



**2009**

**SECTION VIII**

**EXECUTIVE DIRECTOR – TODD HEIMER**

**SEC. VIII RUNNING COORDINATOR – BOB BARATTA**

**BOYS COORDINATOR – BOB BARATTA**

**GIRLS COORDINATOR – KATIE DUNNE**

**BOYS AND GIRLS CROSS COUNTRY GUIDE**

**FOR  
ATHLETIC DIRECTORS AND COACHES**

# **SPORTSMANSHIP**

Students learn immeasurable unique lessons through interscholastic athletic participation.

Educators universally agree, of all the goals established as outcomes for secondary students involved in school sports, sportsmanship is primary.

Students who learn to value and practice sportsmanlike behavior are developing the characteristics of good citizenship. Honesty, generosity, self discipline, a sincere concern for others, ethical behavior and a commitment to fair play are all demonstrated in sportsmanship.

Nassau County Public High School Athletic Association member schools make sportsmanship

a premier concern.

## SECTION VIII XC 2009

Cross Country is still a five class sport. Our section does not benefit from this system. We have no Class D schools. We are very skewed toward the AA, and A classes. Ten races in the state meet make for a very long day and a tight race schedule. We have to live with it.

Our basic league alignment remains the same with four conferences and two divisions in each conference. We will run 4K for the first two quad meets. The changes for 4K made last year restored much of the race on the Polo Field- with bypassing the loop about 1300 meters into the race. These 4K meets have greatly reduced the number of athletes who quit the season and increased the numbers in the last JV races at the conference Meet. We will qualify for the Section VIII Meet from the Conference Meets as in the past. We will probably have more exceptions from the 5/5 procedures because of the five classes. We will run one race for boys and one race for girls. This creates an Open Section VIII Championship, and also provides the five class champions, team and Individual, as in the past. These class results are printed out in the computer scoring. Regular NF rules are followed with displaced results as the official results. This race therefore provides an Open Section VIII team and individual ranking, but also, Classification team and individual rankings — state qualifiers and rankings for the Federation Meet which follows the NYS Meet. This big meet-one race- format allows the teams that are the strongest in a big meet format to qualify for the state meet- and is an exciting and outstanding meet. It also determines Class and Section VIII All County honors.

### **BETHPAGE STATE PARK;**

They provide a tremendous service to our program and make every effort to meet our needs. The course eliminates a road crossing and is safer for athletes. It is slightly friendlier for spectators than the old course. The course is well marked and is easy to follow. All rules on our permit MUST be followed. Buses must discharge and load passengers only in the Picnic Area Parking lot. The toll booth is now at the entrance to the Polo Field. No stopping to discharge or pickup there.

This applies in good and bad weather alike. These rules are for everyone all year, not just for cross country. Buses and cars must pay to park on Saturdays. Bus Tickets must be purchased by Athletic Directors from BOCES. (This is the best way to deal with fees)

Make sure spectators are aware of this charge; they do this in all parks throughout the State until after Thanksgiving.

Coaches must be aware of what their athletes are doing and where they are. Inform them of injured or lost runner procedures, and the need to keep the park clean. The bathrooms are an important issue since we have abused them in the past and the Park has stated that if things don't improve, we will be required to bring in Porta-Potties at our cost. Bring your own toilet paper as a backup!

Check our own website regularly — [sectionxctf.com](http://sectionxctf.com), and [Armorytrack.com](http://Armorytrack.com)(Mile Splits, Dyestadt Metro) and other running sites on the internet. Our own meet results are posted a few days after our meets. Special notices and changes are also on our website. Our website has improved this year. Check it regularly.

**Simple Stuff:** Use summary score sheet, complete all required info, have a good stopwatch, numbered cards or sticks, know your athletes numbers, have 4 pins on each jersey-don't fold number, have proper team uniforms. Coach runners to run past the finish line to the back of the chutes and maintain race order. Get a rule book, know section and state rules, ask a committee person if necessary. Bring your own first aid kit, bug spray, your AED, toilet tissues and leaf bags. Notify the park the day before you plan to practice there-call 249-0701.

Help in running your meet, sign the score sheet-the one handed into to Bob Beer- and keep your copy of each meet for future reference. It should include the number of every finisher in the meet, especially for voting for all division after the last quad. Know your conference and division.

**HAVE FUN, WORK HARD, STRIVE FOR TEAM PRIDE AND SPORTSMANSHIP AND HAVE A GOOD YEAR, SUPPORT OUR SPORT THROUGH PARTICIPATION AND EFFORT.**

THE BEST COACHES HELP OTHER PEOPLE. BE A "BEST COACH".

### COACHES CODE OF CONDUCT

The Coach is expected to:

1. Set a positive example both on and off the playing area.
2. Be aware that you are representing a school district, a school and a student body. Impressions made are lasting and hard to live down.
3. Recognize that athletic competition is a means toward an end, not an end in itself. Specifically, athletics should lead to the development of healthy, well-adjusted young men and women.
4. Approach competition as a healthy and constructive exercise, not as a life and death struggle that requires victory at any price. It should be fun and enjoyable.
5. Recognize that the participants in individual or team sports are young men and women with human frailties and limitations who are capable of making mistakes.
6. Be prepared to win or lose. Be positive. Encourage peak performance within the rules of the game.
7. Command respect by personal attitude and behavior.
8. Be well-groomed. Wear appropriate attire be it casual or otherwise.
9. Do not use crude or abusive language with players, opponents, officials or spectators.
10. Respect the judgment of the officials, Although it is reasonable for the coach to question officials' decisions, and even to disagree, the officials' decisions must be accepted graciously. Questionable decisions may be referred to the Section VIII Protest Committee.
11. Handle dissatisfaction with officiating quietly and efficiently through letters to Sports Coordinators the Executive Director or one of the Assistant Directors.
12. Avoid behavior that will incite players, parents or spectators.
13. Instruct players to respect officials. Questions concerning rules or interpretations should be made by the team captain as the team representative during the contest.
14. Encourage good sportsmanship and remove players from competition who demonstrate unacceptable behavior.
15. The athletic program is a total part of the educational opportunities provided for all students. It should be treated as just that.
16. Coaches should not advise/coach other schools' athletes without the permission of that athletes' coach.

Our section rules call for permanent numbers for all runners to facilitate computer scoring for all meets and provide weekly summaries. Numbers must be on the front of jerseys, be unfolded, legible and fastened by 4 pins, in all Sec. 8 Meets, including Quads, Do Not Lose Numbers. No number or a poor substitute (folded, illegible, or not fastened by 4 pins) could result in disqualification. Numbers are for official recognition. Coaches are reminded to closely supervise their runners at all sites.

Every coach should be able to get at least one ad for the state meet program. Money will always be a factor in our sport. Program ads are the major source of income for our State Meet. All Program Ads go to Bob Baratta. Program ad money directly translates into maintaining what we have and makes positive changes possible. Sports that operate in the black rarely get cutbacks! Every ad helps

SECTION VIII SPORTSMANSHIP RULES REQUIRE THAT A REPORT BE MADE FOR ANY ATHLETE DISQUALIFIED FOR UNSPORTSMAN-LIKE CONDUCT. ATHLETE IS DISQUALIFIED FROM THAT MEET AND THE NEXT MEET. FURTHER PENALTIES AS IN EVERY OTHER SPORT. COACHES ARE BOUND BY THE SAME RULES.

**BOYS AND GIRLS CROSS COUNTRY - 2009**  
**N.Y.S.P.H.S.A.A. - SECTION VIII**

Section VIII Joint Committee: Katie Dunne-Farm, Bill Hedgecock-Want, Steve Josepher, E.Meal, Charles Gilreath-Free, David Frazer-Meph, Bob Beer-Retired, Bob Busch\_GCity, Kevin Cotter-OyBay, Adam McKenzie-GNN, Claire Meeker-Ocean, Dan Walsh- Whtly, Tom Leavy-Cal, Kristin Frazer-Min, Modified XC Rep, Niki Bertrami-VSS. Steve HomerKamp-Hew.  
HSAA Rep:tba  
Bob Baratta-Retired, Officials Rules Interpreter- Walt Brem, Coaches Association: Fred DeRuvo,

Cross Country is governed by N.F. rules. All varsity meets must comply with full uniform, and jewelry rule. This includes duals and invitations, Rule is not protest able. Its a team DQ some places, individual DQ others. A varsity team consists of the best seven runners, the rest of the squad is considered JV. This rule governs championship and invitational meets. Page 4 has our league rules.

Schools, coaches, may not make any private agreements outside of the rules, no change of times, sites, or dates for meets. Protests will be heard by the sport committee, providing accepted procedure for protests is followed.

**STATE REGULATIONS:** Each Athlete is limited to compete in 15 meets plus sectional and State and Federation meets. Each runner must have 2 nights rest between competitions. Maximum distance is 5K (3.1 miles) (Maximum 2 meets per week). Every athlete must compete in 6 sanctioned meets representing his/her High School to be eligible for the Section VIII meet. There is no outside competition restriction. Each athlete must have 10 days of practice before the first meet or scrimmage. Keep accurate records for the protection of the athlete, coach and school.

**INDIVIDUALS IN SCHOOLS WITHOUT TEAMS:** The Athletic Director must write a letter to the section coordinator declaring the eligibility of the athlete and his/her designated coach\*. This athlete must compete in six meets representing his school to qualify for the section meet. The designated coach must be present to run in any meet. Each time the athlete runs the results must be given to Bob Beer for verification. Limit of 4 individual runners per school. \*(must be a certified coach)

**STATE CLASSIFICATION:** Listed in the schedule section, the state handbook, and section directory. Cross Country uses its own classification system, five classes AA, A, B, C, D.

**ROSTERS:** All teams must submit a roster to the Executive Director and Bob Beer before the first meet. Designate runners who are S & C Runners. Rosters must be E-Mailed (see website for form) to Bob Beer: [BeerCoach@aol.com](mailto:BeerCoach@aol.com) .

**MODIFIED PROGRAM HIGHLIGHTS:** Modified runners may not move up to the high school after the mid-point of their season. No awards except ribbons or certificates can be given to Modified athletes, and there can NEVER be championship meets. This is listed herein to avoid serious consequences for a coach who violates these rules and the runner gets hurt. Date will be set by modified coordinator.

