

**NASSAU COUNTY PUBLIC HIGH SCHOOL
ATHLETIC ASSOCIATION
SECTION VIII of NYSPHSAA, Inc.**



**2022 BOYS AND GIRLS
CROSS-COUNTRY HANDBOOK
EXECUTIVE DIRECTOR – Pat Pizzarelli
ASST EXECUTIVE DIRECTOR–Justin Jonas**

**BOYS COORDINATOR – ADAM MCKENZIE
GIRLS COORDINATOR – NEAL LEVY**

Section VIII Joint Committee:

Conference 1	Conference 2	Conference 3	Conference 4
Mike Spiteri-Syosset	Kristen Hamilton- Roslyn	Steven Steiner-Manhasset	Nick Aurigemma-Cold Spring H.
Charles Gilreath-Freeport	Seth Messier-Garden City	Pete McNally-Lynbrook	DJ Poulson-Wheatley
Don Ross-Westbury	Greg Milone-Long Beach	Steve Honerkamp-Hewlett	Rich Degnan-Island Trees
Rich Cafiero-Syosset	Brad Rangell-Mepham		Brian Doxey-Clarke
Robert Eaton-Massapequa			Bud McQuillan-Lawrence
	Bob-Busch-Ex. Officio	Ed Corona- Ex. Officio	Katie Dunne-Ex. Officio

Mike Ringhauser-Nassau Coaches Assoc.

The following handbook is a guide identifying the various pieces of information regarding the rules, procedures, dates, competitions, awards, safety information, etc. as it pertains to SECTION VIII Cross-Country. Ultimately, it is the coaches and athletes responsibility to know the rules of the National Federation, NYSPHSAA, and Section VIII as well as following good sportsmanship and appropriate ethical sporting behavior. This handbook is just an illustration, and therefore “not being in the book” does not warrant or allow a coach or athlete to not follow the rules and expectations set forth. Past practice will be used wherever possible if something is not indicated in the handbook, unless it is in violation of an existing rule or regulation.

SPORTSMANSHIP

Students learn immeasurable unique lessons through interscholastic athletic participation.

Educators universally agree, of all the goals established as outcomes for secondary students involved in school sports, sportsmanship is primary.

Students who learn to value and practice sportsmanlike behavior are developing the characteristics of good citizenship. Honesty, generosity, self discipline, a sincere concern for others, ethical behavior and a commitment to fair play are all demonstrated in sportsmanship.

Nassau County Public High School Athletic Association member schools make sportsmanship a primary concern.

SECTION VIII SPORTSMANSHIP RULES:

REQUIRE THAT A REPORT BE MADE FOR ANY ATHLETE DISQUALIFIED FOR UNSPORTSMANLIKE CONDUCT. ATHLETE IS DISQUALIFIED FROM THAT MEET AND THE NEXT MEET. FURTHER PENALTIES MAY APPLY.

COACHES ARE BOUND BY THE SAME RULES.

GENERAL NOTES AND REMINDERS FOR COACHES

1. Cross Country is governed by National Federation Rules. However, the rules set forth by NYSPHSAA supersede the National Federation when there is a difference.
2. All members competing in a varsity race during the weekday league competitions, County Championship, State Qualifier, State and Federation Championships must comply with the full uniform and jewelry rule set forth by NYSPHSAA. All teams will check in with the clerk prior to their respective race. If any athlete(s) do not meet all the requirements then that athlete(s) will not be permitted to compete.
Junior Varsity Races: As long as the uniform is school issued then the entire team does not have to be "identical".
NOVICE RACE: Approx 1.5 miles The purpose of the race is to provide an opportunity for athletes to participate in a modified distance that would have difficulty completing the 2.5 mile/5k race.
Any invitational competitions must follow the same uniform rule as set forth by the NFHS.
3. **STATE REGULATIONS:**
 - A. Each runner must have 2 nights rest between competitions.
 - B. Maximum distance is 5K (3.1 miles)
 - C. Maximum 2 meets per week
 - D. Each athlete must have 6 days of practice prior to the first scrimmage or competition.
 - E. **Any 7th or 8th grade Athlete that is on the High School team, may not participate in any Middle school or intermediate named races.**
4. Each athlete is limited to compete in 15 meets plus sectional (County Championship, State Qualifier and the State and Federation) meets during the season.
5. A varsity team consists of the team's best runners for that competition. The rest of the team is considered Junior Varsity. This rule governs league, championship and invitational meets.
Maximum number of competitors for a Varsity Team

