

*2009 Section IV
Cross Country
Coaches Handbook*



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INTRODUCTION

This Handbook is intended for the use of all Athletic Directors and Coaches.

We have attempted to include all pertinent materials for your information and timely return of appropriate forms for Sectional, State Meet, and Federation Meet Championships.

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|------------------------------|
| Section IV President: |
|------------------------------|

David Daniels, Principal, Susquehanna Valley HS, PO Box 200, Conklin 13748607-775-0304

| |
|---------------------------------------|
| Section IV Sports Coordinator: |
|---------------------------------------|

Ben Nelson, (H) 56 West Main Street, Bainbridge, NY 13733607-967-5941

Section IV Athletic Council, PO Box 777, 21 Liberty Street, Sidney, NY 13838

Phone: 607-561-2347

Fax: 607-561-2344

| |
|----------------------------------|
| Boys' AA/A/B Coordinator: |
|----------------------------------|

Steve Baxter, (H) 8 Cherry Lane, Binghamton, NY.....(Home Phone & Fax) 607-648-6907

.....(Cell) 607-743-1231

E-Mail: sbaxter@stny.rr.com

| |
|-------------------------------|
| Boys' C/D Coordinator: |
|-------------------------------|

Todd James, (H) 157 Killawog Hill Road, Lisle, NY 13797..... (Home) 607-849-6227

.....(Cell) 607-279-5931

Marathon Central School, PO Box 339, Marathon, NY 13803

Phone: 607-849-3223

Fax: 607-849-3223

E-Mail: TAJPEZ0131@aol.com

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|----------------------------|
| Girls' Coordinator: |
|----------------------------|

Lee Schaeffer, 146 Main Street, Otego, NY 13825..... (H) 607-988-7036

E-Mail: lschaeff@dmcom.net

Coaches Directory Goes Here

CROSS COUNTRY CALENDAR

August 17 Approved date for Fall JV & Varsity practices to begin

August 18 Optional Guest Speaker (To be Determined), 3:00 PM
Section IV Coaches Preseason Meeting, 5:00 PM (Dinner to Follow)
4-H Camp Owahta, 4826 Knecht Road, McGraw, New York 13101

(If you need directions contact Todd James @ tajpez0131@aol.com)
(League Meetings to take place immediately following the Section Meeting)

September 1 ... Letter of Intent to move up in class must be filed: One copy to your coordinator and one copy to Ben Nelson, Section IV Interscholastic Sports Coordinator

September 1 ... Approved date that Modified/Jr. High practices may begin

September 5 ... CV Bob McDaniel Invitational (S)

September 12. Windsor Invitational, Section IV, Carla Williams Drake (S) 655-8258

September 12. Oneonta Invitational, Section IV, Dan Forbes (S) 433-8272

September 19. Elmira City Schools Invitational, Section IV, Ben Cardamone (S) 735-3337

September 19. Maine Endwell, Section IV, Mike Cordi (S) 754-1400

September 26. Owego Invitational, Section IV, John Heath..... (S) 687-6248

October 1 Codes of Conduct are due back to Ben Nelson

October 1 Letter of Commitment to participate or not to participate in Section IV Post-Season play must be sent to Ben Nelson. This form will be available at your Athletic Director's office.

October 3 Schaeffer (Unatego) Invitational, Section IV, Lee Schaeffer (H) 988-7036

October 3 McQuaid Invitational, Section V (S) 585-473-1130

October 3 Junior High/Modified move-up date to be eligible to run in Sectionals. Any Modified/Junior High or Selectively Classified Athlete should run in a race on this date or earlier to obtain their 6 races before Sectionals.

October 7 Delhi Invitational, Section IV, Skip Baxter (S) 746-2103

October 10 Stock/Conwicke Invitational, Larry Hines, Union Endicott, Section IV (S) 757-2191

October 10 Manhattan Invitational

October 13 Deposit Mixer Invitational, Section IV (S) 467-2198

October 17.....Loyal Greenman Invite, Ely Park, Section IV Dave Cody (H) 723-4760
October 17.....Newark Valley Invite, Section IV, Erik D'Arcy (S) 642-8351

