

2026 Section IV Cross Country Coaches Handbook



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Final coaches' directory by classification & enrollment via email to coaches after confirmation at Section IV meeting

2025 GIRLS SECTION IV CHAMPIONS

Class A	Team Champion: Ithaca Individual Champion: Tsadia Bercuvitz '27, Ithaca Sportsmanship: Olivia Martinec '26, Corning	5 th at State Meet 2 nd at State Meet
Class B	Team Champion: Vestal Individual Champion: Hellen Zhang '28, Vestal Sportsmanship: Jaelyn Chrysler '26, Owego	9 th at State Meet 40 th at State Meet
Class C	Team Champion: Chenango Forks Individual Champion: Clara Little '28, Chenango Forks Sportsmanship: Evelyn Jackson '27, Lansing	12 th at State Meet 56 th at State Meet
Class D	Team Champion: Delhi-South Kortright Individual Champion: Kali Buttacavoli '30, Deposit-Hancock Sportsmanship: Mirabella Sanford '26, Deposit-Hancock	5 th at State Meet 18 th at State Meet

Federation Qualifiers:

Individuals: Olivia Martinec '26, Corning
Mackenzie Baker '26, Horseheads

Teams: Ithaca

2025 BOYS SECTION IV CHAMPIONS

Class A	Team Champion: Corning Individual Champion: Nicholas Kowal '26, Horseheads Sportsmanship: Nicholas Kowal '26, Horseheads	3 rd at State Meet 20 th at State Meet
Class B	Team Champion: Vestal Individual Champion: Javan Belokur '25, Owego Sportsmanship: Joey Vallone '26, Vestal	4 th at State Meet 85 th at State Meet
Class C	Team Champion: Chenango Valley Individual Champion: Trent Thibault '26, Lansing Sportsmanship: Trent Thibault '26, Lansing	7 th at State Meet 1st at State Meet
Class D	Team Champion: Delhi-South Kortright Individual Champion: Andrew Edsall '28, Marathon Sportsmanship: Ross Bush '26, Groton	4 th at State Meet 12 th at State Meet

Federation Qualifiers:

Individuals: Trent Thibault, '26, Lansing
Nicholas Kowal '26, Horseheads
Aidan Skuban '27, Susquehanna Valley
Andrew Edsall '28, Marathon

Teams: Corning
Vestal
Ithaca

INTRODUCTION

This handbook is intended for use by all athletic directors and coaches.

Included in this handbook is all pertinent information needed for qualification and participation in the Section IV, NYSPHSAA, and Federation Championships. You also will find policies that guide cross country in Section IV. Coaches should use this handbook in conjunction with their league handbooks and their districts' athletic department guidance.

OFFICERS

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2026 CROSS COUNTRY CALENDAR

August 01	A letter of Intent to move up in class must be filed by this date. Email one copy to your coordinator and one copy to Jeff Ferrara , Section IV Executive Director
August 24	Approved date for fall sport practices to begin (modified & varsity)
September 01	Section IV Coaches Preseason Meeting, 7:00 PM via Zoom (League meetings to take place immediately following the section meeting)
September 05	Corning XC Relays at Watson Homestead, Section IV
September 12	Dave “Flash” Forbes Invitational at Fortin Park, Oneonta , Section IV
September 19	Conwicke-Stock Invitational hosted by UE at Hynes Hill, Section IV
September 22	Sorbera Invite at Edmeston
September 25	Owego Night Invite at Owego Free Academy, Section IV
September 26*	Queensbury Invitational * <i>Site of 2026 NYSPHSAA XC Championships*</i> , Section II
October 02	Maine Endwell Pete Matzke Invitational , Section IV
October 03	McQuaid Invitational , Section V
October 03	Cayuga Lake Invitational, Section IV
October 07	Delhi Jack Gariepy Invitational, Section IV
October 07	McDaniel/Baxter Invitational, Section IV
October 09	Bob Greene/Newark Valley Invite , Section IV
October 10	BGAH Bears Invitational , Section IV
October 10	Norwich Tornado 5000, Section IV
October 10	Manhattan Invitational , Section II
October 14	McCann Relays, Section IV
October 17	Marathon Invitational, Section IV
October 20	Whitney Point Invitational, Section IV
October 22	IAC Modified End of the Year Invitational
October 24	STAC Championships
October 27	Last Chance Meet, Owego, Section IV
October 27	Last Chance Meet, Oneonta, Section IV
October 28	IAC Championships
October 28	MAC Championships

October 31 Battle of Hynes Hill Modified Invitational

November 01 Sectional Entries by 9:00pm via ny.milesplit.com

November 05 Section IV State Qualifier Championship, Chenango Valley State Park Golf Course
Please note: 10:35 AM Coaches Meeting

November 06 Bad Weather Date for Section IV State Qualifier Championships at CVSP

November 14 NYSPHSAA Cross Country Championships at Queensbury Central School

2026 NYSPHSAA CHAMPIONSHIPS RACE & AWARDS SCHEDULE

Opening Ceremony

	<u>Race Start</u>	<u>Awards</u>
Boys C	9:30am	10:30am
Boys D	10:00am	11:00am
Boys A	10:30am	11:30pm
Boys B	11:00am	12:00pm
Girls C	12:00pm	1:00pm
Girls D	12:30pm	1:30pm
Girls A	1:00pm	2:00pm
Girls B	1:30pm	2:30pm

