

Center State Conference

Cross Country Guidelines/By-laws

The Center State Conference is located in Section 3 of the New York State Public High School Athletic Association (NYSPHSAA) map. The section governs start dates and the Sectional Championship and State Qualifier Meet.

The Center State Conference (CSC) uses National Federation rules and the NYSPHSAA handbook (found online at <http://www.nysphsaa.org/NYSPHSAAHandbook>).

Schools competing in Cross Country Running in the Center State Conference will be divided into three equal divisions on an annual basis using BEDS numbers published by NYSPHSAA for the current academic year. If the number of schools is not evenly divisible by three, the remainder will be distributed first to Division 3 and then to Division 2. In other words, if there are 22 schools, Division 3 will have eight members. If there are 20 schools, Divisions 2 and 3 will have seven members and Division 1 will have six members. Merged teams are considered as a single member and are placed based on their position in the BEDS list.

PRE-SEASON COACHES MEETING

1. Date, time, location: Pre-season meeting date is held the Thursday before Labor Day at 7:00 p.m.
2. AD Rep: Athletic Director representative for cross country for the Center State Conference is requested to attend the pre-season meeting.
3. Rules interpretation: A NYSPHSAA-accredited official may also be requested to attend for rules interpretation and update.
4. Rosters: Coaches will provide complete rosters of their teams by the Thursday before the first league meet to the league chairs and CSCtrack.com.
5. Hosting contingent upon attendance: Coaches must be present at pre-season meeting in order to host meets scheduled at their sites for the upcoming season. Coaches will inform the league chairpersons at or prior to the pre-season meeting if they cannot host their scheduled meet(s) for that season. Alternate host sites will be chosen at the pre-season meeting from amongst those attending the meeting to replace those host sites not represented or unable to host.
6. Record: Minutes and attendance of pre-season meeting will be sent to athletic directors.

REGULAR SEASON MEETS

1. Schedule and makeup meets: The regular season is composed of five weekly meets held on Wednesdays beginning the second week of September. While few events lead to postponing a meet, postponed meets are to be held whenever possible on the following evening.
2. Meet start time and adjustments: Regular season meets are scheduled to start at 4:30 p.m. If a visiting coach anticipates arriving after 3:50 p.m., that coach shall tell the host coach in advance. The host coach shall tell other coaches attending the meet that the start time may be deferred to allow visitors enough time to review the course and warm up to allow efficient travel and warmup.

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3. Meet order: Modified race(s) precede varsity races. Boys and girls races are, according to NYSPHSAA rules, to be started separately. In odd-numbered years, boys race first; in even-numbered years, girls race first.
4. Host responsibilities: The host school coach manages the meet. Host coaches will provide in advance course maps, directions to courses not on school grounds, and details about shelter and restrooms, etc. Further responsibilities include clearly marking and spotting the course and providing a start/finish line crew with adequate timing equipment. Host coaches may request in advance help from visiting coaches. If unable to meet these requirements in a particular season, coaches should request a bye from hosting that year at or before the pre-season coaches meeting.
5. Scoring and league standing: Weekly regular season meets are multi-school events but are scored as dual meets amongst the different opponents. When one team is incomplete, score the runner positions on the complete team rather than simply using the traditional 15-inc. The dual meet win from the first meeting of two schools in the same division scores three points for the winner towards its point total for determining final divisional standings in the league.
6. Reporting results with the league: Host coaches are to fax, e-mail, or mail a copy of meet results to the coach who compiles league standings by the end of the day after the meet. They will also provide complete results of the meet to CSCtrack.com. Host coaches are also to report results to the designated newspaper(s) of record the evening of the meet.
7. Dual meet scoring for 3- and 4-runner teams: A full team (five runners) automatically defeats an incomplete (i.e., fewer than five) one. To allow small teams to score as teams, however, the CSC offers a three-person format to score a dual meet between teams of three or four runners. The following spells this out. "Inc" denotes an incomplete (i.e. unable to score) team.
 - 4 v. 4 (score in 3-person format where fourth runners may displace)
 - 4 v. 3 (score in 3-person format where fourth runner may displace)
 - 3 v. 3 (score in 3-person format)
 - 4 v. 2 (4-person team wins because 2-runner team is inc)
 - 4 v. 1 (4-person team wins because 1-runner team is inc)
 - 3 v. 2 (3-person team wins because 2-runner team is inc)
 - 3 v. 1 (3-person team wins because 1-runner team is inc)
 - 2 v. 2 (score inc-inc; no dual win recorded)
 - 2 v. 1 score inc-inc; no dual win recorded)

