

## Section 3 Cross Country Handbook - 2016

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**Selective Classification -Move Up Date:**

In order for a jr. high runner to participate in the sectional meet, they must be selective classified to varsity by the time no more than 50% of their **competitive** season has passed. They also **must finish 6 competitions** before they can compete in the sectional meet.

**Code of conducts- No longer** have to sign individual code of conducts for state meets, the athletic director of each school will sign them for the entire team.

**Awards at state meet** - championship shirts to winning team, section and individual. There will be male and female gender size shirts. Top 20 will still receive medals in each race. Keep consistency in all sports, no more gifts depending on sport, and now all championships will receive the same gift from the state.

## Rule changes

- a) **Runners can now assist another runner** if there is not medical personal readily available without penalty.
- b) **Can now use directional signs** on xc course not just flags and lines.
- c) **2<sup>nd</sup> year - Modified runners are permitted to wear spikes in practices and races.** - Need to contact section 3 office with any injuries created by modified kids wearing spikes. In 2015, no injuries were reported. If you travel out of the section you have to follow the race director's rules, so your modified kids might not be able to wear spikes out of section 3. **(sections 2, 3 and 5 have adopted the new rule)**
- d) **Jr. high practices** have been minimized to 8 team practices and 6 individual practices before the first competition
- e) **Heat /Chill Procedures** - NY state is now using weatherbug.com If is a free app you can get for your phone. It gives the real feel not the actual temperature. We need to make sure we go by real feel temperatures.

Reporting scores to the Post Standard: [syracuse.com/The](http://syracuse.com/The) Post-Standard

Results to [hssports@syracuse.com](mailto:hssports@syracuse.com) or Call: 315-470-2152

- 1) Home team sends in the scores as soon as possible.
- 2) Send in all scores for the meet and the top 10 finishers.
- 3) If you attend an out of the section invitational please send in the results.

## **Sectional Meet Information**

**Site:** Chittenango High school Saturday Nov. 5<sup>th</sup>, 2016

### **To Enter Sectional Meet:**

You will register for sectionals by going to [ny.milesplit.com](http://ny.milesplit.com). You must register your 10 runners **at [ny.milesplit.com](http://ny.milesplit.com) by the entry date**. Failure to enter on time will eliminate your team from sectionals. Please do not enter your entire roster if it is more than 10 runners.

### **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.

### **Please Note**

**\*\* IF you fail to register your team with [ny.milesplit.com](http://ny.milesplit.com) for sectionals by the posted date, your team will not be allowed to run in the sectional championships!\*\***

### **Officials:**

Several hired rated officials with help from competent adults from participating schools will officiate over the meet.

### **Rules:**

Federation rules govern girls' and boys' cross country in New York State. Refer to the 2016 edition of the National Federation Track and Field Rule Book for girls and boys.

### **State Meet Advancement:**

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.

### **Awards:**

1) Section III banner line to the first place team of each class, upon request to the Section 3 Office.

2) Certificate and Patches for the top 10 girls and boys on the winning team along with each girl and boy who qualifies for the state meet as an individual.

**Questions:**

Please contact your league or sectional representative.

**Sectional Race Times:**

10:00	Girls Class B	1:00	Girls Class A
10:40	Girls Class C	1:40	Boys Class D
11:20	Boys Class B	2:10	Boys Class A
11:50	Boys Class C		
12:20	Girls Class D		

**Bids for 2017 Cross Country Sectional Meet:**

If you would like to host the 2017 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 **November 1st, 2016**.
- 2) Prepare a budget for hosting the sectional meet. This needs to be sent to Michelle Rauber no later than November 1<sup>st</sup>, 2016. Please include all expenses that you will incur while hosting the meet.
- 3) Prepare a presentation for the sectional committee on your course, parking, spectator friendliness, etc for the Section 3 Committee, to be at the post season sectional meeting in December.

