

2010

Boys & Girls

Cross Country

Sectional Information Packet

## 2010 Cross Country Information

**Boys Sectional Coordinator-** Jack Bernard 315-942-5733 (home)  
South Lewis High School 315-335-2874 (cell)  
[JackoB@aol.com](mailto:JackoB@aol.com)

Jim Paccia 315-696-6235  
Tully High School  
[jpaccia@tully.k12.ny.us](mailto:jpaccia@tully.k12.ny.us)

**Girls Sectional Coordinator-**Michelle Rauber 607-749-5959 (home)  
Tully High School 315-696-6213 (school)  
315-952-7807 (cell)  
[mrauber@tullyschools.org](mailto:mrauber@tullyschools.org)

607-749-5959 (home)  
315-696-6213 (work)

Dan Reid 315-488-4244  
Westhill High School 315-426-3000  
[runrunreid@aol.com](mailto:runrunreid@aol.com)

### Section III League Representatives 2010-2011

#### Center State Conference – Division 1

Jessie Ravage (boys & girls) Cooperstown High School 607-547-9507  
[jravage@stny.rr.com](mailto:jravage@stny.rr.com)

#### Center State Conference – Division 2

Steve Philpotts (boys & girls) Sauquoit Valley High School 315-737-9875  
[phillysd@aol.com](mailto:phillysd@aol.com)

#### Center State Conference – Division 3

Fay Harper (boys & girls) Remsen High School

#### Frontier League

Steve Rogers (girls) South Jefferson High School 315-232-4531  
315-232-2825  
[srogers@spartenpride.org](mailto:srogers@spartenpride.org)

Jack Bernard (boys) South Lewis 315-952-5733  
[jbernard@southlewis.org](mailto:jbernard@southlewis.org)

**OHSL Freedom Division**

Jim Lawton JD High School 315-637-2727  
[jlawton1@twcnny.rr.com](mailto:jlawton1@twcnny.rr.com)

Harold Muller Chittenango High School 315-687-2900  
[mullerh@ccs.cnyric.org](mailto:mullerh@ccs.cnyric.org)

**OHSL Liberty Division**

Rob Schemerhorn (girls) JE High School 315-253-3033  
[rschemrun@aol.com](mailto:rschemrun@aol.com)

Robin Wheelless (boys) Westhill High School 315-420-0827  
[robinw@sensis.com](mailto:robinw@sensis.com)

**OHSL Patriot - American Division**

Donna Capallano (girls) Cato Meridian High School 315-638-2955  
[Cappy330@yahoo.com](mailto:Cappy330@yahoo.com)

**OHSL Patriot- National Division**

Michelle Franklin-Rauber (girls) Tully High School 607-749-5959 (home)  
315-952-7807 (cell)  
[mrauber@tullyschools.org](mailto:mrauber@tullyschools.org)

Jim Paccia (boys) Tully High School 315-696-6235  
[jpaccia@tully.k12.ny.us](mailto:jpaccia@tully.k12.ny.us)

**TRI-Valley League**

Ron Murray (girls) Whitesboro High School 315-345-3360  
[historyron@aol.com](mailto:historyron@aol.com)

Jason Merrill(boys) VVS High School 315-361-5142  
315-829-2520  
[jmerrill@vvschools.org](mailto:jmerrill@vvschools.org)

**CNY Counties- National Division**

Guy Linton (girls) Henninger High School 315-435-4343  
[guyguyxc@yahoo.com](mailto:guyguyxc@yahoo.com)

Richard Nastasi (boys) CNS High School 315-416-3947  
315-676-7896  
[rnastasi@twcnny.rr.com](mailto:rnastasi@twcnny.rr.com)

### **CNY Counties – American Division**

Sandy McGuane (girls) Central Square High School 315-637-7284  
[sburns@cssd.org](mailto:sburns@cssd.org)

Shaun McGuane (boys) Central Square High School 315-637-7284  
[smcguane@cssd.org](mailto:smcguane@cssd.org)

### **Central Counties League**

Steve Camelbeek (boys & girls) DeRuyter High School 315-852-3433  
[camelbeek@deruytercentral.org](mailto:camelbeek@deruytercentral.org)

### **Sectional Meet Information**

**Site:** VVS High School

#### **To Enter Sectional Meet:**

School commitment forms should be sent to Michelle Rauber by Monday, November 1st, 2010. Classes will be split in half if the number of complete teams warrants it. This will be determined after entries have been received.

