

# ***Fall 2023 Cross-Country***

Due to problems with the moat at Sunken Meadow State Park, the size for all races during the season will be 150 (maximum). There can be NO two-way traffic in the moat due to decreased width of the course. This means that there will be a strict “cut-off” time for athletes to enter the moat.

<b>August 21<sup>st</sup></b>	<b>First Day of Practice</b>
<b>August 22<sup>nd</sup></b>	<b>Section XI Coaches Meeting</b>
<b>August 28<sup>th</sup></b>	<b>1<sup>st</sup> Possible Contest or Scrimmage</b>
<b>September 5<sup>th</sup></b>	<b>Rosters are due by 10pm on MileSplit. (See page 4)</b>
<b>September 7<sup>th</sup></b>	<b>Peconic Invitational (Hampton Bay)</b>
<b>September 9<sup>th</sup></b>	<b>Jim Smith Invitational (Port Jefferson)</b>
<b>September 15<sup>th</sup></b>	<b>Bob Pratt Invitational (Smithtown)</b>
<b>September 23<sup>rd</sup></b>	<b>Suffolk County Coaches Invitational</b>
<b>September 29<sup>th</sup></b>	<b>PAL Meet @ Fireman’s Park, Ridge (Shoreham-Wading River)</b>
<b>October 7<sup>th</sup></b>	<b>Suffolk Officials Invitational</b>
<b>October 19<sup>th</sup></b>	<b>Middle School Championships</b>
<b>October 24<sup>th</sup></b>	<b>Section XI Divisional Championships (Entries Due by noon on October 23<sup>rd</sup>)</b>
<b>October 27<sup>th</sup></b>	<b>Suffolk Frosh-Soph Championships</b>
<b>November 3<sup>rd</sup></b>	<b>Section XI Championship &amp; State Qualifier Meet (Entries Due by 7:00 pm on November 1st)</b>
<b>November 8<sup>th</sup></b>	<b>Suffolk All-Sectional Dinner 7:00pm @ Villa Lombardi’s *Written intention of competing at Federation Meet is due to Section Coordinator</b>
<b>November 11<sup>th</sup></b>	<b>NYSPHSAA XC Championships Vernon-Verona-Sherrill HS (Section III)</b>
<b>November 18<sup>th</sup></b>	<b>NYS Federation Championships Wappingers Falls</b>

## **Websites:**

**Suffolk County XC & TF Association**

Link: <https://suffolkxctf.com>

**MileSplit NY**

Link: [MileSplit NY](#)

## 2023 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)
- 3) The "10-5" rule [End by practice by 10am or begin after 5pm] applies to practices and contests from August 21st thru August 30th. Starting August 31st, practices and contests can be held at any time of the day.
- 4) The first possible contest or scrimmage date is August 28th. This assumes your team and individuals have reached the proper number of practices.
- 5) Uniforms consist of a school issued shirt and shorts or a full-length jersey/bodysuit.  
Rule Change (8/21): Shorts may have a multi-logo band around the waist. The color of the shorts MUST match the color of the school issued shorts in case they are purchased by the athlete. Logo size should be no larger than a business card.
- 6) The course distance for varsity dual meets shall be at least 4000 meters and not more than 5000 meters in length. (2.5 miles to 3.1 miles) Dual meets run at Sunken Meadow State Park will be 2.5 miles 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. All cross country courses should be properly marked as per NFHS Track & Field Rules. Please see pages 11 & 12 of this packet for instructions about markings and other course considerations.
- 8) 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.
- 9) Mandating a two dual meet per week league schedule should be avoided. (Oct. 1994)

### COACHING ASSOCIATION DUES

Dues are \$50 per season. They must be received by 10/13/23 for your athlete to be eligible to be All-League or All-County. If your school pays for your dues, you can use the Suffolk County XC Invite entry to pay or use the attached invoice on the last page of this packet.

