

**NASSAU COUNTY PUBLIC HIGH SCHOOL  
ATHLETIC ASSOCIATION  
SECTION VIII of NYSPHSAA, Inc.**



**2016 BOYS AND GIRLS  
CROSS-COUNTRY HANDBOOK**

**EXECUTIVE DIRECTOR – NINA VAN ERK**

**BOYS COORDINATOR – ADAM MCKENZIE  
GIRLS COORDINATOR – NEAL LEVY**

**Section VIII Joint Committee:**

<b>Conference 1</b>	<b>Conference 2</b>	<b>Conference 3</b>	<b>Conference 4</b>
Mike Lisa-Massapequa	Bob Busch-Garden City	Pete McNally-Lynbrook	Ed Corona-North Shore
Charles Gilreath-Freeport	Steven Steiner-Manhasset	Jordan Ashley-Wantagh	Nick Aurigemma-Cold Spring H.
Katie Dunne-Farmingdale	Greg Milone-Long Beach	Billy Buith-New Hyde Park	Kevin Cotter-Oyster Bay
Steve Josepher-East Meadow		Steve Honerkamp-Hewlett	Dan Walsh-Wheatley
Rich Caffiero-Syosset		Jordan Ashley-Wantagh	Rich Degnan-Island Trees
Don Ross-Westbury			

Mike Ringhauser-NC Assoc.

Mike Frazer: Athletic Director Rep

**The following handbook is a guide identifying the various pieces of information regarding the rules, procedures, dates, competitions, awards, safety information, etc. as it pertains to SECTION VIII Cross-Country. Ultimately, it is the coaches and athletes responsibility to know the rules of the National Federation, NYSPHSAA, and Section VIII as well as following good sportsmanship and appropriate ethical sporting behavior. This handbook is just an illustration, and therefore “not being in the book” does not warrant or allow a coach or athlete to not follow the rules and expectations set forth. Past practice will be used wherever possible if something is not indicated in the handbook, unless it is in violation of an existing rule or regulation.**

# SPORTSMANSHIP

Students learn immeasurable unique lessons through interscholastic athletic participation.

Educators universally agree, of all the goals established as outcomes for secondary students involved in school sports, sportsmanship is primary.

Students who learn to value and practice sportsmanlike behavior are developing the characteristics of good citizenship. Honesty, generosity, self discipline, a sincere concern for others, ethical behavior and a commitment to fair play are all demonstrated in sportsmanship.

Nassau County Public High School Athletic Association member schools make sportsmanship a primary concern.

## **SECTION VIII SPORTSMANSHIP RULES:**

***REQUIRE THAT A REPORT BE MADE FOR ANY ATHLETE DISQUALIFIED FOR UNSPORTSMANLIKE CONDUCT. ATHLETE IS DISQUALIFIED FROM THAT MEET AND THE NEXT MEET. FURTHER PENALTIES MAY APPLY.***

**COACHES ARE BOUND BY THE SAME RULES.**

## GENERAL NOTES AND REMINDERS FOR COACHES

1. Cross Country is governed by National Federation Rules. However the rules set forth by NYSPHSAA supersede the National Federation when there is a difference.
2. All members competing in a varsity race during the weekday league competitions, County Championship, State Qualifier, State and Federation Championships must comply with the full uniform and jewelry rule set forth by NYSPHSAA. All teams will check in with the clerk prior to their respective race. If any athlete(s) do not meet all the requirements then that athlete(s) will not be permitted to compete.  
**Junior Varsity Races:** As long as the uniform is school issued then the entire team does not have to be "identical".
3. Any invitational competitions must follow the same uniform rule as set forth by the NFHS.
4. **STATE REGULATIONS:**
  - A. Each runner must have 2 nights rest between competitions.
  - B. Maximum distance is 5K (3.1 miles)
  - C. Maximum 2 meets per week
  - D. Each athlete must have 8 days of practice prior to the first scrimmage. However you may not practice more than six days in a row until the postseason.
  - E. Each athlete must have 10 days of practice prior to the first competition.
5. Each athlete is limited to compete in 15 meets plus sectional (County Championship, State Qualifier and the State and Federation) meets during the season.
6. A varsity team consists of the team's best runners for that competition. The rest of the team is considered Junior Varsity. This rule governs league, championship and invitational meets.  
Maximum number of competitors for a Varsity Team