12	Dual Meets	<i><u>(In league meets, a team must run a minimum of 5 runners in the Varsity race prior to entering any runner in the Junior Varsity race).</u></i>
10	Tri-Quad Meets	
10	County Championship	
7	State Qualifier, State and Federation Championship	

Invitationals vary, however most of the time it is 7
6. Each school is responsible to complete their league schedule that is shown in the "Overview".
7. A school approved coach must be with the team/individual to be allowed to compete. This applies to all league, championship, and invitational competitions. The section/coordinators provide the approved coaches for the state meets for the entire section team.
8. Call Bethpage Park the day before you go there for practice. The services they provide are based on daily participation numbers. 516 249-0701. **Practice at Eisenhower Park is on designated days only-NO EXCEPTIONS**
9. **Rosters: Must be on file at BOCES and on ny.milesplit.com by Friday September 2nd**
10. Bethpage State Park Parking: All drop off and parking - school buses, mini-buses, cars, etc., must take place in the picnic area parking lot, NOT AT THE ENTRANCE TO THE POLO FIELD. No stopping or standing on the roads.
FEES
After Labor Day on weekdays-FREE
All weekends: \$8.00 cars or have an Empire Pass Buses: \$35.00
Schools must purchase bus parking tickets from Pat Pizzarelli's office
Eisenhower Park: See Course map for parking information
11. Course rules:
 - Athletes:** May only be on the course for warm-ups before 4:30 PM during league meets.
Can watch the races from designated viewing areas.
 - Coaches:** Coaches will not be restricted as long as they do not impede in any way the cross-country races, the management of the competition, or providing an illegal or unethical advantage for their athletes.
PRIVELEGES MAY BE REVOKED IF NOT FOLLOWED
 - Spectators:** Can watch the races from designated viewing areas

**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.**

SECTION VIII, NYSPHSAA BOYS & GIRLS CROSS COUNTRY 2022 OVERVIEW

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 5th

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 Mephram	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>Eisenhower Park 5k</u>	<u>Bethpage Park 2.5</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

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	Race	Time	Teams	Gender
1	1	5:40 PM	2-8-11-13	BOYS
	1	5:43 PM	2-8-11-13	GIRLS
	2	6:00 PM	1-7-12-14	BOYS
	2	6:03 PM	1-7-12-14	GIRLS
	3	6:20 PM	4-6-9-15	BOYS
	3	6:23 PM	4-6-9-15	GIRLS
	4	6:40 PM	3-5-10	BOYS
	4	6:43 PM	3-5-10	GIRLS

Novice Race:
5:00 PM
JV Race
Boys: 5:15 PM
Girls: 5:20 PM
EISENHOWER

Thu. Sept 8
Conf 1 + 3

Fri. Sept 9
Conf 2 + 4

Week:	Race #	Time	Teams	Gender
2	1	5:35 PM	1-5-9-13	BOYS
	1	5:43 PM	1-5-9-13	GIRLS
	2	5:50 PM	3-7-11-15	BOYS
	2	5:58 PM	3-7-11-15	GIRLS
	3	6:05 PM	4-8-12	BOYS
	3	6:13 PM	4-8-12	GIRLS
	4	6:20 PM	2-6-10-14	BOYS
	4	6:28 PM	2-6-10-14	GIRLS

Novice Race:
5:00 PM
JV Race
Boys: 5:15 PM
JV B: 5:17 PM
Girls: 5:20 PM
BETHPAGE

Mon. Sept 12
Conf 3 + 4

Tue. Sept 13
Conf 1 + 2

Week:	Race #	Time	Teams	Gender
3	1	5:35 PM	1-2-3-4	BOYS
	1	5:43 PM	1-2-3-4	GIRLS
	2	5:50 PM	5-6-7-8	BOYS
	2	5:58 PM	5-6-7-8	GIRLS
	3	6:05 PM	9-10-11-12	BOYS
	3	6:13 PM	9-10-11-12	GIRLS
	4	6:20 PM	13-14-15	BOYS
	4	6:28 PM	13-14-15	GIRLS

Novice Race:
5:00 PM
JV Race
Boys: 5:15 PM
Girls: 5:20 PM
BETHPAGE

Mon. Sept 19
Conf 2 + 3

Tue. Sept 20
Conf 1 + 4

Week:	Race #	Time	Teams	Gender
4	1	5:20 PM	1-8-10-15	BOYS
	1	5:23 PM	1-8-10-15	GIRLS
	2	5:40 PM	4-5-11-14	BOYS
	2	5:43 PM	4-5-11-14	GIRLS
	3	6:00 PM	3-6-12-13	BOYS
	3	6:03 PM	3-6-12-13	GIRLS
	4	6:20 PM	2-7-9	BOYS
	4	6:23 PM	2-7-9	GIRLS