November 21 NY Federation & Nike Cross Regionals (NXR) Championships at Bowdoin Park, Wappingers Falls

Future Dates:

November 13, 2027 NYSPHSAA Championships, Queensbury HS
November 11, 2028 NYSPHSAA Championships, Queensbury HS
November 10, 2029 NYSPHSAA Championships, Queensbury HS

POLICIES, NOTES & SPECIAL REMINDERS

1. National Federation (NFHS) rules in conjunction with NYS Public High School Athletic Association rules and guidelines will govern during seasonal, sectional, and post-season contests.
2. Coaches must be aware of and provide for the safety of runners while on and near roads as well as on cross country terrain during practices.
3. Athletes must have participated in a minimum of 6 contests prior to Sectional Championships in order to be eligible for that event. The 6 contests may be at any level (modified, JV or varsity). Contests are scored, timed, uniformed meets (scrimmages do not count as contests).
4. ~~Junior high/modified athletes that wish to move up under the NYS Selective Classification Procedures must do so prior to 50% of their originally scheduled Modified Schedule. For example, if you have scheduled 10 events, then the runner in question must be running at the JV or Varsity level prior to the 5th modified meet.~~
5. Lightning Procedure: if lightning clouds are visible, lightning is visible in the distance and/or thunder is heard, all outdoor activities must stop. Clear the area and go to the field house, nearby school, or wait on the bus. Once thunder is heard or lightning is visible, you should not return to the field until at least THIRTY minutes from the last episode. If the official refuses to pause the contest and you feel that it is potentially dangerous, take your team off the field and protest. YOUR FIRST CONCERN IS THE SAFETY OF THE ATHLETES AND SPECTATORS!
6. Heat Index Procedure: NYSPHSAA heat index procedures MUST be followed. Use accuweather.com or the Weatherbug app to determine the RealFeel temperature. If the heat index is 96 degrees or higher, no outside activity, practice or competition should be held.
7. Air Quality Index Procedure: follow your school district policies and announcements in the event of AQI levels outside of the “healthy” range.
8. ny.milesplit.com and tullyrunners.com are helpful sites to locate invitational information as well as rankings, speed ratings, and general cross country information.
9. Section IV Move Up Policy-Voluntary Request to Move Up in Classification: Requests from a school to move up in classification in any sport(s) must be submitted to the Classification committee for review, and recommendations on the request are to be sent to the Athletic Council for a vote. The request must state a specific rational as the reason for wanting to move up. A rational that the school is seeking better competition would require that the team in that sport would have been the sectional finalist in the previous year in the class from which the school is requesting to move up from. The request to move up will be for two (2) years and must be submitted as follows:
 - Fall Sport, August 1 for September Athletic Council meeting
 - Winter Sports, October 1 for November Athletic Council meeting
 - Spring Sports, February 1 for March Athletic council meeting

If a sport classification change occurs, it will remain in effect for a two (2) year cycle. Should you be approved to move up in classification, upon your request you may stay up in classification for another two years with Classification Committee approval. A Notice of Appeal of any action of a Section IV

Committee must be presented in writing within ten (10) business days of the action by the specific Section IV Committee or legislative body to the Executive Director. Unless otherwise directed the Appeal Committee shall hear all appeals as stated in the appeal procedure and outlined in the NYSPHSAA Handbook under appeals.

MEET POLICIES & NOTES:

10. Uniform Rule: team uniforms must be easily identified as belonging to the same team and be of the same general color and design. Any garment worn under the team uniform is considered a foundation garment. An event at which athletes are not required to wear uniforms may not be counted as an official meet (and thus may not count towards the minimum six required meets to be eligible for the Sectional Championships). (Please be aware of ongoing National Federation rules related to uniforms; there have been and continue to be changes to this policy.)
11. Any runner carrying or using an inhaler during a race for a medical condition should have a physician's note on file with the coach.
12. Modified athletes may wear spikes in races.
13. If you are going to compete in a race out-of-state (or a race in state in which there are competitors from out-of-state), it is your responsibility to make sure that the race is sanctioned for inter-state competition through the NYSPHSAA office in Albany at www.nysphsaa.org or 518-690-0771.
14. Coaches are expected to remind their athletes at every meet that elbowing, shoving, bad language, tree branch "switching" or any other unsportsmanlike activity will not be tolerated. (Refer to unsportsmanlike conduct and disqualification in the National Federation Handbook.)
15. Coaches/Race Organizers: for the safety of runners and integrity of competition, ensure that all race courses are adequately marked and that an accurate course map and/or directions are distributed to coaches either prior to arrival and/or upon arrival to the course. **NFHS guidelines for courses should be followed.** Be aware of and provide for the safety of runners while on or near course and at crossings (ie streets, course intersections) during races.