12	Dual Meets	<i><u>(In league meets, a team must run a minimum of 5 runners in the Varsity race prior to entering any runner in the Junior Varsity race).</u></i>
10	Tri-Quad Meets	
10	County Championship	
7	State Qualifier, State and Federation Championship	
	Invitationals vary, however most of the time it is 7	
7. Each school is responsible to complete their league schedule that is shown in the "Overview".
8. A school approved coach must be with the team/individual in order to be allowed to compete. This applies to all league, championship, and invitational competitions. The section/coordinators provide the approved coaches for the state meets for the entire section team.
9. Call Bethpage Park the day before you go there for practice. The services they provide are based on daily participation numbers. 516 249-0701.
10. **Rosters:** Must be on file at BOCES and on [www.trackconference.com](http://www.trackconference.com) by Friday September 2<sup>nd</sup>. Every athlete will wear a 3x5 index card with their labels issued by trackconference for each league meet competition and the County and State Qualifier.  
INDEX CARDS MUST BE 3x5 (for collection purposes) and be supplied each week by their own school + safety pins.
11. Bethpage State Park Parking: All drop off and parking - school buses, mini-buses, cars, etc., must take place in the picnic area parking lot, NOT AT THE ENTRANCE TO THE POLO FIELD. No stopping or standing on the roads.  
**FEES**  
After Labor Day on weekdays-FREE  
All weekends: \$8.00 cars or have an Empire Pass      Buses: \$35.00  
Schools must purchase bus parking tickets from Nina Van Erk's office
12. Course rules:  
**Athletes:** May only be on the course for warm-ups before 4:30 PM during league meets.  
Can watch the races from designated viewing areas.  
**Coaches:** Coaches will not be restricted as long as they do not impede in any way the cross-country races, the management of the competition, or providing an illegal or unethical advantage for their athletes.  
PRIVELEGES MAY BE REVOKED IF NOT FOLLOWED  
**Spectators:** Can watch the races from designated viewing areas

**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 29<sup>th</sup>), 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 5<sup>th</sup> is to designate the teams and individuals that will compete in the State Championship at Chenango Valley State Park, in Binghamton on Saturday November 12<sup>th</sup>.  
There will be separate races that will be run as per State Classification numbers. These numbers are different than the Class County Championship (October 29<sup>th</sup>), 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 29<sup>th</sup>**

**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 5<sup>th</sup>**

**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

<b>Week 1:</b>	<b>Week 2:</b>	<b>Week 3:</b>	<b>Week 4:</b>	<b>Week 5:</b>
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. 15<sup>th</sup> - Bethpage State Park  
Thu. Oct. 20<sup>th</sup> - Bethpage State Park  
Sat Oct. 29<sup>th</sup> - Bethpage State Park  
Sat. Nov. 5<sup>th</sup> - Bethpage State Park  
Mon. Nov. 7<sup>th</sup> - Bethpage State Park  
Sat. Nov. 12<sup>th</sup> - Chenango Valley State Park  
Sat. Nov. 19<sup>th</sup> - 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.**

## **FRESHMAN-SOPHOMORE-JUNIOR-SENIOR MEET**

**Thursday Oct. 20<sup>th</sup> 2016**

**Bethpage State Park**

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

JR/SR BOYS 4:35 PM

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 FROSH/SOPH/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 29<sup>th</sup>) FOR THE 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. 29<sup>th</sup> 2016**  
**(MAKE-UP DATE SUNDAY October 30<sup>th</sup>)**  
**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 in the varsity race they must have competed in six sanctioned meets representing his/her school prior, or have an approved medical waiver by Nina Van Erk & the sectional coordinators.

