

2003

Monroe County Public School Athletic Association Boys' & Girls' Varsity & JV Cross-Country Schedule

Proposed January 16, 2003

Accepted January 16, 2003

Format: Special mathematical chart

First year of a two year divisional alignment.

Boys' Chairperson: Matt Tytler Irondequoit 234-6175 (work), 342-8311 (home)
Director Advisor: Dennis Fries Irondequoit 336-3006 (work)
Girls' Chairperson: Mike Szczepanik Hilton 392-1000 Ext. 2221 (work), 227-1388 (home)
Director Advisor: Denny Wilcox Hilton 392- 1000 Ext. 2135 (work)

Important Dates

First Practice: Monday, August 18, 2003
First Scrimmage: Friday, August 29, 2003
First Meet Allowed: Friday, August 29, 2003
First League Meet: Tuesday, September 9, 2003

Roster for County Meet Due: Monday, September 29, 2003 (email to mctytler@netacc.net)

Sectional Entry Due: **Check Section V Handbook**

Monroe County Coaches Invite: ^ Saturday, October 25, 2003 @ Mendon Ponds East
Sectional V Meet: # Saturday, November 1, 2003 @ Marcus Whitman HS
State Meet: Saturday, November 8, 2003 @ Marcus Whitman HS
Federation Meet: Saturday, November 15, 2003 @ Bowdin Park,
Poughkeepsie
Foot Locker: Saturday, November 29, 2003 @ Van Cortlandt Park, Bronx
Foot Locker Nationals ^ Saturday, December 13, 2003 @ San Diego, CA.

Invitational Dates:

Sat., Sept. 6, Byron-Bergen Invite
Sat., Sept. 6, Liverpool Invite (Sec. III)
Fri., Sept. 12, Whalen/Dansville Invite
Sat., Sept. 13, Fairport Classic
Sat., Sept. 13, Corning Hawks XC Classic (Sec. IV)
Saturday, September 20, Wildcat Invitational (site of Sectionals and States)
* Sat., Sept. 27, McQuaid Invitational
* Sat., Sept. 27, Tully Invitational (Sec. III)
Fri., Oct. 3, Irondequoit/Penfield Invite
Sat., Oct. 4, Baldwinsville Invitational (Sec. III)
Sat., Oct. 11, Seneca Park Invitational
Sat., Oct. 11, Geneseo Invitational
+ Sat., Oct. 18, Clarence Invitational

Meet Site and Contact Person

@ Byron-Bergen HS, Paul Thomas 585-494-1714
@ Long Branch Park, George Ball 315-622-4226
@ Stonybrook Park, Dave Stewart 585-728-2211
@ Center Park, Kathy Brown 585-421-2043
@ Corning CC, Lou Fiorillo 607-936-3788
@ Marcus Whitman HS, Dale Ladd 315-462-9057
@ Genesee Valley Park, Pete Glavin 585-256-6132
@ Tully, NY, Jim Paccia 315-636-8633
@ Harris Whalen Park, R. Manuszak 585-266-0713
@ Baldwinsville HS, Jim Goulet 315-638-2470
@ Seneca Park, Dave George 585-594-1315
@ Geneseo, NY, Mike Garger 716-346-3095
@ Akron Falls Park, John Hunt 716-741-9218

* Rosh Hashanah

SAT Testing Dates: 10/11/03, 11/01/03, 12/06/03

+ PSAT Testing Dates: 10/18/03

^ ACT Testing Dates: 10/25/03, 12/13/03

Monroe County Cross-Country League Divisions

<i>Division I</i>	<i>Division II</i>	<i>Division III</i>
1. Fairport	1. Irondequoit	1. Brighton
2. Rush Henrietta	2. Greece Athena	2. East Irondequoit
3. Gates Chili	3. Spencerport	3. Pittsford Mendon
4. Penfield	4. Webster Schroeder	4. Pittsford Sutherland
5. Brockport	5. Webster Thomas	5. Batavia
6. Churchville Chili	6. Greece Arcadia	6. Greece Odyssey
7. Hilton	7. Greece Olympia	7. East Rochester