October 20..... Whitney Point Invitational, Section IV (S) 692-8245

October 20..... T-Shirt Orders are due back to Todd James Fax 849-3223

October 24..... Marathon Invitational, Section IV, Todd James (S) 849-3223

October 26..... Return Sectional Entry Forms to Todd James Fax 849-3223

November 5... Section IV State Qualifier Championship, Chenango Valley State Park Golf Course

DIRECTIONS

From Oneonta:

- Take Rt. 88 West toward Binghamton
- Take the Pt. Crane Exit (#3) where you will see signs for CV State Park at the bottom of this Exit, turn right onto Rt.369.
- Then go approx. 3 miles, and then turn left at park entrance sign to CV STATE PARK.
- Once in the park, 1.) Follow the directions of the Park Staff to the golf course or bear right and stay on the Park road about 1 mile to the golf course.

From Binghamton

- Take Rt.88 East toward Oneonta / Albany
- About 1 1/2 miles from CVHS take the Pt. Crane Exit (#3) where you will see signs for CV STATE PARK. At the bottom of the Exit, turn Left on Rt.369
- Go approx. 3 miles, then turn left at park entrance sign to CV State Park
- Once in the park, 1.) Follow the directions of the Park Staff to the golf course or bear right and stay on the Park road about 1 mile to the golf course.

From Whitney Point

- Take Rt.79 East to Chenango Forks where Rt.79 turns Left and joins Rt.12
- Go North for about 1/4 mile, then Rt.79 turns Right from Rt. 12 and crosses over a bridge
- Immediately over this bridge, take the first Right onto Pigeon Hill Rd.
- Go approx. 2 1/2 miles. You will come to a "T" where you will have to turn left or right...TURN RIGHT...this will take you directly into CV State Park
- Once in the park, 1.) Follow the directions of the Park Staff to the golf course or bear right and stay on the Park road about 1 mile to the golf course.

**GENERAL INFORMATION
ORDER OF EVENTS**

10:45 Coaches Meeting for ALL Classes

11:00 Boys D
12:10 Boys C
1:00 Boys A
2:05 Girls A

11:20 Girls C
12:40 Awards for C-D
1:20 Boys B
2:30 Girls B

11:45 Girls D
12:40 Boys AA
1:40 Girls AA
3:15 Awards AA-A-B

TEAMS

Seven (7) runners maximum per team.

COURSE

5000 M with hills, flats, and open running. Spikes or flats are appropriate. Map of the course (slightly different from last year) is on next page.

SCORING

Nat'l Federation rules in conjunction with NYSPHSAA rules and guidelines will govern. Each coach is responsible for filling out a score sheet after the race.

AWARDS

Certificates will be presented to the members of the first place team. The first 10 individuals receive a certificate and medal. First and second place teams receive a trophy. Teams and Individuals that Qualify for the State Meet will also receive a chenille patch.

RESULTS

The first place team and the best five (5) individual times in each class qualify for the State Championships.

ENTRY FORMS

Be sure to complete appropriate form and send it to Todd James ON TIME.

FEDERATION MEET

At Bowdoin Park. Be sure to indicate intent to compete on the entry form.

ASSISTANCE

Schools will be assigned to provide a competent helper for various races.

CLASSIFICATIONS:

This will be determined as per the state classification enrollments for Cross Country. Schools in classes where teams have moved up have been notified. See your coach's directory for enrollment numbers.

REMINDERS

1. A runner needs six (6) contests at JV or Varsity level to participation Sectionals.
2. A modified runner who is going to be raised to Varsity level competition through SELECTIVE CLASSIFICATION must be running "UP" prior to 50% of the modified schedule and must also meet the six (6) contest rule mentioned in reminder #1 above..
3. Bus and spectator parking only in designated areas. Fees are \$5 per person with a maximum of \$10 per car.
4. Stay off all Tees and Greens.
5. Pick up any trash and litter that we might have left.
6. **BIKES WILL NOT BE ALLOWED ANY WHERE ON THE COURSE DURING THE RACE OR DURING WARM-UP.**

November 6... "Bad Weather" Date for Section IV State Qualifier Championships at CVSP

November 14 .NYSPHSAA Cross Country Championships at Plattsburgh State (Section VII)