COMPLETE INFORMATION ON THE FROSH/SOPH MEET, THE CONFERENCE MEETS AND THE SECTION VIII MEET ARE IN THIS GUIDE.

**Freshman: Student in ninth grade for the first time.**

**Sophomore: Student in second year of high school for the first time.**

**Selection/Classification count as freshman. Any athlete can run up in grade level, no one can run down in grade level.**

**LEAGUE MEETS:** All meets are scored as duals, triangulars, or quadrangulars ( 5 or more teams is the same as 4) according to the number of teams running. Scoring is by NF rule. Each school is entitled to run a maximum of 12 runners in any race that is a dual meet. In tri or quad meets the number is 10. All other runners must run in the J.V- race, we usually separate boys and girls races. Every runner must be fully uniformed, with a Section number, and supervised by the school coach - while on the site. Each coach is responsible for educating athletes and spectators from his/her school.

One coach in each pairing is usually designated as the official scorer. Each coach is responsible for some aspect of meet administration. One result/score sheet will be submitted for each race, all coaches involved must sign it.

BOB BEER WILL COMPUTERIZE ALL MEET RESULTS. THIS MAKES IT NECESSARY FOR EACH COACH TO COMPLETE A BRIEF FORM WITH HIS TEAM TIMES, ETC. FOLLOW DIRECTIONS. RESULTS WILL BE ON SEC. 8 WEBSITE A FEW DAYS LATER.

League dual, tri, quad meets ... decide the Division and Conference Dual Meet Champion as in the past. Conference results determine Conference Champs, Division results determine Division Champs. Conference meet is a qualifier for the Section VIII/State Qualifier Meet.

**CONFERENCE MEETS:** SATURDAY, October 31st , AT BETHPAGE STATE PARK. BOYS & GIRLS & I, II- 9:30 AM,. BOYS & GIRLS III & IV – 1:15 PM. (Sunday is backup date -times tba)

THIS MEET IS A QUALIFYING MEET FOR THE SECTION VIII MEET. A CONFERENCE MEET CHAMPIONSHIP PLAQUE IS AWARDED AND APPROPRIATE MEDALS. QUALIFYING FOR THE SECTION MEET IS THE SAME AS PREVIOUS YEARS.

**BOYS:** Top 5 teams and top 5 individuals from each conference race, and any team that should be in the section meet but did not qualify because of running against larger Classification schools. Individuals may also qualify under this exception. These Schools must apply in writing for approval under special circumstances provision.

**GIRLS:** Top 5 teams from each Conference, and 5 individuals. EXCEPTIONS THE SAME AS LISTED UNDER BOYS. NO DESERVING TEAM OR INDIVIDUAL HAS EVER BEEN LEFT OUT OF THE SECTION MEET.

THE SECTION VIII SPORT COMMITTEE CAN RULE ON SPECIAL CIRCUMSTANCES AND PERMIT A TEAM OR INDIVIDUAL TO COMPETE IN THE SECTION MEET. MEDICALS MUST HAVE A DOCTORS NOTE ACCOMPANYING THE REQUEST. REQUESTS MUST BE MADE AFTER THE MEET AND BEFORE YOU LEAVE THE SITE.

**Ethics Committee:** We have an ethics committee. It will include all the running coordinators, the president and vice president of the coaches association, and a representative from the officials. Ex-officio members could be added if appropriate in each case. This committee will serve in each season so there is consistency all year. Any coach or person can address a problem to any member of the committee and the committee as a whole will decide if there is to be a hearing, or take other appropriate actions. Any case could be forwarded to the Section VIII Sportsmanship Committee or the Section VIII Ethics Committee.

**IMPORTANT NOTE:** LISPC CHARGES FOR PARKING AT Bethpage State Park and all parks. These charges are in effect on the three Saturdays that we have meets. All spectators, officials or people in cars or non-school vehicles will have to pay to park. The fee is \$8.00 for cars, or an Empire Pass. Buses cost \$35.00 each if the pass is purchased ahead of time, \$75 at the gate, see page 12. Schools can purchase Bus Passes in advance from the BOCES Office .Bus fees on our three Saturday meets only.

~~When planning for the meet, please contact the BOCES Office for more information on the bus fees and parking charges.~~

**SECTION VIII, NYSPHSAA BOYS & GIRLS CROSS COUNTRY  
2009 SCHEDULE**

Girls Coordinator: Katie Dunne

Boys & Running Coordinator: Bob Baratta

Conferences are aligned by enrollment. Conference quad and tri meets decide the Conference and Division Championships. The Conference Meet format remains the same with 5 teams and 5 individuals from each Conference qualifying for the Sec.8/State Qualifier Meet. This meet provides Open Section VIII Championships- teams and individuals; and Classification Team and Individual Champions- who are the qualifiers for the State Meet with the - 5-class XC State breakdown. Numbers are balanced statewide, but are skewed in several sections. AA is Mass to Herr, A is Calh to GCV, B is WHem to CSH, C is Malv to Frnds, We have no D schools. Most of our schools are in AA and A.(subj to change)

Qualifying - Top 5 teams and top 5 individuals not on those teams advance to the Section Meet.  
. Specials cases are usually accepted to advance. Awards are on an individual and team basis.

SKED#	CONF	ONE	CONF	TWO	CONF	THREE	CONF	FOUR	SKED#
A/B Divs	1A	1B	2A	2B	3A	3B	4A	4B	B-DIVs
A1 B8	Mass	Hick	Mac	Elm	West	Lyn	Clk	LV	8
A2 B9	Free	Bald	GNS	Jer	SSide	GNN	FP	CSH	9
A3 B10	Svs	EMea	LB	Div	PIEd	GCove	IsTr	Malv	10
A4 B11	Undl	Plnvw	VSC	Gctv	Hew	WHem	Roos	Whtl	11
A5 B12	Farm	PW	Mep	NHP	Sew	VSS	Seaf	CP	12
A6 B13	Ocns	Herr	Cary	Want	Law	NS	Min	OB	13
A7 B14	Hem	Calh	JFK	Rosl	Beth	Manh	VSN	ER	14
								Frnds	15(B)

Sep. M,T, 21, 22	Sep. 29,30- T, W	Oct.5, 6, M,T	Oct. 13, 14, T,W	Oct.19, 20 M, T
1-8-10-15	1-7-12-14	1-6-11-16	1-5-9-13	1-2-3-4
2-7-9-16	2-8-11-13	2-5-12-15	2-6-10-14	5-6-7-8
3-6-12-13	3-5-10-16	3-8-9-14	3-7-11-15	9-10-11-12
4-5-11-14	4-6-9-15	4-7-10-13	4-8-12-16	13-14-15-16

#s 15 and 16 are unassigned (except for Friends) Team numbers in end columns. Times and schedule with team names will be available after coaches meeting at beginning of the season.

Boys and Girls teams compete on the same day, same site. Pairings of conferences are different each week, so each day a school competes, the schools they run against varies-each team once. Schools are limited to two competitions each calendar week. Ten days of practice are required before the first meet or scrimmage. Schools are responsible to complete their league schedules. We will continue our increased security, safety, and medical policies, and run the first two league meets at 4K and run 5K thereafter. We utilize our website for results from tri-quad meets and all invitations including JV and frosh, soph events. WEB.ADDRESS - sectionviiiixctf.com. Webmaster: Bob Beer. Rosters can be submitted by email - forms on website. New interactive website linked to original site.

Week	9/21, 22	9/29, 30	10/5, 6	10/13, 14	10/19, 201
Day One	1 & 3	1&4	1&2	2&4	2&3
Day Two	2&4	2&3	3&4	1 & 3	1&4

All meets are at Bethpage State Park and start at 4:25 PM with a J.V. Race. A time schedule is formulated at the coaches meeting in September. Schools with bus problems can be accommodated.;

Conference Championships:*	Sat. Oct. 31st- 9:30AM, Conf.1&2 - 1: 15 PM Conf. 3&4 Bethpage Park
Frosh-Soph Meet:	Monday Oct.26th- Bethpage Park ... 4:15 PM
Section VIII/State Qualifier:*	Sat. Nov.7th; Boys at 1:45 PM, Girls at 2:15 PM Bethpage Park
T. Roosevelt/Clint Miller Inv:	Mon. Nov. 9th, at 4 PM... Bethpage Park (backup date-Nov. 10th <sup>th</sup> )
Nassau Coaches Meet	Sat. Oct. 17 <sup>th</sup> , Bethpage State.Park 1 PM
NYSPHSAA State Meet,	Sat. Nov. 14th, Plattsburg, Section VII at 9:00 AM
Federation State Meet	Sat. Nov.21st , Bowdoin Park, Wappingers Falls, 12:15PM,

\* Following Sundays saved for Conf and Sec 8 meet as a backup for extreme weather

**Section VIII Rules** mandate that each school is responsible to complete their league schedule. No makeups are possible in our multi-school meets. If necessary it is possible to use the Conference Meet to complete a dual, tri, or quad meet that somehow was not run. Scoring from this step would decide the championship. The final ruling will be determined by the joint cross country committee. A school approved coach must be with the team/individual in order for the team/individual to compete-in all meets, including invitationals. The section/coordinators provide the approved coaches for state meets for the entire section team.

**THE DAILY SCHEDULE FOR EACH SITE MUST BE FOLLOWED. NO SCHOOLS MAY DEVIATE WITHOUT PERMISSION OF SECTION COORDINATOR.** Always carry your permit for meets or practices at Bethpage State Park. Call the park the day before you go there for practice. The services they provide are based on daily numbers. (249-0701).

#### SECTION VIII ADMINISTRATIVE SETUP:

Section VIII coordinators and the sport committee members are the primary source of support and help. The committee members in each division are mentors and advisors for coaches in their conference. Get to know your conference reps. Sport policy is approved by the section and adheres to the bylaws and policies of the section and the state handbook. The superintendents board oversees this process. In this day and age, all procedures and policies are strictly formal and business-like. They are guided by safety, legal, and fairness principles. Informal arrangements are a thing of the past and can only lead to problems.

