

2008

Boys & Girls

Cross Country

Section 3

Sectional Information Packet

2008 Cross Country Information

Boys Sectional Coordinator- Jack Bernard 315-942-5733

South Lewis High School

JackoB@aol.com

jackob528@twcnny.rr.com

Jim Paccia 315-696-6235

Tully High School

jpaccia@tully.k12.ny.us

Girls Sectional Coordinator-Michelle Rauber 607-749-5959

Tully High School

315-696-6213

Wease1968@peoplepc.com

607-749-5959 (home)

315-696-6213 (work)

Dan Reid 315-488-4244

Westhill High School

315-426-3000

runrunreid@aol.com

Section III League Representatives

2008-2009

Center State Conference – Division 1

Jessie Ravage (boys & girls) Cooperstown High School 607-547-9507

jravage@stny.rr.com

Center State Conference – Division 2

Steve Philpotts (boys & girls) Sauquoit Valley High School 315-737-9875

phillysd@aol.com

Center State Conference – Division 3

Gene Velardi (boys & girls) Oriskany High School

Knicks214344853@hotmail.com

Frontier League

Steve Rogers (girls) South Jefferson High School 315-232-4531

315-232-2825

srogers@spartenpride.org

Jack Bernard (boys)	South Lewis jbernard@southlewis.org	315-952-5733
OHSL Freedom Division		
Jim Lawton	JD High School jlawton1@twcny.rr.com	315-637-2727
Harold Muller	Chittenango High School mullerh@ccs.cnyric.org	315-687-2900
OHSL Liberty Division		
Rob Schemerhorn (girls)	JE High School rschemrun@aol.com	315-253-3033
Robin Wheelless (boys)	Westhill High School robinw@sensis.com	315-420-0827
OHSL Patriot - American Division		
Donna Capallano (girls)	Cato Meridian High School Cappy330@yahoo.com	315-638-2955
John Lawler(boys)	Weedsport High School lawlerj@weedsport.org	315-730-6806
OHSL Patriot- National Division		
Michelle Franklin-Rauber (girls)	Tully High School Wease1968@peoplepc.com	607-749-5959
Jim Paccia (boys)	Tully High School jpaccia@tully.k12.ny.us	315-696-6235
Ron Murray (girls)	TRI-Valley League Whitesboro High School historyron@aol.com	315-345-3360
CNY Counties- National Division		
Guy Linton (girls)	Henninger High School guyguyxc@yahoo.com	315-435-4343
Richard Nastasi (boys)	CNS High School rnastasi@twcny.rr.com	315-416-3947 315-676-7896
CNY Counties – American Division		
Sandy Burns (girls)	Central Square High School sburns@cssd.org	315-380-1442

Shaun McGuane (boys) Central Square High School 315-637-7284
smcguane@cssd.org

Central Counties League
Steve Camelbeek (boys & girls) DeRuyter High School 315-852-3433
camelbeek@deruytercentral.org

Sectional Meet Information

Site: Jamesville Beach State Park

To Enter Sectional Meet:

School commitment forms should be sent to Michelle Rauber by Monday, October 27th, 2008. Classes will be split in half if the number of complete teams warrants it. This will be determined after entries have been received. Individuals **must** have competed in 6 contests prior to the sectional race in order to be eligible for the meet, unless they have received a waiver from the Section III Office.

Michelle Rauber
Tully Elementary School
PO Box 628
Tully, NY 13159

Please Note

**** IF you fail to send in your registration form for sectionals by Oct. 27th, or fail to enter your team on time at onlineentries.com, your team will not be allowed to run in the sectional championships!!****

Officials:

Several hired rated officials with help from competent adults from participating schools will officiate over the meet.

Rules:

Federation rules govern girls' and boys' cross country in New York State. Refer to the 2008 edition of the National Federation Track and Field Rule Book for girls and boys.

State Meet Advancement:

The top team in each class (boys and girls), along with the top 5 individuals (boys and girls) from each class will advance to the state meet.

Awards:

- 1) Section II banner to the first place team of each class.
- 2) Certificate and Patches for the top 10 girls and boys on the winning team along with

each girl and boy who qualifies for the state meet as an individual.
3) Ribbons to the top 60 finishers in each race.

Questions:

Please contact your league or sectional representative.

