NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION
1 INDEPENDENCE HILL, SUITE 201, FARMINGVILLE, NY 11738
631-366-0700

Dear Parent and Student-Athlete,

Congratulations on qualifying to represent Section XI at the NYSPHSAA state cross country championships. You are to be commended for the time, energy and effort that you have put into your cross-country season.

Attached is the information concerning the time and place of competition, the mode of travel and lodging information. If an unusual circumstance arises and you are unable to compete, please notify your high school coach or athletic director as soon as possible.

The conduct of students while competing, traveling and living with other Section XI team members is a serious matter. Please be advised that you are subject to all of the rules and regulations in your individual high school and the Section XI Code of Conduct. The use of alcohol, tobacco, electronic vaping devices or drugs will result in disciplinary action which includes automatic suspension from athletic competition. Delinquent conduct or the destruction of property will result in disciplinary action as well as the recovery of costs. Disciplinary action by Section XI will be in addition to actions taken by your school district.

It is ***required*** that you will travel to and from the site of athletic competition by the means provided by Section XI ***or, YOUR district will provide their own transportation*** to the NYSPHSAA Cross Country Championships, and, as per the Section XI Travel Policy, your district has waived the Section XI transportation travel policy. ***Any athlete not transported by our Section XI bus or their District means of transportation will not be permitted to compete.***

Athletes may return home with a parent when a written notice has been provided in advance stating that you will be transported home with **your** parents, by completing the Travel Release Form. That notification is to be distributed to the coaches by the sport chairperson.

PENALTIES FOR VIOLATION OF CODE OF CONDUCT

- If a violation occurs prior to or during the contest the athlete will not be allowed to compete or continue to compete. The Section will recommend disciplinary action.
- If a violation occurs *after* the competition the Section will make a recommendation for disciplinary action.
- If the situation is warranted serious the parents and school will be notified. Immediate arrangements will be made to transport the athlete home.

****TRAVEL PERMISSION FORM MUST BE COMPLETED, SIGNED AND RETURNED TO THE CROSS-COUNTRY CHAIRPERSON TO ATTEND THE NYSPHSAA CHAMPIONSHIP MEET****

Revised 8/2024 (JR)



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NYSPHSAA Cross Country Championship: Travel Permission Form

Form for Athlete to ride Section XI Bus to State Meet

Date: _____

High School: _____

Student Name: _____

Parent/Guardian Name: _____

Home Address: _____

Parent/Guardian Phone Number:_____

Medical Conditions: _____

_____

_____

_____

Allergies: _____

_____

_____

Other Information: _____

_____

_____

Emergency Contacts: ***(****Two Additional Persons Other Than Parent/Guardian)*

Name: _____ Phone: _____

Name: _____ Phone: _____

Student Signature: _____

Parent/Guardian Signature: _____

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Travel Release Form:

Form for parent/guardian to take Athlete home from State Meet

(Must be completed to remove a child from the Competition Site to return home after the race)

I _____ release Section XI of all responsibility for the transportation of my
(Parent/Guardian Name)
child _____ to/from the _____ School District.
(Athlete Name) (School Name)

I assume all responsibility for the transportation and supervision of my child when **I TAKE MY CHILD TO/FROM THE NYSPHSAA Cross Country Championships**. I also understand by signing this form my child will no longer be eligible to compete in this NYSPHSAA event once I take them from the event location, nor will they be eligible to travel on Section XI buses from this event.

The purpose of this statement is to ensure athletes and parents understand that the athletes are not to leave the facility until they have completed their events and are ready to depart with their parents for the day. Once they leave the championship site, they are deemed to be ineligible to return to compete.

Date: _____

Parent/Guardian Signature: _____

Parent/Guardian Contact Phone Number:_____

Queensbury High School

409 Aviation Road
Queensbury, NY 12804

Section XI Chair Boys Cross Country
Jason Lambert: jlambert@smithtown.k12.ny.us
Cell Number: (631) 379-9538

Section XI Chair Girls Cross Country
Jonathon Rufa: jonathonrufa@rockypoint.k12.ny.us
Cell Number: (315) 842-0125

Suffolk County Cross Country and Track & Field Association
Vin Ungaro: coachungaro@coachungaro.com
Cell Number: (631) 278-3646

The Queensbury Hotel
88 Ridge Street
Glens Falls, NY 12801

Friday, November 13

Travel Day

Travel to Queensbury, NY

8:00am	Pick Up Location #1 Exit 63 LIE Park & Ride on North Ocean Ave.
8:30am	Pick Up Location #2 Exit 53 Lowe's Home Improvement Commack, NY
12:30pm	Lunch Stop: Circa Albany, NY
12:30pm	**Course Open for Walkthrough**
2:00pm	Arrive at Queensbury HS for Practice Run
4:00pm	Depart Queensbury HS for Dinner
6:30pm	Return to Hotel for Check in

Please do not put up team tents on Friday due to extreme weather at the site

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Queensbury High School
409 Aviation Road
Queensbury, NY 12804

RACE DAY 11/14
Queensbury High School

6:00am Wake Up
6:30am Breakfast Times 7:00 - 9:00am
7:30am Boys A/B/C/D athletes Bus Departure to Queensbury HS - Be in lobby by 7:15am
10:00am Girls A/B/C/D athletes Bus Departure to Queensbury HS - Be in lobby by 9:45am

Queensbury High School November 14, 2026		
Race	**Start Time**	**Awards Time**
Class C Boys	9:30 AM	10:45 AM
Class D Boys	10:00 AM	11:15 AM
Class A Boys	10:30 AM	11:45 AM
Class B Boys	11:00 AM	12:15 AM
BREAK		
Class C Girls	12:00 PM	1:15 PM
Class D Girls	12:30 PM	1:45 PM
Class A Girls	1:00 PM	2:15 PM
Class B Girls	1:30 PM	2:45 PM

Appx. 12:45pm Boys A/B/C/D athletes and coaches will depart Queensbury HS for Long Island
Appx. 3:15pm Girls A/B/C/D athletes and coaches will depart Queensbury HS for Long Island
Appx. 5:30pm Boys A/B/C/D Off Location #1:Lowe's Home Improvement, Commack, NY
Appx. 6:00pm Boys A/B/C/D Drop Off Location #2: Exit 63 LIE Park & Ride on N. Ocean Ave
Appx. 8:00pm Girls A/B/C/D Drop Off Location #1: Lowe's Home Improvement, Commack, NY
Appx. 8:30pm Girls A/B/C/D Drop Off Location #2: Exit 63 LIE Park & Ride on N. Ocean Ave