



Cross Country
Handbook
2024

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Section 3- Classifications

Class A

3	THOMAS R PROCTOR	2006
3	CICERO-NORTH SYRACUSE	1815
3	LIVERPOOL	1575
3	CHARLES W BAKER (Baldwinsville)	1295
3	ROME FREE ACADEMY	1133
3	FAYETTEVILLE-MANLIUS	1091
3	HENNINGER	1055
3	WEST GENESEE	1041
3	AUBURN	954
3	CORCORAN	929
3	PUBLIC SERVICE LEADERSHIP ACA-FOWLER	900
3	EAST SYRACUSE MINOA	894
3	WATERTOWN	890
3	NOTTINGHAM	867
3	PAUL V MOORE (Central Square)	840

Class B

3	OSWEGO	788
3	WHITESBORO	738
3	G RAY BODLEY (Fulton)	701
3	CARTHAGE	630
3	INDIAN RIVER	627
3	JAMESVILLE-DEWITT	615
3	NEW HARTFORD	603
3	CAMDEN	516
3	CORTLAND	515
3	CENTRAL VALLEY ACADEMY	491
3	CHITTENANGO	474
3	VERNON-VERONA-SHERRILL	459
3	HOMER	458

Class C

3	SOUTH JEFFERSON	431
3	MEXICO	419
3	INSTITUTE OF TECH-SYRACUSE CENTRAL	414
3	ONEIDA	413
3	WESTHILL	398
3	CHRISTIAN BROTHERS ACADEMY	395
3	JOHN C BIRDLEBOUGH (Phoenix)	368

3	CAZENOVIA	365
3	GENERAL BROWN	362
3	SOLVAY	347
3	MARCELLUS	333
3	HOLLAND PATENT	324
3	SKANEATELES	321
3	CANASTOTA	305
3	ADIRONDACK	287
3	SHERBURNE-EARLVILLE	282
3	LOWVILLE	273
3	LITTLE FALLS	272
3	CLINTON	266
3	JORDAN-ELBRIDGE	260

Class D

3	SYRACUSE ACADEMY OF SCIENCE CS	254
3	HANNIBAL	251
3	HERKIMER	248
3	MT MARKHAM	246
3	Port Byron/ Union Springs	244
3	ALTMAR-PARISH-WILLIAMSTOWN	237
3	Westmoreland / Oriskany	230
3	PULASKI	225
3	JAMES A GREEN (Dolgeville)	215
3	FRANKFORT-SCHUYLER CENTRAL	212
3	CATO-MERIDIAN	207
3	SAUQUOIT VALLEY	207
3	UTICA ACADEMY OF SCIENCE CS	207
3	SOUTH LEWIS	198
3	THOUSAND ISLANDS	198
3	COOPERSTOWN	197
3	WEEDSPORT	192
3	BEAVER RIVER	191
3	ONTECH CHARTER	182
3	TULLY	173
3	SANDY CREEK	168
3	WATERVILLE	168
3	ONONDAGA	165
3	WEST CANADA VALLEY	164
3	LA FAYETTE	161

3	BISHOP GRIMES	153
3	MORRISVILLE	150
3	BISHOP LUDDEN	149
3	FABIUS-POMPEY	149
3	CINCINNATUS	146
3	ALEXANDRIA CENTRAL	129
3	HAMILTON	128
3	Remsen / Old Forge	128
3	POLAND	126
3	MCGRAW	125
3	NOTRE DAME (Utica)	123
3	LA FARGEVILLE	120
3	SACKETS HARBOR	110
3	BELLEVILLE HENDERSON	108
3	NY MILLS SCHOOL	108
3	MADISON	96
3	STOCKBRIDGE VALLEY	92
3	DERUYTER	89
3	COPENHAGEN	83
3	MANLIUS-PEBBLE HILL SCHOOL	83
3	LYME	81
3	IMMACULATE HEART CENTRAL	80
3	OTSELIC VALLEY	71
3	LIVING WORD ACADEMY	54
3	FAITH HERITAGE SCHOOL	51
3	BROOKFIELD	48
3	TYBURN ACADEMY OF MARY IMMACULATE	44
3	OWEN D YOUNG	42