The Coaches association is provided one official member to the sports committee. Our association has always been very supportive of our running programs and has been a terrific adjunct to meeting the goals of our program. Every coaches is a member of the association since their schools pay the association dues through Boces assessments. Because of limited possibilities, many coaches are members of the sport committee and the coaches association board. Their role has never presented a conflict of interest since these coaches act in the best interest of the sport. This situation exists in almost every sport-with many coaches wearing several hats. Everyone can provide some support to the program, if not through the sport committee...than as an active coaches association helper.

#### Qualification for State Meet:

Top team and top 5 individual not on that team qualify in each class. We have no Class D schools this year. Travel and Lodging are provided by the Section under existing, long standing procedures.

Team coaches are expected to go on the bus with their team. Other coaches are selected by the coordinators based upon space available, number of runners from each school, and the needs for the trip (like male and female chaperones) and experience as trip chaperones.

Travel, Fees and lodging for the Federation Meet are the responsibility of individual schools. In the event that section viii has enough qualifiers to make a bus cost efficient, then BOCES could support a bus and travel plan similar to the State Meet trip. (Section Coordinators are the total trip coordinators.)

**Athletes with special needs:** See the separate page herein regarding the responsibility of each school in this regard. This requires a confidential list of athletes with special needs in regard to the conditions in participating and competing in cross country – especially related to site course conditions. Written notice to sport coordinators before competition begins.



**SECTION VIII CHAMPIONSHIPS:** STATE QUALIFYING MEET SATURDAY, NOVEMBER 7th at Bethpage State Park. BOYS AT 1:45 PM, GIRLS AT 2:15 PM. Reminder: The Section VIII Championship Meet is also our State Qualifier. This meet provides open championship scoring, regardless of classification. It also produces classified champions by class; AA, A, B, C, D. Scoring for all races is by National Federation rules. Displaced scoring determines all open and classified scoring and results.

AN INFORMATION SHEET WILL BE HANDED OUT TO ALL COACHES AT A LATER DATE. IT WILL COVER THE CONFERENCE, SECTION, FROSH/SOPH, AND ALL-STAR BALLOTS. ALL INFORMATION WILL BE ON OUR WEB SITE. 8

**NYSPHSAA State Meet** – Section VII, Suny Plattsburg on Saturday Nov.14<sup>th</sup>, 9 AM. This will be a three day trip, Thursday to Saturday.

**N.Y. FEDERATION STATE CHAMPIONSHIP MEET**-Bowdoin State Park Wappingers Falls, NY Saturday Nov. 21<sup>st</sup>, Boys @ 12:15 PM, Girls at 1:00 PM. Awards follow.

SECTION VIII WILL RECEIVE SEVERAL AUTOMATIC INDIVIDUALS IN EACH RACE, TEAMS QUALIFY OUT OF THE STATE MEET. THERE WILL BE ONE BOYS' AND ONE GIRLS' RACE. Our Section Meet provides the ratings – order, then the State Meet if necessary. The section could provide a bus if we qualify enough runners, otherwise each school is responsible for transportation, entry fees, and lodging. The Conference/Section Entry Blank contains a check-off for the Federation Meet. A change of intent can be made after the Section VIII Meet, but it must be in writing and it must be done that day.

#### SELECTION AND CLASSIFICATION:

The purpose of selection and classification is to provide an opportunity for exceptionally talented students in grades seven and eight to compete at the appropriate high school level. This assumes that this student can compete at the school, conference, and county level ... it is not just because the student can make your team ... or fills out your squad. In addition, the student athlete must pass the NYSPHSAA fitness \*Test at the appropriate levels in order to be eligible for the S & C Program. This test, it must be administered by the A.D. or P.E. Department Head in your school ... not by the coach. It is most important for all concerned that the student is truly exceptional because if a liability case should involve this student the burden of proof will fall on the coach and A.D.

Students on S & C should be noted on your roster, **and** all opponents must be notified. Each Section Coordinator must also be notified.

**All Rosters** must be on file at BOCES and with Bob Beer before your first meet. Rosters must be updated promptly to protect the eligibility of your athletes. Bob Beer updates the coordinators. **Reminder; any athlete who does not practice or compete for 5 days requires an update... state rule!** This protects the athlete, the school and the coach. Prompt roster changes by E-Mail to Bob Beer insure that we have a number for any new athletes at the site – no waiting – no misunderstandings. Don't wait until they are ready to compete. When they come out, update! Submit changes ASAP- use Excel form via email. If done ASAP Bob has a number ready for you upon arrival at the next league meet. Rosters can be filed by email, forms on the website, and sent to Bob Beer as early as possible. You can always add to the list.

## SECTION VIII B&G CROSS COUNTRY

### QUAD MEET GUIDELINES 2009

All parking - school buses, mini-buses, cars, etc ... must park in the picnic area parking lot. All drop-off and pick-up is to be done in the picnic area lot. NOT AT THE ENTRANCE TO THE POLO FIELD. No stopping or standing on the roads. New toll booth at the entrance to the Polo Field makes above more critical.

All races will be run on time. Be prompt,--on the starting line.  
The lower number conference will line up and finish on the board side.

Each coach must assume some aspect of timing/scoring the race. The finish line area is to be clear of personnel. Finish cards/sticks should be given out at the back of the chute. Coaches should instruct all runners to move along in the chute, stay in finish order, take a finish card/stick. Each coach in a meet should be present to go over the final results and agree on the scores/times and sign the results sheet before leaving the area. Each race must hand in the computer sheet for that race to Bob Beer, or whoever is collecting them, that day. Coaches must prepare to complete score sheets asap after the race. Have many copies of competitors numbers, keep accurate records, meet with the your opponent coaches. Lack of preparation is unfair to the coaches who are have prepared in advance. Results from the previous week will be on the web site, usually by Friday night.

Teams are not to camp-out on the polo field- its out of bounds. Make sure team mates do not run alongside finishers, or are not stationed along the course/polo field. This will result in a DQ. Inform all your runners of this rule. The 4K will be run on the 5K course with a loop taken out about 1300 meters into the race. **Bring toilet paper, bug spray, garbage bags.**

All uniform and NF rules are always in effect. Do not ask for an exception. Our guide and the NF rule book must be adhered to. Numbers must be worn in all Sec.8 meets. No "weak" substitutes are acceptable. Coaches should know their team numbers and make sure kids do not lose numbers and know their own number. See Bob Beer for replacement numbers when you arrive at the site.

**KEEP THE PARK CLEAN, ESPECIALLY THE POLO FIELD AREA AND THE BATHROOMS.** (see page 1)

When everyone does their job it makes it easier for everyone else. Our collective image is only as good as our poorest conforming teams. Have a good season. Don't forget the bug spray.

The Best Teams follow the rules – Even if no one is there to enforce them.  
**BE A BEST TEAM!**

Each school will receive a copy of the permit. It is to be with you at all times when going to Bethpage State Park. Don't forget to call the park when you go there for practice... 249-0701, Keep the park and bathrooms clean. Parking Violators will be ticketed.

**NYSPHSAA SEC. VIII BOYS & GIRLS CROSS COUNTRY CONFERENCE MEETS  
SAT. OCT. 31st, 2009; BETHPAGE STATE PARK**

9:30 AM	BOYS 2	1:15 pm	BOYS 4
9:37	GIRLS 1	1:22	GIRLS 3
10:20	GIRLS 2	1:55	GIRLS 4
10:40	BOYS 1	2:15	BOYS 3
11:05	B/G JV 1&2	2:40	B/G JV 3&4
11:40	AWARDS	3:10	AWARDS
<b>TIMES</b>	<b>ADJUSTED FROM</b>	<b>PREVIOUS</b>	<b>YEARS</b>

**AGAIN THIS YEAR WE HAVE PERMISSION TO RUN THE MEET ON SUNDAY, (if Saturday is postponed) AND THE PARK IS RESERVED FOR THIS POSSIBILITY. MONDAY IS ALSO POSSIBLE WITH PERMISSION FROM THE SUPERINTENDANTS TO GET EARLY DISMISSAL FOR THE WHOLE DAY.. ..AS A LAST RESORT!**

Upon arrival each coach must hand in their All-Star ballot and pickup a scorecard for each race. Every coach must hand in scorecards and place cards, completely filled out. COACHES MUST SUPERVISE THEIR ATHLETES AT ALL TIMES. NO ATHLETES OR SPECTATORS BELONG ON THE COURSE DURING THE RACES.

**TOP 5 TEAMS AND TOP 5 INDIVIDUALS NOT ON THOSE TEAMS QUALIFY FOR THE SEC.VIII MEET/STATE QUALIFIER MEET.** The XC committee can rule on special circumstances and place teams or individuals in the section meet. Each case is judged on its' own merits. Injuries/illness-have MD note. All runners must run with a clear, readable number, 4 pins, on the game jersey front. NO WEAK SUBSTITUTES PERMITTED. Coaches must print all information required on the scorecard and hand in to the scorer ASAP after each race. Scorecards are required even if only one runner finishes.

A DIGITAL CLOCK WILL DISPLAY UNOFFICIAL TIMES. ALL PARKING IN PICNIC AREA AS HAS BEEN THE CASE ALL YEAR NOTIFY SPECTATORS OF THIS PARK REQUIREMENT. NO ONE IS PERMITTED ON THE POLO FIELD. KEEP THE RUNNING LANES CLEAR. ALL NF RULES ARE ENFORCED, INCLUDING UNIFORM (INCLUDES RACE NUMBER) AND JEWELRY RULE. REMINDER THAT UNIFORM RULE IS THE SAME AS A RELAY TEAM, ALL THE SAME...AND MUST BE SCHOOL ISSUED AND WORN AT LEAST TWICE THIS SEASON.

**AWARDS.** Ten medals in each race. Team plaque to Conference Meet Champion. Tri-Quad Conference Championship and Division Plaques will be awarded in each Conference ceremony.

