

REVISED TIME SCHEDULE AS OF 3-24

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

**MAX 10 RUNNERS ALLOWED IN VARSITY RACES
THE RACES WILL BE SCORED SEPARATELY**

Week:	Race #	Time	Teams	Gender		
<div style="border: 1px solid black; padding: 5px;"> Novice Race: 1.5 4:40 PM JV Race-5k Boys: 4:45 PM JV B: 4:47 PM Girls: 4:50 PM </div>	4	1	5:10 PM	9-10-11-12	BOYS	MON Mar 29-Conf 4 TUE Mar 30-Conf 1 WED Mar 31-Conf 2 THU Apr 1-Conf 3
			5:10 PM	13-14	BOYS	
	5	2	5:13 PM	9-10-11-12	GIRLS	
			5:13 PM	13-14	GIRLS	
			5:30 PM	1-2-3-4	BOYS	
			5:30 PM	5-6-7-8	BOYS	
			5:33 PM	1-2-3-4	GIRLS	
			5:33 PM	5-6-7-8	GIRLS	

Week:	Race #	Time	Teams	Gender		
<div style="border: 1px solid black; padding: 5px;"> Novice Race: 1.5 4:40 PM JV Race-5k Boys: 4:45 PM JV B: 4:47 PM Girls: 4:50 PM </div>	5	1	5:10 PM	1-6-11	BOYS	TUE Apr 6-Conf 1 WED Apr 7-Conf 2 THU Apr 8-Conf 3 FRI April 9-Conf 4
			5:10 PM	3-8-9-14	BOYS	
	5	2	5:13 PM	1-6-11	GIRLS	
			5:13 PM	3-8-9-14	GIRLS	
			5:30 PM	2-5-12	BOYS	
			5:30 PM	4-7-10-13	BOYS	
			5:33 PM	2-5-12	GIRLS	
			5:33 PM	4-7-10-13	GIRLS	

MAX TEN RUNNERS ALLOWED IN VARSITY RACES

CLASS COUNTY CHAMPIONSHIP-Saturday April 17th

(MAKE-UP DATE SUNDAY April 18th)

Eisenhower Park

In order for any athlete to compete in the varsity race they must have competed in 2 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: UNIONDALE – GARDEN CITY

CLASS II: VALLEY STREAM CENTRAL– LYNBROOK

CLASS III FLORAL PARK – EAST ROCKAWAY

9 AM VARSITY CLASS II GIRLS (3rd heat-if necessary)

9:05 AM VARSITY CLASS II GIRLS (2nd heat)

9:30 AM (Championship GIRLS Section)

9:50 AM VARSITY CLASS II BOYS (3rd heat-if necessary)

9:55 AM VARSITY CLASS II BOYS (2nd heat)

10:15 AM (Championship BOYS Section)

10:35 AM OPEN CLASS II GIRLS

10:40 AM OPEN CLASS II BOYS

(IF MORE THAN ONE OPEN SECTION IS NECESSARY, THEY WILL GO 1 MINUTE APART)

11:00 AM Awards Ceremony IF PERMISSIBLE (CURRENTLY IT IS NOT)

11:00 AM VARSITY CLASS III GIRLS (3rd heat-if necessary)

11:05 AM VARSITY CLASS III GIRLS (2nd heat)

11:30 AM (Championship GIRLS Section)

11:50 PM VARSITY CLASS III BOYS (3rd heat-if necessary)

11:55 PM VARSITY CLASS III BOYS (2nd heat)

12:15 PM (Championship BOYS Section)

12:35 PM OPEN CLASS III GIRLS

12:40 PM OPEN CLASS III BOYS

(IF MORE THAN ONE OPEN SECTION IS NECESSARY THEY WILL GO 1 MINUTE APART)

1:00 PM Awards Ceremony IF PERMISSIBLE (CURRENTLY IT IS NOT)

1:00 PM VARSITY CLASS I GIRLS (3rd heat-if necessary)

1:05 PM VARSITY CLASS I GIRLS (2nd heat)

1:30 PM (Championship GIRLS Section)

1:50 PM VARSITY CLASS I BOYS (3rd heat-if necessary)

1:55 PM VARSITY CLASS I BOYS (2nd heat)

2:15 PM (Championship BOYS Section)

2:35 PM OPEN CLASS 1 GIRLS

2:40 PM OPEN CLASS 1 BOYS

(IF MORE THAN ONE OPEN SECTION IS NECESSARY THEY WILL GO 1 MINUTE APART)

3:00 PM Awards Ceremony IF PERMISSIBLE (CURRENTLY IT IS NOT)

ALL COUNTY: The first 25 runners in the merge for the varsity races in each class county
(Additional members may be selected by the championship committee if warranted)

Class County Championship Qualification Procedure

April 17th 2021

Historically, there have been 3 varsity races in excess of 100 athletes in each race (Counties Class I, II, III).

Due to NYSPHSAA COVID guidelines we have to limit these numbers.

In order to accommodate most and/or all participants:

1. Each class has a championship and non-championship section(s)

As in the past, this will allow maximum participation.

The championship race will consist of the top 6 teams (10 on each team) + the 8 next fastest individuals not on those teams.

-In an effort to preserve the integrity of head-to-head competition, only the Championship section will count for the team championship. The other sections will not be merged into one.

However, all athletes who participate in any of the varsity race sections will be eligible for All-County honors based on times.

Qualification Procedures:

-The Conference Champion will automatically receive a spot in the Championship Race.

Due to the possibility of Covid related circumstances substantially interrupting the season, the following criteria will be used to select the remaining teams in the Championship and Non-Championship sections:

-Overall League Record

-Head to Head Competition

-5 person Average

-When the above mentioned criteria cannot adequately select the entire field for the championship section due to ties, Covid, etc. a committee will be formed.

**SECTIONAL COUNTY CHAMPIONSHIP-Saturday April 24th
(MAKE-UP DATE SUNDAY April 25th)
Eisenhower Park**

In order for any athlete to compete in the varsity race they must have competed in 2 sanctioned meets representing his/her school prior, or have an approved medical waiver by Pat Pizzarelli & the sectional coordinators.

BRINGING THE “BIG RACE” back for one year!

The race will determine who are the best teams and individuals in Section 8 Cross-Country regardless of school size

The individual winner and team will be recognized as SECTIONAL NASSAU COUNTY CHAMPION

10:00 BOYS ALL-COMERS RACE
10:02 BOYS ALL-COMERS RACE SECOND SECTION
10:04 BOYS ALL-COMERS RACE THIRD SECTION

**10:30 BOYS CHAMPIONSHIP SECTION
11:00 GIRLS CHAMPIONSHIP SECTION**

11:30 GIRLS ALL-COMERS RACE
11:32 GIRLS ALL-COMERS RACE SECOND SECTION
11:34 GIRLS ALL-COMERS RACE THIRD SECTION

12:00 BOYS AWARDS CEREMONY (IF ALLOWED BY PARK)
GIRLS AWARDS FOLLOWING

Qualification Process:

- Championship Race: Top 8 teams (7 per team) plus approximately 8 individuals
- Auto Qualifier: The winning teams and individuals from the Class I, II, III races (April 17th) will qualify for the championship section
- The rest of the field is based on the combined merge of the Class I, II, III races (April 17th)

All-Comers Race: (5k)

- Any team or individual that does not qualify for the championship race including Junior Varsity runners can participate in the All-Comers Race if desired.