

**Wayne - Finger Lakes XC Preseason meeting**  
**8-23-18 Thursday August 24<sup>th</sup>**  
**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 Clyde Sav/Lyons, St. Mary's, Dundee, Naples

Not represented: NR-W

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](mailto:sports@messengerpostmedia.com)

Finger lakes times- 1-800-388-6652 ext. 243 Fax 315-789-4077  
[sports@fltimes.com](mailto:sports@fltimes.com)

D&C- 585-258-2400 then press 1 Fax: 585-258-2776  
[sports@democratandchronicle.com](mailto:sports@democratandchronicle.com)

4. Reviewed league schedule – league alignments, made site changes, inc. teams Penn Yan change changed to \_\_\_\_\_ Gananda team of 1 Lima Christian?
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. **Senior recognitions should not interfere with race times!!!**
  - Once you run Varsity you can't go back.
  - Mods must be moved up by mid season of their schedule, just do asap

**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. Varsity needs 10 practices for a meet. Need 6 meets to compete at sectionals.

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

**--they 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**

- 9<sup>th</sup> graders may be modified at coaches discretion, make sure at correct level-- once they run varsity they are varsity. 9<sup>th</sup> graders should be working their way off modified. **1.5 miles till Oct 2<sup>nd</sup> Oct 9<sup>th</sup> 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. Like last 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 9<sup>th</sup> 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.

6. League championships SATURDAY, OCTOBER 27, 2018 Marcus Whitman  
**Open course this Mon and Tues 8-12**

Jobs assigned Order of races

Discussed -Bob Goodell Timing, course setup

Top 10 gold, 2<sup>nd</sup> 10 silver, 3<sup>rd</sup> 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 24<sup>th</sup> @8PM**

7. Sectionals 11-3-18 @ Midlakes

-Remind all parents that there is a \$5 / Car Charge. No dogs. Sectional entries will be due **Mon Oct 29<sup>th</sup> @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.

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**

8. 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.

**Girls Class D is a single class 1 team champ 1 runner up  
1 individual champ and 14 patches -lack of complete teams compared to other classes and boys DD/D – the ratio is now close to all others**

9. All section V information on web site - not updated yet  
<http://www.sectionvtrack.com/cross-country>  
Sectional entries due - see web site for details  
Download verification sheet - 10 entries run only 7  
Must turn in chips not used at pickup

#### 10. State Meet Information

**-Held at @ Sunken Meadow State Park Nov 10<sup>th</sup>**

8<sup>th</sup> 9<sup>th</sup> and 10<sup>th</sup> Trip Eastview 12 noon on Thursday  
Winning Team and Top 5 individuals

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

#### 11. Federation Meet Information will be posted on section V website

##### REMINDER:

Bob Goodell has retired as the Section V Girls' Cross Country chairman, after serving the coaches and athletes of Section V for more than twenty years. We are having a reception for Bob on Saturday, August 25 from 2:00 to 4:00 pm at the Section V offices, 131 Drumlin Court-Conference Center - Orchard Cafe, Newark. All coaches, officials, and former athletes are invited and encouraged to attend. Let's have a great turnout to show Bob how much we appreciate his many years as a Section V Chairman.

#### 12. **XC Post season meeting Tuesday November 13<sup>th</sup>**

**7:00 @ Canandaigua Wegman's Burger Bar, 6:00 for food**

**---Meeting adjourned at 7:50 PM---**