Varsity and JV Monroe County League Schedule

All league meets start at 4:30PM

Block #1,#2,#3 **Boys race first**
Block #4,#5,#6 **Girls race first**

*** Denotes the host team**

Location of the meet is in italics

Tuesday, September 9th Block #1 **Boys race first**

<i>Black Creek</i>	<i>Northampton</i>	<i>Mendon East</i>	<i>Webster Park</i>
Batavia	*Brockport	Gates Chili	Brighton
Odyssey	Arcadia	East Rochester	*Irondequoit
*Churchville Chili	East Irondequoit	Thomas	Olympia
Schroeder	Sutherland	*Rush Henrietta	Mendon
Spencerport	Athena	Penfield	Fairport
Hilton			

Tuesday, September 16th Block # 2 **Boys race first**

<i>Mendon West</i>	<i>Seneca Park</i>	<i>Mendon East</i>	<i>Harris Whalen</i>	<i>Center Park</i>
*Brighton	Gates Chili	Brockport	*East Rochester	Churchville Chili
Batavia	Arcadia	Schroeder	Spencerport	Rush Henrietta
Odyssey	*Irondequoit	*Mendon	Olympia	*Fairport
East Irondequoit	Hilton	Penfield	Athena	Sutherland
Thomas				

Tuesday, September 23rd Block # 3 **Boys race first**

<i>English Road</i>	<i>Mendon West</i>	<i>Mendon East</i>	<i>Seneca Park</i>	<i>Northampton</i>
Brighton	Schroeder	*East Irondequoit	Gates Chili	Arcadia
Brockport	Olympia	East Rochester	Mendon	Fairport
Rush Henrietta	Thomas	Churchville Chili	Athena	*Spencerport
*Hilton	*Sutherland	Irondequoit	Batavia	Penfield
			*Odyssey	

Tuesday, September 30th Block # 4 **Girls race first**

<i>English Road</i>	<i>Black Creek</i>	<i>Mendon East</i>	<i>Mendon West</i>	<i>Webster Park</i>
*Olympia	*Batavia	Brighton	Athena	Churchville Chili
Hilton	Odyssey	Gates Chili	*Schroeder	Arcadia
East Irondequoit	Brockport	*Sutherland	Irondequoit	Mendon
Penfield	Fairport	Spencerport	Rush Henrietta	*Thomas
	East Rochester			

Tuesday, October 7th Block # 5 **Girls race first**

<i>Center Park</i>	<i>Black Creek</i>	<i>Mendon East</i>	<i>Seneca Park</i>	<i>Harris Whalen</i>
Irondequoit	Schroeder	Batavia	*East Rochester	*Brighton
Brockport	*Gates Chili	Rush Henrietta	Hilton	Churchville Chili
Spencerport	East Irondequoit	Odyssey	Mendon	Athena
*Thomas	Fairport	*Arcadia	Sutherland	Penfield
		Olympia		

Tuesday, October 14th Block # 6 **Girls race first**

<i>Webster Park</i>	<i>Center Park</i>	<i>Mendon East</i>	<i>Northampton</i>	<i>English Road</i>
Brighton	Rush Henrietta	Hilton	Batavia *	Brockport
East Rochester	Spencerport	Athena *	Odyssey	Churchville Chili
Arcadia	East Irondequoit	Fairport	Irondequoit	Gates Chili
Schroeder *	Mendon *	Thomas	Sutherland	Olympia *
			Penfield	

Saturday, October 25th

Monroe County Coaches' Invitational @ Mendon Ponds Park East

Coaches Meeting @ 12:00 pm

Racing starts @ 12:30 pm

ACT test date

All County Selection Race

Saturday, November 1st

Sectionals @ Marcus Whitman H. S.

SAT test date

Saturday, November 8th

State Meet @ Marcus Whitman H. S.

Saturday, November 15th

Federation Meet @ Bowdoin Park, Poughkeepsie

Saturday, November 29th

Foot Locker Regional Meet @ Van Cortland Park, Bronx

Cross-Country Scheduling Process

Schools are assigned number (1-20) by random draw.(If 21 teams, two schools shall share the same schedule, and only score against each other in their first meet of the season.)

Schedule is created by using a Plug in Chart (Team scheduling grid).

Schedule is first adjusted to make sure Block # 1 does not have any meets with great divisional championship significance. Schools are reassigned numbers, and then teams are “plugged” in to the remaining Blocks(2-6).