**State Meet at Chenango Valley State Park (section 4)**

**Date: Saturday November 12<sup>th</sup> 2016**

**Race schedule:**

Opening Ceremony                    8:45

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

**\*\* Awards will be presented to each class after their races under a tent near the finish line. They will be presented by a paid presenter, and will last about 25 minutes.**

**Course:** Completely on the golf course, mainly on grass, some pavement (you can run alongside it), a few areas of crushed stone.

1<sup>st</sup> mile - mainly gradual downhill and flat.

2<sup>nd</sup> mile - a couple of climbs, nothing too significant, with more flat and gradual downhill

3<sup>rd</sup> mile - a few more short steep climbs, a few rolling hills, some gradual uphill and finishes with a flat last 400 meters or more.

**\*\* Very Fair course!!**

**Hotels:** Section 3 has reserved hotel rooms for our section this year. There are enough rooms for teams and individuals, along with coaches. The section 3 office will bill schools for the rooms at \$105 / single room, and \$119 / double room. Dawn Field will help us with the rooming, so please contact the Section 3 office if you would like to reserve rooms with the section.

The hotel is 8.97 miles from the course.

**Comfort Inn** - 1000 Upper Front Street, Binghamton, NY 13905.



**Parking:** \$10.00 per car

- 1) Sectional buses only will be parked at the course, all other school buses will drop off at the course and proceed to the camping area (about 600 meters) down the road to park.
- 2) Cars will be parked at the park in designated areas, and they will be shuttled to the park.

### **Entrance into the park**

**Schools buses** entering the park will need to enter through Rogers Road entrance.

Directions : Rt 88 east to exit 3(NY369 Port Crane), turn left onto Rt. 369 North. Follow this to Rogers Road and enter the park. Bear right and continue up the hill.

**Other vehicles** enter through the main park entrance. From 81 take exit 8 for Whitney Point. Look for signs for Rt. 79 east, follow rt. 79 east to Pigion Hill Road. Turn right onto Pigion Hill Road. Turn right onto Cove State Park Road, turn Right onto Chenango Valley State Park Road. Follow signs for drop off and parking.

**\*\* Course maps and parking maps will be available on the Section 3 Website.**

**Friday November 11<sup>th</sup> Course Previews** - You will not be allowed on the course until 12:00. Medical personal will then be on the course

**Box lunch** order forms: If you are interested purchasing box lunches, a copy will be provided in the packets for qualifying teams and individuals after sectionals.

**Athlete dinner** No information available at this time, information will be in the state meet packets.

### **Pre State meet invitational - September 24<sup>th</sup>, 2016**

- 1) Go to **TAJames.com** for all of the information. He needs your letter of intent so that they can decide how many races they will need.

Seeding of races is random. You can request for a early or later race, requests may or may not be granted.

- 2) There will not be a gate fee for the invitational.
- 3) No one will be able to get on the course on Friday night before the invitational as they will not have it completely set up.

**2017 state meet - Wayne Central School (section 5)**

- About 50% grass trails, 50 % on athletic fields.
- Maps will be available on the Section 5 website as soon as the course it finalized.
- Invitational for 2016 - 9/17/16
- Invitational for 2017 - 9/16/17

**All CNY - November 15<sup>th</sup> at 6:00PM at the Syracuse Media Group building.**

- **All CNY** this year will be divided into 2 different divisions, large schools and small schools. Large schools will be A&B schools, while small schools will be C&D schools. 10 athletes from each division will be chosen from the merge at the sectional meet.

**Out of state meet sanctioning:** Make sure if you are traveling out of state that your Athletic Director fills out the proper forms with NYSPHSAA prior to your racing. If not it could cost your athletes their season.

If you are hosting a meet and out of state teams are participating in it is your responsibility to make sure they are sanctioned by their state. Contact the NYSPHSAA if you have any questions.

**Information to download from the NYSPHSAAF**

Sanctioning - Needs to be filled out if you are attending a meet out of state.

NYSPHSAA.org Sanctioning

Hotel/ Motel Report - Should be given to the hotel you stay in at the state meet.

NYSPHSAA.org    Forms    Championship hotel/motel report

**Post Season Meeting:**

Wednesday November 16<sup>th</sup>- VVS High School @ 6:30pm