Michelle Rauber  
Tully Elementary School  
PO Box 628  
Tully, NY 13159

#### **Team/ Individual Entries for Sectionals:**

Each team may enter up to and no more than 10 runners in the sectional meet. Individuals **must** have competed in 6 contests prior to the sectional race in order to be eligible for the meet. Multi school meets, **including double duel 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.

### **Please Note**

**\*\* IF you fail to send in your registration form for sectionals by Nov. 1st, or fail to enter your team on time at [onlineentries.com](http://onlineentries.com), your team will not be allowed to run in the sectional championships!!\*\***

#### **Officials:**

Several hired rated officials with help from competent adults from participating schools will officiate over the meet.

#### **Rules:**

Federation rules govern girls' and boys' cross country in New York State. Refer to the 2010 edition of the National Federation Track and Field Rule Book for girls and boys.

**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.

**Awards:**

- 1) Section III banner to the first place team of each class.
- 2) Certificate and Patches for the top 10 girls and boys on the winning team along with each girl and boy who qualifies for the state meet as an individual.

**Questions:**

Please contact your league or sectional representative.

**Race Times: \*\* Note: There is a change in the order of races!!**

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

**Selective Classification -Move Up Date:**

In order for a jr. high runner to participate in the sectional meet, they must be classified to varsity and competed in their first meet no later than October 11<sup>th</sup>, 2010. They have to have **6 varsity competitions** before they can compete in the sectional meet.

**2010 New York State Cross Country Meet**

**Place:** Lakeside Park, Pawling NY

**Date:** Saturday November 13<sup>th</sup>, 2010

**Race Times:**

8:45am Opening Ceremonies

9:00am	Girls AA	11:30am	Boys AA
9:30am	Girls A	11:55am	Boys A
10:00am	Girls B	12:20pm	Boys B
10:30am	Girls C	12:45pm	Boys C
11:00am	Girls D	1:10pm	Boys D

**Awards Ceremony:**

Pawling Highschool

**Packet Pick up:** Coaches will receive information the day of the sectional meet on where and when they can pick up their state meet numbers and t-shirts.

**Bids for 2011 Cross Country Sectional Meet:**

If you would like to host the 2011 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 December 1<sup>st</sup>, 2010
- 2) Prepare a budget for hosting the sectional meet. This needs to be sent to Michelle Rauber no later than Dec. 1<sup>st</sup>, 2010. Please include all expenses that you will incur while hosting the meet.
- 3) Prepare a presentation for the sectional committee on your course, parking, spectator friendliness, etc for the Section 3 Committee, to be presented on Wed. Dec 1<sup>st</sup>.