**STATE QUALIFIER/SECTION VIII CHAMPIONSHIPS; SAT. NOV. 7th 2009 AT 1:45 PM.-.BOYS - 2:15 PM GIRLS. SAME RULES AS ABOVE.** All scoring is displaced, without classification. Every runner "must" have competed in and finished in six sanctioned meets representing his/her school. Medical appeals must be validated by a doctors note. **This possibility is not automatic and has become more difficult by state rule.**

**Frosh/Soph:** Monday, Oct. 26th, 4:15 PM Bethpage State Park. four races will be run. Soph Boys then Girls, Frosh Boys then Girls. Scorecards may be used. We record numbers, medals in the chute. No team score. Must have clear section number on jersey. Schedule will be adjusted for sundown time and posted.

**Teddy Roosevelt - CLINT MILLER", MEET, Mon. Nov. 9th at 4 PM, Bethpage, get entry. One race – Boys and Girls together-unless time permits –girls follow boys. Entry blank is in this guide. Sundown is a factor this year. Must start AT 4 pm OR SO!**

## ALL STAR, SECTION VIII B&G CROSS COUNTRY 2009

LIST ALL VOTES ON THE PAGE AT THE END OF THIS HANDBOOK. COMPLETE THAT SHEET. INCLUDE DIVISION. (1A, 1B...ETC.)

**ALL DIVISION;** Each coach votes for 14 athletes who he/she believes is the best 14 in their division based only on head to head competition in the tri and quad meets. Compile your vote week by week based on these 5 meets. You may not vote for your athlete(s) until you have voted for competitors who beat your athlete. Limit of 7 per school can be elected, every school does not get any automatics, - we are looking for the best 14. We could have more or less if the votes dictate it. The hardest part is selecting the last 4 or 5 athletes. Only each coach can **make** these judgments, try not to rely heavily on the best of the season times. Most schools provide awards for All-Star recognition. Remember the golden rule.....everyone has an important role at this level. **DO WEEK BY WEEK**

**ALL CONFERENCE:** The first 15 finishers in each race earn All-Conference Honors. This is automatic – no exceptions, no appeals.

**ALL COUNTY;**All selections will come from the Section VIII/State Qualifier Meet. The first 21 runners in each race will make SECTION VIII ALL COUNTY HONORS. In each State Class breakdown, the first seven runners will make CLASS AA, A, B, C, ALL COUNTY. Plaque sizes will be different. There is no appeal process – its all automatic. The order of finish is the sole criteria. This is similar to other sports, colleges procedures, and awards at the state and national level. This was decided last year as a result of the need to provide equal recognition to classification.

FR/SOPH MEET MONDAY Oct. 26th<sup>t</sup> , 4:15 PM, TEDDY ROOS/CLINT MILLER, MON. NOV. 9th , 4 PM.. BOTH AT BETHPAGE STATE PARK. Reminders sent to all schools.

ALL STAR DINNER AT THE CREST HOLLOW COUNTRY CLUB, THE DATE TBA-. AT 6:30 PM. NO TICKETS SOLD AT THE DOOR. EMAIL ADAM MCKENZIE FOR INFO. PLEASE AVOID DUPLICATING NUMBER OF PEOPLE ATTENDING, AND SPEEDUP PAYMENT PROCESS IF THROUGH THE SCHOOL( amckenzie@greatneck.k12.ny.us)

LIST ALL VOTES ON THE PAGE AT THE BACK OF THIS HANDBOOK ..... LIST YOUR DIVISION  
GOOD LUCK ... TO ALL.....NEW COACHES- DON'T BE AFRAID TO ASK QUESTIONS OF YOUR CONFERENCE COORDINATORS, OR SEC XC COORDINATORS...

**All Star Appeals Process- All Division only!** Appeal must be in writing within 24 hours of posting on the web site. E-mail or fax is acceptable. Send to Bob Beer, who will chair the appeals committee.

## SECTION VIII EMERGENCY PREPAREDNESS AND CROWD CONTROL

**Lost or Injured Runners:** Each coach must instruct all his/her runners to stay where they are, or on the course if they are lost or injured. All runners in a race should be instructed to aid these people if possible and to notify the first official they see that a runner(s) need assistance and they are before/after a numbered pole along the course.

As you examine the course with your runners make note of the numbered 6x6 wooden poles located throughout the course. These are there for locating or identifying problem areas of the course. When this info is given to the nearest official they will call meet management at the Polo Field, and assistance will be sent to the area. The information should be as specific as possible so the correct assistance can be provided. It might be necessary for one runner to stay with an injured runner. We will have an SUV on the course and one at the Polo Field for responding, and possibly an official or two on the course. All schools that must bring their AED to the meet. Many schools mandate an AED with every away team anyway. The Conference and Section VIII Meets will have EMT service as in the past.

**CROWD CONTROL:** Each coach/school is responsible for the conduct of their athletes and spectators. This is best accomplished through a letter home to each parent notifying them of the section rules, the rules of Bethpage State Park, especially the rules governing the places where spectators are limited to view the race from. The parking rules are very important since the Park Police will issue tickets for cars illegally parked. Many schools provide a supervisor to help the coach with the athletes and the spectators.

**SITE PLAN:** Special situations could make it necessary for meet management to stop the meet ASAP with all school personnel being instructed to go to their buses; wait in the buses; return to their schools; moved to another location; depending on the problem. Emergency agencies such as Firemen, Police, or Park personnel would be notified of the problem and actions taken, or could be the ones that initiate the action. We would notify the schools if possible, of the situation.... or the action could initiate at the school level.

These actions could be related to a fire, downed electric lines, possibility of bombs or guns in the park, major problems with spectators, severe weather warnings, even the possibility of terrorists activities – any situation that presents a threat to our athletes.

Coaches must discuss these type of situations and emphasize the importance of keeping the coach informed of where they are at the site, and responding to the directions given by meet management and officials. All coaches and officials will assist meet management in carrying out the directed action. We will develop a means of communicating necessary actions throughout the course, and everyone must be aware of the several short cuts from the course back to the Polo Field-or Picnic area parking lot. **Coaches must ask coordinators if they want an ambulance.**

**BETHPAGE PARK PLAN:** We will coordinate our plan with the park plan so that we can secure the site or plan an evacuation by car, bus, or foot. Also to notify the schools and have a script that an announcer could read over the park and/or our PA system that directly applies to the particular problem and the action necessary

**ATHLETES WITH SPECIAL NEEDS:** EACH SCHOOL MUST PROVIDE A LIST OF ATHLETES WITH SPECIAL NEEDS. INCLUDES NEED FOR ATOMIZERS/INHALERS, EMOTIONAL OR STRESS DISORDERS, ANY FACTOR THAT MIGHT REQUIRE SPECIAL ACTIONS IN AN EMERGENCY SITUATION. ALL PERTINENT INFORMATION THAT WOULD ENABLE MEET MANAGEMENT AND PARK PERSONNEL BETTER ABLE TO DEAL WITH EMERGENCY INCIDENTS. WE ARE CONTEMPLATING A WRIST ID BAND SO COURSE OFFICIALS AND SUPERVISORS ARE AWARE OF ATHLETE NEEDING ASSISTANCE WHO HAS SPECIAL NEEDS. OUR COMMITTEE AND THE OFFICIALS ARE IN FAVOR OF THIS.

**BUS AND CAR PARKING FEES:** Again this year the park is charging for parking on weekends up to Thanksgiving. Cars must pay \$8 or have an Empire Pass; buses must pay \$35 per bus. If a bus tries to pay at the booth on the same day it will cost \$75 plus tax. Schools must purchase parking tickets from Todd Heimer's office. **THIS IS THE ONLY METHOD OF DOING THIS, AND THE PARK IS MAKING THIS AS EASY AS POSSIBLE FOR US. SPECTATORS MUST BE INFORMED THAT THIS WILL OCCUR ON SATURDAY MEETS, AND PARK POLICE ISSUE MANY TICKETS ON THESE DAYS TO CARS PARKED ILLEGALLY ALONG THE ROAD.**

For the NCTCA Meet, the Nassau Schools will have to buy tickets as above. A similar procedure will have to be worked out for the schools outside of Section VIII schools.

**BETHPAGE STATE PARK COURSE RULES:** The committee will clearly defined where coaches can be on the course. Coaches are allowed to go TO AREAS DESIGNATED BY MEET MANAGEMENT. At these locations they are not permitted by NF rules to give times. They are limited to talking to their own athletes – no indirect statements about others athletes. Only coaches whose teams are in that race are permitted out there. This means that on off days, no coach should be on the course (or his team) while races are in progress. Off day practices must be concluded before the 4:25 JV run, and all personnel off the course. Coaches on the course legally must not interfere with other designated activities in the park, such as in the picnic area, nature trail, and any other areas so designated. The new course could make more of the early race accessible for coaches and will be determined. On any meet day the course is closed for practice except for races in progress.

**NO SPECTATORS ARE ALLOWED ON THE COURSE. THEY ARE LIMITED TO AREAS DESIGNATED BY THE XC COMM. NO COACHES-SPECTATORS CAN RETURN TO THE POLO FIELD ON ANY PATH THAT IS PART OF THE COURSE –OR CROSSES THE COURSE. THIS IS UNSPORTSMANLIKE CONDUCT AND WILL RESULT IN CENSURE. DQ OF ATHLETES IS ALSO POSSIBLE UNDER AIDING/COACHING ON THE COURSE. PERSISTENT VIOLATIONS WILL REVOKE THE PRIVILEGE. RE-ENTRY TO THE POLO FIELD IS POSSIBLE AT THE MAIN ENTRANCE TO THE POLO FIELD. J.V. RUNNERS, SCHOOL STUDENTS, ETC, ARE UNDER THE SAME RESTRICTIONS IN ALL VARSITY RACES. ALL VIEWING IN THE POLO FIELD AREA IS LIMITED TO THE AREA WEST OF THE ROPES ON THE FINISH SIDE OF THE FIELD. (UNLESS EXCEPTIONS ARE ANNOUNCED IN SOME MEETS!) THIS MAKES VIEWING OF THE LAST 942 METERS ON THE POLO FIELD LESS OBSTRUCTED FOR EVERYONE.**

*In cross country, athletes are permitted to run with a wrist watch in practice and in meets.*

September, 2009

Dear Coach,

Enclosed you will find a packet of sheets that will assist me in putting together weekly results and statistics for the coming season. Your help is vital for complete results. The first form, Cross Country League Meet Results is used for our weekly league meets. Please fill it out completely after each meet and turn it in to me or Bob Baratta. One form for **each** race, one for Girl's Varsity, one for Boy's Varsity. A separate form for JV is included. Use one for Girl's JV, one for Boy's JV. Just give the athlete's number, and be sure the **actual** place and the time that each person finished in the race is recorded at meets end. **Do not give the displaced place.** Each form must be signed by all coaches involved. Do a separate sheet for each boy or girl or JV race each day, be sure your school name is on the sheet. Be complete - if ten kids ran for you give me all ten.