#### Mail dues to:

**Suffolk County Coaches Association  
PO BOX 761 Sayville NY 11782**

#### All-County Dinner:

**Wednesday, November 8th @ 7:30pm  
Villa Lombardi's Holbrook**

# Placement Information

2023-24 Boys and Girls Cross Country			
League I (A)		League II (A)	
Brentwood	4446	Patchogue- Medford	1743
Longwood	2348	Riverhead	1653
Middle Country	2190	Walt Whitman	1527
William Floyd	2204	Ward Melville	1514
Smithtown	2012	Sachem East	1512
Central Islip	1811	Sachem North	1469
Half Hollow Hills	1799	Bay Shore	1467
League III (A)		League IV (A)	
Commack	1353	Bellport	1043
Connetquot	1343	West Islip	939
Lindenhurst	1314	West Babylon	933
Copiague (No Girls Team)	1230	Deer Park	926
Northport	1197	East Islip	845
North Babylon	1116	Comsewogue	864
Huntington	1073	Eastport-South Manor	819
League V (B)		League VI (B)	
East Hampton	795	Kings Park	659
Hauppauge	770	Sayville	657
Rocky Point	750	Islip	654
Westhampton Beach	731	Miller Place	621
Amityville	698	Hampton Bays	543
Harborfields	681	Mount Sinai - B	531
Wyandanch	674		
League VII (B/C)		League VIII (C-D)	
Elwood- John Glenn -B	509	Port Jefferson - C	263
Bayport- Blue Point -B	500	Pierson/BH - C	261
Shoreham-Wading River - B	498	Southold - D	221
Southampton - B	465	Ross - D	107
Center Moriches - C	417	Riverhead Charter - D	100
Babylon - C	318	Smithtown Christian -D	71
Mattituck - C	294	Shelter Island - D	39

## State Classifications:

**Class A → 815+**

**Class B → 450-814**

**Class C → 255-449**

**Class D → 254-Below**

## Entering Your Team Roster

Link to [MileSplit NY](#)

We will be using the MileSplit website to enter team rosters for the 2023 Cross-Country Season. Many of you have already used this system for entries into invitationals outside of Section XI.

**ROSTERS ARE DUE BY 10:00 PM ON TUESDAY, SEPTEMBER 5th.**

Steps:

- 1) Go to MileSplit NY. Click on “Teams” on top of the page.
- 2) Find your team on the list provided or using the search box.
- 3) Click on the blue box labeled “Edit Team”.
- 4) Click on “Roster” and sort by gender. Your roster that appears should list athletes from previous years and the winter & spring seasons.
- 5) For athletes already listed, you need to make sure that the XC box is checked.
- 6) New athletes need to be added using the box in the upper right corner of the page.

**PLEASE MAKE SURE THE NAME IS SPELLED CORRECTLY & THE PROPER YEAR OF GRADUATION IS SELECTED. HARD TO CHANGE AFTER THE FACT.**

**DO NOT REMOVE ANY ATHLETES FROM THE LIST, JUST “UNCHECK” THE SPORT IF THEY NO LONGER ARE ON YOUR TEAM.**

## Bibs/Index Cards

**Athlete numbers will be assigned from using your entries from MileSplit for Cross Country Invitationals and Championship Meets that are conducted at Sunken Meadow. Coaches will be given labels & 3x5 index cards / tags / or bibs, depending on the specific meet requirements when they arrive at Sunken Meadow. Index cards must be secured with two pins on the front of their singlets. If bibs are used, they should be secured with four pins.**

# 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. Your petition must be emailed to the following individuals by Thursday, October 19th at noon to: [jonrufa@gmail.com](mailto:jonrufa@gmail.com) , or [jlambert@smithtown.k12.ny.us](mailto:jlambert@smithtown.k12.ny.us). Please “cc” Jim Christian at [jimchr440@gmail.com](mailto:jimchr440@gmail.com) as well.
- 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 the next page of this packet under “Declaring your athletes for the Division Championships”.

## **Division Championships @ Sunken Meadow State Park**

**Tuesday, October 24th, 2023**

<b>Boys Championship Race</b>	<b>1:30 PM</b>
<b>Girls Championship Race</b>	<b>2:00 PM</b>
<b>Boys Team Qualifier Race</b>	<b>2:30 PM</b>
<b>Girls Team Qualifier Race</b>	<b>3:00 PM</b>
<b>Boys Individual Qualifier Race</b>	<b>3:30 PM</b>
<b>Girls Individual Qualifier Race</b>	<b>4:00 PM</b>

## **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 24th, 2023.

**To do so, you must go to MileSplit and enter your athletes by Sunday, October 22nd, 2023 (Noon).**

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

Any additional runners (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. A maximum of 7 athletes from your team may enter the individual qualifier race. This is new this year because of race size limitations set forth by Sunken Meadow.

