



Section One
Cross Country Booklet
2018





Section One Cross Country Calendar 2018

First Practice permitted August 13, 2018

First Scrimmage permitted after: 10 Practice days for Team – 8 days for Individual – August 24th

First Game permitted after 10 Practice days for Team – 10 days for Individual – August 25th

Last Day to play: 11/1/2018 (Thurs)

Minimum Number of Contests To be eligible for sectional, intersectional or state competition, a team must have completed in six (6) school scheduled contests which occurred on six (6) different dates during the season.

Team Sports: An individual is eligible for the team if he/she has been an eligible participant on a team in that sport in that school for a minimum of six (6) scheduled contests during the regular season. For football, a student must be an eligible participant for a minimum of three (3) contests.

Team/Individual and Individual Sports: An individual must also have represented their school in six (6) scheduled contests during the season to be eligible. These required contests must occur on six (6) different dates and must be conducted prior to the conclusion. {NYSPHSAA Handbook, pg 104, #25 a}

Maximum # of Contests: 16 (Individual)

Section One Championships

<u>Round</u>	<u>Date</u>	<u>Site</u>	<u>Time</u>
Finals	A, B, C, D (Sat) Nov. 3 rd	Bowdoin Park Wappingers Falls, NY (845) 298-4600	10:00am

State Championships

<u>Round</u>	<u>Date</u>	<u>Site</u>	<u>Time</u>
Finals	November 10	Sunken Meadow State Park Sunken Meadow Parkway N. Kings Park, NY 14520 (631) 269-4333	9:00am

Federation Championships

<u>Round</u>	<u>Date</u>	<u>Site</u>	<u>Time</u>
Finals	November 17	Bowdoin Park Wappingers Falls, NY (845) 298-4600	12:00pm

Coaches Meetings

Pre-Season Meeting	August 21	Scarsdale High School	7:00pm
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Sectional Finals Admission: \$10.00 per car

**Section One Cross Country
2018
Sports Committee Members**

Girls' Chairperson: Dan Doherty
Address: 12 Sunrise Lane
Pearl River, NY 10965
Dohertyd@optonline.net

Phone: (Cell) (845) 596-3625

Girls' Co-Chairperson: Artie McCormack
School: Irvington High School
40 North Broadway
Irvington, NY 10533
arthur.mccormack@irvingtonschools.org

Phone: (Day) (914) 269-5491
(Cell) (201) 788-1262
(Fax) (914) 591-6714

Boys' Chairperson: Rich Clark
School: Scarsdale High School
1057 Post Road
Scarsdale, NY 10583
Home: 187 Garth Road
Scarsdale, NY 10583
rclark@scarsdaleschools.org

Phone: (Day) (914) 721-2467
(Eve) (914) 574-6397
(Fax) (914) 722-2800
(Cell) (914) 826-0714

Boys' Co-Chairperson: Artie McCormack

Committee Members:

Conference I	Athletic Director	TBD
Conference II	Athletic Director	Artie McCormack, Irvington High School
Conference II	Athletic Director	Todd Santabarbara, Pearl River High School
Conference III	Athletic Director	John Bauerlein, Pleasantville High School

Other Members: Fred Singleton, White Plains High School
Rosalind Gallino, Lakeland/Panas High School
Chris Barry, Irvington High School
Jim Agnello, Bronxville High School
Steve Arnett, Arlington High School

Coaches Association: Mike Lacko, Somers High School

Official Association Reps: Ken Kraft, Dutchess
Shawn Frederick, Rockland
Sandra Edwards, Westchester/Putnam

ELIGIBILITY

STATE

First place team in each of the four Sectional class races (A, B, C, D), boys and girls is the Section representative to the State Meet. The first five individuals in each class race, boys and girls, exclusive of the members of the winning team, will also advance to the State Meet.

