



**Section V Athletics
Cross Country Handbook
2025**

Updated as of August 11, 2025

Table of Contents

<u>Important Dates</u>	<u>Page 3</u>
<u>Classifications</u>	<u>Page 4</u>
<u>Section V Cross Country Important Contacts</u>	<u>Pages 5-6</u>
<u>Publicity Standards</u>	<u>Pages 7</u>
<u>Sectional Eligibility</u>	<u>Page 8</u>
<u>Medical Waiver Request</u>	<u>Page 8</u>
<u>Sectional Entries</u>	<u>Page 8</u>
<u>Sectionals</u>	<u>Page 8</u>
<u>Disqualifications and Protests</u>	<u>Page 9</u>
<u>Awards</u>	<u>Page 9</u>
<u>New York State Championships</u>	<u>Page 10</u>
<u>All Section V Cross Country Selection Process</u>	<u>Page 11</u>

Important Dates

Monday, August 18, 2025

Fall Sports Season Begins

Saturday, September 13, 2025

Queensbury Invitational (Pre-State Meet at Queensbury High School)

Web link: <https://sites.google.com/queensburyschool.org/queensburyinv/cross-country>

Saturday, September 20, 2025

John Izzo XC Classic (Pre-sectional at Letchworth State Park)

Sunday, November 2, 2025

**Sectional Entries are due online through Yen Timing
By 8pm**

Saturday, November 8, 2025

Section V Championships @ Letchworth State Park

Order of Events:

7:30am Course Opens

Packet Pick Up

9:00 am Girls Class D

9:45 am Girls Class C

10:30am Boys Class D

11:05 am Class D Awards Ceremony

11:15 am Boys Class C

11:50 am Class C Awards Ceremony

12:00 pm Girls Class B

12:45 pm Girls Class A

1:30 pm Boys Class B

2:05 pm Class B Awards Ceremony

2:15 pm Boys Class A

2:50 pm Class A Awards Ceremony

Saturday, November 15, 2025

NYS PHSAA Cross Country Championships @ Queensbury

Saturday, November 22, 2025

NYS Federation Championships @ Bowdoin Park

Classifications

[Boys Cross Country](#)

[Girls Cross Country](#)

Section V Cross Country

Important Contacts

1. Section V Executive Director: Kathy Hoyt
Section V Assistant Executive Director: Jen Lapinski
Section V Cross Country Liaison: Kathy Hoyt
2. Section V Cross Country Chairpersons:
Dan Deckman / Boys Chairperson Mike LaFrance / Boys Assistant
Bill Buckenmeyer / Girls Chairperson Sean Curynski / Girls Assistant
3. Section V Cross Country chairpersons will:
 - Conduct pre and post season meetings.
 - Review and revise sectional classes based on Section V criteria.
 - Make reports to the Section V athletic council / executive committee
 - Make arrangements for the State Meet (Transportation, Meals, Lodging and chaperones).
 - Conduct Sectional Class Championships.
 - Attend NYSPHSAA Cross Country Committee meetings as the Section V representative .
4. Section V Cross Country League Chairpersons:

Steuben/Allegany County: Jason Brayman/ Hammondsport HS
Dave Volz/Cuba-Rushford HS

RCAC: Rob Newell SOTA

Private/ Parochial/ Independent: Christina Smith / Bishop Kearney
Todd Stewart/ McQuaid HS

Wayne-Finger Lakes: Paul Pfeiffer/ Marion HS
Carl Johnston / Wayne HS

Livingston/ Genesee: Chris Morens/Geneseo HS
Dave Bateman/ Byron-Bergen HS

Monroe Country: Dave Klehr/ Webster-Schroeder HS
Nolan Hoh/ Honeoye Fall- Lima HS

Non Voting Committee Members:
Jenna Williams/Livonia HS

Section V Cross Country League Chairpersons will:

- Attend all Section V Cross Country meetings.
- Send information to all schools in their league:
 - Sectional handbook
 - Sectional classifications
 - Sectional entry procedure
 - Rules and regulations for Sectionals
 - Any changes from the sports committee
- Help administrate Sectional Championships
- Notify Sectional chairperson of any combined teams, move-ups, or violations in their league.

Section V Cross Country Sports Committee (Boys and Girls)

The sports committee consists of:

- Boys Sectional chairpersons
- Girls Sectional chairpersons
- Chairpersons from each league

The sports committee is responsible for:

- Organizing and conducting Sectional class championships.
- Conducting State Qualifier meet
- Determining how teams and individuals qualify for NYS championships.
- Selecting a Jury of Appeals for Sectionals.
- Recommend any changes for the sport of Cross Country.

**** Any policy that requires the committee to vote shall use the following procedure:**

- Each league has one vote for each gender
- League chairpersons may send a proxy vote with a designated representative.
- Fifty percent of the possible votes constitute a quorum.
- Sixty percent will carry the vote.
- The vote of each Sectional chairperson will be used to decide the outcome of a vote if needed.

Section V Cross Country will follow National Federation Rules (Rule 9, sections 1-7) and all rules of eligibility found in the NYSPHSAA handbook.

Publicity Standards

Schedules

The official website for Section V Athletics - www.sectionv.org - will always have the latest and most up to date schedules. Each athletic administration office will update their schedules within the rSchoolToday platform and that schedule automatically synchronizes to the Section V website. The home team school is typically responsible for any changes to their schedule. Please contact your athletic director's office with any questions about schedules.

