

Wayne - Finger Lakes XC Preseason meeting
8-24-17 Thursday August 24th
7:00 @ Eddie O'Brien's in Farmington
6:00 for food

1. **Schools represented:** Geneva, Midlakes, Newark, Pal-Mac, PennYan, Waterloo, Wayne, Marcus-Whitman, Mynderse, Bloomfield, East Rochester, Sodus, Williamson, HAC, Honeoye, Lyons, Marion, Red Jacket, Red Creek

Not represented: Romulus, NR-W, Clyde Sav/Lyons, St. Mary's

2. **Updated coaches directory – introduced new coaches**
3. **League Website** <http://www.wfltrack.org/cross/index.html>
Reporting Results for Site – excel spreadsheet will be sent

Host school needs to call in results: do your part to promote our sport

CA Messenger- 585-394-0770 ext. 271 Fax: 585-394-4160

sports@messengerpostmedia.com

Finger lakes times- 1-800-388-6652 ext. 243 Fax 315-789-4077

sports@fltimes.com

D&C- 585-258-2400 then press 1 Fax: 585-258-2776

sports@democratandchronicle.com

Rule changes or proposed changes-

Soft bracelets legal, hair ties ok on wrists. Keep it simple – no jewelry

Non GPS watches are legal, **GPS watches are illegal.**

Mods wearing spikes is legal, some sections illegal. This is opt in for each section. Practice scrimmage/competition both 8 team 6 individual for Modifieds.

4. **Reviewed league schedule – league alignments, made site changes, inc. teams Oct 3rd meet at Midlakes changed to Waterloo**
5. **League meets: Meets start at 4:30, call host school if you are going to be late. Order of races: Boys and girls modified - Boys JV/Varsity -Girls JV/Varsity.**
-Once you run Varsity you can't go back.
-Mods must be moved up by mid season of their schedule, just do asap

Unofficial scores for modified races- Score top 3 displace 4,5

--the kids should score and count like other sports –team coaches responsible

-Make sure your athletes have their required practices to compete.

***Mod changed last year 8 team 6 individual for both scrimmage and contest**

- 9th graders may be modified at coaches discretion, make sure at correct level, once they run varsity they are varsity. 9th graders should be working

their way off modified. **1.5 miles till oct 3rd Oct 10th move them up to 2 miles.**
Last two league meets 2 miles.

-An official enforces rules, can start your races, call the finish, is an impartial judge and certifies your meet as legal. Their job is not to walk the entire course. They may offer you suggestions for changes etc.

Kathy McLymond is the official's contact. This year they are all scheduled for you just like track.

New course maps please send them to me.

Run league meets following NFHS rules as they are a scoring official HS event. Legal school issued uniforms and well-marked courses are essential. Courses should be as close to 5000 meters or 3.1 miles as your site allows.

-Heat –check the NYSPHSAA regulations- as coaches we are responsible for our athletes safety

-Also remember lightning and thunder are the same thing (30 minute rule)

Invitationals and some league meets use computerized timing

Update rosters add/remove check/uncheck XC box

Please check your ventiming account now! <http://www.ventiming.com/>

Same as outdoor/indoor track

Check gender grade, enter only kids running don't just click add all.

Check level 9th graders may still be mod - change to varsity

This may take 20-30 minutes to check over but once it is done it is set for the season.

7. League championships @ SATURDAY, OCTOBER 28, 2017 at Midlakes

Jobs assigned Order of races

Discussed -Bob Goodell Timing, course setup

Top 10 gold, 2nd 10 silver, 3rd 10 bronze round medals

1-50 ribbons in chute Top 30 LAS Cert and Patch

Teams ECW Trophy and 7 Gold Rect Medals each team

Champ Shirts will be for sale

\$5 per car charge

***League meet is paid for and is part of your dues**

--ENTRIES DUE BY WED OCT 25th @8PM

8. Sectionals 11-4-16 @ Wayne

-Remind all parents that there is a \$5/ Car Charge. No dogs. Sectional entries will be due Mon Oct 30th @8PM. Verification sheets need to be turned in to me at league Championships or faxed/emailed sooner.

Foot chips will also be worn at Sectionals this year.

--Thursday night Nov 2nd 6PM help stuff sectional packets
-coachgoodell48@gmail.com

New awards:

Trophy medal t-shirts to winning team 7

Medals to second place team 7

Patches to top 10 - medal and t shirt to individual champ

9. Review Sectional classes – not finalized yet - check your enrollment #'s
I attended the sectional coordinators meeting last week and will email updated information concerning sectionals and beyond as it becomes available.

10. All section V information on web site - not updated yet
<http://www.sectionvtrack.com/cross-country>
Sectional entries due - see web site for details

11. State Meet Information
-Held at @ Wayne Nov 11th
- Invitational
2017 Wayne!! Section V
Help needed Thursday night the 9th for setup, also takedown on the 11th.
I would like to volunteer our league to help with athletic gear. Moving warmups from start line to finish line and resetting for each race. 22 bags 2 bags per section, 1 team and 1 individual. Cart them to finish then bring them back for next race. We could just volunteer for the boys or the girls or whole day. Need 10-12 dedicated kids and 2-3 coaches.

Boys C - 9:00	Girls C - 11:00
Boys D - 9:30	Girls D - 11:30
Boys A - 10:00	Girls A - 12:00
Boys B - 10:30	Girls B - 12:30

12. Federation Meet Information

13. XC Post season meeting Thursday November 16th
7:00 @ Eddie O'Brien's, 6:00 for food

---Meeting adjourned at 8:13 PM--