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

CLASS I: FREEPORT – MEPHAM  
CLASS II: GREAT NECK SOUTH – BETHPAGE  
CLASS III LAWRENCE – EAST ROCKAWAY

9 AM CLASS I BOYS  
9:30 AM CLASS I GIRLS  
10 AM JV CLASS I BOYS  
10:10 AM JV CLASS I GIRLS  
10:45 AM AWARDS CLASS I

11:00 AM CLASS II BOYS  
11:30 AM CLASS II GIRLS  
12:00 PM JV CLASS II BOYS  
12:10 PM JV CLASS II GIRLS  
12:45 PM CLASS III AWARDS

1 PM CLASS III BOYS  
1:30 PM CLASS III GIRLS  
2 PM JV CLASS III BOYS  
2:10 PM JV CLASS III GIRLS  
2:45 PM CLASS III AWARDS

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

**Qualifying Procedure for the State Qualifier-November 5<sup>th</sup>**

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 5<sup>th</sup>.**

**State Qualifier Meet**  
**Saturday Nov 5th 2016**  
(MAKE-UP DATE SUNDAY November 6<sup>th</sup>)  
**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: FREEPORT – GREAT NECK SOUTH  
CLASS B: MANHASSET – 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 B BOYS
11:00 AM	CLASS B GIRLS
11:30 PM	CLASS A BOYS
12:00 PM	CLASS A GIRLS

Approximately 12:45 PM AWARDS CEREMONY





# 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

In the event of a tie in the overall division and/or conference record, head to head competition will be the only tie breaker. If more than two teams are tied and the head to head tie breaker does not determine the winner, then multiple teams can be awarded the championship.

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 29th.*

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 29<sup>th</sup> 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 20<sup>th</sup> and the County Championship on October 29<sup>th</sup>. 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).

**New York State Cross-Country Championship  
Chenango Valley State Park  
Saturday November 12<sup>th</sup> 2016**

Girls B - 9:00  
Girls C - 9:30  
Girls D - 10:00  
Girls A - 10:30

Boys B - 11:00  
Boys C - 11:30  
Boys D - 12:00  
Boys A - 12:30

**General Information:**

Section VIII travels as a section and will provide transportation and hotel.

All qualifiers will leave on Friday November 11<sup>th</sup> and return on Saturday November 12<sup>th</sup>.

All additional information regarding permission slips, itinerary, meals, etc. will be provided by the State Qualifier competition.

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**New York State Federation Cross-Country Championship  
Bowdoin Park, Wappingers Falls  
Saturday November 19<sup>th</sup> 2016**

**Girls Race: 12:15 PM**

**Boys Race: 1:00 PM**

**General Information:**

Any athlete or team that qualifies for the Federation Championship will be responsible for their own transportation, entry fee, housing etc.

**Qualification Procedure:**

**Individual:**

Section 8 is allowed 2 automatic entries per gender.

-Qualifier 1 will be the runner that runs the fastest time of the day at the State Qualifier Meet.

-Qualifier 2 will be the runner that runs the fastest time of the day at the State Championship Meet

**Other ways to qualify:**

-Any team or individual that competes in the state championship can also qualify for the Federation Championship if they place high enough in the merge (see Fed entry for procedure)

-In addition a team can also potentially be selected for the Federation Championship as an At-Large bid based on their performances throughout the season. This is selected by the sectional coordinators of New York State following the State Championship.

## SECTION VIII EMERGENCY PREPAREDNESS AND CROWD CONTROL

**Lost or Injured Runners:** Each coach must instruct all his/her runners to stay where they are, or on the course if they are lost or injured. All runners in a race should be instructed to aid these people if possible and to notify the first official they see that a runner(s) need assistance and they are before/after a numbered pole along the course. As you examine the course with your runners make note of the numbered 6x6 wooden poles located throughout the course. These are there for locating or identifying problem areas of the course. When this info is given to the nearest official they will call meet management at the Polo Field, and assistance will be sent to the area. The information should be as specific as possible so the correct assistance can be provided. It might be necessary for one runner to stay with an injured runner. We will have a vehicle on the course and one at the Polo Field for responding, and possibly an official or two on the course. All schools must bring their AED to the meet. The Conference and Section VIII Meets will have EMT service as in the past.

**CROWD CONTROL:** Each coach/school is responsible for the conduct of their athletes and spectators. This is best accomplished through a letter home to each parent notifying them of the section rules, the rules of Bethpage State Park, especially the rules governing the places where spectators are limited to view the race from. The parking rules are very important since the Park Police will issue tickets for cars illegally parked. Many schools provide a supervisor to help the coach with the athletes and the spectators.

**SITE PLAN:** Special situations could make it necessary for meet management to stop the meet ASAP with all school personnel being instructed to go to their buses; wait in the buses; return to their schools; moved to another location; depending on the problem. Emergency agencies such as Firemen, Police, or Park personnel would be notified of the problem and actions taken, or could be the ones that initiate the action. We would notify the schools if possible, of the situation, or the action could initiate at the school level.