Novice Race:
4:40 PM
JV Race
Boys: 4:55 PM
JV B: 4:57 PM
Girls: 5:00 PM
EISENHOWER

Wed. Sept 28
Conf 1 + 3

Thu. Sept 29
Conf 2 + 4

Week:	Race #	Time	Teams	Gender
5	1 + 2	5:35 PM	4-7-10-13 + 2-5-12-15	BOYS
	1 + 2	5:43 PM	4-7-10-13 + 2-5-12-15	GIRLS
	3 + 4	5:50 PM	3-8-9-14 + 1-6-11	BOYS
	3 + 4	5:58 PM	3-8-9-14 + 1-6-11	GIRLS

Novice Race:
5:00 PM
JV Race
Boys: 5:15 PM
Girls: 5:20 PM
BETHPAGE

Mon. Oct 3
Conf 3 + 4

Thu. Oct 6
Conf 1 + 2

Section 8 Cross-Country
FALL 2022
Modifications

1. Win-Loss Division and Conference Record

The league meets will be scored as usual.

However, in an effort to preserve the integrity of the sport, and not to reward or penalize teams for Covid-related or other extenuating circumstances, the following provision will be implemented:

-When at least 5 members of a team are not able to participate in a competition due to a COVID-19 related situation i.e. quarantine or school restrictions, the team will not appear in the standings as a Win or Loss, nor will their opponents receive a Win or Loss.

Ex. If a team has 8 members on their roster, and 4 of the members are on quarantine, the 4 members can still compete as individuals, however the team will not count in the overall scoring and will not count as a loss.

-If a team is not able to participate due to Covid-related matters or extenuating circumstances (bus breaks down, school lockdown, etc.) then the school's Athletic Director or Principal must notify the Section's Cross-Country Coordinators in writing within 24 hours of the competition to avoid a loss in the standings.

-The intent of the rule is purely for significant extenuating circumstances as mentioned above, not for school and/or family functions, SAT tutoring, etc. The primary concern is to maintain the integrity of competition.

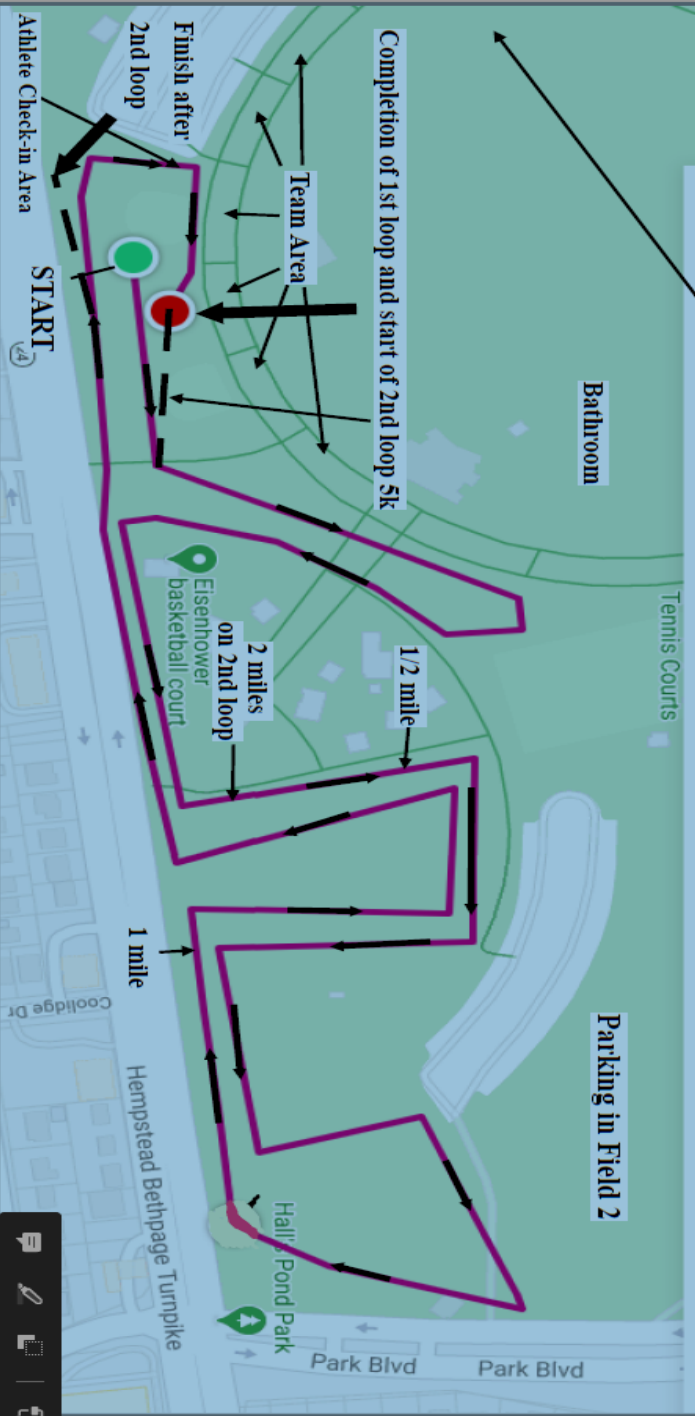
2. Any changes to the schedule, championships, facilities, size of fields, awards etc can occur when deemed necessary, most notably when provided with new modifications and/or limitations as it relates to Covid or similar, from Section 8 or other local/state level officials.