If any individual (team member or one of the at large individuals who qualified) can't make the State Meet. **YOU MUST NOTIFY YOUR COORDINATOR ASAP, OR AT THE LATEST, THE WEDNESDAY PRIOR TO THE STATE MEET.** If it is a team member, you must let the coordinator know with whom you will replace the injured/sick/unavailable member, if it is an at large individual, the coordinator will call up the next alternate.

FEDERATION

The **winning team in each class race at the State Meet** automatically qualifies. The **next five teams in the merge** are also automatic qualifiers. **Seven more teams will be at large selections** and will be selected by a vote of all the coordinators at a meeting at the State Meet. A total of 16 teams will represent the NYSPHSAA at the Federation Meet.

The **first two individuals** from each **class race at the State Meet** automatically qualify for the Federation Meet. The next ten individuals from the merged files of all the class races at the State Meet, exclusive of members of teams already selected, are also automatically in the Federation Meet. Then, **each coordinator selects two athletes from his/her section as at large runners** in the Federation Meet.

Prior to our entering the selection meetings, we rank teams and individuals in our section. The basis of the ranking is generally the merge of the Class Meets of our Sectional Championships.

If you have a good team or individual you expect **might** be a contender for the Federation Meet, you must let your coordinator know the availability of your team or individual **PRIOR** to the State Meet. Also, a resume describing the strength of your team or individual would help your cause.

PROTEST PROCEDURE

1. For the Section One Meet, the entire Sports Committee Membership (see page 3) are members of an on-site Jury of Appeals along with the Referee of the Meet.
2. Only cases of rules violations can be protested. In the case of an official's judgment, there can be no protest.

PARTICIPATION RULES

Number of Practices:

Scrimmage:	Team	10
	Individual	8
Meet:	Team	10
	Individual	10

Maximum Number of Meets: 16 per individual

Maximum Number of Meets/week: 2

Minimum Rest Between Meets: 2 nights

Eligibility for Sectionals: At least 6 Meets

Tie Breaker: 6th runner

Uniform Rule:

Outerwear: School issued, matching

Under Garments: Single solid color tights, bicycle shorts, shirts, and sports bras.

Uniforms can not be altered.

Shorts: Waistband around waist.

Jewelry: No jewelry, chains, or religious or medical alert medallions may be taped to body. No body piercing whatsoever. The wearing of watches is allowed.

Medical alert medallions should be pinned to the inside of the uniform.

Inhalers: For use during race: Doctor's note to Referee; must be taped to runner's hand.

Sportsmanship:

Officials will be reading a statement regarding trash talking, baiting, taunting, etc. prior to races. Violations receive no warning but instant punishment. In Cross Country, that can only mean disqualification. Be certain to apprise your runners of this.

**SECTION ONE CROSS COUNTRY
69th CHAMPIONSHIP MEET**

Date: Saturday 11/3

Site: **Bowdoin Park – Wappinger Falls, NY**

Time Schedule:

10:00AM GIRLS CLASS D
10:30AM GIRLS CLASS A
11:00AM GIRLS CLASS B
11:30AM GIRLS CLASS C
12:00PM BOYS CLASS D
12:30PM BOYS CLASS A
1:00PM BOYS CLASS B
1:30PM BOYS CLASS C

Course: 5000 meters, mostly dirt trails; waffle flats or spikes recommended

Awards: Medals: 1 – 10 in each race
Plaques: Team Champion and runner-up in each race

Entries: Girls Individual Sport Verification Forms must be emailed to Dan Doherty at dohertyd@optonline.net and Boys Forms to Rich Clark at rclark@scarsdaleschools.org no later than Monday 10/29/18. If this form is not submitted, your team will not be permitted to race!

Rules: National Federation Rules apply. Pay particular attention to the uniform, jewelry, and sportsmanship rules.

Parking: **Park buses in parking lot.**

Admission: \$10.00 per car

NOTE: We are indebted to Bowdoin Park. Please do your part to leave the campus as you found it. Use the garbage receptacles; no basketball, football, etc. When races are in progress, you must stay within the roped-off spectator area.

IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CONTACT EITHER OF THE COORDINATORS:

**Rich Clark
Scarsdale**

**Home: (914) 574-6397
Fax: (914) 722-2800
Cell: (914) 826-0714**

**School: (914) 721-2467
Email: rclark@scarsdaleschools.org**

**Dan Doherty
Pearl River**

**Cell: (845) 596-3625
Email: dohertyd@optonline.net**

CROSS COUNTRY RULES

SECTION 1 COURSE

Art. 1 – **The Cross Country run** shall be a course of 2500 meters to 5000 meters (1.5 to 3.1 miles) in length as determined by the games committee. Measurement shall be along the middle of the course. The course shall be clearly marked. This may be by a wide line marked with a material which is not injurious to the eyes or skin, or by signposts with large directional arrows wherever the course turns, or by flags about one foot square and mounted on stakes which hold them six feet or more above the ground.

FLAG DESIGNATIONS

A red flag indicates a turn to the left

A yellow flag indicates a turn to the right

A blue flag indicates a course straight ahead

Art. 2 – **In case of a discrepancy in course markings**, directional flag markings take precedence over any other course marking.

Art. 3 – **The racecourse** should include the following features:

1. Signs and flags at least 6 feet above the ground should be visible for 100 feet. Turns and guidelines should be marked on the ground with a material that is not injurious to the eyes or skin. The course should be at least 3 feet wide at its narrowest place.
2. No ground obstruction which might cause tripping or turned ankles. No overhead objects such as tree branches lower than eight feet above the ground.
3. A two inch wide starting line should be marked at the beginning of lengthy straightaway, wide enough to accommodate all teams; i.e., a width twice the number of teams multiplied by three feet.
4. At the end of the course, there should be a straightaway of at least 150 yards ending in a rope funnel with a mouth 15 feet wide. The finish line should be at the mouth of the funnel and 15 to 25 feet from the chute. This funnel should narrow to a rope chute about 30 inches wide and at least 100 feet long. The stakes supporting the ropes should be solid enough to permit taut ropes, and the stakes and ropes near the finish line should be well padded.

CROSS COUNTRY RULES (continued)

SECTION 2 SCORING

Art. 1 – **Scoring shall be as shown** in the following table:

Place:	First	Second	Third	Fourth	Fifth	Sixth	Etc.
Points:	1	2	3	4	5	6	Etc.

Art. 2 – **All competitors who finish the race** shall be ranked and tallied in accordance with the above table. The team score shall then be determined by totaling the points scored by the first five finishers of each team. The team that scores the smallest number of points is the winner.

Art. 3 – **If fewer than five competitors of a team finish**, (or other number specified by the games committee) the places of all members of that team shall be disregarded and the team scores re-ranked.

Art. 4 – **Ties in team scoring** shall be resolved by comparing the sixth place finishers from the tying teams. The team with the faster sixth place finishers shall prevail. If one team does not have a sixth place finisher, the team with the sixth place finisher shall prevail.

Art. 5 – **If only five competitors of typing teams finish**, the team scoring shall be resolved by totaling the scores of the first four finishers.

Art. 6 – **The score of a forfeited dual meet** in Cross Country shall be 15 – 50.

Track Rule 2-3 CORRECTION OF ERRORS

Art. 1 – **Correction of clerical or team scoring of errors** may be corrected up to 48 hours after the conclusion of the meet, unless another time period is specified in advance by the meet management.

Art. 2 – **Appeals regarding misapplication of rules**, must be filed within 30 minutes after the announcement of the results in that event. Any such appeal must be submitted in writing by the head coach to the referee or games committee. The referee shall render a decision after reviewing the appeal. Providing a jury of appeals has been appointed, the decision of the referee may be appealed.

Art. 3 – **Correction of meet results** involving an ineligible participant may be made at any time.