These actions could be related to a fire, downed electric lines, possibility of bombs or guns in the park, major problems with spectators, severe weather warnings, even the possibility of terrorists activities – any situation that presents a threat to our athletes.

Coaches must discuss these type of situations and emphasize the importance of keeping the coach informed of where they are at the site, and responding to the directions given by meet management and officials. All coaches and officials will assist meet management in carrying out the directed action. We will develop a means of communicating necessary actions throughout the course, and everyone must be aware of the several short cuts from the course back to the Polo Field-or Picnic area parking lot.

**BETHPAGE PARK PLAN:** We will coordinate our plan with the park plan so that we can secure the site or plan an evacuation by car, bus, or foot. Also to notify the schools and have a script that an announcer could read over the park and/or our PA system that directly applies to the particular problem and the action necessary.

### **EMERGENCY ACTION PLAN:**

**In case of an event that is viewed by the personnel on hand (coach, official, supervisor) etc as an immediate medical emergency, follow the steps below.**

- 1. Check-Call (911)-Care**
- 2. Call the Coordinators: Adam McKenzie 516-524-0468  
Neal Levy 516 330-4590**

## **ATHLETES WITH SPECIAL NEEDS CROSS-COUNTRY 2016**

**TO: ALL ATHLETIC DIRECTORS,  
BOYS & GIRLS XC COACHES**  
**FROM: NEAL LEVY & ADAM MCKENZIE**  
**RE: ATHLETES WITH SPECIAL NEEDS**

**AS LISTED IN OUR XC GUIDE, WAS STRESSED AT THE COACHES MEETING, AND DISCUSSED AT THE HSAA MEETING – THE COORDINATORS MUST HAVE A LIST OF ANY ATHLETES IN CROSS COUNTRY WITH SPECIAL NEEDS.**

**ASTHMA IS A SPECIAL NEED! THESE ATHLETES MUST PROVIDE A MEDICAL NOTE TO THE COORDINATORS THAT COVERS THE SEASON. IT IS RENEWABLE EACH SEASON. NF RULES MANDATE THIS AS IT IS A DISQUALIFICATION IF AN ATHLETE USES AN INHALER BEFORE OR DURING A COMPETITION. INHALERS ARE CLASSIFIED AS PERFORMANCE ENHANCING AND THEIR USE IS PERMITTED WITH MEDICAL APPROVAL. NOTES ARE DUE BEFORE THESE ATHLETES COMPETE.**

**PHYSICAL OR PSYCHOLOGICAL NEEDS DO CREATE SPECIAL PREPARATION FOR MEET MANAGEMENT. IT REMAINS CONFIDENTIAL AND SPEEDS UP RESPONSES IN EMERGENCIES. WE HAVE HAD SEVERAL RESPONSES IN THIS REGARD IN THE PAST FEW YEARS-WITHOUT NOTICE. OUR RESPONSE WAS SEVERELY HANDICAPPED BY OUR LACK OF PRIOR KNOWLEDGE. SAFETY OF THE INVOLVED ATHLETES IS THE PRIMARY CONCERN IN THESE MATTERS.**

**OTHER SPECIAL NEEDS OR SPECIAL ACCOMODATIONS MUST FIRST BE APPROVED BY NYSPHSAA AND THEN SHOULD BE PROVIDED TO THE COORDINATORS. YOU MAKE THE JUDGEMENT AS TO WHAT YOUR SCHOOL CONSIDERS A SPECIAL NEED. EACH YEAR WE HAVE HAD ATHLETES REQUIRE AN AMBULANCE BECAUSE OF AN ASTHMA ATTACK AND WE DID NOT HAVE A CLEARING NOTE.**

**THIS INFORMATION COULD BE USED TO MAKE ADJUSTMENTS TO OUR PROCEDURES ON ANY GIVEN DAY DUE TO THE AMOUNT OR NEEDS OF THE ATHLETES ON THAT DAY. THE PARK EMERGENCY RESPONSE PEOPLE ARE A KEY ELEMENT IN EMERGENCY RESPONSES, AND THEY ARE ALSO VERY CONCERNED ABOUT THIS ISSUE.**