RUN EAST MEADOW, NY, UNITED STATES 1.59 MI 11 FT

EISENHOWER PARK 1.5 MILE COURSE

This is an approx 1.5 mile loop that will be run for the 5k. The image shows 1 loop only.

Parking in Field 1 for bus drop off plus additional bathroom



NORTH SHORE VS SOUTH SHORE

October 12th 2022 @ Bethpage State Park

North Shore		South Shore	
Bethpage HS	Carey HS	Academy Charter	Baldwin HS
Carle Place HS	Clarke HS	Bellmore JFK HS	Calhoun HS
Cold Spring Harbor HS	Division Avenue HS	East Rockaway HS	Elmont HS
East Meadow HS	Floral Park HS	Farmingdale HS	Freeport HS
Friends Academy	Garden City HS	Hewlett HS	Hempstead HS
Glen Cove HS	Great Neck North HS	Island Trees HS	Lawrence HS
Great Neck South HS	Herricks HS	Long Beach HS	Malverne HS
Hicksville HS	Jericho HS	Lynbrook HS	Macarthur HS
Locust Valley HS	Manhasset HS	Massapequa HS	Mepham HS
Mineola HS	New Hyde Park HS	Oceanside HS	Plainedge HS
North Shore HS	Oyster Bay HS	Roosevelt HS	Seaford HS
Plainview JFK HS	Port Washington HS	South Side HS	Uniondale HS
Roslyn HS	Sewanhaka HS	Valley Stream Central HS	Valley Stream North HS
Syosset HS	Westbury HS	Valley Stream South HS	Wantagh HS
Wheatley HS		West Hempstead HS	

In an effort to bring back some history, when the county was divided differently than its current format in terms of a sport alignment we are adding a North Shore vs South Shore competition to be held on Wednesday October 12th

Some of the features:

- The competition will be a series of races in which we will score it North Shore vs South Shore. We will use the same dividing line as spring track currently uses for continuity.
- There will be 2-3 boys races and 2-3 girls races. The races will be divided based on North Shore/South Shore and based on ability.
- The race distance will be 2.5 miles
- Each year the meet will recognize a person(s) that have been an important, influential member of the section 8 XC running world.

For 2022: The event will be in recognition of Paul Limmer

Paul Limmer, a longtime Northport resident, coached boys cross country and track and field at Mepham High School for 30 years and was one of the winningest coaches in NYS history. He later served as a prominent member of the NSSF, and co-meet director for the New York and Northeast Nike Cross Regional championships.

- The proceeds of the meet will go to a different charity each year (Charity TBA)
 - Each team that attends will pay a nominal 50.00 per team or 100.00 per school fee to the Nassau Coaches Association who in turn will donate the money to the charity of choice decided prior.
- This is not mandatory, nor does it have any impact on the league schedule, and since we are making it a 2.5 mile race distance, hopefully this will add a bit of variety and excitement in the sport.

