

**SECTION VIII, NYSPHSAA BOYS & GIRLS CROSS COUNTRY
2020 OVERVIEW
Points of Emphasis**

All information is consistent with last year with no changes

- **Section 8 Cross-Country consists of 56 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 31st), 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 7th is to designate the teams and individuals that will compete in the State Championship at Vernon Verona High School on Saturday November 14th.
There will be separate races that will be run as per State Classification numbers. These numbers are different than the Class County Championship (October 31st), as there is a great difference in the breakdown for Nassau County.
(Class A-23 teams, Class B-29 teams, Class C-4 teams)**

****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 31st

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

County 1: Uniondale-Garden City County 2: VSC-Lynbrook County 3: Floral Park-East Rockaway

Saturday November 7th

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: Syosset-Jericho Class B: Carey-Friends Class C: Cold Spring Harbor-East Rockaway

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

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

<u>Week 1:</u>	<u>Week 2:</u>	<u>Week 3:</u>	<u>Week 4:</u>	<u>Week 5:</u>
Thu Sept 10 Conf 1, 3	Tue Sept 15 Conf 3, 4	Mon Sept 21 Conf 2, 3	Tue Sep 29 Conf 1,3	Mon Oct 5 Conf 3, 4
Fri Sept 11 Conf 2, 4	Wed Sept 16 Conf 1, 2	Tue Sept 22 Conf 1, 4	Wed Sep 30 Conf 2,4	Tue 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 two league meets at 4K and run 5K thereafter.

All league meets are at Bethpage State Park and start at 4:25 PM with a Novice Race, 4:40 with a JV race, and Varsity thereafter

Nassau Coaches Meet	Sat Sept 26-	Bethpage State Park
North Shore vs South Shore	Wed Oct 14-	Bethpage State Park
Frosh-Soph-Jun-Sen Meet	Wed Oct 21-	Bethpage State Park
Class County Champs	Sat Oct 31 -	Bethpage State Park
State Qualifier	Sat. Nov. 7 -	Bethpage State Park
Clint Miller	Mon Nov 9 -	Bethpage State Park
NYSPHSAA State Meet	Sat. Nov. 14 -	Vernon Verona High School
Federation State Meet	Sat. Nov. 21 -	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 Saturday's 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 Park is not available due to course conditions, then an alternate site will be considered.