2024 SECTION III LEAGUES AND SCHOOLS

<u>CENTER STATE CONFERENCE</u>		<u>FRONTIER</u>	<u>OHSL</u>
<u>Division I</u>		<u>Division 1</u>	<u>Liberty American</u>
Adirondack		Watertown	Homer
Canastota		Carthage	Chittenango
Clinton		Indian River	Westhill
Herkimer		South Jefferson	Mexico
Sherburne-Earlville		General Brown	CBA
Little Falls		<u>B Division II</u>	Cortland
<u>Division II</u>		Beaver River	<u>Liberty National</u>
Cooperstown		South Lewis	Phoenix
Dolgeville		Sandy Creek	Solvay
Sauquoit Valley		Thousand Islands	Skaneateles
Waterville			JE
Westmoreland			Cazenovia
Mount Markham			Marcellus
<u>Division III</u>			<u>Patriot American</u>
Hamilton			OCS
New York Mills			:Lafayette
Oriskany			Faith Heritage
Old Forge/ Remsen			Fabius
Poland			Tully
West Canada Valley			MPH
ODY/ Richfield Springs			Cincy
			DeRuyter

<u>Tri-Valley</u>	<u>SALT CITY ATHLETIC CONFERENCE</u>	<u>Patriot National</u>	
<u>Colonial</u>	<u>Metro</u>	Port Byron/ Union Springs	
Whitesboro	Auburn	Cato - Meridian	
Proctor	Baldwinsville	Weedsport	
Rome Free Academy	Cicero-North Syracuse	Bishop Grimes	
New Hartford	Fayetteville-Manlius	Pulaski	
	Henninger	Sas	
<u>Pioneer</u>	Liverpool	APW	
Notre Dame	West Genesee	Bishop Ludden	
Oneida		Hannibal	
Camden			
Central Valley	<u>Empire</u>		
VVS	Central Square		
Holland Patent	Corcoran	<u>INDEPENDENTS</u>	
	Nottingham	Living Word Academy	
	East Syracuse-Minoa	OnTech	
	Fulton		
	Jamesville -Dewitt		
	Oswego		
		<u>MODIFIED ONLY</u>	
		Lyncourt UFSD	
		St. Joseph School	

Information Rules of Conduct for Competition

- NFHS & NYSPHSAA Rules will be followed unless noted otherwise.

- 6 individual practices before first competition
- 16 meet maximum
- 2 nights rest between competitions
- Maximum distance 3.1 miles or 5000 meters
- Maximum of 2 meets per week (Monday- Sunday)

Advanced Placement -Move Up Date:

In order for a modified runner to participate in the sectional meet, they must have met the requirements of NY state advanced placement protocol. The athlete also has to move to varsity prior to having completed 50% of their competition season. The athlete must also **finish 6 competitions** before they can compete in the sectional meet. Modified meets count towards the 6 meets.

All-CNY

Selection for all CNY will be determined by Syracuse.com.

Reporting scores to the Post Standard:

results to hssports@syracuse.com

Out of state competition

Host schools with teams coming from out of state, must verify that they are sanctioned by their state.

Attending out of state meets- Meet must be sanctioned by NYS go to NYSPHSAA.org Sanctioning

Order of races

Boys will race first in dual meets followed by the girls.

Important Dates

Fall start date - Aug. 26th, 2024

Sectional Bids due - Dec. 14th, 2024

Sectionals - Nov. 9th, 2024 - Mt. Markham

States - Nov. 16th, 2023 - Queensbury

Post Season Meeting: November 19th,20 TBD@ 6:30pm
Federation/ NXR - Nov.23rd, 2024
Footlocker Regionals- Nov. 30th, 2024

Sectionals 2024

Site: Mt. Markham High school Saturday Nov. 9th, 2024

Entering:

Register at ny.milesplit.com. Each team can enter **up to** 10 runners. Failure to enter on time will eliminate your team from sectionals. Please do not enter your entire roster.

Eligibility: Team/ Individual Entries for Sectionals:

Each team may enter up to and no more than 10 runners in the sectional meet.

Individuals must have completed (finished) 6 varsity contests prior to the sectional race in order to be eligible for the meet.