FRESHMAN-SOPHOMORE-JUNIOR-SENIOR MEET
Wednesday Oct. 19th 2022
Eisenhower Park

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

JR/SR BOYS	5:00 PM
JR/SR GIRLS	5:03 PM
FRESHMAN BOYS:	5:20 PM
FRESHMAN GIRLS:	5:23 PM
SOPHOMORE BOYS:	5:40 PM
SOPHOMORE GIRLS:	5:43 PM

AS A REMINDER THE PRIMARY PURPOSE OF THE FROSH/SOPH/JUNIOR/SENIOR RACES IS TO PROVIDE ANY ATHLETE AN OPPORTUNITY TO COMPETE IN THEIR 6TH MEET. IN ORDER FOR ANY ATHLETE TO COMPETE IN THE COUNTY CHAMPIONSHIP (October 29th) FOR THE VARSITY RACE THEY MUST HAVE COMPETED IN 6 SANCTIONED RACES REPRESENTING THEIR SCHOOL. PLEASE DO NOT RUN YOUR ENTIRE TEAM UNLESS IT IS NECESSARY AS THE RACE WILL BE TOO LARGE AND POTENTIALLY VERY DIFFICULT TO MANAGE.

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
10:50 AM OPEN CLASS III GIRLS
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
12:20 PM OPEN CLASS I GIRLS
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
1:50 PM OPEN CLASS II GIRLS
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.

All State Class C teams and all State Class C individuals will qualify for the state qualifier.

THE SECTION VIII CROSS-COUNTRY COMMITTEE CAN RULE ON SPECIAL CIRCUMSTANCES AND PERMIT A TEAM OR INDIVIDUAL TO COMPETE IN THE STATE QUALIFYING MEET ON NOVEMBER 5th.

State Qualifier Meet
Saturday Nov 5th 2022
(MAKE-UP DATE SUNDAY November 6th)
Bethpage State Park

**A maximum of 7 runners may compete in each team's respective State Qualifier race (Qualifiers only)

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

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

The winning team in each class (A, B, C) and the first 5 individuals not on those teams for each class will qualify for the state championship.

****THE AWARD CEREMONY TIMES ARE APPROXIMATE****

CLASS A: FREEPORT – GREAT NECK NORTH
CLASS B: GARDEN CITY – FRIENDS ACADEMY
CLASS C: WEST HEMPSTEAD– CARLE PLACE

2:45 PM	CLASS C BOYS
2:50 PM	CLASS C GIRLS
3:30 PM	CLASS C Awards Ceremony
3:15 PM	CLASS B BOYS
3:45 PM	CLASS B GIRLS
4:25 PM	CLASS B Awards Ceremony
4:15 PM	CLASS A BOYS
4:45 PM	CLASS A GIRLS
5:25 PM	CLASS A Awards Ceremony

**Teddy Roosevelt-Clint Miller
XC Invitational
Monday November 7th, 2022
Eisenhower Park**

This race honors Clint Miller, an outstanding coach at Syosset HS for many years. Clint ran this meet as a fun meet at the end of the year with many of the rules we have perpetuated over the years. The proceeds went to a student fund at Syosset HS then. When Clint was no longer able to continue this race through his school, Clint and Bob Baratta ran this meet through GNS BAA with the proceeds going to charity. When Clint died, Bob Baratta continued the meet with the help of the GNS BAA, and the officials. Partial proceeds go to a charity in Huntington that Clint favored, and the Smile Foundation. Supporting this meet provides a fun experience for all athletes, and funds for a worthwhile charity.

Cost:\$25 for each team.... unlimited numbers.... for Boys & \$25 for Girls. *Payable To* **N.C.T.C.A.**

Runners: No state qualifiers allowed. All other runners may participate.

Scoring: ALL ATHLETES WILL WEAR THEIR COMPETITOR NUMBERS
(SAME AS WEEKDAY LEAGUE MEETS)

Awards: Medals to the top ten in each category. First and second place plaques.

Time Schedule: BOYS: 4:20 PM
GIRLS 4:25 PM (Sunset 4:44)

Payable To

**N.C.T.C.A.
C/O Fred DeRuvo
730 Boelsen Dr
Westbury, NY 11590**

-ENTRY-COPY- MAIL/.email...amckenzie@greatneck.k12.ny.us

SCHOOL_____ BOYS_____ GIRLS_____

WILL ENTER. THE TEDDY ROOSEVELT/CLINT MILLER MEET.

COACHES SIGNATURE_____

METHOD OF PAYMENT _____
(CASH, PERSONAL CHECK, SCHOOL VOUCHER OR P.O.)

Awards Procedures

Team Awards:

Weekday league competitions determine the following awards based on their win-loss record.

Division Champion Ex. 1A, 1B, 2A, 2B.....

