

SECTION V
NEW YORK STATE PUBLIC HIGH SCHOOL
ATHLETIC ASSOCIATION

To: Section V Cross Country Coaches:

From: Dale Ladd and Bob Goodell Sec V Cross Country Coordinators

Ref: Information pertaining to the 2009 Section V Cross Country Championships

(PLEASE READ CAREFULLY!)

1. **Date:** Saturday November 7, 2009@ 10:30 am
2. **Meet Site:** Genesee Community College, Batavia N.Y.
3. **Order of Races:**

10:30	Boys Class C
11:00	Boys Class DD/D
11:30	Girls Class C
12:00	Girls Class DD/D
1:00	Boys Class AA
1:30	Boys Class A
2:00	Boys Class B
2:30	Girls Class AA
3:00	Girls Class A
3:30	Girls Class B

4. **Awards:** There will be two awards Ceremonies:

12:30	Boys and Girls Classes C,DD,D
4:00	Boys and Girls Classes AA,A,B

These Times are Approximate! As soon as we have results we will start, we will not start before the scheduled time.

5. **Classifications:** all classification are current and approved 9/1/09
6. **Course:** challenging 5000 meters mostly on grass with rolling hills. (See enclosed Map)

Spikes Recommended!

7. **Entries:** Enclosed you will find a Boys and Girls entry form. PLEASE READ VERY CAREFULLY! FILL OUT AND RETURN BY THE DUE DATE. LATE ENTRIES WILL NOT BE ACCEPTED.

The 10 runners you list on your entry will be entered on a database. Entries are DUE Wednesday OCTOBER 28 AT 12:00 NOON. YOU MAY MAKE CHANGES IN YOUR ENTRIES UP TO THURSDAY November 5, AT 12:00 NOON.

ALL ENTRIES SHOULD BE SENT TO: **BOB GOODELL/XC COORDINATOR
901 YELLOW MILLS RD. SHORTSVILLE N.Y.14548 OR FAX 585-742-7057.
ANY QUESTIONS RELATED TO ENTRIES CALL 585-289-3142 after 7:00pm.
Confirmation of your entry will be e-mailed.**

Remember, you can run any 7 runners of the 10 you have entered. Make sure that all entries have met handbook guidelines. All Requests for waiver of Section V entry guidelines must be sent with entries. All requests must be submitted by the schools AD or Chief school officer. All requests must have documentation to support the request.

8. **Scoring:** Team scoring will follow NFTF/XC rules on championship scoring. All individual and incomplete teams will be taken out. All team scores and individual results will be posted ASAP. All team and individual finish cards should be turn in to backup our computer scoring system.

9. **Race packets:** Each team may pick up their race packet in the main lobby anytime after 9:00 am.

A. Course Map

B. Team Score Card

C Starting line position (#1 closest to the finish line)

D. Pins and Numbers and blank pull tags (please print with pen) Pin numbers on Front!

C. Numbers assignments are critical make sure each runner has the correct number.

10. **Awards:** All awards will be presented at the Ceremonies in the Gym. 12:30pm Classes C, DD, D and at 4:00pm for classes AA, A, B.

-1 TEAM TROPHY TO THE WINNER OF EACH CLASS

-7 WHITE PATCHES TO TEAM WINNER

-1 BLUE CHAMPIONSHIP PATCH TO INDIVIDUAL WINNER

-9 BLUE/WHITE PATCHES TO PLACES 2-10 INDIVIDUALS

-“COACH OF THE YEAR” PLAQUES TO EACH WINNING COACH

-ALL STATE QUALIFIERS :(OVER ALL WINNING TEAMS IN EACH

CLASS AND THE OVER ALL TOP 5 IN EACH CLASS) WILL HAVE THEIR PICTURE TAKEN FOR THE NYSPHSAA X-C CHAMPIONSHIPS PROGRAM.

11. **NYSPHSAA QUALIFIERS**: Information for this Meet will be handed out at the picture. All forms must be filled out properly before you can run in the NYSPHSAA championship meet.
12. **NYS FEDERATION**: Coaches are responsible to fill out the form on line to enter their team or individual into the meet. (See Federation Info on this website) You must fill out the federation information sheet and return to Dale or Bob by November 11, 2009 to be considered for entry into the meet.
13. Coaches are asked to help keep teams and spectators off the course during the races.
14. A Concessions Stand will be open all day with souvenir shirts and programs on sale.
15. **DO NOT** COME TO THE COURSE before the day of the meet.
16. No dogs are allowed on the Genesee Community College Campus.
17. No Bikes are allowed on the course during the meet.
18. This is a championship meet; the uniform and jewelry rules will be enforced. No face paint, No head bands, No spikes inside the school. Coaches are expected to supervise their athletes.
19. ALL VEHICLES WILL BE CHARGED TO PARK ON CAMPUS.

NEW YORK STATE PUBLIC HIGH SCHOOL
ATHLETIC ASSOCIATION

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OFFICIAL ENTRY FORM
SECTION V BOYS AND GIRLS
2009 CROSS COUNTRY CHAMPIONSHIPS

at
Genesee Community College
SATURDAY, NOVEMBER 7, 2009
BOYS / GIRLS ENTRY (PLEASE CIRCLE)

NAME	GRADE	ASSIGNED RACE #
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____
9. _____	_____	_____
10. _____	_____	_____

This is to certify that the pupils named above are members of _____ High School and are eligible according to the constitution of the NYSPHSAA and the rules of the Section V Cross Country Game Committee, to participate in the championships to held at Genesee Community College Saturday November 7,2009.

Coaches signature

Principal or Chief School Officer Signature

Coaches Home phone

Athletic Director Signature

Coaches e-mail address: _____

School FAX#

Mail Entries to: **Bob Goodell / Cross Country Coord.**
901 Yellow Mills Rd Shortsville NY.
14548
Home Phone# 585-289-3142
Victor HS FAX# 585-742-7057

All Entries Close Wednesday October 28,2009 @ 12:00 Noon

Changes in entries may be made up to Thursday November 5, 2009@12:00 Noon

NO LATE ENTRIES WILL BE ACCEPTED!!!!

LEAGUE CHAIRPERSONS ARE RESPONSIBLE TO SEE ALL SCHOOLS
THEY REPRESENT HAVE RECEIVED THIS INFORMATION.