

COUNTY CHAMPIONSHIP
Saturday OCTOBER 29TH, 2022
(MAKE-UP DATE SUNDAY October 30th)
Bethpage State Park

****Up to 10 runners per team may compete in the Varsity Race**

****In order to run any member in the Open race, there must be first a minimum of 7 runners in the Varsity race.**

****If a team comprises of less than 7 members they still must run in the Varsity race regardless of ability**

ALL ATHLETES WILL WEAR THEIR COMPETITOR NUMBER
(SAME AS WEEKDAY LEAGUE MEETS)

In order for any athlete to compete in the varsity race they must have competed in six sanctioned meets representing his/her school prior, or have an approved medical waiver by Pat Pizzarelli & the sectional coordinators.

The individual winner and team will be recognized as Class I, II, III County Champions.

CLASS I: FREEPORT – JERICHO

CLASS II: NEW HYDE PARK– FLORAL PARK

CLASS III PLAINEDGE-CARLE PLACE

10 AM VARSITY CLASS III BOYS

10:20 AM VARSITY CLASS III GIRLS

10:45 AM OPEN CLASS III BOYS + GIRLS COMBINED

11:15 AM VARSITY CLASS III AWARDS

11:30 AM VARSITY CLASS I BOYS

11:50 AM VARSITY CLASS I GIRLS

12:15 PM OPEN CLASS I BOYS + GIRLS COMBINED

12:45 PM VARSITY CLASS I AWARDS

1 PM VARSITY CLASS II BOYS

1:20 PM VARSITY CLASS II GIRLS

1:45 PM OPEN CLASS II BOYS + GIRLS COMBINED

2:15 PM VARSITY CLASS II AWARDS

ALL COUNTY: The first 25 runners in each race will make All County (I, II, III).

Qualifying Procedure for the State Qualifier-November 5th

Class I Race: The top 12 teams and the top 12 individuals not on those teams will qualify for the state qualifier.

Class II Race: The top 12 teams and the top 12 individuals not on those teams will qualify for the state qualifier.

Class III Race: The top 9 State Class B teams and the top 9 State Class B individuals not on those teams will qualify for the state qualifier.

Nassau County Cross-Country Championship
Bethpage State Park
Saturday October 29th 2022

Box Assignments

Position 1 is closest to the red boards

| <u>Class I County Race</u> | | <u>Class II County Race</u> | | <u>Class III County Race</u> | |
|-----------------------------------|----------------------|------------------------------------|----------------------|-------------------------------------|----------------------|
| <u>Position</u> | <u>School</u> | <u>Position</u> | <u>School</u> | <u>Position</u> | <u>School</u> |
| 1 | MacArthur | 1 | Garden City | 1 | Island Trees |
| 2 | Port Washington | 2 | New Hyde Park | 2 | Clarke |
| 3 | Oceanside | 3 | Carey | 3 | Seaford |
| 4 | Plainview | 4 | South Side | 4 | North Shore |
| 5 | Valley Str Ctrl | 5 | Hewlett | 5 | Locust Valley |
| 6 | Hempstead | 6 | Bethpage | 6 | Carle Place |
| 7 | Mepham | 7 | Calhoun | 7 | West Hempstead |
| 8 | East Meadow | 8 | Great Neck South | 8 | Wheatley |
| 9 | Baldwin | 9 | Great Neck North | 9 | Valley Stream South |
| 10 | Jericho | 10 | Elmont | 10 | Mineola |
| 11 | Syosset | 11 | Valley Stream North | 11 | Lawrence |
| 12 | Westbury | 12 | Floral Park | 12 | Cold Spring Harbor |
| 13 | Herricks | 13 | Roslyn | 13 | Lynbrook |
| 14 | Long Beach | 14 | JFK Bellmore | 14 | Oyster Bay |
| 15 | Hicksville | 15 | Sewanhaka | 15 | Plainedge |
| 16 | Uniondale | 16 | Roosevelt | 16 | East Rockaway |
| 17 | Freeport | 17 | Manhasset | 17 | Friends Academy |
| 18 | Massapequa | 18 | Division | 18 | Plainedge |
| 19 | Farmingdale | 19 | Glen Cove | 19 | Wantagh |
| | | | | 20 | Academy Charter |