We will be handling performances from Invitationals a little differently this year. I have created a new excel sheet for entry of Invitational performances, it will be available for download from the website. Fill out the excel sheet for all Varsity performances that place in the top 50 in your race, or if they ran in a Soph or JV race of the same distance as the varsity race and would have placed, according to time, in the top 50 of **your** race. For those that find difficulty with the excel form I've included the paper form we've used for years. Use this sheet if your athlete finishes in the top 50 in an invitational, or if they ran in a Soph or JV race of the same distance as the varsity race and would have placed, according to time, in the top 50 of **your** race. E-mail or Mail either form by the Monday. Be sure that all the information about the race and the athlete are completed. Please don't hold forms, if you get them in by Monday they will be in the new rankings for that week. Please enter performances above 50 directly onto the web site.

REMEMBER, THE ATHLETES NUMBER, TIME AND ACTUAL PLACE AND MEET AND RACE INFORMATION IS ALL THAT I NEED

Be sure to use the same names for races as the Meet organizers used

Please duplicate enough of each form for your use during the season.

In return for your cooperation I will attempt to provide complete results of all of the previous weeks races.

If you need to contact me :  
Bob Beer  
406 Birchwood Park Drive  
Middle Island, New York 11953  
(631) 345-9414 Home  
(631) 345-9419 Fax  
E-Mail: [BeerCoach@aol.com](mailto:BeerCoach@aol.com)

Please No Calls or Faxes after 9:00PM, PLEASE

# Make copies for your own use

## Nassau County Cross Country – League Results Form

Meet Date \_\_\_\_\_

Conference **I II III IV**  
(Circle One)

Boys - Girls  
(Circle One)

Article I. Individual Winner \_\_\_\_\_ School \_\_\_\_\_ Time \_\_\_\_\_

\_\_\_\_\_ (Name and Number)

Article II. Team Scores: Team 1 \_\_\_\_\_ Score \_\_\_\_\_, Team 2 \_\_\_\_\_

Score \_\_\_\_\_ Team 3 \_\_\_\_\_ Score \_\_\_\_\_, Team 4 \_\_\_\_\_ Score \_\_\_\_\_

Section 2.01 Results – List Number and Time

<u>Place</u>	<u>Number</u>	<u>Time</u>
1	_____	_____
2	_____	_____
3	_____	_____
4	_____	_____
5	_____	_____
6	_____	_____
7	_____	_____
8	_____	_____
9	_____	_____
10	_____	_____
11	_____	_____
12	_____	_____
13	_____	_____
14	_____	_____
15	_____	_____
16	_____	_____
17	_____	_____
18	_____	_____
19	_____	_____
20	_____	_____
21	_____	_____
22	_____	_____
23	_____	_____
24	_____	_____
25	_____	_____
26	_____	_____
27	_____	_____
28	_____	_____
29	_____	_____
30	_____	_____

<u>Place</u>	<u>Number</u>	<u>Time</u>
31	_____	_____
32	_____	_____
33	_____	_____
34	_____	_____
35	_____	_____
36	_____	_____
37	_____	_____
38	_____	_____
39	_____	_____
40	_____	_____
41	_____	_____
42	_____	_____
43	_____	_____
44	_____	_____
45	_____	_____
46	_____	_____

\_\_\_\_\_  
(Signature of Team 1 Coach)

\_\_\_\_\_  
(Signature of Team 2 Coach)

\_\_\_\_\_  
(Signature of Team 3 Coach)

\_\_\_\_\_  
(Signature of Team 4 Coach)



CROSS COUNTRY INVITATIONAL REPORT

SCHOOL \_\_\_\_\_ DATE \_\_\_\_\_

MEET \_\_\_\_\_ RACE \_\_\_\_\_

DISTANCE \_\_\_\_\_

SITE \_\_\_\_\_

\*\*\*\*\*

Please list any of your athletes who placed in the top 50 in their race. This information becomes very useful when All County selections come around. Further it will allow use to put together a reasonably accurate picture of our better athletes.

<u>PLACE IN RACE</u>	<u>NUMBER</u>	<u>TIME</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

NON VARSITY RACES CAN BE INCLUDED, PROVIDED THE TIME WOULD HAVE PLACED THE INDIVIDUAL IN THE TOP 50 IN YOUR RACE

PLEASE SEND TO:

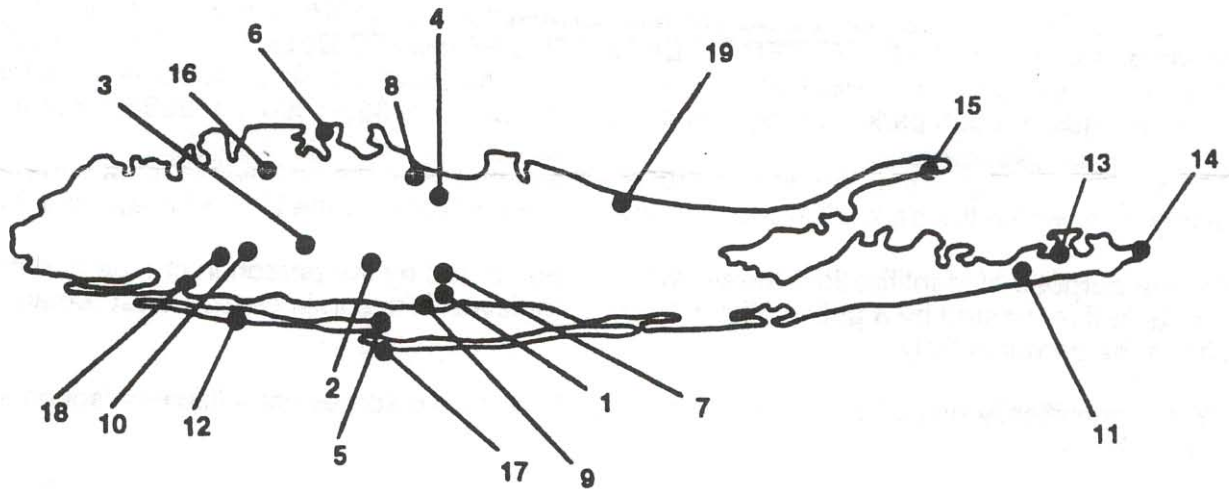
BOB BEER  
406 BIRCHWOOD PARK DRIVE  
MIDDLE ISLAND, NY 11953

PLEASE MAIL BY THE MONDAY MORNING AFTER THE MEET

**(i) INFORMATION CONDITIONS AND REQUIREMENTS  
FOR LONG ISLAND STATE PARK REGION PARK USE PERMITS**

1. PERMIT IS NOT VALID UNTIL CHECK AND INSURANCE CERTIFICATE ARE RECEIVED, IF APPLICABLE.
2. Permits are available only when the park and facility requested is scheduled to be open to the general public.
3. Permits are not available when permit area is otherwise previously reserved; permits may be limited on holidays and holiday weekends, or when other special events are scheduled in the Region which may impact facility use.
4. Permits are limited to groups which do not exceed area or facility capacity.
5. Applications must be in writing and must be received not less than 10 days prior to first use date and must be accompanied by a legal size, stamped, self-addressed envelope. Parks may be unable to reserve a specific area more than 90 days prior to proposed use. When possible, parks will endeavor to offer permit applicant reasonable alternatives.
6. The use of the area/facility is limited to the date(s) authorized on the permit. The permit does not entitle the permittee to any alternate dates due to weather conditions.
7. The permittee shall not by word of mouth, in writing in any advertising or publicity, represent or imply that the permittee has any official connection with the Office of Parks, Recreation and Historic Preservation or any of its parks or employees.
8. The permittee may only use the facility or area to which it has been assigned in the permit. Any question as to location of such facility or area must be resolved by the Park Manager.
9. The permittee must provide any equipment to be used such as tables, chairs, umbrellas, etc., or other special equipment as may be authorized in the permit.
10. THE SALE OR VENDING OF FOOD OR MERCHANDISE IS PROHIBITED. Vendors, catering services, etc. are NOT PERMITTED TO ENTER THE PARKS TO DELIVER AND/OR SELL any foodstuffs, beverages or merchandise to any group or organization. Arrangements for catering may be made through park catering services ONLY. (Call 516-669-1000 ext. 223 for information.)
11. Discharge or pickup of individuals or group members on roadways, toll plazas' park entrances, or at any point within the park other than that designated by signs or the Park Manager is prohibited.
12. For the purpose of identification, the permit must be carried by the person in charge and be available if requested by a police officer or park employee. Person in charge must remain at the site of the permit activity.
13. Unless specifically noted in the permit, the use of any public address/amplification/sound system is prohibited.
14. Areas or facilities used by the permittee should be left in a condition equal to that existing on arrival. Permittee is responsible for all clean-up work and for the disposing of all litter the permittee generates in containers provided.
15. All parks, with the exception of certain facilities at Jones Beach State Park, Bayard Cutting Arboretum and Planting Fields Arboretum State Historic Park close at darkness. The reservation for area/facility starts no earlier than 9:00 AM and terminates as indicated in the permit. The permittee, together with all supplies and equipment, must vacate area/facility no later than indicated time.