*Order of Events (Estimated times as of 11/8/08)
Races must finish before the next race can start*

| | |
|-----------------------|----------------------|
| 8:45 Opening Ceremony | 11:05 Girls D Race |
| 9:00 Boys D Race | 11:35 Girls AA Race |
| 9:25 Boys AA Race | 12:00 Girls A Race |
| 9:50 Boys A Race | 12:25 Girls B Race |
| 10:15 Boys B Race | 12:55 Girls C Race |
| 10:40 Boys C Race | 2:30 Awards Ceremony |

November 21 .Federation Meet at Bowdoin Park

NOTES & SPECIAL REMINDERS

1. www.tullyrunners.com is a great site to locate Invitational Information.
2. National Federation Rules in conjunction with NYS Public High School Athletic Association rules and guidelines will govern during seasonal, sectional, and post-season contests.
3. Uniform Rule – Team uniforms must match! (Please be aware of the National Federation Rule on this as it has changed regularly over the years).
4. **Jewelry Rule: Please note that according to NYSPHSAA the Jewelry rule should be followed for both competition and practice. A watch can now be used in both meets and practices.**
5. Any runner carrying or using an inhaler during a race for a medical condition should have a “letter” (Dr.’s Note) on file with the coach.
6. If you are going to race in a race out-of-state (or a race in state in which there are competitors from out-of-state), it is your responsibility to make sure that the race is sanctioned for inter-state competition thru the NYSPHSAA office in Albany (Barb Hessney Phone # - 518-690-0771 Ext 13).
7. Coaches should remind their athletes at every meet that elbowing, shoving, bad language, tree branch “switching” or any other unsportsmanlike activity **will not be tolerated** by people who care about the integrity of Cross Country. (Refer to unsportsmanlike conduct and disqualification in the National Federation Handbook.)
8. Coaches/Race organizers – be aware and provide for the safety of runners while on, near, or crossing roads (streets, etc.) during practices and races.
9. To be eligible to race at sectionals, a runner must have raced, prior to sectionals, in at least 6 competitive races.
10. “Be it resolved that a team or individual may walk and/or train on the sectional cross country course any time during the season. This time period also includes the week immediately preceding Sectionals.” PASSED at Section IV Athletic Council Meeting on Jan. 22, 1997. **Which this year means for us that CV State Park will allow us on the golf/ cross country course after 3:00 PM Monday November 2nd, 3rd, & 4th. At the Section IV Meeting coaches must indicate which date they are planning on visiting the course. When the coach arrives at the park they must sign in at the Park Office.**
11. Lightning Procedure – if lightning clouds are visible and lightning is visible in the distance, All outdoor activities must stop. Clear the area and go to the field house, nearby school, or wait on the bus. Once thunder is heard or lightning is visible, you should not return to the field until at least THIRTY minutes from the last episode. If the official refuses to hold up the contest and you feel that it is potentially dangerous, take your team off the field and protest. YOUR FIRST CONCERN IS THE SAFETY OF THE ATHLETES AND SPECTATORS!
12. The Sectional-State Qualifier Meet this year will be held on the Chenango Valley State Park Golf Course. The management there would like to remind you
 - There is **NO** roadside parking. Tickets will be issued
 - Spectators must park in the swimming parking area only. A shuttle will run to the race course approximately on every quarter hour and back to the swim parking area just before every quarter hour
 - Buses may unload at the golf course and will be directed where to park
 - Please have your athletes stay off all tees and greens
 - Pick up any trash and litter that we might have dropped
 - **BIKES WILL NOT BE ALLOWED ANY WHERE ON THE COURSE DURING THE RACE OR DURING WARM-UP.**
 - **PLEASE SUPERVISE YOUR ATHLETES, MANAGERS, ETC PROPERLY AT ALL TIMES!!!**
13. To share the responsibilities of this year’s sectional meet, coaches will be asked to provide a competent adult helper as per assignment sheet that will be handed out at the August 18th Section IV pre-season meeting.

