Fall 2025 Cross-Country

The wooden bridge is back in service at Sunken Meadow State Park

August 25	**First Day of Practice**
August 26	**Varsity Section XI Coaches Meeting (BBP HS, 1:15pm)**
August 25-28	**10-5 Rule in Effect**
September 1	**First Possible Contest or Scrimmage**
September 4	**Rosters are due by 8pm on MileSplit. (See page 5)**
September 6	**Peconic Invitational @ Red Creek Park (Hampton Bays)**
September 8	**Middle School Section XI Coaches Meeting (Virtual, 7:00pm)**
September 13	**Jim Smith Invitational @ Sunken Meadow (Port Jefferson)**
September 20	**Bob Pratt Invitational @ Sunken Meadow (Smithtown)**
September 27	**Suffolk Coaches Invitational @ Sunken Meadow (Rocky Point)**
October 3	**Tom Knipfing/Paul Koretski Invite @ Fireman's Park (SWR)**
October 11	**Suffolk Officials Invitational @ Sunken Meadow (Bayport-BPT)**
October 16	**Middle School Invitational (rain date 10/17)**
October 20	**Medical Waiver for Divisional Race due to Sport Chair**
October 27	**Section XI Divisional Championships 1:00pm (rain date 10/28)** **(Entries Due by noon on October 23)**
October 30	**Medical Waiver for County Championship Race due to Sport Chair**
October 31	**Suffolk Frosh-Soph Championships (Port Jefferson)**
November 6	**Section Championship & State Qual Meet 1:00pm (rain date 11/7)** **(Entries Due by 7:00 pm on November 4)**
November 10th	**Suffolk All-Sectional Dinner 7:30 pm @ Villa Lombardi's** ***Written intention of competing at Federation Meet is due to Section Coordinator**
November 15	**NYSPHSAA XC Championships** **Queensbury HS (Section II)**
November 22	**NYS Federation Championships/NXR Wappingers Falls**

Websites:

Suffolk County XC & TF Association

Link: https://suffolkxctf.com

Elitefeats

Link: Elitefeats

MileSplit NY

Link: MileSplit NY

2025 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.

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 practice by 10am or begin after 5pm] applies to practices and contests from August 25th thru August 28th. Starting August 29th, practices and contests can be held at any time of the day.

4) The first possible contest or scrimmage date is September 1st. This assumes your team and individuals have reached **six (6)** 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) For courses other than Sunken Meadow, 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 10/20/25 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 next page of this packet.

Mail dues to:
Suffolk County Coaches Association
PO BOX 761 Sayville NY 11782

All-County Dinner: $60 per person
Monday, November 10th @ 7:30pm
Villa Lombardi's Holbrook

Suffolk County Cross Country and Track Coaches Association, Inc.

P.O. Box 761
Sayville, New York 11782

Dues for the Cross Country/Track and Field for the 2025-2026 school year are $50.00 per season. Please send your dues to the address above.

School: _____ Team: Boys or Girls
(Circle One)

Cross Country _____ @ $50

Winter Track _____ @ $50

Spring Track _____ @ $50

Total = _____

Tax ID # 11-2843457

Thank you,

Vin Ungaro

President

Placement Information

Boys and Girls Cross Country 2025-26				
Division I				
League I (A)			**League II (A)**	
Brentwood	4436		Patchogue-Medford	1730
William Floyd	2250		Half Hollow Hills	1682
Longwood	2184		Riverhead	1592
Middle Country	2170		Walt Whitman	1476
Smithtown	1902		Sachem East	1475
Central Islip	1793		Bay Shore	1448
Division II				
League III (A)			**League IV (A)**	
Sachem North	1413		North Babylon	1178
Lindenhurst	1373		Huntington	1094
Ward Melville	1338		Northport	1067
Commack	1328		Bellport	998
Connetquot	1266		Deer Park	956
Copiague	1187		East Islip	911
Division III				
League V (A & B)			**League VI (B)**	
West Babylon – A	884		East Hampton	720
West Islip - A	839		Harborfields	696
Comsewogue - A	828		Islip	657
Hauppauge - B	783		Amityville	656
Eastport/S Manor- B	756		Rocky Point	639
Westhampton Beach - B	732		Wyandanch	630
			Sayville	609
Division IV				
League VII (B)			**League VIII (C & D)**	
Kings Park	593		Bayport-Blue Point – C	449
Miller Place	582		Center Moriches - C	377
Hampton Bays	557		Southampton - C	359
Mt. Sinai	492		Babylon - C	339
Elwood-J Glenn	483		Mattituck – C	291
Shoreham-Waading River	467		Port Jefferson – C	237
			Pierson/Bridegehamton - D	233
			Southold - D	197
Independent Cross Country				
Greenport	162		Our Savior New American	24
Riverhead Charter	119		**Class A**	**815 +**
Ross	87		**Class B**	**450-814**
Smithtown Christian	81		**Class C**	**255-449**
Shelter Island	48		**Class D**	**254 -**

Entering Your Team Roster

Link to MileSplit NY

We will be using the MileSplit website to enter team rosters for the 2025 Cross-Country Season. Many of you have already used this system for entries into invitationals outside of Section XI.