Race Times:

11:00	Girls Class C	1:30	Boys C
11:30	Girls Class D	2:00	Boys D
12:00	Girls Class AA	2:30	Boys AA
12:30	Girls Class A	3:00	Boys A
1:00	Girls Class B	3:30	Boys B

SECTION THREE LEAGUES AND SCHOOLS

CENTER STATE CONF. FRONTIER

Division I

ADIRONDACK
DOLGEVILLE
FRANKFORT-SCHUYLER
HERKIMER
ILION
LITTLE FALLS
MOHAWK

Division II

CANASTOTA
COOPERSTOWN
MOUNT MARKHAM
SAUQUOIT
SHERBURNE-EARLVILLE
WATERVILLE

Division III

HAMILTON
MORRISVILLE-EATON
ORISKANY
RICHFIELD SPRINGS
WEST CANADA
WESTMORELAND

Division IV

NEW YORK MILLS
OLD FORGE
OPPENHEIM-EPHRATAH
OWEN D. YOUNG
POLAND
REMSEN
ROME CATHOLIC

TRI-VALLEY

CAMDEN
CLINTON
HOLLAND PATENT
NEW HARTFORD
NOTRE DAME
ONEIDA
V.V.S.
WHITESBORO

CENTRAL COUNTIES

BROOKFIELD
CINCINNATUS
DERUYTER
MADISON
MC GRAW
OTSELIC VALLEY
STOCKBRIDGE VALLEY

A Division

CARTHAGE
IMMACULATE HEART
INDIAN RIVER
WATERTOWN

B Division

ALTMAR PARISH WILLIAMSTOWN
GENERAL BROWN
LOWVILLE
SOUTH JEFFERSON

C Division

BEAVER RIVER
SANDY CREEK
SOUTH LEWIS
THOUSAND ISLANDS

D Division

ALEXANDRIA BAY
BELLEVILLE-HENDERSON
COPENHAGEN
LAFARGEVILLE
LYME
SACKETS HARBOR

Girls Lacrosse Only

Heuvelton
Norwich

Ice Hockey Only

Ithaca

INDEPENDENTS

Living Word Academy
NYS School for Deaf
Tyburn Academy
Institute of Technology

FRIENDS & NEIGHBORS

Augustinian Academy
Blessed Virgin Mary
Holy Cross Academy

MODIFIED ONLY

Lyncourt UFSD
St. Joseph School

OHSL

Freedom

CHITTENANGO
CORTLAND
EAST SYRACUSE-MINOA
FOWLER
FULTON
HOMER
JAMESVILLE-DEWITT
MEXICO
PHOENIX

Liberty

BISHOP LUDDEN
CAZENOVIA
CHRISTIAN BROTHERS ACADEMY
HANNIBAL
JORDAN-ELBRIDGE
MARCELLUS
SKANEATELES
SOLVAY
WESTHILL

Patriot

BISHOP GRIMES
CATO-MERIDIAN
FABIUS-POMPEY
FAITH HERITAGE
LAFAYETTE
MANLIUS PEBBLE HILL
ONONDAGA
PORT BYRON
PULASKI
Syracuse Academy of Science
TULLY
WEEDSPORT

CNY COUNTIES

National

BALDWINSVILLE
CICERO-N. SYRACUSE
HENNINGER
LIVERPOOL
ROME FREE ACADEMY
UTICA PROCTOR

American

AUBURN
CENTRAL SQUARE
CORCORAN
FAYETTEVILLE-MANLIUS
NOTTINGHAM
OSWEGO
WEST GENESEE

2008 New York State Cross Country Meet

Place: Sunken Meadow State Park
Kings Park, New York
(north shore of Long Island)

Date: Saturday November 8th, 2008

Race Times:

8:45am Opening Ceremonies

9:00am	Girls C	11:05am	Boys C
9:25am	Girls D	11:30am	Boys D
9:50am	Girls AA	11:55am	Boys AA
10:15am	Girls A	12:30am	Boys A
10:40am	Girls B	12:55am	Boys B

Awards Ceremony: 2:30pm at Half Hollow Hills High School East.

Packet Pick up: Coaches will receive information the day of the sectional meet on where and when they can pick up their state meet numbers and t-shirts.

Box Lunches:

Coaches need to preorder box lunches for their athletes. They can be picked up starting at 10:30am, near the concession stand at the park.

School Commitment Form

School Name _____ Class _____

Compete or Incomplete Team _____

School Address _____ Gender _____

School Phone _____

Coach's Name _____

Home Address _____

Home Phone _____ Cell phone _____

Home email _____

Date: _____ Coach's Signature _____

Date: _____ Athletic Director's Signature _____

** This Form must be sent to Michelle Rauber by Monday Oct.27th, 2008 **

Michelle Rauber
Tully Elementary School
PO Box 628
Tully, NY 13159