			DeRuyter

<u>Tri-Valley</u>	<u>SALT CITY ATHLETIC CONFERENCE</u>	<u>Patriot National</u>	
Colonial	Metro	Port Byron/ Union Springs	
Whitesboro	Auburn	Cato - Meridian	
Proctor	Baldwinsville	Weedsport	
Rome Free Academy	Cicero-North Syracuse	Bishop Grimes	
New Hartford	Fayetteville-Manlius	Pulaski	
	Henninger	Sas	
Pioneer	Liverpool	APW	
Notre Dame	West Genesee	Bishop Ludden	
Oneida			
Camden			
Central Valley	Empire		
VVS	Central Square		
Holland Patent	Corcoran	INDEPENDENTS	
	Nottingham	Living Word Academy	
	East Syracuse-Minoa	OnTech	
	Fulton		
	Jamesville -Dewitt		
	Oswego		
		MODIFIED ONLY	
		Lyncourt UFSD	
		St. Joseph School	

Information Rules of Conduct for Competition

- NFHS & NYSPHSAA Rules will be followed unless noted otherwise.
- 6 individual practices before first competition
- 16 meet maximum
- 2 nights rest between competitions
- Maximum distance 3.1 miles or 5000 meters
- Maximum of 2 meets per week (Monday- Sunday)

Advanced Placement -Move Up Date:

In order for a modified runner to participate in the sectional meet, they must have met the requirements of NY state advanced placement protocol. The athlete also has to move to varsity prior to having completed 50% of their competition season. The athlete must also **finish 6 competitions** before they can compete in the sectional meet. Modified meets count towards the 6 meets.

All-CNY

Selection for all CNY will be determined from the merge at the sectional meet. The top 10 boys and top 10 girls from classes A & B, and C & D will be selected to All CNY.

Reporting scores to the Post Standard:

results to hssports@syracuse.com

Out of state competition

Host schools with teams coming from out of state, must verify that they are sanctioned by their state.

Attending out of state meets- Meet must be sanctioned by NYS go to NYSPHSAA.org Sanctioning

Order of races

Girls will race first in dual meets followed by the boys.

Important Dates

Sectional Bids due - Nov. 1st, 2023

Sectionals - Nov. 4th, 2023

States - Nov. 11th, 2023

Post Season Meeting: November 15th- TBD@ 6:30pm

Federation - Nov.18th, 2023

Nike & Footlocker - Nov. 25th, 2023

Sectionals 2023

Site: VVS High school Saturday Nov. 4th, 2023

Entering:

Register at ny.milesplit.com. Each team can enter **up to** 10 runners. Failure to enter on time will eliminate your team from sectionals. Please do not enter your entire roster.

Eligibility: Team/ Individual Entries for Sectionals:

Each team may enter up to and no more than 10 runners in the sectional meet.

Individuals must have completed (finished) 6 varsity contests prior to the sectional race in order to be eligible for the meet.

Multi school meets, including double dual meets, count as 1 meet. If an athlete is injured and is not able to compete in 6 meets, they must receive a waiver from the Section III Office in order to compete at sectionals.

Awards:

- 1) Awards to the winning team and individual race winner.
- 2) Awards will be given to each winning team if the class is split into divisions.

Parking:

Parking is free this year.

Ticketing:

Ticketing fee for sectionals is \$9.00 each. Check the section 3 website:

<http://section3.org/sports/2021/4/29/hometown-ticketing.aspx>

** No cash tickets will be available. Tickets will be taken at the gate as you enter VVS.

State Meet Advancement: NEW Sectional Order

The top team in each class (boys and girls), along with the top 5 individuals (boys and girls) from each class will advance to the state meet.

Sectional Race Times: 40 mins between girls races and 30 between boys races. This schedule will allow for some of the cars to clear out for parking and also will let schools leave earlier and show up later.

