

**SECTION VIII, NYSPHSAA BOYS & GIRLS CROSS COUNTRY
2019 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 November 2nd), 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 9th is to designate the teams and individuals that will compete in the State Championship at SUNY Plattsburgh on Saturday November 16th.**
There will be separate races that will be run as per State Classification numbers. These numbers are different than the Class County Championship (November 2nd), as there is a great difference in the breakdown for Nassau County.
(Class A-24 teams, Class B-28 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 November 2nd

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

County 1: Uniondale-GNS County 2: New Hyde Park-North Shore County 3: Wantagh-East Rockaway

Saturday November 9th

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

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

<u>Week 1:</u>	<u>Week 2:</u>	<u>Week 3:</u>	<u>Week 4:</u>	<u>Week 5:</u>
Wed Sept 11 Conf 1, 3 Thu Sept 12 Conf 2, 4	Mon Sept 16 Conf 3, 4 Tue Sept 17 Conf 1, 2	Mon Sept 23 Conf 2, 3 Tue Sept 24 Conf 1, 4	Wed Oct 2 Conf 1,3 Thu Oct 3 Conf 2,4	Mon Oct 7 Conf 3, 4 Thu Oct 10 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. Ten days of practice are required before the first meet or scrimmage.

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
North Shore vs South Shore
Frosh-Soph-Jun-Sen Meet
Class County Champs
State Qualifier
Clint Miller
NYSPHSAA State Meet
Federation State Meet

Sat. Sep 21 Bethpage State Park
Wed. Oct 16th Bethpage State Park
Wed. Oct. 23rd - Bethpage State Park
Sat Nov 2nd - Bethpage State Park
Sat. Nov. 9th - Bethpage State Park
Mon Nov 11- Bethpage State Park
Sat. Nov. 16th – SUNY Plattsburgh
Sat. Nov. 23rd - 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.