

2019 Section XI BOYS AND GIRLS CROSS COUNTRY
National Federation Rules

- 1) An athlete may only compete in 13 contests during the season not including the Division/State Qualifier and State Meet.
 - 2) To be eligible for Section, intersection, or state competition, cross country runners must have represented their school in six (6) contests during the season. The contests must occur on six different dates. Contests must be sanctioned. (Section XI handbook – page 20)
 - 3) **First contest or scrimmage permitted is 9/02/2019**
 - 4) Runners are permitted to wear wrist watches in cross country meets.
 - 5) The course distance shall be at least 2.5 miles and not more than 5000 meters.
 - 6) In all championship meets a cross country team shall consist of seven runners. In dual and triangular meets, 12 runners shall be allowed to participate, but the best five scorers will count. Ties in team scoring shall be resolved by comparing the sixth-place finishers from the tying teams. The team with the best sixth-place finisher shall prevail.
 - 7) When more than two teams run together in a non-championship meet, the scores shall be separated and recorded as dual scores.
 - 8) Visiting teams should be granted an opportunity to walk or jog the course prior to the meet. Any questionable turns, markings, etc., should be clarified before competition.
 - 9) **All cross country courses should be properly marked as per NFHS Track & Field Rules.**
 - 10) Your Athletic Director must contact Section XI if you want your cross country course certified. Please note that the course must be properly marked to be certified.
 - 11) Mandating a two meet per week league schedule should be avoided. (Oct. 1994)
 - 12) In Section XI sponsored competition, an individual competitor may not receive points, but the school shall receive credit for the placement.
- All rosters are due by September **9/09/2019**. Additional athletes may be added after **9/09/2019**.
- 13) All runners should have at least two safety pins to attach their “Bandit tags” or 3 x 5 index cards.

Best of Season Procedure for Cross Country

- 1) Go to Cross Country page
- 2) Go to: Roster
- 3) Choose your Section:
- 4) Find your school
- 5) Enter your gender
- 6) Enter your password
- 7) Press “login” (DO Not Press The Enter Key)
- 8) Choose **Best Performance**

[Roster](#) [Best Performances](#) [Meet Entries](#)

- 9) Start entering your Performances
- 10) Once you are finished entering your Performances Press:
Save changes to Performances (bottom of page)

DIVISION & STATE QUALIFIER PROCEDURES

For the Division Championships and State Qualifier you’ll use same procedure Except you’ll choose **Meet Entries**. You MUST declare all runners that will be running since we’ll be using chips.

- 1) All runners must be declared on-line
- 2) Only 7 Varsity runners can be declared, all other runners must be listed as JV.
- 3) Varsity Runners will also wear competitor numbers on front of jersey.
- 4) Competitor numbers must be saved as they will be worn in the state qualifier meet.
- 5) Changes will be permitted day of race – Please make changes on 3 x 5 cards
- 6) Division entries must be submitted by Sunday, October 27, 2019 – (6:00 PM)
- 7) State Qualifier entries must be submitted by Wednesday, November 6, 2019 (6:00 PM)

DIVISION CHAMPIONSHIPS

DIVISION CHAMPIONSHIPS – There will be three races each for boys and girls.

The Division Championship will determine:

- 1) Division One Champions
- 2) Division Two Champions
- 3) Division Three Champions
- 4) Division Four Champions
- 5) Overall Championship Teams (boys and girls)

Race # 1 – Championship Race (20 team Limit)

- 1) The Championship Race will consist of the top 20 teams. The top two teams in each league and four at large teams. The at large teams will be determined by their five-person average for the 5K course at Sunken Meadow. At large teams must have a written petition requesting entry into the championship race. Please include athletes and performances
- 2) All Division Championships will be determined from this race.
- 3) Individuals from teams that did not qualify for this championship race may enter if the runner ran one of the top fifty times in the Section on the 5K course at Sunken Meadow during the season.

Race # 2 – Team Championship

- 1) This race is for all remaining varsity teams that are not in the Championship Race
- 2) Only 7 runners from each school
- 3) Races #1 and #2 will determine the top 20 individual times combined overall.

Race # 3 – Individual Race

- 1) This will include individual team members who did not compete in Race # 1 or Race # 2
- 2) Schools may have more than 7 runners in this race.