CROSS COUNTRY RULES (continued)

SECTION 3 OFFICIALS

Art. 1 – **The games committee** or the meet director shall establish the length of the course, assign the teams to their starting positions, and provide the necessary meet facilities.

Art. 2 – **REFEREE** – The referee shall make final decisions concerning questionable points and shall disqualify any runner for violation of the rules.

Art. 3 – **STARTER** – The command shall be, “On Your Marks”, and when all competitors are steady, the pistol shall be fired. For an unfair start, the starter or assistant shall recall the runners with a second shot. If a runner falls during the first 100 meters due to contact with another runner, the race will be recalled by firing the pistol.

Art. 4 – **CLERK OF THE COURSE** – The clerk shall place the teams in the proper positions on the starting line and give all needed instructions.

Art. 5 – **FINISH JUDGES** – The finish judges stand outside the chute and on the finish line, and determine the order in which runners enter the chute. Their decision is final.

Art. 6 – **CHUTE UMPIRES** – The chute umpires supervise the runners after they enter the chute and see that they are properly checked to prevent any irregularity in the order of finish. They see that all runners who cross the finish line are given their proper order as the contestants go through the chute.

Art. 7 – **CALLER** – The caller calls the number of each contestant in the order of his proper place in the chute.

Art. 8 – **CHECKERS** – The checkers will keep a record of the competitors and their order of finish as announced by the caller. In case of conflict, if two are in agreement, their records are accepted. If agreement cannot be reached by at least two of the checkers, the referee makes the final decision. Checkers sometimes use numbered cards. One of these with the number indicating the order of finish is handed to each competitor upon leaving the chute.

Art. 9 – **COURSE UMPIRES** – The course umpires observe the activity of the runners. If any runner fails to run the proper course, or otherwise violates the contest rules, the umpires report the infraction to the referee.

Art. 10 – **TIMERS** – The timers record the time of the runners who finish. A timer may be assigned at a designated spot along the course to call elapsed time during the race.

Art. 11 – **MARSHAL** – The marshal and assistants shall keep the grounds free from all persons except officials, contestants, and others who have permits from the games committee.

CROSS COUNTRY RULES (continued)

SECTION 4 TEAMS

Art. 1 – A Cross Country team shall consist of seven members unless otherwise agreed. In dual meets, only the first seven on each team shall enter into the scoring. In triangular and quadrangular or invitational meets, the games committee may determine the number of entries per team.

SECTION 5 UNIFORMS

Art. 1 – **The complete Cross Country uniform** consists of shoes, school issued shorts, and a full-length jersey. Any visible apparel worn under the jersey and shorts must be of a single (same solid) color. Undergarments visible under the jersey need not be the same color as undergarments visible under the shorts. The jersey and shorts may have school identification. Also, a single manufacturer's logo or trademark, not to exceed 2" x 2" (1.5" x 1.5" square in 1996-97), is permissible per each item of uniform apparel. The American Flag may be worn on the uniform and shall not exceed 2" x 3". The looser fitting boxer-type shorts are an approved short for boys and girls, while the closed-leg briefs are also acceptable for girls' competition. Shorts may vary in length and style, but must be of the same color for all team members. Bicycle shorts, thigh huggers, abbreviated thigh huggers, leotards, body suits, and abbreviated briefs (French or high cut) may be worn as the track uniform.

Art. 2 – **The waistband of a competitor's shorts** shall be worn above the hips.

Art. 3 – **A shoe** is a covering for the foot. It must have an upper and a definitely recognizable sole and heel. The upper foot must be designed so that it can be fastened securely to the foot. The sole and heel may contain grooves, ridges, or track spikes, which are no longer than one inch. The use of ballet slippers, gymnastic slippers, or sweat socks does not meet the requirement of the rule.

Art. 4 – **Each team member shall wear** the same color and design school uniform. ***When other visible apparel is worn under the uniform, it must be of a single (same solid) color but each undergarment worn by the competitor does not necessarily have to be the same color. If worn, by more than one team member (two or more), that apparel must be the same color, but not necessarily the same length.***

Art. 5 – A **competitor must wear** the assigned contestant number, when numbers are used.