**EMAIL ADAM MCKENZIE ...amckenzie@greatneck.k12.ny.us  
(516)524-0468**



## HEAT INDEX PROCEDURES

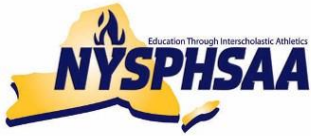
Administration of Heat Index Procedures:

- Heat index will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 80 degrees (Fahrenheit) or higher.
- The athletic trainer, athletic director, or school designee will use the [accuweather.com](http://accuweather.com) website to determine the heat index for the area of the contest/practice. The [accuweather.com](http://accuweather.com) website can be reached through the NYSPHSAA website. Once a person is on the [accuweather.com](http://accuweather.com) website, they will put in the zip code for the location of the contest/practice and the website will give them the air temperature as well as the RealFeel temperature (heat index).
- If the RealFeel temperature (heat index) is 90 degrees or above, the athletic trainer, athletic director, or school designee must re-check the RealFeel (heat index) at halftime or midway point of the contest. If the RealFeel (heat index) temperature is 96 degrees (Fahrenheit) or more, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

	RealFeel (Heat Index) under 79 degrees	Full activity. No restrictions
R E C O M M E N D E D	Heat Index Caution: RealFeel (Heat Index) 80 degrees to 85 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider reducing the amount of time for the practice session.
	Heat Index Watch: RealFeel (Heat Index) 86 degrees to 90 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider postponing practice to a time when ReelFeel temp is lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time).
	Heat Index Warning: RealFeel (Heat Index) 91 degrees to 95 degrees	Provide ample water and water breaks every 15 minutes. Monitor athletes for heat illness. Consider postponing practice to a time when RealFeel temp is much lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time). Light weight and loose fitting clothes should be worn. For Practices only Football Helmets should be worn. No other protective equipment should be worn.
REQUIRED	Heat Index Alert: RealFeel (Heat Index) 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should only be held if air conditioned.

**Adopted May 1<sup>st</sup> 2010**



# **NYSPHSAA**

## **THUNDER & LIGHTNING POLICY**

*(Effective 10/25/04)*

*(Revised October 20, 2008)*

### **Applies to regular season through NYSPHSAA Finals:**

1) Thunder and lightning necessitates that contests be suspended. The occurrence of thunder and/or lightning is not subject to interpretation or discussion - thunder is thunder, lightning is lightning.

a) With your site administrator, set up a plan for shelter prior to the start of any contest.

2) When thunder is heard and/or when lightning is seen, the following procedures should be adhered to:

a) Suspend play and direct participants to go to shelter, a building normally occupied by the public or if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, car).

b) Do not permit people to stand under or near a tree; and have all stay away from poles, antennas, towers and underground watering systems.

c) After thunder and/or lightning have left the area, wait 30 minutes after the last boom is heard or strike is seen before resuming play or competition.

## Request for Medical Waiver of NYSPHSAA – Regulation #25

To be eligible for sectional, intersectional or state competition, a team must have competed in six (6) school scheduled contests during the season. An individual is eligible for the team if he/she has been an eligible participant on a team in that sport in that school for a minimum of six (6) scheduled contests during the regular season. For football, a student must be an eligible participant for a minimum of three (3) contests. Contestants in individual sports (archery, badminton, bowling, cross country, fencing, golf, gymnastics, rifle, skiing, swimming tennis, outdoor track, winter track and wrestling) must also have represented their school in six (6) scheduled contests during the season to be eligible. These required contests must occur on six different dates and must be concluded prior to the conclusion of the team's regular schedule.

School \_\_\_\_\_ Sport \_\_\_\_\_

Athlete \_\_\_\_\_ Date Request Submitted \_\_\_\_\_

Nature of Injury/Illness \_\_\_\_\_

Date of Injury/Onset of Illness \_\_\_\_\_ Date of Medical Clearance \_\_\_\_\_

Record of Participation in Competitions (Exclusive of Section Tournaments):

<u>Date</u>	<u>Opponent</u>	*If Wrestler: Please include Weigh-in validated by Athletic Director
1. _____	_____	* _____
2. _____	_____	* _____
3. _____	_____	* _____
4. _____	_____	* _____
5. _____	_____	* _____

Note:

All pertinent medical documentation must accompany this request before it will be considered. Such material MUST VERIFY the date of onset of the illness/injury and date physical activity may resume. NOTES FROM PHYSICAL THERAPISTS ARE NOT ACCEPTABLE.