Rosters

All roster submissions can be handled within the rSchoolToday platform. Athletic directors and coaches will have access and can update their school rosters. If your team is combined with another or many schools not within your own school district, then each school athletic director can update and input their student roster submission from their specific school to form a complete roster. All changes and updates should be taken up with your coach and/or athletic department. What is reflected on the Section V website is from the data they have inputted and can control.

Please note that rSchoolToday Activity Scheduler follows Ed Law 2d and FERPA laws regarding student data. Only data that schools should be inputting online for rosters:

- First Name
- Last Name
- Grade Level

Anything additional would be specific for a sport or school decision on things like height or weight. Please consult with your athletic director and sport coordinator.

Results

All results or scores should be reported immediately following the game by the winning team on the rSchoolToday platform. Coaches will be provided necessary access to do this from their athletic directors. Section V only needs the result of the contest. Any additional reporting of results can be done once rSchoolToday results have been inputted, which should only take a few seconds from Activity Scheduler rSchoolToday Mobile App. Online content managers for each sport will be checking frequently and assisting schools and coaches with getting their input in a timely fashion. This is important to help determine sectional standings as games are inputted.

Social Media

Please follow the [Social Media Policy](#) and all of the official [Section V Social Media Accounts](#) that should be utilized to highlight things going on in your specific sport. Another resource is the [School-Run Social Media Accounts](#) directory, which is updated as schools provide details.

Media

All members of the media can provide their information [using this form](#) and Section V will add their information to an online directory for all sports to utilize. Section V encourages all coaches and athletic directors to use this directory to highlight their student athletes. All of our media do a fantastic job of covering high school sports and we must all do our part to help them get the information they need in a timely fashion.

Sectional Eligibility

- May not start practice before approved starting dates set by NYSPHSAA, Section V or Leagues.
- Must follow state requirements for practice and participation
- Must run in a minimum of six (6) contests prior to Sectionals
- Any modified runner moved up to varsity competition must be moved up prior to 50% of their school's modified schedule.

Medical Waiver Request

If an athlete does not have 6 separate meet participations, he/she cannot be entered into the sectional meet. If the reason for not having 6 competitions is a medical reason then the school may ask for a medical waiver of the 6 competition rule from the Section V Executive Director. Only waivers for medical reasons are allowed. A medical waiver request form must be submitted by the school athletic director with all pertinent information listed on the form. The form can be found on sectionv.org. Schools will be notified of approval/denial.

Sectional Entries

- The Cross Country Sectionals are an open format. All teams and individuals are invited if they have met NYSPHSAA standards.
- The number of entries will be regulated by the Sports Committee.
- Each team will be allowed to enter seven (7) runners.
- Entry form and athlete verification can be obtained online (x-c link of sectionv.org)
- All entries must be received by 8:00 PM Sunday, November 2, 2025. Late entries must go through the appeals process. Changes in entries may be made up to 1 hour prior to your race with Dave Yen.
- The Sectional Committee has the right to rule on all extenuating circumstances.

Sectionals

Sectional site(s) will be recommended to the Athletic Council by the Sports Committee.

Starting times will be voted on by the sports committee.

- Starting line positions will be assigned. 7 runners on the line.
- **Uniform Rule will be strictly enforced. Any illegal runners or teams will be disqualified.**
- Coaches are responsible for runners wearing the correct bib number on the front of their uniform.
- Scoring will be by computer. Official results will be posted after each race.
- Final results will be posted on the internet at the end of the day: sectionv.org website.
- **This is a Championship Meet! Coaches are expected to supervise their athletes. No footballs, frisbees, etc.**
- **Dogs and other pets are not allowed at the sectional sites.**
- *The course is closed the week leading up to the championship meet*
- **No bikes allowed on the course during the meet.**
- **All vehicles will be charged to park in the parking area: \$11.50/car- Tickets will be sold online [CLICK HERE](#)**

Disqualifications and Protests

Judgment calls by officials cannot be protested. If the head coach would like to protest the misapplication of a sport specific rule, the protest must be made immediately to the game official prior to resuming play. Once play resumes, any protest is null and void. Per NYSPHSAA, in any case, video may not be used to overturn an official's decision.

Awards

- Trophy, t-shirts, medals and patches are awarded to the team champion in each sectional class.
- Medals are awarded to the 2nd place team.
- Patches to top ten (10) individuals in each sectional class. (15) individual patches in Girls Class D.
- *** Awards ceremony will be at the designated times.

New York State Championships

A. Qualifiers:

Overall winning team (8 runners maximum) and coach in each State CLASS A, B, C, D will represent Section V.
(Boys D Representatives will be the winning team from the class D/DD blends).

***No others without coordinator's approval.

Overall top 5 individuals not on the winning team in each State CLASS A, B, C, D will represent Section V.

- Individual runners will be supervised by the Sectional chairpersons and Section V chaperones.

B. NYSPHSAA AWARDS:

- Championship plaque and medals to the winning team.
- Medals to top 20 in each race.
- T-Shirt to the top 10 runners on the Championships Intersectional Team.
- The **Sportsmanship Awards** will be selected from the athletes on Section V State Team and a vote of league chairs

C. Qualifying for NYS Federation:

- Based on performance in NYSPHSAA Championships.
- Rankings throughout the year.
- Information provided by coach (due by 11/12/25).

All Section V Cross Country Selection Process

- The Top 30 finishers on the blend of all class races will determine the All Section V All-Star Team.
 - 1st team will be places 1-10
 - 2nd team will be places 11-20
 - 3rd team will be places 21-30
- There will be an All-Star banquet which historically has been the Sunday after the NYS Federation Championships. Date and time is to be determined.