

SECTION V
NEW YORK STATE PUBLIC HIGH SCHOOL
ATHLETIC ASSOCIATION

To: Section V Cross Country Coaches:
From: DaleLadd and Bob Goodell Sec V Cross Country Coordinator
Ref: Information pertaining to the 2004 section V Cross Country Championships

(PLEASE READ CAREFULLY!)

1. Date: Saturday November 6, 2004@ 11:00 am

2.Meet Site : Marcus Whitman High School, Baldwin Rd. Rushville, NY

3.Order of Races:

10:00 am Race Packets can be picked up in the main lobby of the school.

11:00 am	Girls	Class DD/D
11:30 am	Girls	Class C
12:00 noon	Boys	Class D/DD
12:30pm	Boys	Class C
1:00pm	Girls	Class B
1:30pm	Girls	Class A
2:00pm	Girls	ClassAA
2:30pm	Boys	Class B
3:00pm	Boys	Class A
3:30pm	Boys	Class AA

4. Awards

There will be Two awards Cerommoies:

1:30pm Boys and Girls classes DD,D,C

4:00pm Boys and Girls Classes B,A,AA

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

5. Classifications : all classification are current and approved 6/2004

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.

The 10 runners you list on your entry will be entered on a data base. Entries are DUE WEDNESDAY OCTOBER 27 AT 12:00 NOON. YOU MAY MAKE CHANGES IN YOUR ENTRIES UP TO THURSDAY NOVEMBER 4, AT 12:00 NOON. ALL ENTRIES SHOULD BE SENT TO: BOB GOODELL/XC COORDINATOR
901 YELLOW MILLS RD. SHORTSVILLE N.Y.14548 OR FAX 585-742-7023.

ANY QUESTIONS RELATED TO ENTRIES CALL 585 -289-3142 after 7:00pm. Remember, you can run any 7 runners of the 10 you entered. Make sure that all entries have met handbook guide lines.

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 turned in to backup our computer scoring system.

9. Race packets: Each team may pick up their race packet in the main lobby anytime after 10:00 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 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. 1:30pm D/DD/C 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.

10. NYSPHSAA QUALIFIERS: Information for this Meet will be handed out at the picture. all forms must be filled out properly before you can run nysphsaa championship meet.

11. NYS FEDERATION: Coaches are responsible to fill out forms on line, to rank their team if they are not automatic qualifiers. (See Federation Info on this web site) You must fill out the federation information sheet and return to Dale or Bob by November 11/09/04, to be considered for a at large berth.

12. Coaches are asked to help marshal to keep teams and spectators off the course during the races.

13. A Concessions Stand will be open all day with souvenir shirts and programs on sale.

14. DO NOT COME TO THE COURSE WITH OUT CALLING MARCUS WHITMAN!
(Gil Jackson AD.....585-554-6441)

NEW YORK STATE PUBLIC HIGH SCHOOL

ATHLETIC ASSOCIATION

OFFICIAL ENTRY FORM

SECTION V BOYS AND GIRLS

2004 CROSS COUNTRY CHAMPIONSHIPS

at

MARCUS WHITMAN HIGH SCHOOL SATURDAY, NOVEMBER 6, 2004

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 Marcus Whitman High School, Saturday November 6, 2004.

Coaches signature

Principal or Chief School Officer Signature

Coaches Home phone

Athletic Director Signature

School FAX #

Mail Entries to: **Bob Goodell / Cross Country Coord. 585-289-3142**
901 Yellow Mills Rd
Shortsville NY. 14548 FAX 585-742-7023

All Entries Close Wednesday October 27, 2004 @ 12:00 Noon

Changes in entries may be made up to Thursday November 4, 2004 @ 12:00 Noon.

NO LATE ENTRIES WILL BE ACCEPTED !!!!

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