14. The sectional races will be scored as teams against teams. Individuals will not be figured into team scoring. Numbers will be assigned to all racers and a computerized scoring system will be used for the results. Because of this change, it is imperative that all schools (coaches) have their entry forms to Todd on or before the designated date. Please check the entry form for the deadline date.
15. Team entry into State Meet from Sectionals: In each class the first place team will represent Section IV at the State Meet.
16. Individual entries into the State Meet from Sectionals: In each class 5 individuals will represent Section IV at the State Meet. These individuals will be the top five finishers in each race after the first place team has been determined.
17. The State Meet Competitor T-Shirt money (at the cost of approx. \$5.00 per shirt) is the responsibility of the team/individual's school and is due at the State Meet on Friday (exact amount in currency or check made payable to Section IV Athletic Council).
18. After the sectional races, the league coordinators will submit to the Section IV coordinators a maximum of 1 boy and 1 girl who will be attending the state meet for consideration for section four's sportsmanship award. Justification for the nominations should accompany them. These nominees should best exemplify good character and sportsmanship in the name of Cross Country
19. Section IV Policy: Teams that move up in sectionals must move up for a two-year period. After the two-year period they must request to move back to their original classification.
20. The Federation Meet, in theory, brings together the top 27 Teams and the Top 70 Individuals. The athletes come for the following associations: NYSPHSAA (16 Teams, 40 Individuals), CHSAA Upstate (1 Team, 3 Individuals), CHSAA (6 Teams, 12 Individuals), PSAL (3 Teams, 12 Individuals) and AIS (1 Team, 3 individuals). Mathematically a maximum of 259 runners can complete in the race.

Team Selections: You may qualify as a Team for the Federation Meet theoretically in one of three ways. The first way is for your team to win their Class at the State Meet. The second way is to have an exemplary performance. An exemplary performance means that when the computer merges the AA, A, B, C and D races together your team would place somewhere in the top 5 to 7 teams. Typically the committee will take 5-9 teams from this merge, which would usually include the class champions. The additional 7-11 teams are selected at large, based on merit from their performances at the state meet, sectionals or major invitational. Teams selected at large may not have qualified for the state meet but are considered based upon demonstrated performances throughout the season.

If you feel that your team should be considered for Federation Selection it is imperative that you complete a resume of their season performances and give it to your Section Coordinator at Sectionals. The resume must include the following:

1. Name of Invitational(s) and your Team Finish at each. (Actual Scores Help)
2. State Ranked Teams that you beat at each invitational. (Actual Scores Help)
3. State Ranked Teams that beat you at each invitational. (Actual Scores Help)
4. Your Team's aggregate time for runners 1-5 at each invitational.
5. State Ranked Team's aggregate time for runners 1-5 at each invitational. It is possible to compare teams that may have been in other races at the invitational using aggregate time. If a team's aggregate time is from another race on that day, please indicate what race.