Boys → 23:00  
Girls → 29:00

If your team is not going to compete in the Division Championships, you must email Jonathon Rufa (Girls)/Jason Lambert (Boys) and Jim Christian by noon on Sunday, October 23rd.

Jon Rufa (Girls)

[jonrufa@gmail.com](mailto:jonrufa@gmail.com)

Jason Lambert (Boys)

[jlambert@smithtown.k12.ny.us](mailto:jlambert@smithtown.k12.ny.us)

Jim Christian (Timer)

[jimchr440@gmail.com](mailto:jimchr440@gmail.com)

## 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 23:15 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 3rd, 2023**

#### **Race Schedule**

<b>Girls Class A Race</b>	<b>1:30 PM</b>
<b>Boys Class A Race</b>	<b>2:00 PM</b>
<b>Girls Class C/D Race</b>	<b>2:30 PM</b>
<b>Boys Class C/D Race</b>	<b>3:00 PM</b>
<b>Girls Class B Race</b>	<b>3:30 PM</b>
<b>Boys Class B Race</b>	<b>4:00 PM</b>

# Declaring Your Athletes for the County Team

## Championship / State Qualifying Meet

To do so, you must go to MileSplit and enter your athletes by Wednesday, November 1st, 2023 (7:00pm).

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

## Time Schedule for Cross Country State Championships Vernon-Verona-Sherrill High School - Section III November 11th, 2023

Race	Start Time	Awards Time
Girls Class C	9:00 a.m.	10:00 a.m.
Girls Class D	9:30 a.m.	10:30 a.m.
Boys Class C	10:30 a.m.	11:30 p.m.
Boys Class D	11:00 a.m.	12:00 p.m.
BREAK		
Girls Class B	12:30 p.m.	1:30 p.m.
Boys Class A	1:00 p.m.	2:00 p.m.
Boys Class B	2:00 p.m.	3:00 p.m.
Girls Class A	2:30 p.m.	3:30 p.m.



# 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 in NYS after the state qualifier, it is highly unlikely that your team will qualify. Go to MileSplit for the state rankings.
- 2) If you are in the Top 10 of your class rankings after the state qualifier meet 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 Monday, November 6th, 2022.
- 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 → Jonathon Rufa [jonrufa@gmail.com](mailto:jonrufa@gmail.com)

Boys → Jason Lambert [jlambert@smithtown.k12.ny.us](mailto:jlambert@smithtown.k12.ny.us)

# Post- Season Awards Criteria

## All-County Formula

The sum of

**2X the athlete's number finish in the division championship merge**

**PLUS**

**3X the athlete's number finish in the county/state qual merge**

**1st Team All-County** - Athletes with the 10 lowest scores using the formula.

**2nd Team All-County** - Athletes with 11- 40 using the formula AND the next 5 fastest times from divisions or counties/state qual that did not get in on the formula.

**All-Division Teams** - The top 20 athletes in each of the four divisions.

**All-League Teams** - Each league will recognize seven 1st and seven 2nd team athletes. All coaches in each league will determine athletes to receive awards.

## All-County Academic Criteria

- 1) **Senior** in the Top 10% of their graduating class.  
(Please confirm with their guidance counselor)
- 2) Athletes must run the following times for the 5K at Divisions or Counties  
Girls → Under 22:00 minutes  
Boys → Under 19:00 minutes

**All-County Academic names are due no later than noon on Sunday, November 5th!!!**

**A link to enter names for the All-County Academic team will be emailed to you as the end of the season approaches, along with other dinner information.**

## 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).

## 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. Anthony Grey	Mount Royal	18:10.7	10
12. Jim McCoy	Mount Royal	18:15.6	11
13. Ken Champion	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 (Anthony 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.