Meet sites are determined by a random draw, except meet # 3 in each block, which is assigned to Mendon East. This insures that every team will run on the County Coaches' Invite course at least once. This is necessary due to the Coaches' Invite determining All County status.

A table of meet sites is made to determine if any teams are at a single site 3 or 4 times. If so, rearrange as best as possible to try to get all teams at no site more than twice, or at least the fewest schools possible having 3 meets at a single site.

Assign Host School duties. Every team,(except “Good Scout” provider), must host 1 meet, and no more than 2 meets.

- Take geography into consideration as much as possible.

- Try not to assign schools host duties if the meet has Divisional significance. (This can not always be done!)

Web Sites of Interest

www.schedulesonline.org (for the most up-to-date schedules)

www.sectionv.org (sectional info)

www.mcpsaa.org (league info)

www.nysphsaa.org (state info)

www.armorytrack.com (all kinds of info)

Coaches Handbook

Monroe County Cross-Country League

INTRODUCTION

This handbook has been developed to standardize procedures at meets. Cross-Country has always had the reputation of being a sport with few conflicts or problems. Our intention is to maintain that reputation through a coordinated approach in running our meets. It is the **responsibility of the host schools to organize and run their designated meets**. The use of assistants and/or managers will help to run meets smoothly and efficiently (advanced planning will have a positive impact on running your meet). If problems arise, coaches should contact the primary host coach immediately. If the problems continue (poor organization, scoring, starting, rule enforcement, etc.), or are not handled according to this handbook, coaches should contact their chairperson for further action.

During the season, each school is responsible for hosting a least one league meet with the exception of the school that volunteers to produce the “*Good Scout*”. The season schedule will denote the host school for each meet with an *. Responsibilities of the host school are outlined below:

A. ENFORCEMENT OF RULES

1. It is the responsibility of the host school’s coach to enforce all the rules of Cross-Country as laid out in the State and Federation Rulebooks. Rules are listed in Appendix 4 of the handbook. Rules that seem to cause the most problems are listed below:

- a. Section 6, Articles 1-5 deal with disqualification.
- b. Uncalled for roughness of any kind shall lead to disqualification of the runner(s) concerned.
- c. Any language that is abusive or obscene shall call for disqualification of the runner(s) who use such language.
- d. It is the responsibility of the coach to inform his/her athletes of proper etiquette and sportsmanship.

* All infractions of rules must be observed by a coach, official or admitted to by a runner when confronted with the issue.

** An athlete disqualified for un-sportsmanlike conduct must have his/her school file a report concerning that incident with Section V.

B. STARTING TIMES AND ORDER OF RACES

1. In general, starting times for all meets shall be 4:30 PM. However, whenever possible, a team should be given sufficient time (a minimum of 20 minutes) to warm up.

2. If a team has not arrived by 4:30 PM, wait 15 more minutes, then start the races.

3. The order of races is as follows:

- a. Varsity and JV Boys
- b. Modified
- c. Varsity and JV Girls

At mid season, the Varsity Girls and Boys races will reverse. If a varsity team has not arrived by 4:45, start the modified race, then run the varsity races in their proper order.

4. Meet level designation

a. All seven varsity runners (the first 7 scoring, and any additional runners (excluding JV’s) up to a total of 18 may run in the varsity race. **All seniors must run in the Varsity race**. All runners beyond the top seven are displaced in scoring.

b. The JV team will be composed of all 9th, 10th, and 11th graders who have not made the varsity top seven. **Two chutes will be provided** and the **right hand chute** (from the point of view of the incoming runners) will **always be the VARSITY chute, AND IT WILL BE MARKED “A”**. When an athlete enters a chute, he or she will be recorded as a finisher in that race.