Multi school meets, including double dual meets, count as 1 meet. If an athlete is injured and is not able to compete in 6 meets, they must receive a waiver from the Section III Office in order to compete at sectionals.

Awards: See time schedule

- 1) Awards to the winning team and individual race winner.
- 2) Awards will be given to each winning team if the class is split into divisions.

Parking:

Parking is free this year.

Ticketing (Admission Charge):

Ticketing will be done through Hometown Ticketing. It is a digital ticket system. Check the section 3 website for more information.

** No cash tickets will be available. Tickets will be taken at the gate as you enter the Mt. Markham stadium area.

State Meet Advancement:

The top team in each class (boys and girls), along with the top 5 individuals (boys and girls) from each class will advance to the state meet.

Sectional Race Times: 40 mins between girls races and 30 between boys races. This schedule will allow for some of the cars to clear out for parking and also will let schools leave earlier and show up later. **Daylight savings time will have started and it will be dark by 4:40PM.**

Race time

awards

Sectional order

9:30 Class A Boys

10:00 Class C Boys

10:30 Class A Girls

11:30 AM A boys & girls combined

11:10 Class C Girls

11:50 AM C boys & girls combined

12:00 - 1:30 Break

1:30 Class B Boys

2:00 Class D Boys

2:30 Class B Girl

3:30 PM B boys & girls combined

3:10 Class D Girls

4:00 PM D boys & girls combined

**The awards ceremony is scheduled to be held outside in the stadium. Mt. Markham will have an alternative plan in case of inclement weather.

Bids for 2025 Cross Country Sectional Meet:

If you would like to host the 2025 cross-country sectional meet you need to do the following:

1) Send a letter of intent to host the sectional meet, to Michelle Rauber, by Dec. 14th 2024. Download the Request to Host A Sectional Event from the Section 3 website. It is under the forms section. Fill out the form completely along with the budget page . Send this form to Michelle Rauber no later than **Dec. 14th , 2024**. You also need to include a parking plan for the event, which will accommodate 1000 cars.

Important change- If your site receives the bid for the sectional meet you can not change the course that was bid (in any way), unless you contact the section III coordinators for approval!! The course that won the bid will be the course that is run at sectionals!!

State Meet 2024

Queensbury High School

Queensbury NY

Date: Saturday November 16th, 2024

Race time

awards

10:00 Boys Varsity A Race.....Awards Ceremony 11:00 AM

10:30 Boys Varsity B Race.....Awards Ceremony 11:30 AM

11:00 Boys Varsity C Race..... Awards Ceremony 12:00 PM

11:30 Boys Varsity D Race..... Awards Ceremony 12:30 PM

BREAK

12:30 Girls Varsity A Race.....Awards Ceremony 1:30 PM

1:00 Girls Varsity B Race..... Awards Ceremony 2:00 PM

1:30 Girls Varsity C Race.....Awards Ceremony 2:30 PM

2:00 Girls Varsity D Race..... Awards Ceremony 3:00 PM

** Awards will be presented in the Blue Gym in the highschool.

Ticketing: NYSPHSAA Site to purchase individual tickets. Cross Country will now have paperless tickets like in track and field. No charge for parking.

Friday November 15th Course Previews – Preview begins at 12:30 and will end at dusk. Medical personal will then be on the course

Federation Meet/ NXR Qualifier

Date: Saturday November 23rd

Site: Bowdoin State Park, Wappingers Falls NY

Federation meet information

- 1) The only way to qualify for NIKE National meet is going to the Federation Meet.
- 2) Nike will use this meet to take the top 2 teams automatically and top 5 individuals.
- 3) Teams & individuals will still go through their schools for payment and they will race in school issued uniforms. It will not be any different looking then the normal Federation Meet.
- 4) Nike will host the boys and girls Federation Races, along with Open Races and the Northeast Championships.
- 5) Your resume is imperative to get teams into the federation meet. It is going to be extremely hard to get in without teams going outside the section or competing against teams who have a really good resume and get close or beat them. Just can't say we beat this team or we were close, time gaps, team comparison , ets.
- 6) If you think you have a shot at making nationals start thinking about it now and keep an ongoing list throughout the season.
- 7) If individuals that do not make the state meet but want a chance at 1 of our 2 at large bids, they need to let the coordinators know before the state meet starts. This will allow the coordinators to make a list of potential people who are not in the state meet.