SECTION IV STATE QUALIFIER MEET

16. The Section IV State Qualifier will be held at Chenango Valley State Park. Park management reminds all teams:
 - There is NO roadside parking. Tickets will be issued.
 - Spectators must park in the **designated spectator parking** only. **Note that one ticket must be purchased per spectator vehicle. This ticket must be purchased online in advance of the event via [GoFan Digital Ticketing](#).**
 - Pick up any trash and litter.
 - **BIKES WILL NOT BE ALLOWED ANYWHERE ON THE COURSE DURING THE RACE OR DURING WARM-UP.**
 - **PLEASE SUPERVISE YOUR ATHLETES, MANAGERS, ETC PROPERLY AT ALL TIMES!**

17. To share the responsibilities of the sectional meet, coaches will be asked to provide a competent adult helper. Each school will be responsible for indicating the name of the individual who is responsible for their duty or must indicate that they will provide an official in place of a coach/assigned volunteer. If a school is providing an official, the coaches' athletic director must be copied to this notification to confirm that they are aware that an invoice will need to be paid. ALL of the coordinators (Lee, Todd and Becca) will require notification for this information no later than September 30 via an e-mail that includes your athletic director and **Greg Woolever (assignor)**, woolevergreg@gmail.com. If a school fails to fulfill their obligation, a letter will be sent to the school's athletic director and superintendent. In addition, that school will not be eligible for any of the sportsmanship awards for the next season.

If a school does not show for their assigned job at the state qualifier and did not have their AD let us know ahead of time, then that school will be charged by the section for a full official and the school's responsibility will automatically be assigned to an official the following year unless notified by the AD that the school will cover its assignments.

18. Each coach may enter and race up to 10 runners on their team. The 8th-10th place runners in the race are eligible for individual awards but cannot be used as displacers in the meet. In addition, these individuals cannot earn one of the 5 individual spots used to represent Section IV at the NYSPHSAA Championship Meet. It is not necessary for a coach to determine who their 7 scorers are prior to the race. The computerized system will automatically determine the top 7 scorers from each school and will prevent the 8th-10th individuals from acting as a displacer. Adding the 8th through 10th runner is at the discretion of each school/coach and the section committee would request that coaches only enter athletes that would be competitive in the race and would not affect the length of time to complete the races. (Approved 2012)
19. Coaches must be prepared to validate all entered athlete's eligibility with their meet schedule and results.
20. The sectional races will be scored as teams against teams. Individuals will not be figured into team scoring. Numbers will be assigned to all racers and a computerized scoring system will be used for the results. It is imperative that all schools (coaches) have their entry forms to Todd on or before the designated date. Please check ny.milesplit.com for the deadline date.
21. Team entry into the state meet from sectionals: in each class, the first place team will represent Section IV at the state meet.
22. Individual entries into the state meet from sectionals: In each class, 5 individuals will represent Section IV at the state meet. These individuals will be the top five finishers in each race after the first place team has been determined. These individual spots cannot be from the winning team's 8-10th runners.
23. STATE MEET SPORTSMANSHIP AWARDS: Beginning with the 2009-2010 state cross country championship meet, each intersectional team (winning school team and the 5 individual qualifiers) will have a sportsmanship winner. The winner will have his/her name in the program, be given a shirt, and have their name announced before the start of their race.

SELECTION PROCESS:

- If a coach has an athlete who they believe may qualify for the state meet and is worthy of a nomination, the coach will fill out a google form (link to be sent to coaches) no later than Sunday at noon prior to the meet.

- These nominations will be due at the same time as meet entries (Sunday prior to sectional championships).
- Nominations will be printed and shared with coaches at the meet. When coaches of advancing athletes meet after class awards, selection of the sportsmanship representative will be made by vote (one vote per team) and recorded by the coach of the winning team. In case of tie vote: No more than 2 names will be submitted to the coordinators and each coordinator will cast a vote to determine the winner.

NYSPHSAA CHAMPIONSHIPS

24. The School's Competitor Singlet must be worn by ALL SECTION IV athletes at the STATE MEET unless a STATE MEET COMPETITORS SINGLET IS PROVIDED.
25. STATE MEET SPORTSMANSHIP AWARDS: Beginning with the 2009-2010 state cross country championship meet, each intersectional team (winning school team and the 5 individual qualifiers) will have a sportsmanship winner. The winner will have his/her name in the program, be given a shirt, and have their name announced before the start of their race.
26. There is an entry fee (plus processing fee) per person for spectators at the state championship meet. This ticket must be purchased online in advance of the event via [GoFan Digital Ticketing](#).

FEDERATION CHAMPIONSHIPS: As of 2024, the Federation meet has merged with Nike Cross Regionals (NXR).

27. *The Federation Meet, in theory, brings together the top 27 Teams and the Top 70 Individuals. The athletes come for the following associations: NYSPHSAA (16 Teams, 40 Individuals), CHSAA Upstate (1 Team, 3 Individuals), CHSAA (6 Teams, 12 Individuals), PSAL (3 Teams, 12 Individuals) and AIS (1 Team, 3 individuals). Mathematically, a maximum of 259 runners can compete in the race.*
28. *Federation Meet: Permanent location for the Federation Meet is Bowdoin Park on the 3rd Saturday of November each year.*

Team Selections: You may qualify as a Team for the Federation Meet in one of three ways.