CSC CHAMPIONSHIP MEET

1. Setting the date: The CSC Championship Meet is held two Saturdays before the Section 3 Championship and State Qualifier Meet. If there is no academic testing that morning, the meet starts at 10 a.m. If there is testing, the meet begins at 2 p.m.
2. Setting location: The meet location rotates through the league by alphabetical order of school name regardless of division. To be eligible to host, the school

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must be represented at both the pre-season meeting of the current year and the post-season meeting of the previous year. The course must be approved by all division chairpersons.

3. Organizing the meet: The coach of the host school manages the meet. The host has discretion over ancillary services such as food and t-shirt concessions and may also request help from the CSC chairs. If shelter and/or restroom facilities are required, the host school supports these costs. The CSC retains a third-party timing and scoring service and also NYSTF&CCOA officials.
4. Eligibility to compete in championship meet: Varsity athletes must compete in a minimum of three races to be eligible to compete in the league championship meet. Both regular season races and Saturday invitationals may be used to meet this requirement. To request a waiver for this requirement, a coach must petition the coaches via e-mail the day after the last league meet in the schedule. If the coach has successfully petitioned the section for a waiver for that athlete, the league automatically accepts the waiver for its championship meet.
5. Order of events: The order of races alternates between even and odd year schedules. In odd years, the order will be Modified Boys, Modified Girls, Varsity Boys, and Varsity Girls. In even years, the order will be Modified Girls, Modified Boys, Varsity Girls, and Varsity Boys. A 30-minute break will be allowed between the two modified/JH races and the two varsity races. A coaches meeting will be held one half hour before the first race.
6. Awards: Every finisher in the Championship Meet will receive a ribbon.

DETERMINATION OF CSC DIVISIONAL CHAMPIONS AND INDIVIDUAL ALL-STARS (varsity only):

1. Divisional champions: Divisional champions are determined based on point totals accumulated during regular season competition combined with points earned at the championship meet. The latter points are assigned in decreasing three-point increments in each division with the last team in each division earning three points. The first-place team in each division (Divisions 1, 2, and 3 Girls; Divisions 1, 2, and 3 Boys) are divisional champions, and all members of each divisional champion team will receive patches.
2. If there is a tie for a divisional title, the tie will be broken by scoring a dual meet using the championship race results between the tied teams. The winner of the dual meet scoring will be designated the champion in that division.
3. All-stars: Individual all-star patches are awarded to the top 21 runners regardless of division from the merged results in first, second, and third teams of seven.
4. Petitions for all-stars: If an athlete is unable to compete in the championship meet due to injury, illness, or other extenuating circumstances, the athlete's coach may petition in writing for a vote amongst all league coaches to add that runner to the all-star team. A simple majority is required. Petitioned runners will not displace runners who earned all-star status via participation in the championship meet.

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POSTSEASON COACHES MEETING

1. Post-season meeting: Postseason meeting is held the Tuesday prior to the State Championship Meet.
2. Verifying host site for next season's championship meet: Host site for the next year's championship meet is determined at this meeting. School next in rotation to host the Championship Meet for the following season must attend postseason meeting to declare site's adequacy for the meet. If that school's coach is not in attendance, site choice will move through the rotation to the next school in the rotation both represented at the meeting and with a site adequate to host the meet.
3. Record: Minutes and attendance of postseason meeting will be sent to athletic directors.