Conference Champion Ex. 1, 2, 3, 4

In the event of a tie in the overall division and/or conference record, head to head competition will be the first tie breaker. If more than two teams are tied and the head to head tie breaker does not determine the winner, then based on the outcome of the county championship race based on the merged results of the entire race will determine the division and conference champion

County Champions: *The winning team will be recognized as County I, II, or III Champions based on the results from the County Championship on Saturday October 29th.*

State Qualifier: *The winning team in each class (A, B, C) will qualify for the state championship.*

Individual Awards:

All County: The first 25 runners in each respective race (I, II, III) from the County Championship on Saturday October 29th will be All County.

All Conference: Any runner who was **not** All-County and who was eligible for the County Championship (6 meet rule), is eligible to be considered for All-Conference.

Quota: Approximately 20 runners per conference will be selected from the eligible pool listed above, to be All Conference

Criteria:

1. Automatic: Any runner that meets the above criteria and has achieved one of the following standards listed below at one of the weekday league meets in which a 5k was run (weeks 2-5), The Nassau Coaches meet on Oct 15th, The FR-SOPH-JUN-SEN meet on 19th and the County Championship on October 29th No other competition will be considered for an automatic acceptance for All-Conference.

BETHPAGE:

BOYS CONF I (17:45) BOYS CONF II (18:15) BOYS CONF III (18:30) BOYS CONF IV (18:45)
GIRLS CONF I (22:00) GIRLS CONF II (22:00) GIRLS CONF III (22:30) GIRLS CONF IV (23:10)

EISENHOWER:

BOYS CONF I (17:10) BOYS CONF II (17:40) BOYS CONF III (17:55) BOYS CONF IV (18:10)
GIRLS CONF I (21:25) GIRLS CONF II (21:25) GIRLS CONF III (21:55) GIRLS CONF IV (22:35)

2. Head to Head Competition: If necessary, based on the quota system of approximately 20 per conference, a committee will select the remaining slots based on the weekday league meets (Weeks 1-5).

**New York State Cross-Country Championship
Vernon Verona Sherill High School
Saturday November 12th 2022**

General Information:

ALL INFORMATION WILL BE PROVIDED LATER IN THE SEASON

**New York State Federation Cross-Country Championship
Bowdoin Park, Wappingers Falls
Saturday November 19th 2022**

Girls Race: 12:15 PM

Boys Race: 1:00 PM

General Information:

Any athlete or team that qualifies for the Federation Championship will be responsible for their own transportation, entry fee, housing etc.

Qualification Procedure:

Individual:

Section 8 is allowed 2 automatic entries per gender.

-Qualifer 1 will be the runner that runs the fastest time of the day at the State Qualifier Meet.

-Qualifer 2 will be the runner that runs the fastest time of the day at the State Championship Meet

Other ways to qualify:

-Any team or individual that competes in the state championship can also qualify for the Federation Championship if they place high enough in the merge (see Fed entry for procedure)

-In addition a team can also potentially be selected for the Federation Championship as an At-Large bid based on their performances throughout the season. This is selected by the sectional coordinators of New York State following the State Championship.

SECTION VIII EMERGENCY PREPAREDNESS AND CROWD CONTROL

Lost or Injured Runners: Each coach must instruct all his/her runners to stay where they are, or on the course if they are lost or injured. All runners in a race should be instructed to aid these people if possible and to notify the first official they see that a runner(s) need assistance and they are before/after a numbered pole along the course.

As you examine the course with your runners make note of the numbered 6x6 wooden poles located throughout the course. These are there for locating or identifying problem areas of the course. When this info is given to the nearest official they will call meet management at the Polo Field, and assistance will be sent to the area. The information should be as specific as possible so the correct assistance can be provided. It might be necessary for one runner to stay with an injured runner. We will have a vehicle on the course and one at the Polo Field for responding, and possibly an official or two on the course. All schools must bring their AED to the meet. The Conference and Section VIII Meets will have EMT service as in the past.

CROWD CONTROL: Each coach/school is responsible for the conduct of their athletes and spectators. This is best accomplished through a letter home to each parent notifying them of the section rules, the rules of Bethpage State Park, especially the rules governing the places where spectators are limited to view the race from. The parking rules are very important since the Park Police will issue tickets for cars illegally parked. Many schools provide a supervisor to help the coach with the athletes and the spectators.

SITE PLAN: Special situations could make it necessary for meet management to stop the meet ASAP with all school personnel being instructed to go to their buses; wait in the buses; return to their schools; moved to another location; depending on the problem. Emergency agencies such as Firemen, Police, or Park personnel would be notified of the problem and actions taken, or could be the ones that initiate the action. We would notify the schools if possible, of the situation, or the action could initiate at the school level.