1. *Your team wins their Class at the State Meet and finished in the Top 10 of the State Meet Merge from A, B, C, and D Races.*
2. *Your team has an exemplary performance. An exemplary performance is determined by the computer merge of the A, B, C and D races together. Within this merge, your team would place somewhere in the top 5 to 10 teams. Typically the committee will take 5-9 teams from this merge, which would usually include the class champions if they are in the Top 10 of the Merge.*
3. *The additional 7-11 teams are selected at large, based on merit from their performances at the state meet, sectionals or major invitational. Teams selected at large may not have qualified for the state meet but are considered based upon demonstrated performances throughout the season.*

If you feel that your team should be considered for Federation Selection it is imperative that you complete a resume of their season performances and give it to your Section Coordinator at Sectionals.

The resume must include the following:

1. *Name of Invitational(s) and your Team Finish at each. (Actual Scores Help)*
2. *State Ranked Teams that you beat at each invitational. (Actual Scores Help)*
3. *State Ranked Teams that beat you at each invitational. (Actual Scores Help)*
4. *Your Team's aggregate time for runners 1-5 at each invitational.*
5. *State Ranked Team's aggregate time for runners 1-5 at each invitational. It is possible to compare teams that may have been in other races at the invitational using aggregate time. If a team's aggregate time is from another race on that day, please indicate what race.*

Use the Team Information Sheet for consideration to the Federation Meet Individual Selections: After all the teams are selected for the Federation meet, the team's individual runners are removed from the computer merge. The first 18 individuals not on a selected team are then chosen based upon their state meet performance for participation in the Federation Meet. The next 22 spots are divided equally among the 11 sections. Section IV's two selections are made in the following manner. The top two runners based upon time from the State Meet are given top priority, regardless of class. If no other athlete is within 10 seconds of the selected athlete's state meet performance then they will represent Section IV at the Federation Meet. If another athlete is within 10 seconds of the top two athletes, then a combined time of their sectional and state meet performances will determine who represents Section IV at the Federation Meet. The Section Coordinators reserve the right to adjust this selection process based upon injuries, weather conditions, or unforeseeable circumstances that may prevent the "obvious" athlete from advancing.

SECTION IV CHAMPIONSHIPS GENERAL INFORMATION & ORDER OF EVENTS

10:35 Coaches Meeting @ the Starting Line. Please direct questions or concerns to Lee, Becca, or Todd.

11:00 Boys D	1:40 Boys A
11:30 Girls C	2:05 Boys B
12:00 Girls D	2:30 Girls A
12:30 Boys C	3:00 Girls B
1:00 Awards for C-D	3:40 Awards A-B

TEAMS:

Seven (7) runner's maximum per team will participate in the scoring. An additional three may race but will not act as displacers. Schools do not have to designate who the top 7 runners will be. All runners must meet eligibility requirements to participate.

COURSE:

5000 M with hills, flats, and open running. Spikes or flats are appropriate. Map of the course is on next page.

SCORING:

National Federation rules in conjunction with NYSPHSAA rules and guidelines will govern.

AWARDS:

Certificates will be presented to the members of the first-place team. The first 10 individuals receive a certificate and medal at the awards ceremony. First place teams receive a plaque. If a Class has 8 or more teams listed at the commencement of the season, a second-place plaque will be provided. Teams and individuals that qualify for the state meet will also receive an embroidered patch at the awards ceremony. There will be individual awards provided to the top ~60% of finishers in each race (awards outside the top ten individual finishers will be given at the finish line).

ATHLETES RECEIVING AWARDS AT THE CEREMONY MUST WEAR SCHOOL-IDENTIFIED APPAREL. Ideally, all athletes from the same school will be wearing the same attire (either singlets or warmups). No hats or sunglasses for photos, please.

RESULTS:

The first-place team and the best five (5) individual times in each class qualify for the state championships. Individuals from the winning teams cannot take any of the individual spots designated for the state meet.

ENTRY:

Be sure to complete registration for the sectional championships ON TIME via [MileSplit](#). Detailed registration information will be sent via email.

COURSE PREVIEW:

Teams may preview the CVSP sectionals course on the Monday, Tuesday and Wednesday prior to the meet between 3 PM-darkness, as long as there is no hard frost during those hours. Teams who preview the course **MUST** sign in at the park office and **MUST** be aware that the golf course is still operating. Be aware of your surroundings and be respectful of the facilities.

COURSE ACCESS ON RACE DAY:

In the event that there is a hard frost on race morning, teams must wait in their buses until the grounds crew allows tents to be raised and grants permission for the course to be walked.

DIRECTIONS TO CHENANGO VALLEY STATE PARK

From Oneonta:

- Take Rt. 88 West toward Binghamton
- Take the Pt. Crane Exit (#3) where you will see signs for CV State Park at the bottom of this Exit, turn right onto Rt.369.
- Then go approx. 3 miles, and then turn left at the park entrance sign to CV STATE PARK. Once in the park, follow the directions of the Park Staff to the golf course or bear right and stay on the Park road about 1 mile to the golf course.

