

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.

Frosh-Soph Meet: Monday October 20th

As a reminder we added a Junior-Senior race for those athletes that are need of competing in a 6th meet prior to the County Championship. However, any athlete can still compete in this meet, as long as they have not exceeded the 15 max meet rule.

-Index Cards with competitor number must be worn

-Uniform-As long as it is school issued they do not have to be identical for this competition.

County Championship: Saturday October 25th

-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 1st

Same rules as the County Championship

Entry procedure for the County Championship and State Qualifier

-We will not be using an online entry procedure as outlined in the handbook

-We will continue to use the index card/competitor number system we have used all season

-Coaches do not have to pre-enter their athletes in any way. Just show up the day of the competition, and run your best 7 in the varsity race and the remaining in the Junior 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 NY milesplit, and therefore we have the times already. If your athlete has achieved an All-Conference automatic time as per the All-Conference criteria (see handbook) they will be added to the list.

This system provides no paperwork for the coaches.

Clint Miller Meet: Monday November 3rd

-Index Cards with competitor number 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 25th.

-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 track-conference.com by the state qualifier.

FRESHMAN-SOPHOMORE MEET
MONDAY Oct. 20th 2014
Bethpage State Park

REVISED SCHEDULE
SEE CHANGES IN RED

ALL ATHLETES WILL WEAR 3x5 INDEX CARDS WITH NAME, SCHOOL, AND RACE. (SAME AS WEEKDAY LEAGUE MEETS)

ADDED	JR/SR BOYS	4:35 PM
ADDED	JR/SR GIRLS	4:40 PM
	FRESHMAN BOYS:	4:55 PM
	FRESHMAN GIRLS:	5:05 PM
	SOPHOMORE BOYS:	5:15 PM
	SOPHOMORE GIRLS:	5:25 PM

AS A REMINDER THE PRIMARY PURPOSE OF THE 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 25TH) EITHER IN THE JUNIOR VARSITY OR 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 Oct. 25th 2014
(MAKE-UP DATE SUNDAY October 26th)
Bethpage State Park

All teams are allowed to participate

All runners must wear a 3x5 index card with their competitor number (label on it).

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: MASSAPEQUA – WESTBURY
CLASS II: ELMONT – BETHPAGE
CLASS III NORTH SHORE – EAST ROCKAWAY

9AM CLASS III BOYS
9:30AM CLASS III GIRLS
10AM JV CLASS III BOYS
10:30AM JV CLASS III GIRLS
11AM AWARDS CLASS III

11:30AM CLASS I BOYS
12PM CLASS I GIRLS
12:30PM JV CLASS I BOYS
1PM JV CLASS I GIRLS
1:30PM CLASS I AWARDS

2PM CLASS II BOYS
2:30PM CLASS II GIRLS
3PM JV CLASS II BOYS
3:30PM JV CLASS II GIRLS
4PM 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 1st

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 1ST.

State Qualifier Meet
Saturday Nov 1st 2014
(MAKE-UP DATE SUNDAY November 2nd)
Bethpage State Park

All runners must wear a 3x5 index card with their competitor number (label on it).

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) and the first 5 individuals not on those teams for each class will qualify for the state championship.

CLASS A: MASSAPEQUA – WESTBURY
CLASS B: ELMONT – FRIENDS ACADEMY
CLASS C: WHEATLEY – EAST ROCKAWAY

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

Approximately 1:20 PM AWARDS CEREMONY

**Teddy Roosevelt-Clint Miller
XC Invitational
Monday November 3rd 2014
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: 4:15 PM
GIRLS 4:20 PM (Sunset 4:51)

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.)