

2021 Section XI Boys and Girls Cross Country

National Federation Rules Apply

- 1) An athlete may only compete in 13 contests during the season, not including the Division Championships Meet, State Qualifier Meet, and the State Meet itself.
- 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) The 10-5 rule applies to practices and contests from August 23th thru August 31st. Starting September 1st, practices and contests can be held at any time of the day.
- 4) The first possible contest or scrimmage date is August 30th. This assumes your team and individuals have reached the proper number of practices.
- 5) Runners are permitted to wear wrist watches in cross country meet
- 6) Uniforms consist of a school issued shirt and shorts or a full-length jersey/bodysuit. Only a single company logo may appear on the apparel. It can be no larger than a business card. Waist bands with multiple logos on the shorts are illegal.
- 6) The course distance shall be at least 2.5 miles and not more than 5000 meters in length.
- 7) 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 the competition.
- 8) All cross country courses should be properly marked as per NFHS Track & Field Rules. Please see pages 10 & 11 of this packet for instructions about markings and other course considerations.
- 9) 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.
- 10) In Section XI sponsored competition, an individual competitor may not receive points, but the school shall receive credit for the placement.
- 11) All runners should have at least two safety pins attached to their 3x5 index cards when used.
- 12) Mandating a two meet per week league schedule should be avoided. (Oct. 1994)

Dual/Triangular Meet Rules and Scoring

- In dual and triangular meets, twelve runners shall be allowed to participate per team.
- Only the best five scorers will count in calculating a team score. The scores from these athletes are added and the lowest total wins the cross-country meet.
- The top seven athletes for a given team are eligible to be used for calculating team scoring in the meet as a whole. Athletes 8-12 for a given team cannot displace runners in team scoring calculations.
- 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.
- If you do not have five athletes on your team, you cannot win a dual or triangular meet.

Championship Scoring

- At championship meets, a cross country **team** shall consist of a minimum of five (5) runners and a maximum of seven (7) for scoring purposes.
- Runners who do not have a team of at least five runners are not assigned points for scoring purposes, but any place held by a competitor will be recognized with the appropriate awards.

Example Scoring Sheet

Place	School	Time	Points
1. Joe Smith	Pottersville	17:45.0	1
2. Bill Allstate	Mount Royal	17:46.8	2
3. Greg Staples	Pottersville	17:55.8	3
4. Ken Service	Pottersville	17:56.1	4
5. Kyle National	Pottersville	17:58.4	5
6. Dean Office	Pottersville	17:59.0	6
7. Trevor Hope	Pottersville	18:00.3	7
8. Mark Ellis	Pottersville	18:01.5	8
9. Andy Mitchel	Mount Royal	18:04.2	9
10. Ben Anthony	Pottersville	18:05.9	-
11. Andy Grey	Mount Royal	18:10.7	10
12. Jim McCoy	Mount Royal	18:15.6	11
13. Ken Knappe	Mount Royal	18:16.2	12

The score of this meet would be Pottersville 19 and Mount Royal 44. An example of displacement for scoring purposes is the runner who placed 10 (Ben Anthony). Although Ben was 10th overall in placement, he did not earn 10 points. Instead, he is removed for team scoring purposes and the next athlete (Andy Grey) is awarded 10 points even though he placed 11th. The same happens at invitationals for teams that do not have five team members. They are awarded their place, but are not assigned points for team scoring.

Placement Information

2021 Boys and Girls Cross Country			
League I (A)		League II (A)	
Brentwood	4605	Riverhead	1704
Middle Country	2291	Sachem East	1565
Longwood	2210	Sachem North	1542
Smithtown	2156	Walt Whitman	1503
William Floyd	2012	Ward Melville	1485
Patchogue- Medford	1751	Commack	1482
Central Islip	1716	Bay Shore	1473
League III (A)		League IV (A)	
Lindenhurst	1409	Bellport	1028
Northport	1364	West Islip	1008
Connetquot	1301	West Babylon	929
Copiague	1176	Deer Park	876
Half Hollow Hills East	1175	Hauppauge	858
Huntington	1164	Eastport- South Manor	852
North Babylon	1101	East Islip	842
League V (B)		League VI (B)	
Comsewogue	813	Sayville	707
Westhampton Beach	788	Islip	702
Half Hollow Hills West	785	East Hampton	689
Rocky Point	743	Amityville	663
Kings Park	746	Miller Place	648
Harborfields	734	Mount Sinai	626
League VII (B)		League VIII (C-D)	
Shoreham-Wading River	558	Center Moriches - C	401
Hampton Bays	548	Babylon - C	366
Bayport- Blue Point	525	Mattituck - C	324
Elwood- John Glenn	525	Port Jefferson - D	243
Southampton	455	Southold - D	225
		Pierson - D	219
		Ross - D	144
		Shelter Island - D	53