Use the Team Information Sheet for consideration to the Federation Meet

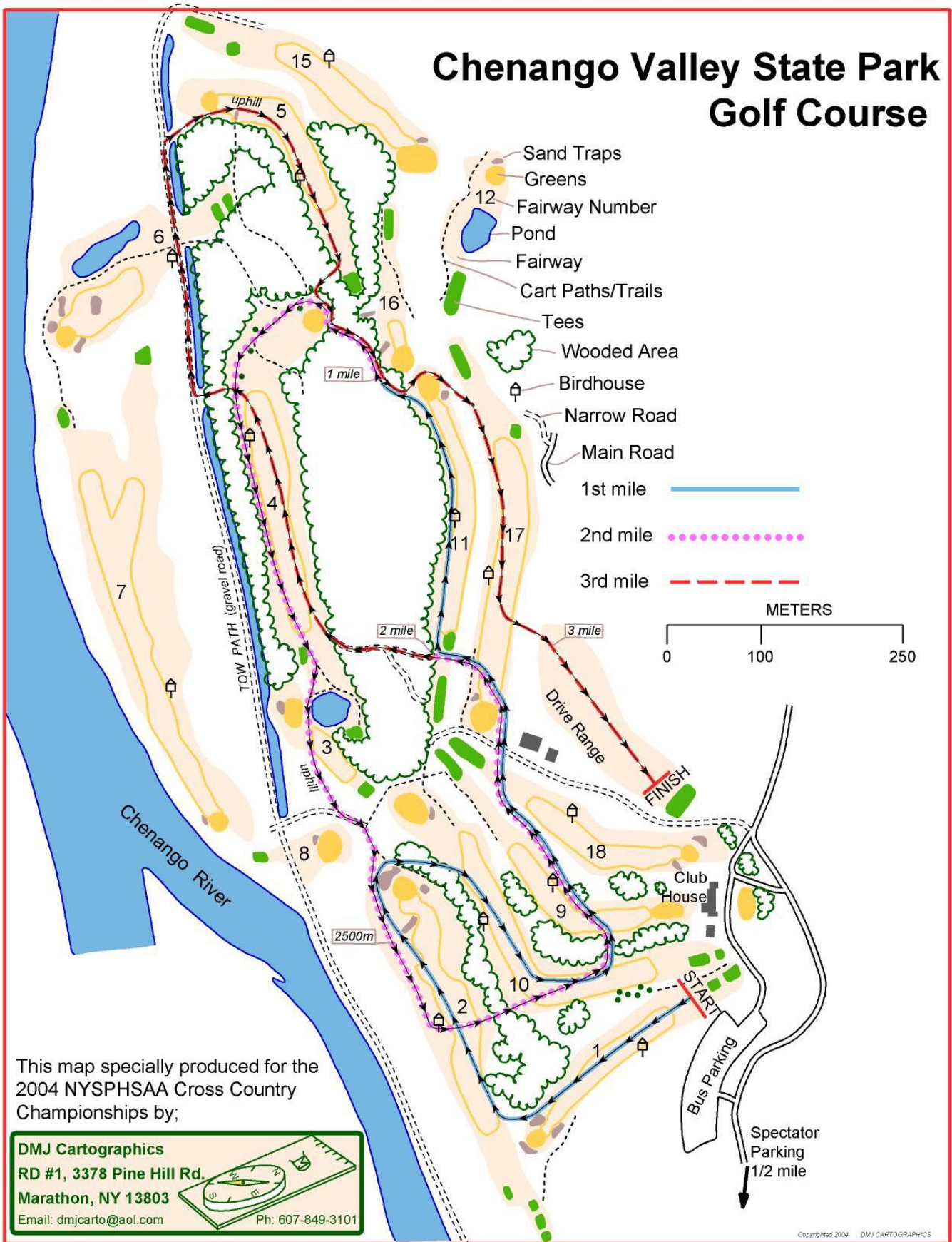
Individual Selections: After all the teams are selected for the Federation meet, the team's individual runners are removed from the computer merge. The first 18 individuals not on a selected team are then chosen based upon their state meet performance for participation in the Federation Meet. The next 22 spots are divided equally among the 11 sections.

Section IV's two selections are made in the following manner. The top two runners based upon time from the State Meet are given top priority, regardless of class. If no other athlete is within 10 seconds of the selected athlete's state meet performance then they will represent Section IV at the Federation Meet. If another athlete is within 10 seconds

of the top two athletes, then a combined time of their sectional and state meet performances will determine who represents Section IV at the Federation Meet. The Section Coordinators reserve the right to adjust this selection process based upon injuries, weather conditions, or unforeseeable circumstances that may prevent the “obvious” athlete from advancing.

21. 2010 State Meet: Section I, Westchester Area, 2011 State Meet: Section 3, Tentative VVS or Jamesville Beach
22. Federation Meet: Permanent location for the Fed. Meet is Bowdoin Park on the 3rd Sat. of Nov. each year.

Chenango Valley State Park Golf Course



This map specially produced for the 2004 NYSPHSAA Cross Country Championships by;

DMJ Cartographics
 RD #1, 3378 Pine Hill Rd.
 Marathon, NY 13803
 Email: dmjcarto@aol.com Ph: 607-849-3101

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Section IV Boys Cross Country
Team E-Mail Entry Form

| | |
|-----------------------|--------------|
| Name of School | Class |
|-----------------------|--------------|

| Rank In Order | Runner (Last Name, First Name) | Grade | Shirt Size |
|---------------|--------------------------------|-------|------------|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| Alternate | | | |
| Alternate | | | |
| Alternate | | | |

I hereby certify that the above boys are eligible to compete for () School and meet the eligibility requirements of Section IV and NYSPHSAA pertaining to athletic contests.

In addition, in accordance with the National Federation of State High School Associations, under Rule 9-4, Art 3B, I certify that all of my athletes are properly equipped (uniform, equipment, including the removal of jewelry) and understand all the rules, (including the rules related to sportsmanship) as associated with the sport of Cross Country.