CROSS COUNTRY RULES (continued)

The official New York State Track Interpretation for shirts, which have lettering, or designs, which are not objectionable, is that if the shirts are reversed or turned inside out and the lettering or designs become invisible, the shirt will be legal. Designs must not show above the jersey without being reversed or turned inside out.

SECTION 4 DISQUALIFICATION

Art. 1 – **Any runner that false starts** shall be disqualified.

Art. 2 – **Any runner who interferes** with another runner shall be disqualified. Interference is any action by a competitor, which unfairly changes the course or natural running rhythm of another runner during the race. This may include bumping, tripping, or running across a runner's path.

Art. 3 – **Any participant who uses unsportsmanlike or unacceptable conduct** shall be disqualified. Conduct that is unethical or dishonorable which includes action and/or language which will bring discredit to the individual and his/her school, disrespectfully addressing an official, using profanity, taunting, criticizing an opponent or official, or willful failure to follow the directions of a meet official are examples of unsportsmanlike or unacceptable conduct.

Art. 4 – **A runner shall be disqualified** if he or she is aided by a coach, teammate, or anyone connected directly or indirectly with the competitor or team concerned. Such aid includes:

- a. Running alongside of a runner or being stationed at a point near the course for the purpose of aiding or coaching the competitor during the race.
- b. Runners join hands or grasp each other any anytime during the race.
- c. A runner uses an aid during the race.

Art. 5 – **Competitors who fail to complete** the prescribed course that is defined by a legal marking system shall be disqualified.

Art. 6 – **Any contestant who competes** with an illegal uniform as described in Rule 5 shall be disqualified.