If coaches wish to avoid using two chutes and still run a JV competition the following protocol could be followed:

- 1. Coaches submit a JV roster to the officials prior to the meet. These names are irretreable after the meet starts*
- 2. During scoring, these names can be marked on the time sheet. When scoring Varsity, these runners will not be counted in scoring.*
- 3. The JV can be scored on a separate sheet. This may be handled by the officials, the coach setting up the course, or any coach involved in the competition.*

C. UNIFORMS

1. Each member of each team is required to wear a team uniform in competition.
2. **Rule for the need of identical equipment worn under the uniform is waived for league meets.**

D. COURSES

1. See attached course maps (appendix 1). These are updated.
2. Primary and secondary host coaches are responsible for sufficiently marking the course and explaining the markings to all runners and coaches sometime before the start of the race. (See Federation Rules, APPENDIX 4, for proper marking.)
3. All coaches should agree upon any course changes, alterations (due to weather, repairs, etc.) before the start of the race. Any alterations must be reported to the league recorder, "Good Scout".
4. Course sites
 - a. There are alternate course sites in case of poor conditions. The county chairpersons are responsible for contacting all coaches, schools, athletic directors, and assignor of officials concerning a site change due to site problems. All coaches must receive ONE week notice of change. In case of emergency situations such as flooding, fallen trees, etc., a 24 hour notice will be sufficient. After that deadline, the meet will to be postponed. In the event that two meets must be scheduled at one site due to emergency conditions, the ORDER OF EVENTS must be agreed upon by ALL parties involved.

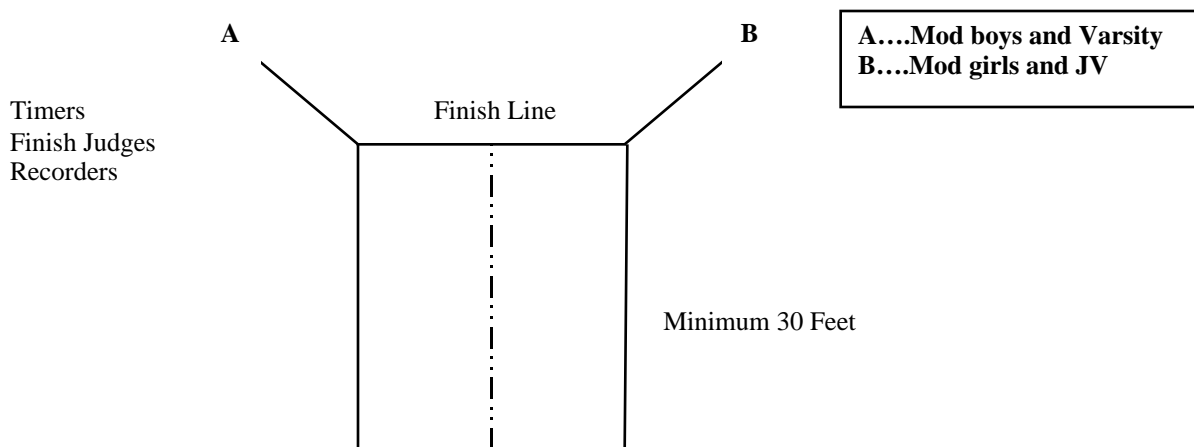
E. STARTING LINE PROCEDURES

1. ORDER ON THE LINE
 - a. Runners will line up by teams with the order determined by PICK OF THE DRAW (numbers, straws, etc.) The first **five** runners of each team will take a place on the line, with the remaining runners behind them. JV's will be on the outside of the starting line: Varsity on the inside. **this will be determined by the direction of the first turn in the course.**
2. STARTING COMMAND PROCEDURE
 - a. The command shall be "ON YOUR MARKS". When all competitors are steady, the pistol shall be fired. For an unfair start, the starter or assistant shall recall the runners by firing the pistol. **If a runner falls during the first 100 meters due to contact with another runner, the race shall be recalled by firing the pistol.** (Federation –Rule 9 –3-3)
3. OTHER RESPONSIBILITIES
 - a. It is the responsibility of the host school to provide the AED at the start/finish area
 - b. Primary host coach will give adequate warning of the start of each race (first call 10 minutes, second call 5 minutes before the race). They will call runners to the line and answer any questions about the course. They will direct line-up order, explain finish procedures(cards, chutes) and check to see that the timers are ready. There must be at **least three timers.**
 - c. It is the host school responsibility to provide vouchers for officials.
4. OFFICIATING
 - a. The host school may use certified officials in lieu of the host coaches running the meet. To get officials, contact **Rick Smith at 352-6505 (h) 477-1228 (w).**

F. FINISH LINE PROCEDURES

1. Chutes

a. Provide a sufficient area BEFORE the actual finish line. Continue the chute approximately 30 feet BEFORE distributing the finish cards. **Any change in the A/B/ chute system must be by unanimous agreement of the coaches involved at the meet site.** See chute diagram below:



