

**SECTION VIII, NYSPHSAA BOYS & GIRLS CROSS COUNTRY
2022 OVERVIEW
Points of Emphasis**

All information is consistent with last year with no changes

- **Section 8 Cross-Country consists of 57 competing teams**
 - **The breakdown of the divisions, conferences and counties are divided equally based on the enrollment in Nassau County.**
 - **The state qualification process is reflective of the enrollment numbers as per state classification.**
1. **Weekday league competitions determine the division, and conference team champions based on their win-loss record.**
 2. **The Class County Championship (Saturday October 29th), is divided into three equal sections (I, II, III) based on Nassau County enrollment numbers. As per last year, there will be three separate races per gender (Class County Championship), which will determine the winner of each section. In an effort to provide competitive equality, three equal sections were viewed as the most effective way to compete for a class county title. This is consistent with the current model used in the winter and spring track seasons.**
 3. **The sole purpose of the State Qualifier race on November 5th is to designate the teams and individuals that will compete in the State Championship at Vernon-Verona Sherill High School Saturday November 12th.
There will be separate races that will be run as per State Classification numbers. These numbers are different than the Class County Championship (October 29th), as there is a great difference in the breakdown for Nassau County.
(Class A-Freeport-GNN, Class B-Garden City-Friends, Class C-West Hemp-Carle Place)**
- **This model for the state qualifier is consistent with the other sections in New York State, as well as winter and spring track for Nassau County****
- This allows teams and individuals to compete against only their respective class for the purpose of trying to gain entry into the State Championship.**

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Girls Coordinator: Neal Levy

Boys Coordinator: Adam McKenzie

Conferences and Divisions are aligned by enrollment.

Conference league meets during the week decide the Conference and Division Championships.

Saturday October 29th

Class County Championships: The County is divided into 3 equal classes: (3 separate races per gender)

County 1: Freeport-Jericho County 2: New Hyde Park-Floral Park County 3: Plainedge-Carle Place

Saturday November 6th

State Qualifier: The County is divided as per NYS classification: (Separate races will be run as per state class)

Qualification for the state qualifier for teams and individuals will come from the Class County Championship.

Class A: Freeport-GNN Class B: Garden City-Friends Class C: West Hempstead-Carle Place

CONFERENCE 1

CONFERENCE 2

CONFERENCE 3

CONFERENCE 4

Division 1A	Division 1B	Division 2A	Division 2B	Division 3A	Division 3B	Division 4A	Division 4B
1 Freeport	8 Oceanside	1 Herricks	8 GNS	1 South Side	8 Bethpage	1 Clarke	8 Seaford
2 Uniondale	9 Westbury	2 Long Beach	9 Elmont	2 Glen Cove	9 VSN	2 VSS	9 Friends
3 Syosset	10 Pt. Washington	3 Mepham	10 GNN	3 Division	10 Floral Park	3 North Shore	10W.Hemsptea
4 Massapequa	11 Baldwin	4 Macarthur	11 Garden City	4 Carey	11 Plainedge	4 Lawrence	11 CSH
5 Farmingdale	12 Plainview	5 Jericho	12 Roslyn	5 Roosevelt	12 Wantagh	5 Island Trees	12 Wheatley
6 Hempstead	13 East Meadow	6 NHP	13 Sewanhaka	6 Hewlett	13 Lynbrook	6 Acad. Charter	13 Oyster Bay
7 Hicksville	14 VSC	7 Calhoun	14 JFK Bellmore	7 Manhasset	14 Mineola	7 Locust Valley	14 E Rockaway
							15 Carle Place

Week 1	Week 2	Week 3	Week 4	Week 5
1-7-12-14	1-5-9-13	1-2-3-4	1-8-10-15	1-6-11
2-8-11-13	2-6-10-14	5-6-7-8	2-7-9	2-5-12-15
3-5-10	3-7-11-15	9-10-11-12	3-6-12-13	3-8-9-14
4-6-9-15	4-8-12	13-14-15	4-5-11-14	4-7-10-13

<u>Bethpage Park 2.5</u>	<u>Eisenhower Park 5k</u>	<u>Bethpage Park 5k</u>	<u>Eisenhower Park 5k</u>	<u>Bethpage Park 5k</u>
Week 1: Thu Sept 8 Conf 1, 3 Fri Sept 9 Conf 2, 4	Week 2: Mon Sept 12 Conf 3, 4 Tue Sept 13 Conf 1, 2	Week 3: Mon Sept 19 Conf 2, 3 Tue Sept 20 Conf 1, 4	Week 4: Wed Sep 28 Conf 1,3 Thu Sep 29 Conf 2,4	Week 5: Mon Oct 3 Conf 3, 4 Thu Oct 6 Conf 1, 2

Times of races and schedule with team names will be available after coaches meeting at the beginning of the season.

Boys and Girls teams compete on the same day, same site. Pairings of conferences are different each week, so that we run with different teams each week. Rain dates will be run on the next available date.

Schools are limited to two competitions each calendar week. 6 days of practice are required before the first competition.

Schools are responsible to complete their league schedules. We will run the first league meet at 4K and run 5K thereafter.

All league meets at Bethpage State Park and Eisenhower Park will start with a Novice Race, followed by JV and Varsity races.

Nassau Coaches Meet

North Shore vs South Shore
Frosh-Soph-Jun-Sen Meet
Class County Champs
State Qualifier
Clint Miller
NYSPHSAA State Meet
Federation State Meet

Sat Oct 15

Wed Oct 12
Wed Oct 19
Sat Oct 29
Sat. Nov. 5
Mon Nov 7
Sat. Nov. 12
Sat. Nov. 19

Bethpage State Park

Bethpage State Park (2.5 miles)
Eisenhower Park
Bethpage State Park
Bethpage State Park
Eisenhower Park
Vernon Verona Sherrill High School
Bowdoin Park, Wappinger's Falls

The Sundays after the Class County and State Qualifier meets will be used as backup days for adverse weather conditions. In the event the weather or course conditions are not adequate for the Class County Championship, or the State Qualifier on either the Saturdays as listed or the back-up Sunday, then the competition(s) will need to be held during the following week. This would require athletes missing a portion of the school day due to time and daylight issues. If Bethpage/Eisenhower Park is not available due to course conditions, then an alternate site will be considered