

SECTION V

2016

Boys and Girls

CROSS COUNTRY

HANDBOOK

SECTION V CROSS COUNTRY

- 1. Section V Executive Director: Ed Stores**
- 2. Section V Cross Country Liason: Kim Henshaw/ Greece Olympia**
- 3. Section V Cross Country Chairmen:**

Dale Ladd/ Boys Chairman	Andy Buckenmeyer/ Boys Assistant
Bob Goodell/ Girls Chairman	Terry Test/ 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: Chris Bateman/ Aquinas HS

Wayne-Finger Lakes: Paul Pfeiffer/ Marion HS
Ed Courtney/ Waterloo

Livingston/ Genesee: Jim Sattora/ Pavilion HS
Andy Buckenmeyer/ Alexander HS

Monroe Country: Jeff Winden/ Greece Arcadia HS
Matt Ward/ Canandaigua 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. Determined 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 six (6) contests prior to Sectional (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 ten (10) runners and will be allowed to run any seven (7) of those entered
- Entry form and athlete verification can be obtained on line (x-c link of section v. org) .
- All entries must be received by 8:00 PM Monday October 31, 2016. Late entries must go through the appeals process.
Changes in entries may be made up to 8:00 PM Thursday November 3 2016.
- G. 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
- Sectionals will be the first Saturday of November.
- Starting time will be voted on by the games committee.
- 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.
- ***This is a Championship Meet! Coached are expected to Supervise their athletes. No footballs, frisbees, etc.***
- ***Dogs and other pets are not allowed on the Wayne HS campus***
- ***. Do not tour the course before the day of the race. Wayne High School is private property.***
- ***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 section chairman.
- Jury of Appeals decisions are final.
- All scoring correction 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.
- Patches to top ten (10) individuals in each sectional class.
- Patches to members of winning teams (7)
- *** Any extra awards are dependent upon financial support from outside organizations.
- *** Awards ceremony will be at the designated times.

14. NEW YORK STATE CHAMPIONSHIPS:

A. Qualifiers:

- Overall winning team (8 runners maximum) and coach in

each State CLASS A, B, C, D will represent section V. (***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:

- Championships plaque and medals to winning team.
- Medals to top 20 in each race.
- T-Shirt to the top 10 runners on the Championships Intersectional Team.
- The **Sportmanship Awards** will be selected from the athletes on Section V State Team and a vote of league coaches.

C. Qualifying for NYS Federation:

- Based on performance in NYSPHSAA Championships
- Rankings throughout the year.
- Information provided by coach (Due by 11/9/16)

15. ALL SECTION V CROSS COUNTRY SELECTION PROCESS

- The top 30 runners from the Section V **Blended results** will be the all Section V team.
- The results from the NYS Championship meet will dictate what team the runners finish on (first team, second team, honorable mention).
- The runners time from the Section V meet will count 1/3 and their time from the State meet will count 2/3. The 10 runners with the lowest average time will be 1st team, the next 10 lowest averages will make 2nd team, and the 10 with the highest average will be honorable mention. A runner who is in the top 30 of the Section V blend and does not make the state meet will only be able to make honorable mention.
- All runners on the Section V All Star team are invited to the Section V Banquet.