**Section 3 Corss Country School Commitment Form - 2010**

School Name \_\_\_\_\_ Class \_\_\_\_\_

Compete or Incomplete Team \_\_\_\_\_

School Address \_\_\_\_\_ Gender \_\_\_\_\_

School Phone \_\_\_\_\_

Coach's Name \_\_\_\_\_

Home Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell phone \_\_\_\_\_

Home email \_\_\_\_\_

Date: \_\_\_\_\_ Coach's Signature \_\_\_\_\_

Date: \_\_\_\_\_ Athletic Director's Signature \_\_\_\_\_

**\*\* This Form must be sent to Michelle Rauber by Monday Nov. 1<sup>st</sup>, 2010 \*\***

Michelle Rauber  
Tully Elementary School  
PO Box 628  
Tully, NY 13159

**Or email**  
mrauber@tullyschools.org

### Section 3

3	CICERO-NORTH SYRACUSE	2316	AA
3	THOMAS R. PROCTOR	2070	AA
3	LIVERPOOL	1812	AA
3	BALDWINSVILLE	1458	AA
3	HENNINGER	1325	AA
3	ROME FREE ACAD	1288	AA
3	WEST GENESEE	1251	AA
3	FAYETTEVILLE-MANLIUS	1209	AA
3	CENTRAL SQUARE	1203	AA
3	CORCORAN	1146	AA
3	AUBURN	1056	AA
3	GEORGE FOWLER	1046	AA
3	OSWEGO	1037	AA
3	NOTTINGHAM	1031	AA
3	WATERTOWN	941	A
3	WHITESBORO	891	A
3	FULTON	880	A
3	EAST SYRACUSE-MINOA	867	A
3	CARTHAGE	746	A
3	INDIAN RIVER	725	A
3	Westhill & Bishop Ludden	698	A *if they combine
3	JAMESVILLE-DEWITT	696	A
3	CAMDEN	646	A
3	NEW HARTFORD	624	B
3	MEXICO	623	B
3	CORTLAND	613	B
3	CHITTENANGO	590	B
3	ONEIDA	569	B
3	VERNON-VERONA-SHERRILL	559	B
3	PHOENIX	556	B
3	HOMER	550	B
3	MARCELLUS	524	B
3	WESTHILL	483	B
3	SOUTH JEFFERSON	481	B
3	SOLVAY	460	B
3	CAZENOVIA	435	B
3	SKANEATELES	431	B
3	HANNIBAL	425	B
3	HOLLAND-PATENT	421	C
3	CLINTON	397	C
3	ALTMAR-PARISH-WILLIAMSTOWN	391	C
3	CHRISTIAN BROTHERS ACAD	387	C
3	SHERBURNE-EARLVILLE	386	C
3	JORDAN-ELBRIDGE	380	C
3	ILION	378	C
3	CANASTOTA	358	C
3	ADIRONDACK	354	C
3	GENERAL BROWN	346	C
3	MT MARKHAM	339	C
3	LOWVILLE	338	C
3	SAUQUOIT VALLEY	304	C
3	HERKIMER	298	C
3	TULLY	295	C
3	FRANKFORT SCHUYLER	293	C
3	CATO-MERIDIAN	287	C

3	LITTLE FALLS	285	C
3	PULASKI	274	C
3	INSTITUTE OF TECHNOLOGY	273	C
3	WESTMORELAND	272	C
3	THOUSAND ISLANDS	260	C
3	SOUTH LEWIS	259	C
3	COOPERSTOWN	250	D
3	LA FAYETTE	248	D
3	SANDY CREEK	248	D
3	ONONDAGA	242	D
3	BEAVER RIVER	239	D
3	BISHOP GRIMES	232	D
3	MOHAWK	232	D
3	PORT BYRON	231	D
3	WEEDSPORT	215	D
3	WATERVILLE	214	D
3	FABIUS	211	D
3	NOTRE DAME (UTICA)	204	D
3	DOLGEVILLE	198	D
3	WEST CANADA VALLEY	198	D
3	MANLIUS-PEBBLE HILL	197	D
3	MORRISVILLE	181	D
3	SYRACUSE ACADEMY OF SCIENCE	179	D
3	ORISKANY	176	D
3	BISHOP LUDDEN	174	D
3	POLAND	159	D
3	LA FARGEVILLE	156	D
3	MCGRAW	155	D
3	COPENHAGEN	154	D
3	ALEXANDRIA	153	D
3	HAMILTON	149	D
3	RICHFIELD SPRINGS	142	D
3	IMMACULATE HEART	141	D
3	CINCINNATUS	140	D
3	NY MILLS	131	D
3	BELLEVILLE HENDERSON	127	D
3	STOCKBRIDGE VALLEY	121	D
3	SACKETS HARBOR	116	D
3	OTSELIC VALLEY	114	D
3	MADISON	112	D
3	REMSEN	110	D
3	DERUYTER	101	D
3	OPPENHEIM-EPHRATAH	101	D
3	TOWN OF WEBB	96	D
3	FAITH HERITAGE	88	D
3	LYME	84	D
3	BROOKFIELD	56	D
3	LIVING WORD ACAD	51	D
3	ROME CATHOLIC	51	D
3	OWEN D. YOUNG	46	D
3	TYBURN ACADEMY	33	D
3	NYS SCHOOL FOR THE DEAF	18	D