16. The permit conditions and policy furnished to each applicant are considered part of the **application and permit** . No waiver of any provision of these conditions and policy is valid unless in **writing and signed** by an authorized representative of the Office of Parks, Recreation and Historic **Preservation. Violation of these requirements** or OPRHP regulations may result in immediate rescission of permit, NO REFUND and possible issuance of summons. Permittees found in violation of terms of permit and/or Park rules and regulations and/or legal statute may not be eligible for Park Use Permits for a period of not less than one year from date of infraction.
17. The permittee understands Parks may suspend or terminate the permit if continuance of the permit would create a dangerous condition or pose a threat to the health, safety or welfare of the permittee or the public in general.
18. The permittee may not attach signs, placards or written material in any way to a structure or any part of the man-made or natural environment.
19. No materials shall be distributed by the permittee by leaving such material unattended.
20. Permittee may not obstruct, impede or interfere with the free flow of pedestrian or vehicular traffic nor unduly interfere with the use of premises for park and recreation purposes by the public.
21. The permittee is subject to standard conditions of general Park Use Permit and may be subject to additional special conditions specific for the permit location and/or activity requested. Such special conditions, if any, will be included in an appendix to the permit.
22. Any vehicular use fee or park entry fee must be paid at point of entry.
23. For Group Use or Youth Group picnic applications, please call the permit office at 516-669-1 000 ext. 223 for appropriate application.



- |  |  |
|--|--|
| 1 . Bayard Cutting Arboretum                     | 11. Hither Hills State Park                      |
| 2. Belmont Lake State Park                       | 12. Jones Beach State Park                       |
| 3. Bethpage State Park                           | 13. Montauk Downs State Park                     |
| 4. Caleb Smith State Park                        | 14. Montauk Point State Park                     |
| 5. Captree State Park                            | 15. Orient Beach.State Park                      |
| 6. Caumsett State Park                           | 16. Planting Fields ArboretumState Historic Park |
| 7. Connetcluot River State Park Preserve         | 17. Robert Moses State Park                      |
| 8. Gov. Alfred E. Smith/Sunken Meadow State Park | 18. Valley Stream State Park                     |
| 9. Heckscher State Park                          | 19. Wildwood State Park                          |
| 10. Hempstead Lake State Park                    |  |

# N.Y.S.P.H.S.A.A. - SECTION VIII

**BOYS & GIRLS CROSS COUNTRY - 2009  
CONFERENCE CHAMPIONSHIP MEET  
SATURDAY, OCTOBER 31st, 2009  
BETHPAGE STATE PARK -9:30 A.M.**

SECTION VIII - ENTRY BLANK – CONFERENCE MEET

SCHOOL \_\_\_\_\_

COACH \_\_\_\_\_

BOYS ( )

GIRLS ( )

LIST FULL NAMES AND GRADES

	Varsity	Gra	Fed No		JV	Gra		JV	Gra
1				1			13		
2				2			14		
3				3			15		
4				4			16		
5				5			17		
6				6			18		
7				7			19		
				8			20		
				9			21		
				10			22		
				11			23		
				12			24		

IF YOU QUALIFY FOR THE SECTION VIII MEET, PLEASE NOTIFY BOB BEER IN WRITING IF YOU HAVE ANY CHANGES IN YOUR COUNTY ENTRY. (Changes from Conference entry to County Entry)

The Fed ' No' box in the Varsity section is to indicate if your athlete will not run in the Federation Meet if they qualify. A blank means yes an X means they will not run if selected or qualify. This allows interested athletes to participate.

**TEDDY ROOSEVELT - CLINT MILLER XC INVITATIONAL 2008 MONDAY NOV. 9th ,  
4 PM**

This race honors Clint Miller, an outstanding coach at Syosset HS for many years. Clint ran this meet as a fun meet at the end of the year with many of the rules we have perpetuated over the years. The proceeds went to a student fund at Syosset HS then. When Clint was no longer able to continue this race through his school, Clint and I ran this meet through GNS BAA with the proceeds going to charity. When Clint died, I continued the meet with the help of the GNS BAA, and the officials. Partial proceeds go to a charity in Huntington that Clint favored., and the Smile Foundation. Supporting this meet provides a fun experience for all athletes, and funds for a worthwhile charity.

Cost: \$25 for each team.... unlimited numbers.... for Boys & \$25 for Girls.

**Runners:** No state qualifiers allowed, seniors may run but cannot be counted in the team score- However they can win medals.

**Scoring:** Scoring is consecutive. Each coach must complete a scorecard and place cards ASAP ... THAT'S ASAP ... after each race ... darkness is upon us. Section VIII numbers are required. We need every runner on a scorecard so we can make a printout. Remember seniors are not counted in team score. Numbers a must

**Awards:** Two categories, North Shore and South Shore. Only us old timers know what this means. Medals to the top ten in each category. First and second place plaques in each category. Same for boys and girls.

**Format:** one race at 4 PM or just after, depends on daylight that day.  
**Everyone together, boys in one chute, girls in another. Be on time ! THANKS.**  
Daylight Savings time could be a factor.

*Payable To*

*Race Management Technology*

154 Hiawatha Dr.

Bay Shore NY 11706

*631-666-8490 home and fax number*

-----  
**ENTRY-COPY- MAIL/FAX..email...bobrun8@msn.com**

SCHOOL\_\_\_\_\_ BOYS\_\_\_\_\_

GIRLS\_\_\_\_\_

WILL ENTER. THE TEDDY ROOSEVELT/CLINT MILLER MEET.

COACHES SIGNATURE \_\_\_\_\_

METHOD OF PAYMENT \_\_\_\_\_  
(CASH,PERSONAL CHECK, SCHOOL VOUCHER OR P.O.)

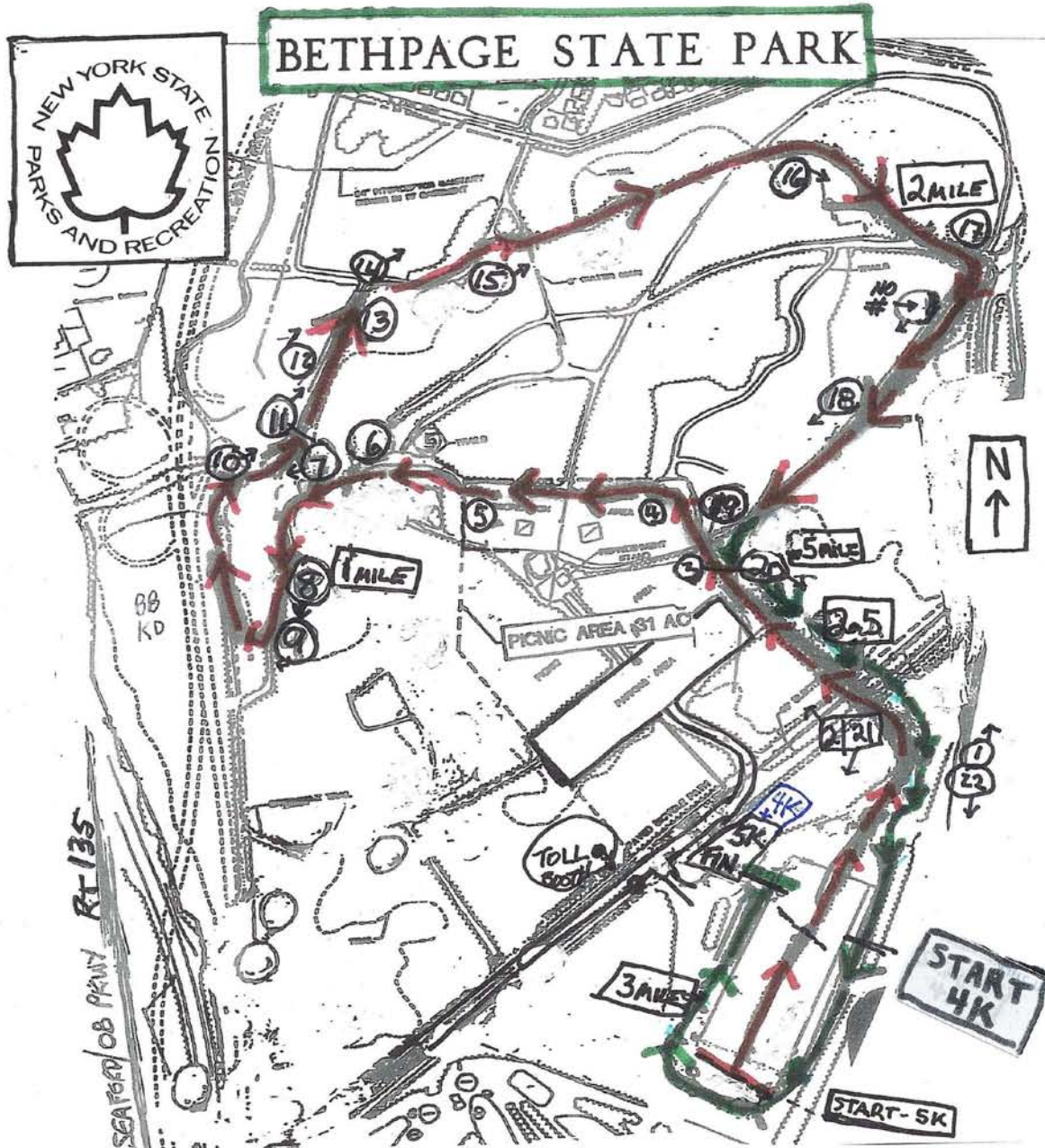


# Results

Section 2.02 Date \_\_\_\_\_ Place \_\_\_\_\_ Weather \_\_\_\_\_

Place	School	Runners Name	Time	Place	School	Runners Name	Time				
1								Team Scores			
2				1							
3				2				1		1	
4				3				2		2	
5				4				3		3	
6				5				4		4	
7				6				5		5	
8				7				Total		Total	
9				8				Team Scores			
10				9							
11				10				1		1	
12				11				2		2	
13				12				3		3	
14				13				4		4	
15				14				5		5	
16				15				Total		Total	
17				16				Team Scores			
18				17							
19				18				1		1	
20				19				2		2	
21				20				3		3	
22				21				4		4	
23				22				5		5	
24				23				Total		Total	
25				24				Team Scores			
				25							

Low Score Wins



**SECTION VIII BOYS & GIRLS CROSS COUNTRY 2009 5K AND 4K COURSE MAP**

The course is marked with hot pink plastic tape on trees. Mile marks are for the 5K. The 4K Mile marks will be on temporary signs posted on the course. In the 5K, the loop from pole 7 to pole 11 is completed by going uphill at pole 9 – only!. The course has numbered posts and directional arrows which are for course location in emergency situations. The first part of the trail from #1 to #3 has two way traffic – going into and out of the trails. Runners must keep to the left side of the course in this area. The detour in the picnic area is no longer part of the course. We are back to the original path, directly from pole 3 to pole 4 a grass path alongside the woods.