These actions could be related to a fire, downed electric lines, possibility of bombs or guns in the park, major problems with spectators, severe weather warnings, even the possibility of terrorists activities – any situation that presents a threat to our athletes.

Coaches must discuss these type of situations and emphasize the importance of keeping the coach informed of where they are at the site, and responding to the directions given by meet management and officials. All coaches and officials will assist meet management in carrying out the directed action. We will develop a means of communicating necessary actions throughout the course, and everyone must be aware of the several short cuts from the course back to the Polo Field-or Picnic area parking lot.

BETHPAGE PARK PLAN/EISENHOWER PARK: We will coordinate our plan with the park plan so that we can secure the site or plan an evacuation by car, bus, or foot. Also to notify the schools and have a script that an announcer could read over the park and/or our PA system that directly applies to the particular problem and the action necessary.

EMERGENCY ACTION PLAN:

In case of an event that is viewed by the personnel on hand (coach, official, supervisor) etc as an immediate medical emergency, follow the steps below.

- 1. Check-Call (911)-Care**
- 2. Call the Coordinators: Adam McKenzie 516-524-0468
Neal Levy 516 330-4590**

ATHLETES WITH SPECIAL NEEDS CROSS-COUNTRY 2022

**TO: ALL ATHLETIC DIRECTORS,
BOYS & GIRLS XC COACHES**
FROM: NEAL LEVY & ADAM MCKENZIE
RE: ATHLETES WITH SPECIAL NEEDS

AS LISTED IN OUR XC GUIDE, WAS STRESSED AT THE COACHES MEETING, AND DISCUSSED AT THE HSAA MEETING – THE COORDINATORS MUST HAVE A LIST OF ANY ATHLETES IN CROSS COUNTRY WITH SPECIAL NEEDS.

ASTHMA IS A SPECIAL NEED! THESE ATHLETES MUST PROVIDE A MEDICAL NOTE TO THE COORDINATORS THAT COVERS THE SEASON. IT IS RENEWABLE EACH SEASON. NF RULES MANDATE THIS AS IT IS A DISQUALIFICATION IF AN ATHLETE USES AN INHALER BEFORE OR DURING A COMPETITION. INHALERS ARE CLASSIFIED AS PERFORMANCE ENHANCING AND THEIR USE IS PERMITTED WITH MEDICAL APPROVAL. NOTES ARE DUE BEFORE THESE ATHLETES COMPETE.

PHYSICAL OR PSYCHOLOGICAL NEEDS DO CREATE SPECIAL PREPARATION FOR MEET MANAGEMENT. IT REMAINS CONFIDENTIAL AND SPEEDS UP RESPONSES IN EMERGENCIES. WE HAVE HAD SEVERAL RESPONSES IN THIS REGARD IN THE PAST FEW YEARS-WITHOUT NOTICE. OUR RESPONSE WAS SEVERELY HANDICAPPED BY OUR LACK OF PRIOR KNOWLEDGE. SAFETY OF THE INVOLVED ATHLETES IS THE PRIMARY CONCERN IN THESE MATTERS.

OTHER SPECIAL NEEDS OR SPECIAL ACCOMODATIONS MUST FIRST BE APPROVED BY NYSPHSAA AND THEN SHOULD BE PROVIDED TO THE COORDINATORS. YOU MAKE THE JUDGEMENT AS TO WHAT YOUR SCHOOL CONSIDERS A SPECIAL NEED. EACH YEAR WE HAVE HAD ATHLETES REQUIRE AN AMBULANCE BECAUSE OF AN ASTHMA ATTACK AND WE DID NOT HAVE A CLEARING NOTE.

THIS INFORMATION COULD BE USED TO MAKE ADJUSTMENTS TO OUR PROCEDURES ON ANY GIVEN DAY DUE TO THE AMOUNT OR NEEDS OF THE ATHLETES ON THAT DAY. THE PARK EMERGENCY RESPONSE PEOPLE ARE A KEY ELEMENT IN EMERGENCY RESPONSES, AND THEY ARE ALSO VERY CONCERNED ABOUT THIS ISSUE.