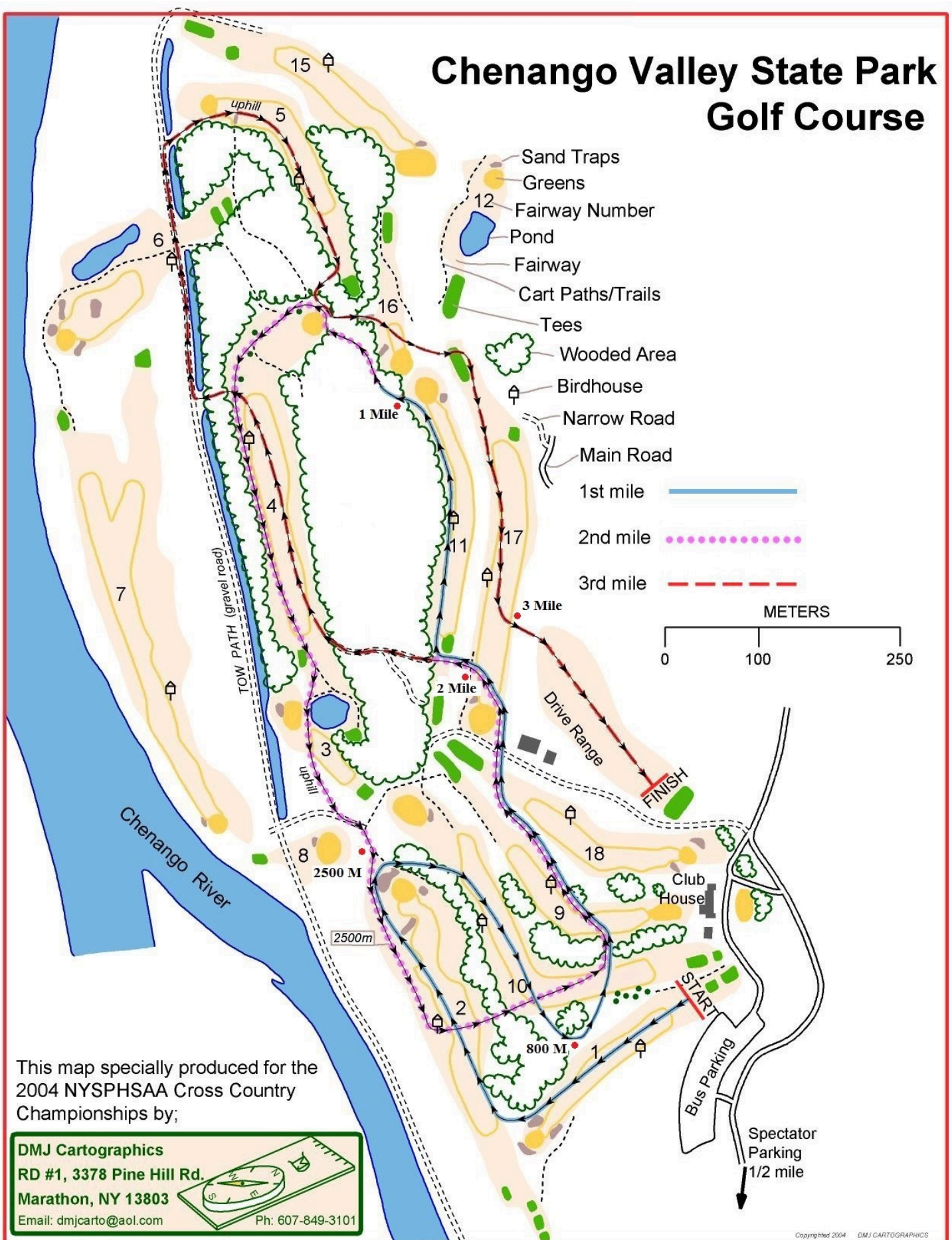
From Binghamton

- Take Rt.88 East toward Oneonta / Albany
- About 1 1/2 miles from CVHS take the Pt. Crane Exit (#3) where you will see signs for CV STATE PARK. At the bottom of the Exit, turn Left on Rt.369
- Go approx. 3 miles, then turn left at park entrance sign to CV State Park
- Once in the park, follow the directions of the Park Staff to the golf course or bear right and stay on the Park road about 1 mile to the golf course.

From Whitney Point

- Take Rt.79 East to Chenango Forks where Rt.79 turns Left and joins Rt.12
- Go North for about 1/4 mile, then Rt.79 turns Right from Rt. 12 and crosses over a bridge. Immediately over this bridge, take the first Right onto Pigeon Hill Rd.
- Go approx. 2 1/2 miles. You will come to a "T" where you will have to turn left or right...TURN RIGHT...this will take you directly into CV State Park
- Once in the park, follow the directions of the Park Staff to the golf course or bear right and stay on the Park road about 1 mile to the golf course.

Chenango Valley State Park Golf Course



This map specially produced for the
2004 NYSPHSAA Cross Country
Championships by;

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IMPORTANT FINAL REMINDERS:

1. A runner is required to participate in six (6) contests during the season to participate in the Sectional Championships.
2. ~~Junior High/Modified Athletes that wish to move up under the NYS Selective Classification Procedures must do so prior to 50% of their originally scheduled Modified Schedule. For example, if you have scheduled 10 events, then the runner in question must be running at the JV or Varsity level prior to the 5th modified meet. In addition, they must have participated in a minimum of 6 contests prior to Sectional Championships in order to be eligible for that event. The 6 contests may be at any level. (Modified, JV or Varsity)~~
3. Parking for buses and spectators (if allowed) is only in designated areas at sectional championships. Fees are per car via digital ticketing (purchase in advance).
4. Pick up any trash and litter that we might have left.
5. BIKES WILL NOT BE ALLOWED ANYWHERE ON THE CVSP COURSE DURING THE RACE OR DURING WARM-UP.