** Any team or individual that does not make it to the Federation Meet has the opportunity to still run in the Nike Open Races. Entries will be made to Nike.

Modified Cross Country Information

- 1) 6 individual practices before an athlete can compete in a meet
- 2) Team & individual maximum number of contest - 10
- 3) Minimum number of nights before next contest is 2
- 4) Number of competitions per day is 1

Rules

- 1) Maximum distance is 1.5 miles for the first half of the season, then up to 2 miles.

- 2) Multi school contests/ tournaments/ championships - **Championships are prohibited, No Individual or sectional championship is allowed**, ribbons may be awarded to top individuals in races.
- 3) It is recommended that there be a minimum of 6 meets scheduled for Modified Cross country
- 4) If a modified runner moves to varsity they can not move back down to the modified level.

Mount Markham Facility Information Sectional Site 2024

Site Supervisor: Phil Keida, AD: – 315-822-2921 office, 315-737-3727

Host Coach: Dan Mosny 315-822-2900 (school), 315-749-8893

Location: High School - 545 Fairground Rd. West Winfield, NY 13491

Directions:

From Eastern Mohawk Valley – from Mohawk, take Rt. 28 north to Richfield Springs, take right onto Rt. 20 west 10 miles to West Winfield, at Mount Markham Middle School take right onto Fairground Rd., the High School driveway will be 400m on left.

From North (Utica/Rome) – from New Hartford, take Rt. 8 south to Bridgewater, take left onto Rt. 20 east 3 miles to West Winfield, at Mount Markham Middle School take left onto Fairground Rd., the High School driveway will be 400m on the left.

From West (Syracuse Area) – take Rt. 20 to West Winfield, at Mount Markham Middle School take left onto Fairground Rd., the High School driveway will be 400m on the left.

-Or-

Take Rt. 5 to New Hartford, take Rt. 8 south to Bridgewater, take left onto Rt. 20 east 3 miles to West Winfield, at Mount Markham Middle School take left onto Fairground Rd., the High School driveway will be 400m on the left.

Team Drop Off/Bus Parking: Buses will enter the front entrance driveway of the high school and drop teams at the circle in front of the school (teams will walk around the gymnasium to the entrance to the athletics fields) and buses will then proceed out of the exit driveway and will be directed to Precisionmatics' parking lot, a manufacturing facility less than one mile away on Rt. 20 with the Red Door Diner next door. When teams are ready they will call for the bus and be picked up at the drop off.

Team Tent Areas: Team tents can be set up in the grass area immediately behind the school. Please make sure tents are securely staked down.

Spectator Parking: Parking in the high school parking lots and the elementary and middle school parking lots directly across the street. There will be staff help direct the buses and spectator parking.

Spectators: All spectators and teams will enter via the gates on the left side of the building beyond the gymnasium and fitness center entrance to the high school. See school district parking lot map.

Officials: The PE coaches' offices in the girl's and boy's locker room will be used as the officials' locker room.

Inclement weather plan: In the case of severe weather and athletes need to seek shelter, the locker rooms and the gymnasium will be available.

Bathrooms/Port-a-potties: The bathrooms in the locker rooms, the bathrooms underneath the awning at the back of the school and port-a-potties behind the stadium and near the starting line will be available.

Course: The course will be roped off with ¼" yellow rope and marked with ground marking paint.

Awards Area: If weather allows awards will be on track in front of stadium bleachers, otherwise awards will be presented in the gymnasium.

Athletic Trainer/Medical: An athletic trainer and WWFD Ambulance will be on site. Additional Event Details

Concessions: A concession stand with a variety of food and drink will be run by the Mount Markham HS FCCLA Club and their Advisors.

Press Box: The High School Speech and Debate Club and Advisor will be responsible for announcements and music in the press box.

Finish Line Help: The Jr. Class and Honor Society and their Advisors will be responsible for filling and handing out water at the finish line

Grounds and Parking: The High School FFA Club and their Advisor will help prepare the grounds and be responsible for helping with parking day of the event.