A= Mod boys and Varsity B+ Mod girls and JV Finish Line 30 feet (at least) Timers Finish Judges
Recorders

2. Cards

a. Cards must be easily identified as to each race. **Use color codes for Varsity Boys, Varsity Girls, JV Boys, JV Girls, Modified Boys, and Modified Girls.**

b. Have enough cards to handle the maximum number of runners in the race (72 for 4 schools, 90 for 5 schools). Have extra cards available just in case. Coaches should turn in their cards to the host coach within 10 minutes of the races conclusion. USE RESPONSIBLE INDIVIDUALS to hand out cards, process runners through the chute and to score the races. The ultimate responsibility for the race's operation is the host school coach.

3. Timing

A time should be recorded for each finisher for each race. **There must be 3 watches operating for each race.**

G. SCORE SHEETS

1. All coaches will use the OFFICIAL CROSS-COUNTRY SCORE SHEET format, available at the coaches' pre-season meeting. Sheets should be scored as soon as possible after each race (preferably before the finish of each succeeding race). The host coach is responsible for distributing results to all coaches as soon as possible before the schools leave. Sample score sheets are in Appendix 2.

H. TEAM SCORING PROCEDURE (DUAL MEET SCORING FOR ALL LEAGUE MEETS)

1. Copy from the 1999 Rule Book (page 59)

Art 1. Scoring shall be as shown in the following table:

Place	1 st	2 nd	3 rd	4 th	5 th	6 th
Points	1	2	3	4	5	6

Art. 2. All competitors who finish the race shall be ranked and tallied in accordance with the above table. The team score shall then be determined by totaling the points scored by the first five finishers of each team. The team which scores the fewest number of points is the winner.

Art. 3. If fewer than 5 competitors of a team finish, the places of all members of that team shall be disregarded and the team scores re-ranked. Dual meet score is 15-50.

Art. 4. Ties in team scoring shall be resolved by comparing the 6th place finishers from the tying teams. The team with the best 6th place finisher shall prevail. If one team does not have a 6th place finisher, the team with the 6th place finisher shall prevail.

Art 5. If only five competitors of tying teams finish, the team scoring shall be resolved by totaling the scores of the first four finishers.

2. Displacement

Displacement must be computed before a final score is determined. Refer to sample sheet (Appendix 2). Note that on each team, runners 8-18 are not figured in the scoring and the other teams' 1st through 7th runners places are adjusted accordingly. Displacement is figured because although 18 runners may compete, only the first 7 on each team count overall.

3. Protests/Appeals

PROTEST

Either coach may protest a meet at any point in the meet. The protesting coach must notify the opposing coach and have all officials indicate, in writing, in all score books, at the point of infraction.

The protesting coach, with written verification from his/her Athletic Director must write a complete explanation of the protest (including the rule violated). The written protest must be received by the Sports Chairperson, by delivery or certified mail, within 48 hours from the time of protest.

Copies of the verified, written explanation of the protest must be received by protest: Opposing school/schools Coaches

Opposing school/schools Boys Coordinator

Opposing school/schools Girls Coordinator

Opposing school/schools Athletic Director

The decision and disposition of the protest will be rendered, in writing, by the Chairperson within 72 hours upon receipt of written protest. The Chairperson must get written statements from the opposing coach and all officials prior to reaching a decision.

The written decision, must be received by the protesting Coach/Athletic Director, by delivery or certified mail, within the stated 72 hours from the Chairperson.

Copies of the decision must be received, by delivery or certified mail within the stated 72 hours from the Chairperson, by those listed in #3 above.

Any situation not covered in this procedure should follow the procedure for an appeal. (see below)

APPEAL

The written appeal must be received, within 48 hours upon receipt of the Chairperson's decision, by delivery or certified mail, by the following:

Opposing school/schools Coaches

Opposing school/schools Athletic Director

Opposing school/schools Executive Secretary/President

The Executive committee will act on the appeal and render a decision as soon as possible.

Copies of appeal and subsequent decision must be received within 72 hours of the decision being rendered in committee, and delivered as stated above, by the same. (listed #1

Note:

All protests must be confined to MCPSAA Inter-Scholastic Varsity contest.