Sending this form as an e-mail attachment will constitute as an appropriate and legal signature by the coach completing this form.

| | | |
|--------------------|--------------|------------|
| Signature of Coach | School Phone | Home Phone |
|--------------------|--------------|------------|

**CHECK ONE OF EACH OF THE FOLLOWING
(Double Click The Box to Check It)**

The School TEAM Will Will Not Participate In The Federation Meet If They Qualify

Any INDIVIDUAL Runner(S) Will Will Not Participate In The Federation Meet They Qualify

ENTRIES DUE BY OCTOBER 26

Send ALL Entries To: Todd James @ TJPEZ0131@AOL.COM or Fax: (607) 849-3223

Send A Complimentary Copy To: Steve Baxter @ sbaxter@stny.rr.com or Fax: (607) 648-6907

Send A Complimentary Copy To: Lee Schaeffer @ lschaeff@dmcom.net or Fax: (607) 988-1039

Section IV Girls Cross Country
Team E-Mail Entry Form

| | |
|-----------------------|--------------|
| Name of School | Class |
|-----------------------|--------------|

| Rank In Order | Runner (Last Name, First Name) | Grade | Shirt Size |
|---------------|--------------------------------|-------|------------|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| Alternate | | | |
| Alternate | | | |
| Alternate | | | |

I hereby certify that the above boys are eligible to compete for () School and meet the eligibility requirements of Section IV and NYSPHSAA pertaining to athletic contests.

In addition, in accordance with the National Federation of State High School Associations, under Rule 9-4, Art 3B, I certify that all of my athletes are properly equipped (uniform, equipment, including the removal of jewelry) and understand all the rules, (including the rules related to sportsmanship) as associated with the sport of Cross Country.

Sending this form as an e-mail attachment will constitute as an appropriate and legal signature by the coach completing this form.

| | | |
|--------------------|--------------|------------|
| Signature of Coach | School Phone | Home Phone |
|--------------------|--------------|------------|

**CHECK ONE OF EACH OF THE FOLLOWING
(Double Click The Box to Check It)**

The School TEAM Will Will Not Participate In The Federation Meet If They Qualify

Any INDIVIDUAL Runner(S) Will Will Not Participate In The Federation Meet They Qualify

ENTRIES DUE BY OCTOBER 23rd (E-Mail Preferred)

Send ALL Entries To: Todd James @ TAJPEZ0131@AOL.COM or Fax: (607) 849-3223

Send A Complimentary Copy To: Steve Baxter @ sbaxter@stny.rr.com or Fax: (607) 648-6907

Send A Complimentary Copy To: Lee Schaeffer @ lschaeff@dmcom.net or Fax: (607) 988-1039

Section IV T-Shirt Order Form

Name of School

Name of Coach

Home Phone Number

| Order Form Due by October 20th | | | | | |
|----------------------------------------------------------|-------|--------|-------|---------|----------|
| Type of Shirt | Small | Medium | Large | X-Large | 2X-Large |
| Short Sleeve | | | | | |
| Total Number of Short Sleeve Shirts X \$10.00 | | | | | |
| Type of Shirt | Small | Medium | Large | X-Large | 2X-Large |
| <i>Long Sleeve</i> | | | | | |
| Total Number of Long Sleeve Shirts X \$15.00 | | | | | |
| Total Cost of Short Sleeve and Long Sleeve Shirts | | | | | |

I would like a Free Coaches Shirt because my Team has placed an order of 10 or more shirts. I have selected my style and size below.

SHIRT: Short Sleeve Long Sleeve **SIZE:** S M L XL XXL

Return T-Shirt Order form to by October 20th:

**Todd A. James, Chairman
Marathon Central School District
PO Box 339, 1 East Main Street
Marathon, New York 13803
Or
School Fax (607) 849-3223**

(Follow up faxes with a check made payable to Todd A. James to the Above Address)

T-Shirt Design

**Letter of Intent For
Moving to a Higher Class**

Sport: Cross Country

Gender Male Female

School _____

Date _____

Current Classification: A, B, C, D

Our school has elected to move to a higher class to participate in the Section IV Cross Country Tournament. We will move up to participate as a Class AA, A, B, C School.

Signature of Coach _____

Signature of Athletic Director _____

*This form must be returned to the Interscholastic Sports Coordinator of Section IV by **September 1, 2009 ONLY** if your school intends to play in the Section IV Cross Country Tournament at a higher class. This is a two-year commitment to stay at this level. After two years you must request permission from Section to move back to your original class.*

Cross Country Federation Selection Process, Updated 8/20/04

No process is perfect. However, the intent of the enclosed Federation Selection Procedure is to design a process that provides specific guidelines and consistency in the selection process from year to year.