Race time	awards
Sectional order	
9:00 Class C Girls	
9:40 Class D Girls	
10:20 Class C Boys	Awards Class C boys & Girls 11:00
11:00 Class D Boys	Awards Class D boys & Girls 12:00
1:00 Class A Girls	
1:40 Class B Girls	
2:20 Class A Boys	Awards 3:20 Class A Boys & Girls
3:00 Class B Boys	Awards 4:00 Class B Boys & Girls

**The awards ceremony is scheduled to be held outside in front of the bleachers. If there is inclement weather, VVS will make arrangements for an inside ceremony.

Bids for 2024 Cross Country Sectional Meet:

If you would like to host the 2023 cross-country sectional meet you need to do the following:

1) Send a letter of intent to host the sectional meet, to Michelle Rauber, by Dec. 15th 2) Download the Request to Host A Sectional Event from the Section 3 website. It is under the forms section. Fill out the form completely along with the budget page . Send this form to Michelle Rauber no later than **Dec. 15th , 2023**. You also need to include a parking plan for the event, which will accommodate 1000 cars.

Important change- If your site receives the bid for the sectional meet you can not change the course that was bid (in any way), unless you contact the section III coordinators for approval!! The course that won the bid will be the course that is run at sectionals!!

State Meet 2023

** New State Meet Order or Races

VVS High School

Verona NY

Date: Saturday November 11th, 2023

Race schedule:

Opening Ceremony 8:45

Race time

awards

9:00 Girls Varsity C Race.....	Awards Ceremony 10:00 AM
9:30 Girls Varsity D Race.....	Awards Ceremony 10:30 AM
10:30 Boys Varsity C Race.....	Awards Ceremony 11:30 AM
11:00 Boys Varsity D Race.....	Awards Ceremony 12:00 AM
12:30 Girls Varsity B Race.....	Awards Ceremony 1:30 PM
1:00 Girls Varsity A Race.....	Awards Ceremony 2:00 PM
2:00 Boys Varsity B Race.....	Awards Ceremony 3:00 PM
2:30 Boys Varsity A Race.....	Awards Ceremony 3:30 PM

** Awards will be presented in the small gym on the side of the school.

Ticketing: NYSPHSAA Site to purchase individual tickets. Cross Country will now have paperless tickets like in track and field. No charge for parking.

Friday November 10th Course Previews – Preview begins at 12:00 and will end at dusk. Medical personal will then be on the course

Federation Meet

Date: Saturday November 18th

Site: Bowdoin State Park, Wappingers Falls NY

Individuals are chosen from the merge after the teams have been determined. The top 18 individuals from the merge (minus team participants) can advance to the state meet. Each section may then select 2 more individuals from their section to compete in the meet.

Teams are chosen from the team merge at the state meet, and also at large teams may be chosen. 16 teams are chosen from the NYSPHSAA for the federation meet.

Federation Meet Bid

If you would like your team considered for the federation meet, you must supply a resume to the coordinators by Tuesday November 9th. Please include as much information as you can about meets you have attended and state ranked teams you have beaten. The most weight is put on races after October 1st.

Federation Excel sheet

Interested teams should fill out the excel sheet that will be sent out in early October, so that teams and names are on hand. It should be sent to Bob Beer. More information to follow.

Federation meet information

Information will be posted on NY.milesplit.com later in the season.

Modified Cross Country Information

- 1) 6 individual practices before an athlete can compete in a meet
- 2) Team & individual maximum number of contest - 10
- 3) Minimum number of nights before next contest is 2
- 4) Number of competitions per day is 1

Rules

- 1) Maximum distance is 1.5 miles for the first half of the season, then up to 2 miles.
- 2) Multi school contests/ tournaments/ championships - **Championships are prohibited, No Individual or sectional championship is allowed**, ribbons may be awarded to top individuals in races.
- 3) It is recommended that there be a minimum of 6 meets scheduled for Modified Cross country
- 4) If a modified runner moves to varsity they can not move back down to the modified level.