

2009

Section III

Boys & Girls

Cross Country

Sectional Information Packet

## 2009 Cross Country Information

**Boys Sectional Coordinator-** Jack Bernard 315-942-5733  
South Lewis High School  
[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 2009-2010

#### 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

Gene Velardi (boys & girls) Oriskany High School  
Knicks214344853@hotmail.com

#### 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@twcny.rr.com](mailto:jlawton1@twcny.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@twcny.rr.com](mailto:rnastasi@twcny.rr.com)

**CNY Counties – American Division**

Sandy Burns (girls) Central Square High School 315-380-1442  
[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:** Jamesville Beach State Park

**To Enter Sectional Meet:**

School commitment forms should be sent to Michelle Rauber by Monday, November 2nd, 2009. 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. 2<sup>nd</sup>, 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 2009 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.
- 3) Ribbons to the top 60 finishers in each race.

**Questions:**

Please contact your league or sectional representative.

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

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

**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 10<sup>th</sup>, 2009. They have to have **6 varsity competitions** before they can compete in the sectional meet.

## SECTION THREE LEAGUES AND SCHOOLS

### CENTER STATE CONF. FRONTIER

#### Division I

ADIRONDACK  
DOLGEVILLE  
FRANKFORT-SCHUYLER  
HERKIMER  
ILION  
LITTLE FALLS  
MOHAWK

#### Division II

CANASTOTA  
COOPERSTOWN  
MOUNT MARKHAM  
SAUQUOIT  
SHERBURNE-EARLVILLE  
WATERVILLE

#### Division III

HAMILTON  
MORRISVILLE-EATON  
ORISKANY  
RICHFIELD SPRINGS  
WEST CANADA  
WESTMORELAND

#### Division IV

NEW YORK MILLS  
OLD FORGE  
OPPENHEIM-EPHRATAH  
OWEN D. YOUNG  
POLAND  
REMSEN  
ROME CATHOLIC

### TRI-VALLEY

CAMDEN  
CLINTON  
HOLLAND PATENT  
NEW HARTFORD  
NOTRE DAME  
ONEIDA  
V.V.S.  
WHITESBORO

### CENTRAL COUNTIES

BROOKFIELD  
CINCINNATUS  
DERUYTER  
MADISON  
MC GRAW  
OTSELIC VALLEY  
STOCKBRIDGE VALLEY

#### A Division

CARTHAGE  
IMMACULATE HEART  
INDIAN RIVER  
WATERTOWN

#### B Division

ALTMAR PARISH WILLIAMSTOWN  
GENERAL BROWN  
LOWVILLE  
SOUTH JEFFERSON

#### C Division

BEAVER RIVER  
SANDY CREEK  
SOUTH LEWIS  
THOUSAND ISLANDS

#### D Division

ALEXANDRIA BAY  
BELLEVILLE-HENDERSON  
COPENHAGEN  
LAFARGEVILLE  
LYME  
SACKETS HARBOR

#### Girls Lacrosse Only

Heuvelton  
Norwich

#### Ice Hockey Only

Ithaca

#### INDEPENDENTS

Living Word Academy  
NYS School for Deaf  
Tyburn Academy  
Institute of Technology

#### FRIENDS & NEIGHBORS

Augustinian Academy  
Blessed Virgin Mary  
Holy Cross Academy

#### MODIFIED ONLY

Lyncourt UFSD  
St. Joseph School

### OHSL

#### Freedom

CHITTENANGO  
CORTLAND  
EAST SYRACUSE-MINOA  
FOWLER  
FULTON  
HOMER  
JAMESVILLE-DEWITT  
MEXICO  
PHOENIX

#### Liberty

BISHOP LUDDEN  
CAZENOVIA  
CHRISTIAN BROTHERS ACADEMY  
HANNIBAL  
JORDAN-ELBRIDGE  
MARCELLUS  
SKANEATELES  
SOLVAY  
WESTHILL

#### Patriot

BISHOP GRIMES  
CATO-MERIDIAN  
FABIUS-POMPEY  
FAITH HERITAGE  
LAFAYETTE  
MANLIUS PEBBLE HILL  
ONONDAGA  
PORT BYRON  
PULASKI  
Syracuse Academy of Science  
TULLY  
WEEDSPORT

### CNY COUNTIES

#### National

BALDWINSVILLE  
CICERO-N. SYRACUSE  
HENNINGER  
LIVERPOOL  
ROME FREE ACADEMY  
UTICA PROCTOR

#### American

AUBURN  
CENTRAL SQUARE  
CORCORAN  
FAYETTEVILLE-MANLIUS  
NOTTINGHAM  
OSWEGO  
WEST GENESEE

## **2009 New York State Cross Country Meet**

**Place:** SUNY Plattsburgh

**Date:** Saturday November 14<sup>th</sup> , 2008

### **Race Times:**

8:45am Opening Ceremonies

9:00am	Boys D	11:05am	Girls D
9:25am	Boys AA	11:35am	Girls AA
9:50am	Boys A	12:05pm	Girls A
10:15am	Boys B	12:35pm	Girls B
10:40am	Boys C	1:05pm	Girls C

### **Awards Ceremony:**

2:45 at Plattsburg High School

**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 2010 Cross Country Sectional Meet:**

If you would like to host the 2010 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>, 2009
- 2) Prepare a budget for hosting the sectional meet. This needs to be sent to Michelle Rauber no later then Dec. 1<sup>st</sup>, 2009. 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 3<sup>rd</sup> at Joel's Steakhouse at 6:00pm.

**School Commitment Form**

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. 2<sup>nd</sup>, 2009 \*\*

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