If the above time frame is not adhered to, protest will not be addressed.

Saturdays, Sundays, Holidays, snow days, and school vacation days are exempt in the above stated time restrictions.

In the absence of the Athletic Director the protest must be signed by the respective building principal.

I. REPORTING RESULTS

1. Host coach is responsible for reporting meet results for the boys and girls teams to the Democrat & Chronicle as soon as possible after the meet. The number is 258-2400

2. **The host coach will also report to the league recorder “Good Scout” by 10: 00 PM meet day. Place phone calls to Dave Hennessey at 334-6323 between 8:00PM and 10:00 PM . Results can also be emailed to: dhennes@rochester.rr.com but must be in by the 10:00 PM meet day deadline.**

J. SPORTS STANDARDS FOR INTERSCHOOL COMPETITION

1. Number of practices prior to 1st scrimmage (Team 10, Individual 8)
2. **Number of practices prior to 1st contest (Team 10, Individual 10)**
3. Team and individual number of contests is 18.
4. Minimum time between contests is 2 nights.
5. Individual limitations per day – 5,000 meters or 3.1 miles.
6. To enter and run in a sanctioned meet, a runner must have met the minimum standard of practices needed to participate in the contest. (MCPSAA minutes, September 29, 1998)
7. Practices may only count when they meet the handbook description of a practice (NYSPHSAA Handbook p. 66: 23.a)

K. CROSS-COUNTRY COACHES’ ETIQUETTE

1. All coaches should provide a model of good behavior for their athletes and should exemplify good professional conduct. Any departure from good professional conduct could result in a letter from the County Chairperson to the athletic director and coach. Follow the proper League Protest Procedure.
2. It is the responsibility of the host school to “properly run” all meets assigned. These obligations include starting and scoring as well as marking the course, providing traffic safety on courses where runners cross roads, and making sure that the course is cleaned up before the teams depart. It is expected that Non-hosting schools will offer assistance.

L. ALL-LEAGUE SELECTION

1. A runner must compete in two-thirds of the league schedule (4 league meets) to be considered All County. **Coaches must notify the County Chairperson with the name of any athlete that does not have the 4 required league meets and will be completing in the Monroe County Coaches Invitational Varsity Race.**
2. The first 28 finishers at the Monroe County Coaches Invitational Varsity Race will be named to the “First Team” All County Cross-Country Team (certificate and patch).
3. The next 28 finishers at the Monroe County Coaches Invitational Varsity Race, will be named to the “2nd Team” All County (certificate only).

M. COUNTY CHAIRPERSONS

1. Limit term to 3 years (No Consecutive terms).
2. Duties of chairpersons include:
 - Prepare schedule
 - represent league to AD’s and sectional XC Committee
 - organize and run County Coaches’ Invitational
 - hear and decide protests
 - conduct pre and post season meetings and provide minutes of meetings
 - assume other responsibilities as outlined in chairman’s handbook
3. Election of Chairpersons
At the pre-season meeting during the final year (3rd year) of the current tenure. These newly elected chairpersons will work in conjunction with the present chairpersons for one season in order to facilitate a smooth transition.

N. POST SEASON COMPETITION

1. An athlete must compete in **six (6) SANCTIONED MEETS IN ORDER TO COMPETE AT SECTIONALS OR STATES.**

2. If an athlete does not have six meets, a letter of appeal must be submitted for that athlete, explaining why that athlete has not competed in six meets. If it is for sickness or injury, medical documentation is needed.

3. The coach must submit his/her entries for the Sectionals by the due date. Usually, this is the Wednesday or Thursday prior to the County Championships. All signatures are required. Please follow the directions in the Section V Handbook, as failure to do so may result in your team being barred from the Sectional Championships.

4. **7 athletes** from the roster of 10 may compete in the Sectional Championship race.

5. The winning team in each class, and the first five individual finishers not on the winning team will advance to the NYSPHSAA Championships. In Class DD and D, only one team will advance and the top 5 individuals overall.

O. HANDBOOK VALIDITY

1. Each season shall be governed by those rules and policies adopted at the post season meeting of the previous season and the pre-season meeting of the current season. In **NO** case shall rules or policies be added, amended or suspended at the post season meeting and applied to the season just completed.