ROSTERS ARE DUE BY 8:00 PM ON THURSDAY, SEPTEMBER 4th.

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.

Racing Bibs

- **All Runners will receive one racing bib for the season - They will have a timing chip attached and are specific to the athlete. DO NOT ALLOW ATHLETES THAT ARE NOT ASSIGNED THAT NUMBER TO USE THEM IN A RACE.**
- **Coaches responsibility to collect and assign them for each race**
- **Athlete numbers will be assigned using your roster on MileSplit**
- **Bibs will be used at "ALL" Section XI and Nassau County Invitationals.**
- **Must be used at Divisional Race and State Qualifier**
- **Bibs are to be secured with four pins.**

DIVISION CHAMPIONSHIPS @ Sunken Meadow State Park

Monday, October 27, 2025

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

Medical Exemption Waiver for Divisional Race due to Section XI Cross Country Chair by October 20th

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 team from each league and 12 at large teams***. Keep in mind, if you qualify for the championship race but prefer to 'opt out' into the Team Qualifier Race because it suits the needs of your team better, email Jon and Jason. The "at large" teams will be determined by their five-person average for the 5K course at Sunken Meadow and season resume. " 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 Friday, October 18th at noon to: jonathonrufa@rockypoint.k12.ny.us or jlambert@smithtown.k12.ny.us. Please "cc" Jim Christian at 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 Qualifier Race

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.

Race # 3 – Individual QualifierRace

1) This will include individual team members who did not compete Race #1 or Race #2
2) You can enter up to seven additional 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".

Awards will be given out to the Top 20 athletes in each division. The top 20 times can come from either the Championship or the Team Qualifier races. This will be determined after the results are merged. Medals will be available for pick up at the State Qualifier Meet on 11/6.

Declaring Your Athletes for the Division Championships

You must declare your athletes in order to compete in the Section XI Division Championships on Thursday, October 25th, 2025. Entries are to be added to MileSplit by noon on that date.

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.

Boys → 25:00
Girls → 27:00

If your team is not going to compete in the Division Championships, they will **NOT** be eligible for the Section XI County Championship / State Qualifier Race.

Email Jonathon Rufa (Girls) / Jason Lambert (Boys) and Jim Christian by noon on Wednesday, October 23rd.

Jon Rufa (Girls) jonathonrufa@rockypoint.k12.ny.us
Jason Lambert (Boys) jlambert@smithtown.k12.ny.us
Jim Christian jimchr440@gmail.com

Section XI Championship & State Qualifier Meet
Sunken Meadow State Park
Thursday, November 6th, 2025

Medical Exemption Waiver for County Championship Race due to Cross Country Chair by October 30th

Race Schedule

Girls Class B Race	**1:00 PM**
Boys Class B Race	**1:30 PM**
Girls Class C/D Race	**2:00 PM**
Boys Class C/D Race	**2:30 PM**
Girls Class A Race	**3:00 PM**
Boys Class A Race	**3:30 PM**

Declaring Your Athletes for the County Team

Championship / State Qualifying Meet

To do so, you must go to MileSplit and enter your athletes by Tuesday, November 4th, 2025 (7:00pm).

Only **seven (7) varsity runners** can be declared for your team entry. Please make sure you enter the proper County / Class (found on page 4).

Section XI Team Championships – Qualifying Standards

Your team must have competed in the Division Championships to enter.

Team Qualifying

Class A	Class B	Class C/D
In order to Qualify for the Race your Team MUST have competed the Divisional Championship Race	In order to Qualify for the Race your Team MUST have competed the Divisional Championship Race	In order to Qualify for the Race your Team MUST have competed the Divisional Championship Race
The top finishing Class A Team from each League (1-5)	The top finishing Class B team from each Leagues (5,6,7)	All teams are eligible
Auto-qualify **(5 teams)**	Auto-qualify **(3 teams)**	
13 of 27 teams can Qualify	**8 of 16 teams can Qualify**	
Teams that do not auto-qualify	Teams that do not auto-qualify	
can still get in as an 'at-large'	can still get in as an 'at-large'	
based on Division Meet results.	based on Division Meet results.	
8 teams can qualify by	**5 teams can qualify** by	
having the fastest 5 person	having the fastest 5 person	
averages (Sunken Meadow 5K Race) from Class A that	averages (Sunken Meadow 5K Race) from Class B that	
did not qualify based on	did not qualify based on	
their league standings.	their league standings.	
As a catch all, any team that	As a catch all, any team that	
meets the 5 person average	meets the 5 person average	
standard from the past at a Sunken Meadow 5K Race	standard from the past at a Sunken Meadow 5K Race	
19:30 boys / 23:15 for girls	19:30 boys / 23:15 for girls	
will gain entry to the state	will gain entry to the state	
qualifier meet.	qualifier meet.	