Division Championships at Sunken Meadow State Park (10/29/2019)

Championship Boys Race	1:30 PM
Championship Girls Race	2:00 PM
Boys Team Qualifier Race	2:30 PM
Girls Team Qualifier Race	3:00 PM
Boys Individual Qualifier Race	3:30 PM
Girls Individual Qualifier Race	4:00 PM

Section XI Team Championships – Qualifying Standards

- 1) Your team must have competed in the Division Championships.
- 2) Top 6 Teams in each class will qualify.
- 3) All boys' teams that have a five-person average of 19:30 minutes during a sanction 5K race at Sunken Meadow also qualify.
- 4) Male individuals that have run 18:30 for 5K at a sanction cross country meet at Sunken Meadow also qualify.
- 5) All girls' teams that have a five-person average of 23:00 minutes during a sanction 5K race at Sunken Meadow also qualify.
- 6) Female individuals that have run 22:30 for 5K at a sanction cross country meet at Sunken Meadow also qualify.
- 7) A school that does not meet the above criteria may petition entry into the Section XI Championships. Must have a written petition requesting entry, signed by your Athletic Director and athletes/team performances.

Section XI Championship and State Qualifier at Sunken Meadow State Park (11/08/2019)

Tentative Schedule

1)	Boys Class A Race	1:30 PM
2)	Boys Class B Race	2:00 PM
3)	Boys Class C/D	2:30 PM
4)	Girls Class A	3:00 PM
5)	Girls Class B Race	3:30 PM
6)	Girls Class C/D Race	4:00 PM

Declaring your athletes for the Division Championships

You must declare your athletes in order to compete in the Section XI Division Championships on Tuesday, **October 29, 2019**. I must have all participants by Sunday, October 27, 2019 (6:00 PM) **Only seven (7) Varsity runners can be declared, all other runners must be listed as Junior Varsity runners. Seed times are not necessary. We will be using Chips for all races**

Go to: www.just-in-time-racing.com Go to: Cross Country page Go to: Rosters and login

The following will appear.

Roster	Best Performances	Meet Entries	Logout
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School:

Gender: Male [Switch Gender](#)

Choose **Meet Entries** and the following will appear

Roster	Best Performances	Meet Entries	Logout
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School:

Gender: Male [Switch Gender](#)

Eligible Meets

[Section XI XC Division Championships](#)

Select: Section XI Division Championships

Start declaring your athletes **(you do not have to give them a seed time)**

Important - Press: **Save changes to Entries to save all entries.**

Reminder all entries must be in by Sunday, October 27, 2019 – 6:00 PM. If

you are not planning on competing please email me.

Bib and Chip Procedures

Once bib numbers are distributed they will be used for all Cross Country Invitational's that are conducted at Sunken Meadow. **Coaches are responsible to collect numbers as the chips are inserted in the number.** If you lose a number you must get a new one \$5.00.

Bib numbers must be worn for both the Division Championships and Section XI State Qualifier. Numbers must be secured with four safety pins and worn on front of jersey

Chip System: Timing will be done using the chip system. Each athlete will be assigned a Bib with a [chip.st](#) match. The coach of each team will be responsible for returning each Bib/chip at the end of the race.

For each Bib/chip NOT returned, your school will be charged \$5.00.

To break close finishes Finish Lynx cameras as well as the new Identilynx which will capture the competitor's number as they finish will be used.

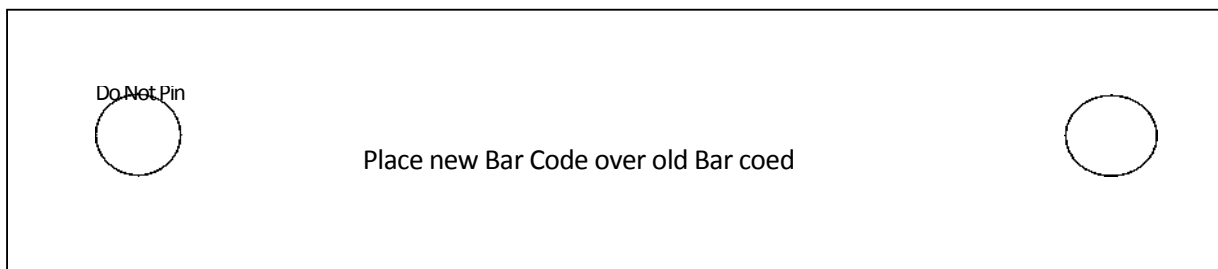
Runners must be instructed to run past the mats at the finish area. We cannot have a backup at the mat/finish area. It's important to coach runners to cross the finish line and get out of the way as quickly as possible.