In an effort to allow all teams that are being considered for advancement to the Federation Meet to be judged on related data, information should be gathered for each team from Invitationals and quality dual meets that have taken place during the **last six weeks of the season**. Information presented prior to the McQuaid Invitational cannot be used in any decision making process. The following data is recommended to allow for comparisons between teams:

1. The Individual Winning Time and Distance of each race.
2. Team Scores.
3. The Number of Runners in each race.
4. The times of the winning teams 1st through 5th Runner, Cumulative Team Time for 1st through 5th Runner, and Team Average Time for 1st through 5th Runner.
5. The times of the petitioning teams 1st through 5th Runner, Cumulative Team Time for 1st through 5th Runner, and Team Average Time for 1st through 5th Runner.
6. The times of any potential at-large teams 1st through 5th Runner, Cumulative Team Time for 1st through 5th Runner, and Team Average Time for 1st through 5th Runner.

(See the Excel Federation Comparison Chart for a Working Document to organize this data.)

Team Selection Procedures

1. Friday before the State Meet, the Boys' and Girls' Cross Country Coordinators shall meet and rank the teams that are not participating in the state meet and could be considered for an at-large bid. These teams should be ranked based upon the information received from the committee and each team's respective Section Coordinator. The Federation Comparison Chart is recommended as a guideline for this process. After discussion and ranking, not to exceed 15 minutes, a majority vote is taken to finalize the ranking of these teams. If a majority is reached from the committee the ranking is finalized. If a majority is not reached, additional discussion and voting continues until a majority is reached.
2. After the completion of the entire State Meet, both the Boys' and Girls' Federation Committees will meet in separate rooms to make the Federation selections. Data that can be used to make the selections for teams advancing to the Federation Meet is the rankings of at-large teams from Friday's meeting, Merged Results (Including the Team Cumulative Times and Average Times for 1st through 5th Runner), the Individual Class Results from the NYSPHSAA State Meet and any information from the Federation Comparison Charts obtained from the past six weeks.

NOTE: If a team that participates in the NYSPHSAA State Meet wins head to head in its Class but loses to that team in the merge, the Teams Cumulative Time of the 1st through 5th Runner should take precedence in order to determine the better team.

3. A Team that participates in the NYSPHSAA State Meet and finishes as one of the top 5 teams in the Merged Results will automatically advance to the Federation Meet. If any of these five

teams fail to accept the advancement, the committee cannot automatically accept the 6th spot. (Maximum of 5 Teams can be selected after this Step).

4. The Winning Team from each Class at the NYSPHSAA State Meet will automatically advance to the Federation Meet if they finish between 6th or 10th place. If any of these teams fail to accept the advancement, the committee cannot offer the position to the second place team in that class. (Maximum of 9 Teams could be selected after this Step).
5. The Teams that are remaining from the NYSPHSAA State Meet that remaining in the merge should be re-ranked based upon the Teams Cumulative Time of their 1st through 5th Runner from the NYSPHSAA State Meet Results. Discussion (Maximum of five minutes) should take place regarding the fairness of this ranking and adjustments may be made. After discussion, a majority vote is taken to finalize the ranking of these teams. If a majority is reached from the committee the ranking is finalized. If a majority is not reached another five minutes of discussion is allowed. If a majority cannot be reached at this time, then the teams stay ranked based upon their cumulative time.
6. At-large bids are considered at this point. The remaining ranked teams from the NYSPHSAA State Meet are compared to the Top Teams from the At-Large Ranking that was voted on at Friday's meeting. Discussion is allowed for three minutes and a majority vote is then taken to determine which of the two teams advances to the Federation Meet. This process continues until 13 teams have been selected to the Federation Meet.
7. At this point, Section Coordinators are asked to remove any team from their respective section that is not deserving of one of the three final spots. Five minutes of discussion is allowed on the remaining teams and then a vote is initiated. Each Section votes for three teams and ranks them in order 1st, 2nd, 3rd. When tallying the votes, 1st Place Teams earn 5 points, 2nd place Teams earn 3 Points and 3rd place Teams earn 1 point. The three teams with the most points will advance to the Federation Meet. If there is a tie that prevents the advancement of a third team, then a majority vote is taken to break that tie.

