

**NEW YORK STATE FEDERATION SECONDARY SCHOOL
ATHLETIC ASSOCIATION
AIS CHSAA PHSAA PSAL**

Boys & Girls Cross Country Committee: Bob Baratta-Chairman AIS-George Calano
 NYSPHSAA-Chuck Wiltse, Marbry Gansle PSAL-Dwayne Burnett CHSAA-Louis Vasquez

**CROSS COUNTRY CHAMPIONSHIPS, SATURDAY NOVEMBER 21, 2009,
 Bowdoin Park, Wappinger Falls, NY. GIRLS RACE 12:15 PM BOYS RACE 1:00
 PM**

HOSTED BY: The Federation Committee, Bowdoin Park, Dutchess County Parks, and
 Officials, and volunteer student- athletes and adult groups from each league.
 MEET DIRECTOR: BOB BARATTA JURY OF APPEALS:FEDERATION
 CROSS-COUNTRY COMMITTEE. REFEREE: TOM MC TAGGERT
 SITE COORDINATORS; Steve Arnett, Terry Horton,

Entries are limited to qualifiers through their association championships, approved by
 their association chairperson and meet the Federation qualifying criteria and quotas.

QUOTAS	TEAMS	AT- LARGE TEAMS	INDIVIDUALS
NYSPHSAA	9	7	40
CHSAA UPSTATE	1*		3
CHSAA	3*	3*	12
PSAL	3*		12
AIS	1*		3
TOTALS	17	10	70

***Four starred groups eligible for the three at-large bids. Fed Chair is final selector.**

COURSE: 5000m, VARIED TERRAIN AND SURFACES, SUITABLE FOR SPIKES ..
 EXCELLENT SPECTATOR COURSE, WITH A FAIR START AND FINISH.

AWARDS: plaques and medals to first five teams. Forty individual medals. Awards
 ceremony shortly after both races. Results and pictures on MileSplits, Track, Metro
 Dyestat, NYSPHSAA , Tully Runners, & Leone Timing websites.

**WE ARE USING CHIP TIMING, RESULTS, AND SCORING BY LEONE TIMING.
 COACHES AND ATHLETES MUST COMPLY WITH PROCEDURES THAT MUST BE
 ACCURATELY FOLLOWED BEFORE AND AFTER THE RACES.**

**ENTRY FEES:TEAMS-\$75, INDIVIDUALS-\$15. ALL FEES MUST BE PAID BEFORE ATHLETES
 CAN COMPETE. CHECK, CASH, MONEY ORDER. NO VOUCHERS OR PURCHASE ORDERS.
CHECKS PAYABLE TO NYS FEDERATION XC. PAY AT PICKUP OF NUMBER & CHIP.**

ALL PSAL, CHSAA, AND AIS ENTRIES ARE SUBMITTED THROUGH THEIR LEAGUE
 CHAIRPERSONS. DO NOT FAX ENTRIES ON AN INDIVIDUAL SCHOOL BASIS. ALL
 NYSPHSAA ENTRIES FROM THE STATE MEET SHOULD NOT BE FAXED. AT- LARGE ENTRIES
 NOT COLLECTED AT THE STATE MEET MUST BE SENT TO – BOB BEER, FAX 631-345-9419,
OR E-MAILED TO BEERCOACH @AOL.COM. (text file or word file)

HOUSING: Meet Headquarters is the Holiday Inn Hotel and Conference center located
 just north of US 84 on Route 9. This hotel if a full service hotel, with a great rate and
 meal plans. It is 8 miles from the course. There are hotels and Malls along route 9.
 Schools should take advantage of the Headquarters hotel. We are planning a Friday night
 event and special meals Friday dinner and a runners breakfast Saturday morning.

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PARKING: Spectator parking will be on the grounds. An admission charge will be \$5 per car. Overflow cars could be placed at offsite areas. Team buses will be parked on the lower part of the park or at another site location. Athletes can be dropped off at the main entrance and must walk down to the start/finish area. A turn around at the top of the park will be utilized by team buses if necessary. Shuttle buses will run from off site parking sites. Heavy rain or wet grounds could change this plan. All vehicles must follow the directions of the parking crew.

