



37th Alden Bulldogs
Cross Country Stampede
Saturday, October 14th, 2023
Campus of **Alden Central High School**
13190 Park Street
Alden, New York 14004



Host site of the...
45th Girls/67th Boys E.C.I.C. Cross Country Championships

Varsity & Varsity "B" 5 Kilometer/3.1 Mile grassy trail course
7th/8th grade Middle School 1.8 Mile grassy trail course

Stampede Races Order

<u>Stampede Race</u>	<u>Start Time</u>	<u>Entries</u>
7th/8th grade Middle School GIRLS	9:45 AM	Unlimited
7th/8th grade Middle School BOYS	~10:10 AM	Unlimited
BLUE Schools Varsity "B" GIRLS	~10:30 AM	Unlimited
GOLD Schools Varsity "B" BOYS	~11:00 AM	Unlimited
BLUE Schools Varsity "B" BOYS	~11:30 PM	Unlimited
GOLD Schools Varsity "B" GIRLS	~12:00 PM	Unlimited
BLUE Schools VARSITY GIRLS	~12:30 PM	Seven (7) maximum
GOLD Schools VARSITY GIRLS	~1:00 PM	Seven (7) maximum
BLUE Schools VARSITY BOYS	~1:30 PM	Seven (7) maximum
GOLD Schools VARSITY BOYS	~2:00 PM	Seven (7) maximum

Recognition Celebration ~2:30 PM

Event Director Contact Information

Emilio Mancino

Alden Bulldogs Cross Country Coach

legendsathletics716@gmail.com

Google Cell Phone number (716) 712-4640

Participation Deadline is **FRIDAY, SEPTEMBER 29th, 2023**

****We'll do our best to accommodate your Cross Country program after this deadline but please do not enter without contacting us first****

Competition Fees:

ALL entry fees should be paid before the day of competition. Please be sure your Athletic Office is timely with payment no later than **Friday, October 6th, 2023**.

- \$200 per program (genders combined regardless of races entered)
- \$100 per gender team (regardless of races entered)
- \$25 per individual entry (including middle school, Varsity "B", or Varsity only)

****Teams must have four (4) or more runners in order to avoid the individual entry fee.**

Post Mail or Interschool Mail Check or Voucher to:

Alden CSD Athletic Office
13190 Park Street
Alden, NY 14004

****Please make checks/vouchers payable to:**

Alden Sports Boosters-Cross Country

General Competition Information

Rules:

*This competition is governed by the National Federation of High Schools, the New York State Public High Schools Athletic Association, Section VI Athletics, and the Erie County Interscholastic Conference. Jewelry, uniform, and electronics rules are in effect and will be enforced.

*The Games Committee will be composed of the Head Official and another coach to be determined and announced at the 9:30 AM Informational Meeting as well as the Event Director. Any protests must be clearly written and explained before presented to anyone on the Games Committee.

Concessions:

- *There will be a concession area that will feature a variety of food and refreshments.
- *A limited number of commemorative tee shirts produced by [Winged Foot Screen Printing](#) will also be sold for a cost of \$30 each.
- *[Runner's Roost](#) may be on site as well in support of this Stampede and the participating programs.

Course Description:

- *Well groomed and marked grass and trail surfaces with paths wide enough to accommodate approximately four (4) competitors across at most times once funneled into the first few hundred meters of the course. Competitors will be visible to the general spectator throughout most sections of the course.
- *Course maps will be shared with participating programs after Friday, September 29th. Any program can request a course map prior to that date by contacting Coach Mancino.
- *The course also features minimal elevation changes.
- *Minimum ¼" pyramid spiked racing shoes are strongly recommended.

Race Parameters:

- *All races must have a minimum of five (5) runners officially complete the entire race in order to be eligible for team scoring. There will be a maximum of seven (7) runners in all Varsity races. An unlimited number of competitors may participate in all other races.
- *Any 7th or 8th grader participating in the Varsity "B" or Varsity races at this competition must have been approved through the NYSPHSAA Athletic Placement Process.
- *The determination of program race assignments into equitable "BLUE" (Class B-2 and smaller programs) and "GOLD" program (B-1 and larger programs) designations will be based on school enrollment data compiled by the [NYSPHSAA](#) for this season. Program race assignments will be shared with participating programs after Friday, September 29th.
- *Programs must race in their designated events based on this enrollment data. In order to keep race populations reasonable, programs may not divide their teams into separate Varsity teams to enter into each Varsity race.

Results Information:

- *[TrackQua Timing Services](#) will be employed as the primary mode of producing results through [MileSplit New York](#). Live results will be digitally available online as races conclude.
- *Electronic timing chips will be utilized to track runners from the start through the finish line and will be collected from each competitor prior to exiting the finish line area.

Recognition Information:

- *Individual awards for all races will be distributed at the end of the finish line chute with the exception of the Fastest Varsity Female and Male Runners of the Stampede. This special award as well as all Varsity "B" and Varsity team awards will be presented during the Recognition Celebration beginning at approximately 2:30 PM weather permitting.
- *7th/8th grade Middle School Team Awards will be presented to the victorious teams shortly after the scoring tabulations have been completed.

<u>7th/8th grade Middle School</u> (per gender)	<u>Varsity "B"</u> (per gender per race)	<u>VARSITY</u> (per gender per race)
<ul style="list-style-type: none"> ★ Top Team Award ★ Ribbons through 30th place 	<ul style="list-style-type: none"> ★ Top Team Award ★ Ribbons through 25th place 	<ul style="list-style-type: none"> ★ Top Three (3) Team Awards ★ Medals through 10th place ★ Ribbons 11th through 25th place

****Special award to the Fastest Varsity Female Runner and Fastest Varsity Male Runner of the Stampede****

Medical Supervision:

- *The Alden CSD will have a contracted Athletic Trainer on site throughout this competition as necessary.
- *There will be a designated Medical Assistance area which will be noted at the 9:30 AM Informational Meeting.
- *The Athletic Trainer will be available via cell phone as necessary throughout this competition.
- *Please bring medical supplies in a medical kit as necessary.

Program Areas:

- *Event staff will assist arriving programs in buses with disembarkment and parking.
- *Event staff will also assist arriving programs with securing a homebase area for their teams.
- *It is strongly suggested and greatly appreciated that garbage bags are brought along and properly utilized by each program while they are on District property.
- *Portable toilets and restrooms around the concession area will be available.
- *The District buildings will not be accessible unless there is an emergency situation such as thunder and lightning, etc.

*****More updated and specific information such as the entry process and race assignments will be shared with all participating programs after Friday, September 29th*****

In the meantime, on behalf of myself and the Alden Bulldogs School Community, enjoy a great 2023 Cross Country season and feel free to reach out to me, Coach Mancino, at your convenience.



Emilio Mancino

Modified Course



Varsity Course

