

All-Greater Rochester cross country teams 2016

November 7, 2016

Hello, cross country coaches!

The *Democrat and Chronicle* Media Group is pleased to announce that we will again be presenting the All-Greater Rochester high school all-star cross country teams for the fall season in one special section, as we did for the winter and spring seasons.

It's coming soon. The team will be posted on-line at www.DemocratandChronicle.com with the special print publication to follow, so we need your help.

The cross country teams will again consist of 14 boys and 14 girls, with one designated as runner of the year, from throughout Section V and our circulation area. We also select a boys and girls coach of the year.

If you have one or more athletes who you feel is worthy of consideration for FIRST TEAM, please make your case for him/her and reply by e-mail to agr@democratandchronicle.com, jamesj@democratandchronicle.com and jcastor@jimcastor.com no later than Monday, November 14, right after states at Chenango State Park near Binghamton. As in the past, performances at sectionals, state qualifiers, states, and post-season regional or national meets will be used as primary criteria. Traditionally, we try to include all state individual champions, as well as at least one representative from winning teams in the top classes at sectionals.

In addition, it would be helpful if you could list, 1 through 14, those athletes you would select if you were picking the team. Remember, it includes athletes from all four classes.

This is our only request for your input. We will assume that if we don't hear from you, there is no one who you feel should be considered, from any team in your league or elsewhere. Your responses go a long way toward sustaining the interest in AGR, and its future.

Our staff will review your e-mails and meet results, then contact some coaches and coordinators for further advice before making final selections. We will notify those selected by calling their coach to tell them in person, and will also provide the date for studio photographs to be taken at our new *Democrat and Chronicle* offices on Main Street in downtown Rochester.

Thank you in advance for your help. We appreciate it!

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