EMAIL ADAM MCKENZIE ...amckenzie@greatneck.k12.ny.us (516) 524-0468



HEAT INDEX PROCEDURES

Administration of Heat Index Procedures:

- Feels like temperature (heat index) or THI using a Wet Bulb indicator on the field will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or a school designee when the air temperature is 80 degrees (Fahrenheit) or higher.
- Download WeatherBug App to your phone or log into www.weatherbug.com. Schools may also use a Wet Bulb indicator on the field that will be used.
- Enter zip code or city and state in the location section of the app or on-line or determine the THI by using a Wet Bulb indicator.
- If the Feels Like temperature (heat index) or the Wet Bulb indicator is 90 degrees or above, the athletic trainer, athletic director, or school designee must re-check the Feels Like temperature (heat index) or Wet Bulb indicator at halftime or midway point of the contest. If the Feels Like temperature (heat index) or Wet Bulb indicator is 96 degrees (Fahrenheit) or more, the contest will be suspended.

	Feels Like Temp. (Heat Index) or Wet Bulb indicator under 79 degrees	Full activity. No restrictions
R E C O M M E N D E D	Heat Index Caution: Feels Like Temp. (Heat Index) or Wet Bulb indicator 80 degrees to 85 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider reducing the amount of time for the practice session.
	Heat Index Watch: Feels Like Temp. (Heat Index) or Wet Bulb indicator) 86 degrees to 90 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider postponing practice to a time when Feels Like temp is lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time).
	Heat Index Warning: Feels Like Temp. (Heat Index) or Wet Bulb indicator 91 degrees to 95 degrees	Provide ample water and water breaks every 15 minutes. Monitor athletes for heat illness. Consider postponing practice to a time when Feels Like temp is much lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time). Light weight and loose fitting clothes should be worn. For Practices only Football Helmets should be worn. No other protective equipment should be worn.
REQUIRED	Heat Index Alert: Feels Like Temp. (Heat Index) or Wet Bulb indicator) 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should only be held if air conditioned.

Please refer to the following chart to take the appropriate actions:

Adopted May 1st 2010

Updated July 27, 2016





NYSPHSAA

THUNDER & LIGHTNING POLICY

(Effective 10/25/04)

(Revised October 20, 2008)

Applies to regular season through NYSPHSAA Finals:

- 1) Thunder and lightning necessitates that contests be suspended. The occurrence of thunder and/or lightning is not subject to interpretation or discussion - thunder is thunder, lightning is lightning.
 - a) With your site administrator, set up a plan for shelter prior to the start of any contest.
- 2) When thunder is heard and/or when lightning is seen, the following procedures should be adhered to:
 - a) Suspend play and direct participants to go to shelter, a building normally occupied by the public or if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, car).
 - b) Do not permit people to stand under or near a tree; and have all stay away from poles, antennas, towers and underground watering systems.
 - c) After thunder and/or lightning have left the area, wait 30 minutes after the last boom is heard or strike is seen before resuming play or competition.

Request for Medical Waiver of NYSPHSAA - Regulation #25

To be eligible for sectional, intersectional or state competition, a team must have competed in six (6) school scheduled contests during the season. An individual is eligible for the team if he/she has been an eligible participant on a team in that sport in that school for a minimum of six (6) scheduled contests during the regular season. For football, a student must be an eligible participant for a minimum of three (3) contests. Contestants in individual sports (archery, badminton, bowling, cross country, fencing, golf, gymnastics, rifle, skiing, swimming tennis, outdoor track, winter track and wrestling) must also have represented their school in six (6) scheduled contests during the season to be eligible. These required contests must occur on six different dates and must be concluded prior to the conclusion of the team's regular schedule.

School _____ Sport _____

Athlete _____ Date Request Submitted _____

Nature of Injury/Illness _____

Date of Injury/Onset of Illness _____ Date of Medical Clearance _____

Record of Participation in Competitions (Exclusive of Section Tournaments):

<u>Date</u>	<u>Opponent</u>	*	*If Wrestler: Please include Weigh-in validated by Athletic Director
1. _____	_____	*	_____
2. _____	_____	*	_____
3. _____	_____	*	_____
4. _____	_____	*	_____
5. _____	_____	*	_____

Note:

All pertinent medical documentation must accompany this request before it will be considered. Such material MUST VERIFY the date of onset of the illness/injury and date physical activity may resume. NOTES FROM PHYSICAL THERAPISTS ARE NOT ACCEPTABLE.

Medical Documents Attached:

1. _____ 3. _____
2. _____ 4. _____

Request and documentation must be received by the sport coordinator and the Section VIII Office prior to the last regular season contest.

Signature of Athletic Director

Office of Interscholastic Athletics
George Farber Administrative Center
P.O. Box 9195 - 71 Clinton Road
Garden City, NY 11530-9195
Fax# 997-2916 - 997-2018
Approved by the Athletic Council - 2005