Medical Documents Attached:

1. \_\_\_\_\_ 3. \_\_\_\_\_  
2. \_\_\_\_\_ 4. \_\_\_\_\_

**Request and documentation must be received by the sport coordinator and the Section VIII Office prior to the last regular season contest.**

\_\_\_\_\_  
Signature of Athletic Director

Office of Interscholastic Athletics  
George Farber Administrative Center  
P.O. Box 9195 – 71 Clinton Road  
Garden City, NY 11530-9195  
Fax# 997-2916 – 997-2018



## SECTION VIII CROSS COUNTRY-2016 League Meet Time Schedule

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	Race	Time	Teams	Gender	
<b>Week 1</b> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;">                     JV Race                      Boys: 4:35 PM                      Girls: 4:40 PM                 </div>	1	4:55 PM	2-5-12	BOYS	Mon. Sept 12 Conf 1 + 3  Tue. Sept 13 Conf 2 + 4
	1	5:03 PM	2-5-12	GIRLS	
	2	5:10 PM	3-8-9-14	BOYS	
	2	5:18 PM	3-8-9-14	GIRLS	
	3	5:25 PM	1-6-11	BOYS	
	3	5:33 PM	1-6-11	GIRLS	
	4	5:40 PM	4-7-10-13	BOYS	
	4	5:48 PM	4-7-10-13	GIRLS	
<b>Week 2</b> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;">                     JV Race                      Boys: 4:35 PM                      Girls: 4:40 PM                 </div>	1	4:55 PM	1-2-3-4	BOYS	Mon. Sept 19 Conf 3 + 4  Tue. Sept 20 Conf 1 + 2
	1	5:03 PM	1-2-3-4	GIRLS	
	2	5:10 PM	9-10-11-12	BOYS	
	2	5:18 PM	9-10-11-12	GIRLS	
	3	5:25 PM	13-14	BOYS	
	3	5:33 PM	13-14	GIRLS	
	4	5:40 PM	5-6-7-8	BOYS	
	4	5:48 PM	5-6-7-8	GIRLS	
<b>Week 3</b> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;">                     JV Race                      Boys: 4:35 PM                      Girls: 4:40 PM                 </div>	1	4:55 PM	1-7-12-14	BOYS	Mon. Sept 26 Conf 2 + 3  Tue. Sept 27 Conf 1 + 4
	1	5:03 PM	1-7-12-14	GIRLS	
	2	5:10 PM	2-8-11-13	BOYS	
	2	5:18 PM	2-8-11-13	GIRLS	
	3	5:25 PM	3-5-10	BOYS	
	3	5:33 PM	3-5-10	GIRLS	
	4	5:40 PM	4-6-9	BOYS	
	4	5:48 PM	4-6-9	GIRLS	
<b>Week 4</b> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;">                     JV Race                      Boys: 4:35 PM                      Girls: 4:40 PM                 </div>	1	4:55 PM	2-6-10-14	BOYS	Wed. Oct 5 Conf 1 + 3  Thu. Oct 6 Conf 2 + 4
	1	5:03 PM	2-6-10-14	GIRLS	
	2	5:10 PM	3-7-11	BOYS	
	2	5:18 PM	3-7-11	GIRLS	
	3	5:25 PM	4-8-12	BOYS	
	3	5:33 PM	4-8-12	GIRLS	
	4	5:40 PM	1-5-9-13	BOYS	
	4	5:48 PM	1-5-9-13	GIRLS	
<b>Week 5</b> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;">                     JV Race                      Boys: 4:35 PM                      Girls: 4:40 PM                 </div>	1	4:55 PM	4-5-11-14	BOYS	Thu. Oct 13 Conf 3 + 4  Mon. Oct 17 Conf 1 + 2
	1	5:03 PM	4-5-11-14	GIRLS	
	2	5:10 PM	3-6-12-13	BOYS	
	2	5:18 PM	3-6-12-13	GIRLS	
	3	5:25 PM	2-7-9	BOYS	
	3	5:33 PM	2-7-9	GIRLS	
	4	5:40 PM	1-8-10	BOYS	
	4	5:48 PM	1-8-10	GIRLS	