

Attn: Athletic Directors and Cross-Country Coaches
Re: End of the season cross-county information
From: Neal Levy and Adam McKenzie Cross-Country Coordinators

Below is outlined some very important information regarding the remainder of the season.

County Championship: Saturday October 31st

- Eligibility**- All athletes must have competed in 6 sanctioned races prior to this competition in order to be eligible to participate.
- Medical waivers must have been approved by Nina Van Erk in order to compete with less than 6 races.
- Index Cards with competitor number must be worn for all races (Varsity and JV).**
- Uniform**-All teams for the varsity races must have "identical" matching uniforms or they cannot compete.
JV Races- School issued only

State Qualifier: November 7th

Same rules as the County Championship

Entry procedure for the County Championship and State Qualifier

- We will continue to use the index card/competitor label system we have used all season
- Coaches do not have to pre-enter their athletes in any way.

QUOTA REMINDERS:

County Championship: You can run up to ten athletes in the Varsity Race. In order to run any athlete in the JV race you must run at least seven. **THIS WILL BE STRICTLY ENFORCED**

State Qualifier:

You can run up to seven athletes in the Varsity Race.
-No JV race in the State Qualifier.

All-Conference Ballot Form:

-There is no need to submit an All-Conference ballot form. We have access to complete rankings via trackconference.com and therefore we have the times already. If your athlete has achieved an All-Conference automatic time as per the All-Conference criteria (see below) they will be added to the list. This system provides no paperwork for the coaches.

Clint Miller Meet: Monday November 9th

- Index Cards with competitor label must be worn**
- Uniform-As long as it is school issued they do not have to be identical for this competition.**

Awards:

- Team awards for County, County runner-up, Conference, and Division champions will be presented at the awards time slot at the County Championship on October 31st.
- All County-Top 25 in each respective county race will be recognized at the awards ceremony as well.
- All-Conference- A list will be emailed and posted on trackconference.com by the state qualifier.

COUNTY CHAMPIONSHIP
Saturday Oct. 31st 2015
(MAKE-UP DATE SUNDAY November 1st)
Bethpage State Park

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

****In order to run any member in the JV 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 teams are allowed to participate:

All runners must wear a 3x5 INDEX CARD WITH NAME, SCHOOL, AND 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 Nina Van Erk and the sectional coordinators.

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

CLASS I: HEMPSTEAD – GREAT NECK SOUTH

CLASS II: MEPHAM – BETHPAGE

CLASS III LAWRENCE – EAST ROCKAWAY

9 AM CLASS II BOYS

9:30 AM CLASS II GIRLS

10 AM JV CLASS II BOYS

10:10 AM JV CLASS II GIRLS

10:45 AM AWARDS CLASS II

11:00 AM CLASS III BOYS

11:30 AM CLASS III GIRLS

12:00 PM JV CLASS III BOYS

12:10 PM JV CLASS III GIRLS

12:45 PM CLASS III AWARDS

1 PM CLASS I BOYS

1:30 PM CLASS I GIRLS

2 PM JV CLASS I BOYS

2:10 PM JV CLASS I GIRLS

2:45 PM CLASS I AWARDS

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

Qualifying Procedure for the State Qualifier-November 7th

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 + D teams and all State Class C + D 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 7th.

State Qualifier Meet
Saturday Nov 7th 2015
(MAKE-UP DATE SUNDAY November 8th)
Bethpage State Park

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

All runners must wear a 3x5 INDEX CARD WITH NAME, SCHOOL, AND 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 Nina Van Erk and the sectional coordinators.

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

CLASS A: HEMPSTEAD – MEPHAM
CLASS B: ELMONT – FRIENDS ACADEMY
CLASS C: WHEATLEY – CARLE PLACE
CLASS D: EAST ROCKAWAY

10:00 AM	CLASS C/D BOYS
10:05 AM	CLASS C/D GIRLS
10:30 AM	CLASS A BOYS
11:00 AM	CLASS A GIRLS
11:30 PM	CLASS B BOYS
12:00 PM	CLASS B GIRLS

Approximately 12:45 PM AWARDS CEREMONY

**Teddy Roosevelt-Clint Miller
XC Invitational
Monday November 9th 2015
Bethpage State 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 3x5 INDEX CARDS WITH NAME, SCHOOL, AND RACE. (SAME AS WEEKDAY LEAGUE MEETS)

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

Time Schedule: BOYS: 4:10 PM
GIRLS 4:15 PM (Sunset 4:44)

Payable To

N.C.T.C.A.

C/O Adam McKenzie

197 Wall St.

Huntington N.Y. 11743

-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 Procedure

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

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 31st.*

State Qualifier: *The winning team in each class (A, B, C, D) 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 31st 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 3-5), the FR-SOPH-JUN-SEN meet on October 19th and the County Championship on October 31st. No other competition will be considered for an automatic acceptance for All-Conference.

BOYS CONF I (18:00) 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 (23:30)

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).

Nassau County Cross-Country Championship

Bethpage State Park

Saturday October 31st 2015

Box Assignments

Position 1 is closest to the red boards

Class I County Race + JV

<u>Position</u>	<u>School</u>
1	MacArthur
2	Port Washington
3	Oceanside
4	Plainview
5	Valley Stream Ctrl
6	Hempstead
7	Calhoun
8	East Meadow
9	Baldwin
10	Great Neck South
11	Syosset
12	Westbury
13	Herricks
14	Long Beach
15	Hicksville
16	Uniondale
17	Freeport
18	Massapequa
19	Farmingdale

Class II County Race + JV

<u>Position</u>	<u>School</u>
1	Garden City
2	New Hyde Park
3	Carey
4	South Side
5	Hewlett
6	Bethpage
7	Jericho
8	Wantagh
9	Great Neck North
10	Elmont
11	Plainedge
12	Mepham
13	Roslyn
14	JFK Bellmore
15	Sewanhaka
16	Roosevelt
17	Manhasset
18	Division
19	Glen Cove

Class III County Race + JV

<u>Position</u>	<u>School</u>
1	Island Trees
2	Clarke
3	Seaford
4	North Shore
5	Locust Valley
6	Carle Place
7	West Hempstead
8	Wheatley
9	Valley Stream South
10	Mineola
11	Lawrence
12	Cold Spring Harbor
13	Lynbrook
14	Oyster Bay
15	Floral Park
16	East Rockaway
17	Friends Academy
18	Valley Stream North