Individual Qualifying for ALL Classes

Boys Individual must have run 18:30.0 or better on the Sunken Meadow 5k course in any race including Divisions
Girls Individual must have run 22:30.0 or better on the Sunken Meadow 5k course in any race including Divisions.

Time Schedule for
Cross Country State Championships
Queensbury High School - Section 2
November 15th, 2025
Section XI Start Box Assignment: Box #7

Opening Ceremony - 8:45am

Race	Start Time	Awards Time
Girls Class B	9:00 am	10:00 am
Girls Class C	9:30 am	10:30 am
Girls Class D	10:00 am	11:00 am
Girls Class A	10:30 am	11:30 am
BREAK 11:00 am - 11:30 am		
Boys Class B	11:30 am	12:30 pm
Boys Class C	12:00 pm	1:00 pm
Boys Class D	12:30 pm	1:30 pm
Boys Class A	1:00 pm	2:00 pm

Federation Meet Qualifying Procedures
INSERT INFO HERE

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.

<u>All-County Academic Criteria</u>

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 Friday, November 7th @ noon.

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

Suffolk All-Sectional Dinner 7:30 pm @ Villa Lombardi's

Date: Monday, November 10th

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 group 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/Double-Dual 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 Dual Meet 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.

Example Double Dual Meet Scoring Sheet (3 teams competing in the same race)

Place		School	Time
1.	Joe Smith	Pottersville	17:45.0
2.	Bill Allstate	Mount Royal	17:46.8
3.	Greg Staples	Central High	17:55.8
4.	Ken Service	Pottersville	17:56.1
5.	Kyle National	Pottersville	17:58.4
6.	Dean Office	Pottersville	17:59.0
7.	Trevor Hope	Central High	18:00.3
8.	Mark Ellis	Pottersville	18:01.5
9.	Andy Mitchel	Mount Royal	18:04.2
10.	Ben Anthony	Pottersville	18:05.9
11.	Anthony Grey	Mount Royal	18:10.7
12.	Jim McCoy	Mount Royal	18:15.6
13.	Ken Champion	Mount Royal	18:16.2
14.	Jim Markey	Central High	18:20.4
15.	James Ferraro	Central High	18:30.2
16.	Arnold McDaniel	Pottersville	18:35.1
17.	Luis Fernandez	Mount Royal	18:37.9
18.	William Hammond	Central High	19:00.6
19.	Dennis Acosta	Pottersville	19:02.9
20.	Gus McFarland	Mount Royal	19:03.4
21.	Preston Ryan	Mount Royal	19:10.2
22.	Marco Sabatini	Central High	19:30.8

The way this would be scored is there would be a score for Pottersville vs. Mount Royal, Pottersville vs. Central High, and Central High vs. Mount Royal.

Pottersville Vs. Mount Royal				
Joe	Smith	Pottersville	17:45	1
Bill	Allstate	Mount Royal	17:46	2
Greg	Staples	Central High	17:55	
Ken	Service	Pottersville	17:56	3
Kyle	National	Pottersville	17:58	4
Dean	Office	Pottersville	17:59	5
Trevor	Hope	Central High	18:00	
Mark	Ellis	Pottersville	18:01	6
Andy	Mitchel	Mount Royal	18:04	7
Ben	Anthony	Pottersville	18:05	8
Anthony	Grey	Mount Royal	18:10	9

Jim	McCoy	Mount Royal	18:15	10
Ken	Champion	Mount Royal	18:16	11
Jim	Markey	Central High	18:20	
James	Ferraro	Central High	18:30	
Arnold	McDaniel	Pottersville	18:35	12
Luis	Fernandez	Mount Royal	18:37	13
William	Hammond	Central High	19:00	
Dennis	Acosta	Pottersville	19:02	-
Gus	McFarland	Mount Royal	19:03	14
Preston	Ryan	Mount Royal	19:10	-
Marco	Sabatini	Central High	19:30	
Pottersville				
1+3+4+5+6=		19		
Mount Royal				
2+7+9+10+11=		39		
Pottersville Wins				