LETTER OF INTENT FOR MOVING TO A HIGHER CLASS (OR BACK TO ORIGINAL CLASS)

Sport: Cross Country

Gender: Male or Female

School:

Date of Application:

Current Classification: A, B, C, D

Our school has elected to move to a higher class to participate in the Section IV Cross Country Tournament. We will move up to participate as a Class A, B, or C School.

Our school is requesting to move back to our original class to participate in the Section IV Cross Country Tournament. We will request to move back to Class B, C, or D School.

Signature of Coach:

Signature of Athletic Director:

This form must be returned to the Interscholastic Sports Coordinator of Section IV by August 1 ONLY if your school intends to compete in the Section IV Cross Country Tournament at a higher class. This is a two-year commitment to stay at this level. After two years you must request permission from Section to move back to your original class.

CROSS COUNTRY FEDERATION SELECTION PROCESS, UPDATED 8/2024
****MERGED WITH NXR AS OF FALL 2024****

No process is perfect. However, the intent of the enclosed Federation Selection Procedure is to design a process that provides specific guidelines and consistency in the selection process from year to year.

In an effort to allow all teams that are being considered for advancement to the Federation Meet to be judged on related data, information should be gathered for each team from Invitational and quality dual meets that have taken place during the last six weeks of the season. Information presented prior to the McQuaid Invitational cannot be used in any decision making process. The following data is recommended to allow for comparisons between teams:

1. The Individual Winning Time and Distance of each race.
2. Team Scores.
3. The Number of Runners in each race.
4. The times of the winning teams 1st through 5th Runner, Cumulative Team Time for 1st through 5th Runner, and Team Average Time for 1st through 5th Runner.
5. The times of the petitioning teams 1st through 5th Runner, Cumulative Team Time for 1st through 5th Runner, and Team Average Time for 1st through 5th Runner.
6. The times of any potential at-large teams 1st through 5th Runner, Cumulative Team Time for 1st through 5th Runner, and Team Average Time for 1st through 5th Runner.

(See the Excel Federation Comparison Chart for a Working Document to organize this data.)

Team Selection Procedures

1. On the Friday before the State Meet, the Boys' and Girls' Cross Country Coordinators shall meet and rank the teams that are not participating in the state meet and could be considered for an at-large bid. These teams should be ranked based upon the information received from the committee and each team's respective Section Coordinator. The Federation Comparison Chart is recommended as a guideline for this process. After discussion and ranking, not to exceed 15 minutes, a majority vote is taken to finalize the ranking of these teams. If a majority is reached from the committee the ranking is finalized. If a majority is not reached, additional discussion and voting continues until a majority is reached.
2. After the completion of the entire State Meet, both the Boys' and Girls' Federation Committees will meet in separate rooms to make the Federation selections. Data that can be used to make the selections for teams advancing to the Federation Meet is the rankings of at-large teams from Friday's meeting, Merged Results (Including the Team Cumulative Times and Average Times for 1st through 5th Runner), the Individual Class Results from the NYSPHSAA State Meet and any information from the Federation Comparison Charts obtained from the past six weeks.

NOTE: If a team that participates in the NYSPHSAA State Meet wins head to head in its Class but loses to that team in the merge, the Teams Cumulative Time of the 1st through 5th Runner should take precedence in order to determine the better team.

3. A Team that participates in the NYSPHSAA State Meet and finishes as one of the top 5 teams in the Merged Results will automatically advance to the Federation Meet. If any of these five teams fail to

accept the advancement, the committee cannot automatically accept the 6th spot. (Maximum of 5 Teams can be selected after this Step).

4. The Winning Team from each Class at the NYSPHSAA State Meet will automatically advance to the Federation Meet if they finish between 6th and 10th place in merged results. If any of these teams fail to accept the advancement, the committee cannot offer the position to the second place team in that class. (Maximum of 9 Teams could be selected after this Step).
5. The Teams that are remaining from the NYSPHSAA State Meet that remaining in the merge should be re-ranked based upon the Teams Cumulative Time of their 1st through 5th Runner from the NYSPHSAA State Meet Results. Discussion (Maximum of five minutes) should take place regarding the fairness of this ranking and adjustments may be made. After discussion, a majority vote is taken to finalize the ranking of these teams. If a majority is reached from the committee the ranking is finalized. If a majority is not reached another five minutes of discussion is allowed. If a majority cannot be reached at this time, then the teams stay ranked based upon their cumulative time.
6. At-large bids are considered at this point. The remaining ranked teams from the NYSPHSAA State Meet are compared to the Top Teams from the At-Large Ranking that was voted on at Friday's meeting. Discussion is allowed for three minutes and a majority vote is then taken to determine which of the two teams advances to the Federation Meet. This process continues until 13 teams have been selected to the Federation Meet.
7. At this point, Section Coordinators are asked to remove any team from their respective section that is not deserving of one of the three final spots. Five minutes of discussion is allowed on the remaining teams and then a vote is initiated. Each Section votes for three teams and ranks them in order 1st, 2nd, 3rd. When tallying the votes, 1st Place Teams earn 5 points, 2nd place Teams earn 3 Points and 3rd place Teams earn 1 point. The three teams with the most points will advance to the Federation Meet. If there is a tie that prevents the advancement of a third team, then a majority vote is taken to break that tie.

