

**SECTION VIII, NYSPHSAA BOYS & GIRLS CROSS COUNTRY
2016 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 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 Chenango Valley State Park, in Binghamton on 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-20 teams, Class B-32 teams, Class C-3 teams, Class D-1)**

****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 2016 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-Mepham County 2: GNS-Bethpage County 3: Lawrence-East Rockaway

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-GNS Class B: Manhasset-Friends Academy Class C: Wheatley-Carle Place Class D: East Rock.

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 Hicksville	1 Long Beach	8 JFK Bellmore	1 NHP	8 Plainedge	1 North Shore	8 Locust Valley
2 Hempstead	9 Pt. Washington	2 Herricks	9 Garden City	2 Roslyn	9 Glen Cove	2 VSS	9 Cold Spring H
3 Uniondale	10 Baldwin	3 Calhoun	10 GNN	3 Hewlett	10 Bethpage	3 Mineola	10 Friends
4 Massapequa	11 East Meadow	4 MacArthur	11 Carey	4 South Side	11 Lawrence	4 Clarke	11 Wheatley
5 Syosset	12 Plainview	5 Mepham	12 Elmont	5 Wantagh	12 VSN	5 W.Hempstead	12 Oyster Bay
6 Farmingdale	13 Westbury	6 GNS	13 Sewanhaka	6 Roosevelt	13 Floral Park	6 Island Trees	13 Carle Place
7 Oceanside	14 Valley Str. Cntr	7 Manhasset	14 Jericho	7 Division	14 Lynbrook	7 Seaford	14 East Rock.

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

<u>Week 1:</u>	<u>Week 2:</u>	<u>Week 3:</u>	<u>Week 4:</u>	<u>Week 5:</u>
Mon Sept 12 Conf 1, 3 Tue Sept 13 Conf 2, 4	Mon Sept 19 Conf 3, 4 Tue Sept 20 Conf 1, 2	Mon Sept 26 Conf 2, 3 Tue Sept 27 Conf 1, 4	Wed Oct 5 Conf 1,3 Thu Oct 6 Conf 2,4	Thu Oct 13 Conf 3, 4 Mon Oct 17 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 4:35 PM with a J.V. Race.

Nassau Coaches Meet
Frosh-Soph-Jun-Sen Meet
Class County Champs
State Qualifier
Teddy Roosevelt/Clint Miller Inv.
NYSPHSAA State Meet
Federation State Meet

Sat. Oct. 15th - Bethpage State Park
Thu. Oct. 20th - Bethpage State Park
Sat Oct. 29th - Bethpage State Park
Sat. Nov. 5th - Bethpage State Park
Mon. Nov. 7th - Bethpage State Park
Sat. Nov. 12th - Chenango Valley State Park
Sat. Nov. 19th - 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.