CROSS COUNTRY LEAGUES 2018

Conference One

League A

Arlington
Carmel
JJEF
Mahopac
RC Ketcham

League B

Mamaroneck
Mt. Vernon
New Rochelle
Scarsdale
Ursuline
White Plains

League C

Clarkstown No.
Clarkstown So.
No. Rockland
Suffern

League D

Fox Lane
Horace Greeley
Ossining
Port Chester
Yorktown

Conference Two

League A

Nanuet
Nyack
Pearl River
Sleepy Hollow
Tappan Zee

League B

Brewster
JJCR
Lakeland/Panas
Somers

League C

Byram Hills
Eastchester
Harrison
Pelham
Rye

League D

Beacon
Hendrick Hudson
OLL
Peekskill
Poughkeepsie

Conference Three

League A

A. Hamilton
Briarcliff
Croton
Pleasantville
Valhalla
Westlake

League B

Blind Brook
Bronxville
Children's Village
Edgemont
Keio
Rye Neck

League C

Albertus Magnus
Ardsley
Dobbs Ferry
Hastings
Irvington
Woodlands

League D

Haldane
North Salem
Pawling
Putnam Valley

2018 SECTION ONE CROSS COUNTRY CLASSIFICATIONS

Does Not Reflect Merged Programs

CLASS A	CLASS B	CLASS C	CLASS D
830 AND UP	446 - 829	240 - 445	239 AND DOWN
NEW ROCHELLE 2640 ARLINGTON 2141 NORTH ROCKLAND 1938 MOUNT VERNON 1855 WHITE PLAINS 1624 JOHN JAY EF 1508 ROY C KETCHAM 1307 MAMARONECK 1201 PORT CHESTER 1172 SCARSDALE 1135 OSSINING 1124 RAMAPO 1118 MAHOPAC 1106 SUFFERN 1072 CARMEL 1066 SPRING VALLEY 1021 URSULINE 1020 FOX LANE 1008 CLARKSTOWN NO. 1006 CLARKSTOWN SO. 1001 HORACE GREELEY 951 YONKERS 909 POUGHKEEPSIE 869 SAUNDERS 835 YORKTOWN 830	LINCOLN 822 SOMERS 808 PEEKSKILL 802 HARRISON 797 NYACK 786 BREWSTER 782 TAPPAN ZEE 776 JOHN JAY CR 761 RYE 732 GORTON 730 RIVERSIDE 721 E C-ROOSEVELT 719 LAKELAND 715 BEACON 692 EASTCHESTER 692 WALTER PANAS 684 PELHAM 675 SLEEPY HOLLOW 627 HENDRICK HUDSON 605 BYRAM HILLS 590 PEARL RIVER 588 OUR LADY LOURDES 559 NANUET 544 ARDSLEY 477 EDMONT 470	PUTNAM VALLEY 421 PLEASANTVILLE 420 BRIARCLIFF 418 IRVINGTON 405 WESTLAKE 399 BRONXVILLE 392 HASTINGS 388 ALBERTUS MAGNUS 377 BLIND BROOK 376 CROTON HARMON 374 PALISADES PREP 371 VALHALLA 352 WOODLANDS 351 DOBBS FERRY 342 YONKERS MONT 339 RYE NECK 337 NORTH SALEM 296 PAWLING 277 KEIO ACADEMY 252	HALDANE 228 A. HAMILTON 223 SOL SCHECHTER 215 TUCKAHOE 202 HAWTHORNE CK 145 CHILDRENS VILLAGE 142 GREENBURGH AC 75 MARTIN LUTHER KING 73 CLARK ACADEMY 51
(25 SCHOOLS)	(25 SCHOOLS)	(19 SCHOOLS)	(9 SCHOOLS)

2018 NYSPHSAA
STATE CROSS COUNTRY MEET

The NYSPHSAA State Cross Country Meet will be held at Sunken Meadow State Park, Sunken Meadow Parkway N., Kings Park NY 11754 (631) 269-4333, on **Saturday, November 10, 2018.**

The meet will be conducted in four divisions based on the enrollment of the participating schools:

State Class A	enrollment of 830 and up
State Class B	enrollment of 446-829
State Class C	enrollment of 240-445
State Class D	enrollment of 239 and under

Qualifying runners from Section One include the first place team plus the first five (5) individuals who are not part of the first place team in each of the Ten (10) Section One Championship Races held on November 3, 2018.

If any individual is unable to attend the NYSPHSAA Meet, he/she must notify the Sectional Chairman immediately so that a replacement can be secured.

All qualifiers who travel to the NYSPHSAA State Meet are expected to run in the meet. Athletes who are injured or ill shall notify their Coach and the Sectional Chairman so that substitutions can be made.

Housing and travel details will be made available at the Sectional Meet.

Runners are to bring complete uniforms to the NYSPHSAA State Meet. Each runner should bring both spikes and flats so that a choice can be made after viewing the course and considering the weather conditions.



Individual Sport Verification

Due Monday, October 19th to Sectional Chairperson
Boys: Rich Clark rclark@scarsdaleschools.org
Girls: Dan Doherty dohertyd@optonline.net
or Fax to 845-735-7278 (Girls form only)

*{For the sports of Boys & Girls Tennis, Golf, Gymnastics, Bowling, Cross Country,
Track, Skiing, Wrestling & Swimming}*

Please verify below that each person listed on this roster has met the 6 contest minimum this sports season. *This form must be submitted to Sports Chair prior to the seeding meeting.

School _____

Sport _____

Coach _____
(Name, Email, Cell)

<u>Athletes Names</u>	<u>Athletes Names</u>
1. _____	11. _____
2. _____	12. _____
3. _____	13. _____
4. _____	14. _____
5. _____	15. _____
6. _____	16. _____
7. _____	17. _____
8. _____	18. _____
9. _____	19. _____
10. _____	20. _____

Each athlete has participated in at least 6 contests during the regular season, which meets the NYSPHSAA minimum number of contests required.

Coach's Signature/Date

Athletic Director Signature/Date