Individual Selection Process

After all the teams have been removed from the merge of the NYSPHSAA State Meet the first 18 individuals will advance to the federation meet. After these individuals are selected, each Section Coordinator selects two additional individuals from their respective section.

APPENDIX

Cross Country Dates, 2026-2029

Section IV Fall Start Dates (Monday)

2026 August 24
2027 August 23
2028 August 21
2029 August 20

Section IV Championship Dates

November 5, 2026
November 4, 2027
November 2, 2028
November 1, 2029

Cross Country State Championships

(Week 19 of the NYSPHSAA standard calendar, length of season=13 weeks)

November 14, 2026
November 13, 2027
November 11, 2028
November 10, 2029

HEAT STRESS AND ATHLETIC PARTICIPATION

Early fall football, cross country, soccer, and field hockey practices are conducted in very hot and humid weather in many parts of the United States. Due to the equipment and uniform needed in football, most of the heat problems have been associated with football. Under such conditions the athlete is subject to the following:

HEAT CRAMPS - painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to profuse sweating.

HEAT SYNCOPE - weakness, fatigue, and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposes to heat stroke.

HEAT EXHAUSTION (WATER DEPLETION) - Excessive weight loss, reduced sweating, elevated skin and deep body temperature, excessive thirst, weakness, and sometimes unconsciousness.

HEAT EXHAUSTION (SALT DEPLETION) - exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts.

HEAT STROKE - an acute medical emergency related to thermo-regulatory failure. Associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and hot dry skin (heat stroke victims, contrary to popular belief, may sweat profusely).

It is believed that the above-mentioned heat stress problems can be controlled provided certain precautions are taken. According to the American Academy of Pediatrics Committee on Sports Medicine, heat related illnesses are all preventable. (Sports Medicine: Health Care for Young Athletes, American Academy of Pediatrics, 1991) The following practices and precautions are recommended:

1. Each athlete should have a physical examination with a medical history when first entering a program and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included. State high school associations recommendations should be followed.
2. It is clear that top physical performance can only be achieved by an athlete who is in top physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the PHYSICAL CONDITION of their athletes and set practice schedules accordingly.

3. Along with physical conditioning the factor of acclimatization to heat is important. Acclimatization is the process of becoming adjusted to heat and it is essential to provide for GRADUAL ACCLIMATIZATION TO HOT WEATHER. It is necessary for an athlete to exercise in the heat if he/she is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used and that 80% acclimatization can be expected to occur after the first 7-10 days. Final stages of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.
4. The old idea that water should be withheld from athletes during workouts has NO SCIENTIFIC FOUNDATION. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athletes at all times. It is recommended that a minimum 10-minute water break be scheduled for every half hour of heavy exercise in the heat. Athletes should rest in a shaded area during the break. WATER SHOULD BE AVAILABLE IN UNLIMITED QUANTITIES. Check and be sure athletes are drinking the water. Cold water is preferable. Drinking ample water before practice or games has also been found to aid performance in the heat.
5. Salt should be replaced daily. Modest salting of foods after practice of games will accomplish this purpose. Salt tablets are not recommended. ATTENTION MUST BE DIRECTED TO REPLACING WATER - FLUID REPLACEMENT IS ESSENTIAL.
6. Know both the TEMPERATURE and HUMIDITY. The greater the humidity the more difficult it is for the body to cool itself. Test the air prior to practice or game using a wet bulb, globe, temperature index (WBGT index) which is based on the combined effects of air temperature, relative humidity, radiant heat, and air movement. The following precautions are recommended when using the WBGT Index: (ACSM's Guidelines for the Team Physician, 1991)

Below 64	Unlimited activity
65-72	Moderate risk
74-82	High risk
82 plus	Very high risk

There is also a weather guide for activities that last 30 minutes or more (Fox and Matthews, 1981) which involves knowing the relative humidity and air temperature.