Covid-19 Considerations

At the time of this writing, athletes do not have to wear masks while competing for the Fall of 2021. With the presence of the Delta variant still present and the fact that it is highly transmittable, it would be prudent to encourage your athletes to use a mask when not competing or around large groups of other teams. Last year athletes wore masks to the starting line and removed/lowered them right before the race started. They then put them back on after the race was over while they walked through the chute. Athletes seemed comfortable with this practice. Putting your personal views on masking and its effectiveness aside, we should continue to have athletes follow this practice for the safety and health of all involved with the races. Contracting Covid could possibly wipe out an athlete's season due to the short length of the fall season and the need for a high level of endurance training required or worse. Let's do our best to avoid this situation.

Entering Your Team Roster

We will be using the MileSplit website to enter team rosters for the 2021 Cross-Country Season. Many of you have already used this system for entries into invitationals outside of Section XI. The entire state will be using this system, so hopefully it will cut down on the number of rosters that you must fill out.

Please follow the instructions from the pdf provided by MileSplit sent to you through email or posted on the Coaches Association Website.

ROSTERS ARE DUE BY SEPTEMBER 1st, 2021.

Additional athletes can be added after this date if necessary.

DIVISION CHAMPIONSHIPS

DIVISION CHAMPIONSHIPS – There will be three races each for both 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 from 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 aren't in the Championship Race
- 2) Only 7 runners from each school may enter and compete.
- 3) Races #1 and #2 will determine the top 20 individual times combined overall.

Race # 3 – Individual Race

- 1) This will include individual team member who did not compete Race #1 or Race #2
- 2) You can enter as many athletes into this race that meet the time standard found on page 7 of this packet under “Declaring your athletes for the Division Championships”.

Division Championships @ Sunken Meadow State Park

Tuesday, October 26th, 2021

Boys Championship Race	1:30 PM
Girls Championship 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) Boys teams that have a five-person average of 19:30 minutes during a sanctioned 5K race at Sunken Meadow also qualify.
- 4) Male individuals that have run 18:30.0 or better for the 5K course at a sanctioned Sunken Meadow cross country meet also qualify.
- 5) Girls teams that have a five-person average of 23:00 minutes during a sanctioned 5K race at Sunken Meadow also qualify.
- 6) Female individuals that have run 22:30.0 or better for the 5K course at a sanctioned Sunken Meadow cross country meet 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 & State Qualifier Meet

Sunken Meadow State Park

Friday, November 5th, 2021

Race Schedule

Boys Class A Race	1:30 PM
Boys Class B Race	2:00 PM
Boys Class C/D Race	2:30 PM
Girls Class A Race	3:00 PM
Girls Class C/D Race	3:30 PM
Girls Class B 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 26th, 2021.

To do so, you must go to MileSplit and enter your athletes by Sunday, October 24th, 2021 (7:00pm)

Only seven (7) varsity runners can be declared for your team entry. (Either the “Championship Race” or the “Team Qualifier Race”.)

Any additional runners (JV /not your top 7), must be entered in the “Individual Qualifier Race”. They cannot compete in the same race as your Top 7 in your varsity team race. In order to compete in this race, your athlete must have run the following 5K time before Divisions @ Sunken Meadow.

Boys → 22:00
Girls → 29:00

If your team is not going to compete in the Division Championships, you must email Tony Toro. (eltorotf@optonline.net)

Declaring Your Athletes for the County Team

Championship / State Qualifying Meet

You must declare your athletes in order to compete in the Section XI Division Championships on Tuesday, October 26th, 2021.

To do so, you must go to MileSplit and enter your athletes by Wednesday, November 4th, 2021 (7:00pm)

Only seven (7) varsity runners can be declared for your team entry. Please make sure you enter the proper County / Class.

Cross Country State Championships

Chenango Valley State Park - Section IV

November 13th, 2021

2021 NYSPHSAA Cross Country Championships		
Race	State Time	Awards Time
Girls Class B	9:00 a.m.	10:00 a.m.
Girls Class C	9:30 a.m.	10:30 a.m.
Girls Class D	10:00 a.m.	11:00 a.m.
Girls Class A	10:30 a.m.	11:30 a.m.
Boys Class B	11:00 a.m.	12:00 p.m.
Boys Class C	11:30 a.m.	12:30 p.m.
Boys Class D	12:00 p.m.	1:00 p.m.
Boys Class A	12:30 p.m.	1:30 p.m.