# LOCAL RATES

Local Rates Apply ONLY  
to the following:

- 1) Individual' High School, Team or Booster Club Ads
- 2) High School Coaches Assoc. Ads
- 3) High School Officials Assoc. Ads
- 4) Parent or Family Ads
- 5) Local Small Businesses

# 2009

## Advertising Agreement: NYSPPHSAA Championship Program



Make checks payable to:  
NYSPPHSAA, 88 Delaware Avenue, Delmar, NY 12054  
Attn: Advertising Department

**Booster Ads: Return to Bob Baratta by Oct. 21st, 631-666-8490, fax 631-968-4007**

[Bobrun8@msn.com](mailto:Bobrun8@msn.com), Cell 516-449-1886 *Support your sport*

### ADVERTISING SIZES AND RATES

\*See other side for list of Sports, Dates

# of Booster Rate	\$215	\$ 625	\$ 415	\$ 415	\$ 275	\$ 275
.....	\$ 275					
7	\$ 715	\$ 475	\$ 475	\$ 315	\$ 315	\$ 315
8	\$ 805	\$ 535	\$ 535	\$ 355	\$ 355	\$ 355
9	\$ 895	\$ 595	\$ 595	\$ 395	\$ 395	\$ 395
10	\$ 985	\$ 655	\$ 655	\$ 435	\$ 435	\$ 435
All 24 Sports	\$1400	\$ 915	\$ 915	\$ 550	\$ 550	\$ 550

Add \$150 per program for back cover, inside back cover and inside front cover in full color

**NOTE: Advertiser agrees to furnish copy and/or artwork.** If no material is submitted to fill paid size of ad space, publisher shall use own discretion on ad copy. **Publisher cannot accept any corrections after copy closing date of: ASAP.** Publisher will not assume liability for accuracy of advertising copy. Acceptable camera-ready copy is requested for all ads. Unless otherwise stated on this agreement, publisher will not provide checking proofs.

The advertisement should be e-mailed to [altieri@nyspphssa.org](mailto:altieri@nyspphssa.org).

Authorization:..... Date: .....

Company ..... Print Name: .....

Street ..... Advertising in # of Sports Program: .....

City/State/Zip ..... Advertising Rate (above): \$ .....

Telephone: ( ) ..... Options (above): \$ .....

Fax:..... Total Due: \$ .....

[Email:](#)..... DEPOSIT: \$ .....

### AD COPY INSTRUCTIONS

Ad Size \_\_\_\_\_ Other Instructions/Comments: \_\_\_\_\_

Same Ad as Last Year (SALY)

or

Camera Ready Artwork Enclosed

Or

Please Create II PQ 1 /2 Pg-Hor.  
Sports 7.5 x 9.75 7.5 x 4.75

### IMPORTANT:

***This authorized (signed) agreement must be completed and mailed with payment along with your ad (if camera ready). Your ad will not be included if you cannot meet the requirements by the deadline (10/21/05).***

1	\$ 195	\$ 125	\$ 125	\$ 75	\$ 75	\$ 75
2	\$ 265	\$ 175	\$ 175	\$ 115	\$ 115	\$ 115
3	\$ 355	\$ 235	\$ 235	\$ 155	\$ 155	\$ 155
4	\$ 445	\$ 295	\$ 295	\$ 195	\$ 195	\$ 195
5	\$ 535	\$ 355	\$ 355	\$ 235	\$ 235	\$ 235
6						



# Advice:

athletic directors sharing thoughts and actions

## Article III. Parents' Responsibility as Fans

By Doug Smith. CMAA

Recently; a parent was sentenced 6-10 years for the murder of a fellow parent at a hockey practice. The role of the parent as a fan at youth or high school athletic events has become a concern. It is important for fans to realize that just like the participants, they play an important role in every contest.

**First**, the fan must realize the participants are playing the game because of their love and enjoyment of that, sport

**Second**, a fan must realize that these are youth or high school athletes. They will not perform at the collegiate or pro level you are accustomed to watching on television or attending in person.

**Third**, remember the athletes are trying to succeed and give their best effort every time. Fans should recognize and appreciate their successes and not criticize their failures. Their efforts are pure and genuine. Realize that some athletes will have more advanced skills than others. As a fan, you must be aware of the simple fact that even though your team gave a solid effort, the better team won.

**Fourth**, the fan needs to understand the coach. Coaches work and prepare to put forth the best game possible and the best product on the held for that game. They are as interested in success as the athlete. They are working together for a common goal. They are also educators first. Along the way, they may be forced to sideline or bench a player for lack of effort or violation of team rules. While people may not always agree with these decisions it is part of the coach's responsibility. These are decisions the athlete may not always agree with, but he or she will remember the reason why a lot .longer than they remember the score.

**Fifth**, remember the future of the participant. A year from now, no one will remember the score or exactly how the game was played. They will remember the behavior of all and specific lessons learned from that contest. How we behave as fans has a larger impact on the athlete than we may think

**Sixth**, it is the responsibility of the fan to show the athlete how to react to success and failure with the proper attitude. The fan needs to understand that everyone involved - players, coaches, officials - is trying to do their best Appreciate that effort and be patient and, understanding when mistakes occur. When success occurs, for your team or the opponent, recognize it, but do so with class and not in a taunting fashion.

**Seventh**, attending an athletic contest should be an enjoyable activity for the fan. As stated before, the athletes are playing for the love of the game and are always giving 100 percent effort. Help them look forward to participating in that contest and appreciate you coming to watch them. Don't make them dread this experience because of your inappropriate behavior.

**Finally**, always remember you are the role model. You are modeling for the athlete (your son or daughter), the community and yourself. Continue to support the sport(s) of your choice. Please do so in a manner that will make the team and community proud to say you are one of their fans.

**ABOUT THE AUTHOR:** Doug Smith, CMAA is in his 18th year as an athletic director and his 14th year at Woodstock (Illinois) High School In 1995. Smith was recognized, as Illinois' Outstanding Athletic Director of the Year. Smith has served as chairman of the NIAAA Credentials Committee and is currently an NFHS Coaches Education instructor.

## Heatstroke

Heatstroke is similar to heat cramps and heat exhaustion. It is one of the heat-related problems that often result from heavy work in hot environments, usually accompanied by inadequate fluid intake. Older adults, people who are obese and people born with an impaired ability to sweat are at high risk of heatstroke. Other risk factors include dehydration, alcohol use, cardiovascular disease and certain medications.

What makes this syndrome much more severe and potentially life-threatening is the fact that the body's normal mechanisms for dealing with heat stress, such as sweating and temperature control, are lost. The main sign of heatstroke is a markedly elevated body temperature — generally greater than 104 F — with changes in mental status ranging from personality changes to confusion and coma. Skin may be hot and dry, although in heatstroke caused by exertion, the skin is usually moist.

### Other signs and symptoms may include:

- Rapid heartbeat
- Rapid and shallow breathing
- Elevated or lowered blood pressure
- Cessation of sweating
- Irritability, confusion or unconsciousness
- Fainting, which may be the first sign in older adults

### If you suspect heatstroke:

- Move the person out of the sun and into a shady or air-conditioned space.
- Dial 911 or call for emergency medical assistance.
- Cool the person by covering him or her with damp sheets or by spraying with cool water. Direct air onto the person with a fan or newspaper.

## Heat cramps

Heat cramps are painful, involuntary muscle spasms that usually occur during heavy exercise in hot environments. Inadequate fluid intake often contributes to this problem. The spasms may be more intense and more prolonged than typical nighttime leg cramps. Muscles most often affected include those in your calves, arms, abdomen and back, although the cramps may involve any muscle group involved in the exercise.

### If you suspect heat cramps:

- Rest briefly and cool down.
- Drink water or an electrolyte-containing sports drink.
- Practice gentle, range-of-motion stretching and gentle massage of the affected muscle group.

## Heat exhaustion

Heat exhaustion is one of the heat-related syndromes, which range in severity from mild heat cramps to heat exhaustion to potentially life-threatening heatstroke.

Signs and symptoms of heat exhaustion often begin suddenly, sometimes after excessive exercise, heavy perspiration and inadequate fluid intake. Signs and symptoms resemble those of shock and include:

- Feeling faint
- Nausea
- Ashen appearance
- Rapid heartbeat
- Low blood pressure
- Hot, red, dry or sweaty skin
- Low-grade fever, generally less than 104 F



### **If you suspect heat exhaustion:**

- Get the person out of the sun and into a shady or air-conditioned location.
- Lay the person down and elevate the feet slightly.
- Loosen or remove the person's clothing.
- Have the person drink cool water, not iced, or a sports drink containing electrolytes.
- Cool the person by spraying him or her with cool water and fanning.
- Monitor the person carefully. Heat exhaustion can quickly become heatstroke. If fever especially greater than 104 F, fainting, confusion or seizures occur, dial 911 or call for emergency medical assistance.

## Keep mosquitoes at bay

There's no doubt about it. Mosquitoes and other biting insects are annoying. What's more, these bites sometimes transmit serious diseases. Use insect repellent to avoid both the aggravation and the risks.

### **Proven defense**

Insect repellents are the best way to prevent mosquito-borne illnesses, including West Nile virus and encephalitis. When used properly, repellent are safe for kids and adults alike. In fact, experts at the Centers for Disease Control and Prevention (CDC) recommend using insect repellent during all outdoor summer activities.

Products containing DEET have long been the insect repellents of choice in the United States. The CDC now says repellents containing the chemical picaridin or oil of lemon eucalyptus offer comparable protection from mosquitoes when used in similar concentrations.