AIR TEMP	DANGER ZONE	CRITICAL ZONE
70 F	80% RH	100 % RH
75 F	70% RH	100% RH
80 F	50% RH	80% RH
85 F	40% RH	68% RH
90 F	30% RH	55% RH
95 F	20% RH	40% RH
100 F	10% RH	30% RH

RH - Relative Humidity

One other method of measuring the relative humidity is the use of a sling psychrometer, which measures wet bulb temperature. The wet bulb temperature should be measured prior to practice and the intensity and duration of practice adjusted accordingly. Recommendations are as follows:

Under 65 F	Safe but always observe athletes
61-65 F	Observe players carefully
66-70 F	Caution
71-75 F	Shorter practice sessions and more frequent water and rest breaks
75 + F	Danger level and extreme caution

7. Cooling by evaporation is proportional to the area of the skin exposed. In extremely hot and humid weather, reduce the amount of clothing covering the body as much as possible. NEVER USE RUBBERIZED CLOTHING.
8. Athletes should weigh each day before and after practice and WEIGHT CHARTS CHECKED. Generally a 3% weight loss through sweating is safe and over a 3% weight loss is in the danger zone. Over a 3% weight loss the athlete should not be allowed to practice in hot and humid conditions. Observe the athletes closely under all conditions.
9. Observe athletes carefully for signs of trouble, particularly athletes who lose much weight and the eager athlete who constantly competes at his/her capacity. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance, and unsteadiness.
10. Teams that encounter hot weather during the season through travel or following an unseasonable cool period, should be

physically fit but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.

11. *Know what to do in case of an emergency and have your emergency plans written with copies to all your staff. Be familiar with immediate first aid practice and pre-arranged procedures for obtaining medical care, including ambulance service.*

HEAT STROKE: *This is a MEDICAL EMERGENCY - DELAY COULD BE FATAL! Immediately cool the body while waiting for transfer to a hospital. Remove clothing and use cool water on the body. An increasing number of medical personnel are now using a treatment for heat illness that involves applying either alcohol or cool water to the victim's skin and vigorously fanning the body. The fanning causes evaporation and cooling. (Source - The First Aider - September 1987)*

HEAT EXHAUSTION: *OBTAIN MEDICAL CARE AT ONCE! Cool body as you would for heat stroke while waiting for transfer to a hospital. Give fluids if the athlete is able to swallow and is conscious.*

SUMMARY: *The main problem associated with exercising in the hot weather is water loss through sweating. Water loss is best replaced by allowing the athlete unrestricted access to water. Water breaks two or three times every hour are better than one break an hour. The small amount of salt lost in sweat is adequately replaced by salting food at meals. Talk to your medical personnel concerning emergency treatment plans.*



HEAT INDEX PROCEDURES

Administration of Heat Index Procedures:

- Feels Like Temperature (Heat index) or THI using a Wet Bulb indicator on the field will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 80 degrees (Fahrenheit) or higher.
- Download WeatherBug app to your phone or log into www.weatherbug.com. Schools may also use a Wet Bulb indicator on the field that will be used.
- Enter zip code or city and state in the location section of the app or on-line or determine the THI by using a Wet Bulb indicator.
- If the Feels Like temperature (heat index) or the Wet Bulb Indicator is 90 degrees or above, the athletic trainer, athletic director, or school designee must re-check the Feels Like temperature (heat index) or Wet Bulb indicator at halftime or midway point of the contest. If the Feels Like temperature (heat index) or Wet Bulb indicator is 96 degrees (Fahrenheit) or more, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

	Feels Like Temp(Heat Index) or Wet Bulb indicator under 79 degrees	Full activity. No restrictions
RECOMMENDED	Heat Index Caution: Feels Like Temp (Heat Index) or Wet Bulb indicator 80 degrees to 85 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider reducing the amount of time for the practice session.
	Heat Index Watch: Feels Like Temp (Heat Index) or Wet Bulb indicator 86 degrees to 90 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider postponing practice to a time when Feels Like temp is lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time).
	Heat Index Warning: Feels Like Temp (Heat Index) or Wet Bulb Indicator 91 degrees to 95 degrees	Provide ample water and water breaks every 15 minutes. Monitor athletes for heat illness. Consider postponing practice to a time when Feels Like temp is much lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time). Light weight and loose fitting clothes should be worn. For Practices only Football Helmets should be worn. No other protective equipment should be worn.
REQUIRED	Heat Index Alert: Feels Like Temp (Heat Index) or Wet Bulb indicator 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should only be held if air conditioned.



WIND CHILL PROCEDURES

Administration of Wind Chill Procedures:

- Feels Like Temperature (Wind Chill) will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 39 degrees (Fahrenheit) or lower.
- Download WeatherBug app to your phone or log into www.weatherbug.com.
- Enter zip code or city and state in the location section of the app or on-line.
- If the Feels Like temperature (wind chill) is 10 degrees or below, the athletic trainer, athletic director, or school designee must re-check the Feels Like (wind chill) at halftime or midway point of the contest. If the Feels Like (wind chill) temperature is -11 degrees (Fahrenheit) or lower, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

	Feels Like Temp (wind chill) above 40 degrees	Full activity. No restrictions
R E C O M M E N D E D	Wind Chill Caution: Feels Like Temp (wind chill) 39 degrees to 20 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing.
	Wind Chill Watch: Feels Like Temp (wind chill) 19 degrees to 10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss.
	Wind Chill Warning: Feels Like Temp (wind chill) 9 degrees to -10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss. Consider postponing practice to a time when the Feels Like temp is much higher. Consider reducing the amount of time for an outdoor practice session.
REQUIRED	Wind Chill Alert: Feels Like Temp (wind chill) -11 degrees or lower	No outside activity, practice or contest, should be held.

Special Note: Alpine Skiing will be exempt from this policy and will follow the regulations of the host ski center where the practice or event is being held.

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