Bib and Chip Procedures

Athlete numbers will be assigned by MileSplit for the season and will be used for all Cross Country Invitationals that are conducted at Sunken Meadow. Coaches are to write these numbers on their 3x5 index cards / tags, depending on the specific meet requirements. Index cards must be secured with two pins on the front of their singlets.

Chip System: Timing chips will be used for both the Division Championships and the Team County Championship meets. Coaches are responsible for returning any timing chip that is not handed by your athlete upon leaving the paddock. You must also return any timing chip for athletes that do not run before leaving Sunken Meadow.

To break close finishes, a FinishLynx camera will be used. An Identilynx camera will capture the competitor's number as they finish the race.

Runners must be instructed to run past the mats at the finish area and walk quickly through the shoots. We cannot have a backup at the mat/finish area. It is important to coach your 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 meets as timing chips will be athlete specific.

Federation Meet Qualifying Procedures

The Federation makeup is as follows:

- 1) Nine (9) teams are chosen from the NYSPHSAA Cross Country Championship Meet. The teams are chosen from the merge of all races at the meet.
- 2) Seven (7) additional teams are chosen from the at-large selection process. 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 their 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 of your class after the state qualifier, don't bother entering. Go to MileSplit for the state ranking.
- 2) If you are in the top 10 of your class after the state qualifier and you do want to be considered by the selection committee for entry, you must inform your sectional coordinator in writing of your intention by Tuesday, November 9th, 2021.
- 3) You must provide the coordinator with a written list of times for each of your top 7 athletes. You must also list any opponents that you have beaten during the season; especially teams from other sections.

Coordinators:

Girls → Anthony Toro eltorotf@optonline.net
Boys → Joe Pennacchio jpenna14@yahoo.com

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 the contest. You can send the course map to Vin Ungaro and he will post on the Suffolk Coaches website.

Rule 8 - Cross Country (NFHS 2021)

Rule 8-1-1

The cross country run shall be a course 2500m to 5000m (1.5 to 3.1 miles) in length as determined by the meet director or games committee. Measurement shall be along the shortest possible route a runner may take on the course.

- The course shall be clearly marked. This may be a single-wide line marked with material which is not injurious to the eyes or skin. (Note: this may or may not be the shortest route) Small survey flags or cones at least 12 inches high of an appropriate color may be used in lieu of painted lines or survey chalk.
- The use of natural or artificial boundary markers.
- Signposts with large directional arrows wherever the course turns, or by flags about one foot square and mounted on stakes which hold 6-feet or more above the ground.
 - 1) Red- A turn to the Left, where the runner stays to the right of the flag.
 - 2) Yellow- A turn to the Right, where the runner stays to the left of the flag.
 - 3) Blue- run Straight, where the runner may run on either side of the flag.

Rule 8-1-2

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

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 eyes or skin. The course should have room for runners to jockey for position and pass other runners even at its narrowest point.
- 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) Avoid lengthy and exceptionally steep slopes, with such inclines or declines interspersed throughout the course, but with limited inclines or declines near the start or finish.
- E) Where there are inclines or declines, particularly if they must be steep ones, try to have a level segment afterwards so athletes can recover from the physical and mental strain which they just completed.

- F) Where there are hills, the route should be up and down, rather than parallel to the contours of the hills where footing, stride and pace could be affected, and injury could potentially occur.
- G) Have gradual and sweeping turns (no sharp turns) which will allow runners to run at an even pace and avoid congestion and contact with other runners.
- H) Avoid long stretches of hard surfaces, such as roads, as most of the runners would likely be wearing spikes, and you would have to have extra volunteers to reduce risk of competitor injury.
- I) Allow for open stretches along the course, where runners can jockey for positions and assess distances.
- J) Avoid situations where the runners would cross paths with each other during the race.
- K) Provide areas with good crowd control, where spectators can enjoy the race and cheer for their favorite runner or team without interfering with the runners.
- L) 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. 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. For larger meets, the use of multiple chutes is recommended.
- M) On fairly-level ground, there should be adequate space for finish chutes, timing equipment and judges, and for athletes to catch their breath, get water, receive medical aid, and to remove chips (if used).