DEET remains the only ingredient proven to work against deer ticks, which may transmit Lyme disease. testing those claims

# NLSI

~ National Lightning Safety Institute ~

## Lightning Safety for Organized Outdoor Athletic Events

Practice and training increase recreation performance. Similarly, preparedness can reduce the risk of the lightning hazard. Lightning is the most frequent weather hazard impacting athletics events. Baseball, football, lacrosse, skiing, swimming, soccer, tennis, track and field events •.. all these and other outdoor sports have been visited by lightning.

Education is the single most important means to achieve lightning safety. A lightning safety program should be implemented at every facility. The following steps are suggested:

1. A responsible person should be designated to monitor weather conditions. Local weather forecasts - from The Weather Channel, NOAA Weather Radio, or local TV stations - should be observed 24 hours prior to athletic events. An inexpensive portable weather radio is recommended for obtaining timely storm data.
2. Suspension and resumption of athletic activities should be planned in advance. Understanding of SAFE shelters is essential. SAFE evacuation sites include:
  - a. Fully enclosed metal vehicles with windows up.
  - b. Substantial buildings.
  - c. The low ground. Seek cover in clumps of bushes.
3. UNSAFE SHELTER AREAS include all outdoor metal objects like flag poles, fences and gates, high mast light poles, metal bleachers, golf cars, machinery, etc. AVOID trees. AVOID water. AVOID open fields. AVOID the high ground.
4. lightning's distance from you is easy to calculate: if you hear thunder, it and the associated lightning are within auditory range ... about 6-8 miles away. The distance from Strike A to Strike B also can be 6-8 miles. Ask yourself why you should NOT go to shelter immediately. Of course, different distances to shelter will determine different times to suspend activities. A good lightning safety motto is: "If you can see it (lightning) flee it; if you can hear it (thunder), clear it."
5. If you feel your hair standing on end, and/or hear "crackling noises" - you are in lightning's electric field. If caught outside during close-in lightning, immediately remove metal objects (including baseball cap), place your feet together, duck your head, and crouch down low in baseball catcher's stance with hands on knees.
6. Wait a minimum of 30 minutes from the last observed lightning or thunder before resuming activities.
7. People who have been struck by lightning do not carry an electrical charge and are safe to handle. Apply first aid immediately if you are qualified to do so. Get emergency help promptly.

**Teach this safety slogan:  
"If you can see it, flee it; if you can hear it, clear it."**

**SECTION VIII ATHLETICS  
BOYS & GIRLS CROSS COUNTRY 2009**

**TO: ALL ATHLETIC DIRECTORS,  
BOYS & GIRLS XC COACHES  
FROM: KATIE DUNNE & BOB BARATTA  
RE: ATHLETES WITH SPECIAL NEEDS**

**AS LISTED IN OUR XC GUIDE, WAS STRESSED AT THE COACHES MEETING, AND DISCUSSED AT THE HSAA MEETING – THE COORDINATORS MUST HAVE A LIST OF ANY ATHLETES IN CROSS COUNTRY WITH SPECIAL NEEDS.**

**ASTHMA IS A SPECIAL NEED! THESE ATHLETES MUST PROVIDE A MEDICAL NOTE TO THE COORDINATORS THAT COVERS THE SEASON. IT IS RENEWABLE EACH SEASON. NF RULES MANDATE THIS AS IT IS A DISQUALIFICATION IF AN ATHLETE USES AN INHALER BEFORE OR DURING A COMPETITION. INHALERS ARE CLASSIFIED AS PERFORMANCE ENHANCING AND THEIR USE IS PERMITTED WITH MEDICAL APPROVAL. NOTES ARE DUE BEFORE THESE ATHLETES COMPETE.**

**PHYSICAL OR PSYCHOLOGICAL NEEDS DO CREATE SPECIAL PREPARATION FOR MEET MANAGEMENT. IT REMAINS CONFIDENTIAL AND SPEEDS UP RESPONSES IN EMERGENICES. WE HAVE HAD SEVERAL RESPONSES IN THIS REGARD IN THE PAST FEW YEARS-WITHOUT NOTICE. OUR RESPONSE WAS SEVERELY HANDICAPPED BY OUR LACK OF PRIOR KNOWLEDGE. SAFETY OF THE INVOLVED ATHLETES IS THE PRIMARY CONCERN IN THESE MATTERS.**

**OTHER SPECIAL NEEDS SHOULD BE PROVIDED TO THE COORDINATORS ...YOU MAKE THE JUDGEMENT AS TO WHAT YOUR SCHOOL CONSIDERS A SPECIAL NEED. EACH YEAR WE HAVE HAD ATHLETES REQUIRE AN AMBULANCE BECAUSE OF AN ASTHMA ATTACK AND WE DID NOT HAVE A CLEARING NOTE.**

**THIS INFORMATION COULD BE USED TO MAKE ADJUSTMENTS TO OUR PROCEDURES ON ANY GIVEN DAY DUE TO THE AMOUNT OR NEEDS OF THE ATHLETES ON THAT DAY. THE PARK EMERGENCY RESPONSE PEOPLE ARE A KEY ELEMENT IN EMERGENCY RESPONSES, AND THEY ARE ALSO VERY CONCERNED ABOUT THIS ISSUE.**

**EMAIL OR FAX BOB BARATTA...bobrun8@msn.com, 631 666 8490**

REVOCABLE PARK USE PERMIT  
LONG ISLAND STATE PARK REGION  
PERMIT OFFICE, P.O. BOX 247, BABYLON, NEW YORK 11702  
PHONE: (631) 321-3515

2

PERMIT NO: 09-0799  
ISSUED TO: Section VIII Athletics  
Public H.S. Athletic Association  
71 Clinton Road  
Garden City, NY 11550

EXPIRATION DATE: 11/11/2009  
DATE OF ISSUE: 9/4/2009  
TELEPHONE NO.: 516-449-1886

PURPOSE: All Participating school districts in section VIII cross country program

LOCATION: Bethpage State Park- Cross Country Course

DATE(S) AND TIME(S): See Attached for Schedule for meets  
Practice starts 9/8/2009 thru 11/11/2009

**PAID**

FEE, PAYABLE WITH RETURN OF ACCEPTANCE: \$ 8,500.00 OPRHP (Write NONE if not applicable)

**CONDITIONS**

This permit does not constitute a waiver of any applicable vehicular use fee or park entry fee, which must be paid at point of entry. Vehicles must be parked in designated area, and no reserved parking spaces will be assigned. Exceptions to this rule only if noted in Section 6 - Special Conditions.

This permit may be used only by the designated permittee and only for the purpose, location and time period stated.

This permit is issued with the understanding that all use made of the area designated will be in conformity with the rules and regulations of the Long Island State Park Region and the instructions of the Park Manager.

For the purpose of identification, this permit must be carried on your person and be available if requested by a park officer or park employee.

The sale or vending of any foodstuffs, refreshments, merchandise, etc. is prohibited. Refreshment stands are available in every park and the operators of these stands have the exclusive license for the sale of all foodstuffs, refreshments, merchandise, etc. in the park area. Vendors, catering services, etc., are NOT PERMITTED TO ENTER THE PARKS TO DELIVER AND/OR SELL ANY FOODSTUFFS, BEVERAGES OR MERCHANDISE TO ANY GROUP OR ORGANIZATION. Arrangements for catering may be made through the park catering service ONLY except if noted in Section #6 - Special Conditions. Call (631) 321-3515 for information.

5. Special Conditions: See attached General Information and Rules (Terms and Conditions)

- PERMITTEE MUST HAVE PERSON WITH BASIC FIRST AID CERTIFICATION ON PREMISES.
- PERMITTEE MUST CONTACT PARK OFFICE, AT 516-249-0701 PRIOR TO EVENT TO DISCUSS DETAILS.
- PERMITTEE MUST FURNISH A CERTIFICATE OF INSURANCE (AS ATTACHED).
- A CHECK IN THE AMOUNT OF \$8,500, MADE PAYABLE TO OPRHP WAS RECEIVED BY THE REGIONAL PERMIT OFFICE.
- VEHICLE USE FEE IN EFFECT ON WEEKENDS AND HOLIDAYS THROUGH NOVEMBER 15, 2009.
- ENCLOSED PLEASE FIND BUS TICKETS 1700 THRU 1899 (200 TICKETS) WHICH PERMITTEE IS TAKING ON CONSIGNMENT. AT THE END OF THE SEASON, PERMITTEE AGREES TO RETURN UNUSED BUS TICKETS AND PAY FOR THE BUS TICKETS THAT WERE USED.
- PLEASE SEE ATTACHED FOR SCHEDULE.

7. This permit is issued on the condition that the permittee shall be responsible for any and all damage to park property or facilities which may result from the permittee's use thereof. The permittee assumes all risks and shall hold harmless and defend the State of New York, the New York State Office of Parks, Recreation and Historic Preservation and the Long Island State Park Region, its officers and employees, for injury or death arising out of an accident to themselves or others, resulting from activities under this permit or by reason of any unauthorized activities undertaken in the contravention to the terms under which this permit is issued. Violation of the above rules or other Long Island State Park regulations will result in immediate revocation of permit (NO REFUND), possible issuance of summons and whatever other legal remedies the Long Island State Park Region deems necessary.

The Long Island State Park Region reserves the right to revoke this permit at any time.

PLEASE SIGN & RETURN A COPY TO: PERMIT OFFICE, P.O. BOX 247, BABYLON NY 11702. This permit is not valid until a signed copy is returned to this office.

ACCEPTED BY

*Todd Heimer*  
*Bob Barthe*

PERMITTEE

DATE

APPROVED

*Ann Marie Cipriello*  
LONG ISLAND STATE PARK REGION

Practice days Monday thru Friday ONLY - Coaches must call  
Bethpage State Park at least one day before practice date

September 8, 2009 thru November 11, 2009  
3:00pm to 6:00pm

Meet Date are as Follows:

September 14, 15, 21, 22, 28, 29, October 5, 6, 12, 15, 17, 19, 20, 26, 27, 31, November 2, 3, 7, 9, 10, 2009  
Rain Dates November 1 and November 8, 2009