Individual Selection Process

After all the teams have been removed from the merge of the NYSPHSAA State Meet the first 18 individuals will advance to the state meet. After these individuals are selected, each Section Coordinator selects two additional individuals from their respective section.

| | | | | | | | | | |
|-----------------------------------|--|------------------------|--|--------------------------------|--|------------------------------|---------------------------|--------------------------------|--|
| Name of Petitioning School | | Gender | | Class | | Current State Ranking | Weather Conditions | | |
| Invitational and Date | | Course Distance | | Individual Winners Time | | # of Complete Teams | | Total Number of Runners | |

Teams Scores From Your Race

| Place | School | Score | Place | School | Score | Place | School | Score | Place | School | Score |
|-------|--------|-------|-------|--------|-------|-------|--------|-------|-------|--------|-------|
| 1 | | | 6 | | | 11 | | | 16 | | |
| 2 | | | 7 | | | 12 | | | 17 | | |
| 3 | | | 8 | | | 13 | | | 18 | | |
| 4 | | | 9 | | | 14 | | | 19 | | |
| 5 | | | 10 | | | 15 | | | 20 | | |

Aggregate Times And Averages From Top Schools In Your Race And All The Quality State Ranked Teams From Other Races.

| School: | | School: | | School: | | School: | | School: | | School: | |
|------------------------|------|------------------------|------|------------------------|------|------------------------|------|------------------------|------|------------------------|------|
| Race Number | | Race Number | | Race Number | | Race Number | | Race Number | | Race Number | |
| Runner | Time | Runner | Time | Runner | Time | Runner | Time | Runner | Time | Runner | Time |
| 1st Runner | | 1st Runner | | 1st Runner | | 1st Runner | | 1st Runner | | 1st Runner | |
| 2nd Runner | | 2nd Runner | | 2nd Runner | | 2nd Runner | | 2nd Runner | | 2nd Runner | |
| 3rd Runner | | 3rd Runner | | 3rd Runner | | 3rd Runner | | 3rd Runner | | 3rd Runner | |
| 4th Runner | | 4th Runner | | 4th Runner | | 4th Runner | | 4th Runner | | 4th Runner | |
| 5th Runner | | 5th Runner | | 5th Runner | | 5th Runner | | 5th Runner | | 5th Runner | |
| Cumulative Time | | Cumulative Time | | Cumulative Time | | Cumulative Time | | Cumulative Time | | Cumulative Time | |
| Average Time | | Average Time | | Average Time | | Average Time | | Average Time | | Average Time | |
| 6th Runner | | 6th Runner | | 6th Runner | | 6th Runner | | 6th Runner | | 6th Runner | |
| 7th Runner | | 7th Runner | | 7th Runner | | 7th Runner | | 7th Runner | | 7th Runner | |
| School: | | School: | | School: | | School: | | School: | | School: | |
| Race Number | | Race Number | | Race Number | | Race Number | | Race Number | | Race Number | |
| Runner | Time | Runner | Time | Runner | Time | Runner | Time | Runner | Time | Runner | Time |
| 1st Runner | | 1st Runner | | 1st Runner | | 1st Runner | | 1st Runner | | 1st Runner | |
| 2nd Runner | | 2nd Runner | | 2nd Runner | | 2nd Runner | | 2nd Runner | | 2nd Runner | |
| 3rd Runner | | 3rd Runner | | 3rd Runner | | 3rd Runner | | 3rd Runner | | 3rd Runner | |
| 4th Runner | | 4th Runner | | 4th Runner | | 4th Runner | | 4th Runner | | 4th Runner | |
| 5th Runner | | 5th Runner | | 5th Runner | | 5th Runner | | 5th Runner | | 5th Runner | |
| Cumulative Time | | Cumulative Time | | Cumulative Time | | Cumulative Time | | Cumulative Time | | Cumulative Time | |
| Average Time | | Average Time | | Average Time | | Average Time | | Average Time | | Average Time | |
| 6th Runner | | 6th Runner | | 6th Runner | | 6th Runner | | 6th Runner | | 6th Runner | |
| 7th Runner | | 7th Runner | | 7th Runner | | 7th Runner | | 7th Runner | | 7th Runner | |

Comments From The Coach That Support Your Performance In Comparison To Other State Ranked Teams Should Be Placed On The Back Of This Form.