SPECTATOR SPORTSMANSHIP: All spectators must respect the running lanes and the restraining lines setup at the start and finish area. The safety and needs of the athletes must be respected. We have opened up the course so spectators can see more-but if safety is a factor we will return to a more secure course. Avoid coming out to the middle of the field, between the river side and the finish straight path. This provides a clear view of the last 1000 meters.

NUMBER/CHIP PICKUP/INFORMATION: Packets are available on Friday at the course from 2:00PM until 4:00PM. It is unsafe-dark- around 4PM, so plan accordingly. Saturday pickup is from 9:30AM until 11:00 AM. Programs and souvenirs shirts will be sold, and a snack bar will be open on Saturday. For information, contact Bob Baratta; 516 449 1886 or Email [-Bobrun8@msn.com](mailto:Bobrun8@msn.com). Packet pickup,. Tees for sale, etc could be available Friday Evening at the Holiday Inn. Will be announced.

THE FOLLOWING PROCEDURES WILL BE NECESSARY WITH THE USE OF THE CHIP TIMING SYSTEM:

- ❖ All athletes will receive a bib number, hip numbers- left and right hip, and two chips. The chips must be securely attached to each running shoe. Make sure the chip number matches the competitors bib number. Bib Numbers will be worn on the front, on the running jersey. Hip numbers will also be worn on each side..
- ❖ The numbers for all athletes run consecutively. Numbers 1 to 299 will be for girls, and from 301 to 600 for boys.
- ❖ The primary timing system will be a combination of the chip system and a FinishLynx photo-finish system. FinishLynx will be used to break close finishes. We will not chute the runners – BUT RUNNERS MUST BE COACHED TO CONTINUE RUNNING PAST THE TWO MATS AT THE FINISH, AND GET OUT OF THE MIDDLE OF THE FINISH AREA. WE CANT HAVE A BACKUP AT THE MAT/FINISH AREA. .
- ❖ The finish area will be fenced off and a chip-crew will collect the chips from each runner before they leave the area. This is very important because we must pay for lost chips. This can be done quickly if all athletes and coaches are aware that they must help make this efficient.
- ❖ It is important to coach runners to cross the finish line and get out of the way, off to the sides and to the back as quickly as possible. We will provide assistance.
- ❖ The finish Lynx system is a great backup, and we also have a video backup.

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COURSE HOURS: Friday the course is open from 1:00 PM until dark. Do not plan on staying after 4 PM. All information is available at the Amphi-theater
Saturday, the course opens at 9:00 AM. And all services will be available.

The local Fire Department has a full service snack bar with breakfast and lunch items on sale. This is located just south of the pickup/awards area. Tee shirts will be on sale in the general area. They usually sell out by the end of the meet. Programs are on sale in several areas of the park. The program and pickup area has post positions, course maps, other information posted.

Opening ceremonies will start at 11:45 AM. Followed by a call to the starting line for the girls race at 12:15 PM. Boys races should report to the starting line after all girls have finished their race.

Award ceremonies will follow the completion of the boys race at the outdoor theater.

Program ad forms are available on Mile Splits, Metro Dyestat, Tully, and other internet sites. All monies from program ads and sales are put back into the meet. We have upgraded the meet every year and your continued support is very important. Increased costs for shuttle buses, Porta-Johns, and meet administration are somewhat offset by supporting the food and shirt vendors, and the purchase of programs by athletes, coaches, and spectators.

Also, coaches are reminded to provide all information on the entry page. Coaches are also asked to inform their spectators of the parking procedures, spectator areas and sportsmanship responsibilities. This highly competitive and important race requires the cooperation of everyone. Team tents are permitted in designated areas!

We provide medical coverage including ambulances, EMTs, and AEDs on Saturday only !

We appreciate the support of student-athletes, coaches, spectators, and especially the parents. Every athlete who competes in this event has made a significant achievement. Each participant receives a certificate from the NYS Federation.