You must declare all athletes that will be competing in the Division Championship and Team Championship as CHIPS will be assign to all runners.

Running Tags (Bandits)

In our earlier meets we'll be using running tags or 3 x 5 index cards. Please place Bar Codes on top of old name or bar codes. All rosters will be listed on www.just-in-time-racing.com

- 1) Use only one safety pin to secure
- 2) Place new bar-code over old name or bar-code



Federation Procedures

The Federation makeup is as following:

- 1) Nine (9) teams are chosen from the NYSPHSAA Cross Country Championship Meet. The teams are chosen after they merge all races.
- 2) Seven (7) additional teams are chosen from the at large selection. These are teams that did not qualify for the state meet.
- 3) The top 18 individuals that are not from a team also qualify. These 18 come from the merge of all the races.
- 4) Each section is then allowed 2 competitors. They can be chosen from the state meet or from there state qualifier meet. Regardless we must be notified in writing prior to the state meet of your intention to compete. Most qualifiers come from the state meet.

At Large Teams

- 1) If your team is not ranked in the top 10 in your class after the state qualifier don't bother entering. Go to Armory Track for a state ranking.
- 2) You must inform your sectional coordinator in writing that you want your team to be considered by **Tuesday, November 6, 2018**.
- 3) A written team list of times and opponents that you have beaten during the season. Especially teams from other sections. This year they compared teams from the Manhattan Invitational.

It's your responsibility to inform us of your intentions to compete prior to the state meet in writing. You're also responsible to secure and send out your entries.

Section XI Cross Country Course Certification

- 1) Your athletic Director must contact Section XI to have your course certified
- 2) Your course must meet the below mentioned criteria. (NFHS T&F Rules)
- 3) Your course should also have a mile marker and a two mile marker.
- 4) Maps must be provided to visiting schools at least two weeks prior to contest.

Rule 9 – Cross Country

Section 1 – Course – Article 1

The cross country run shall be a course 2500 to 5000 meters (1.5 to 3.1 miles) in length as determine by the meet director or games committee. Measurement shall be along the middle of the course. The course shall be clearly marked. This may be by a wide line marked with material which is not injurious to the eyes or skin, or signposts with large directional arrows wherever the course turns, or by flags about 1 foot square and mounted on stakes which hold 6 feet or more above the ground.

- 1) A red flag indicates a turn to the left
- 2) A yellow flag indicates a turn to the right
- 3) A blue flag indicates a course straight ahead.

Article 2

In case of a discrepancy in the course markings, directional flag markings take precedence over any other course markings.

Article 3 – The race course should include the following features:

- A) Signs and flags at least 6 feet above the ground visible for 100 feet. Turns and guidelines should be marked on the ground with material which is not injurious to the eyes or skin. The course should be at least 3 feet wide at its narrowest place. Small survey flags of the appropriate color may be used in lieu of painted lines or survey chalk.
- B) No ground obstructions which might cause tripping, turned ankles, etc. No overhead objects such as tree branches lower than 8 feet above the ground.
- C) A 2-inch wide starting line marked at the beginning of a lengthy straight-away, wide enough to accommodate all teams; i.e., a width of the number of teams multiplied by 6 feet.
- D) At the end of the course, a straightaway of at least 150 yards ending in a rope funnel with a mouth 15 feet wide. The finish line should be at the mouth of the funnel and 15 to 25 feet from the chute. This funnel should narrow to a rope chute about 30 inches wide and at least 100 feet long. The stakes supporting the ropes should be solid enough to permit taut ropes, and the stakes and ropes near the finish line should be well-padded. See diagrams of chutes. For larger meets, the use of multiple chutes is recommended.