



2014 CYO Cross Country Information

Hello CYO Administrators, Coaches, Parents and Athletes,

Welcome to the 2014 CYO Cross Country Season. We believe you will find an enhanced schedule and improved operations that will provide plenty of opportunities for your young athletes. Please be sure to read all of the information thoroughly. We look forward to a great season.

Meet Schedule:

Meet	Day	Date	Meet	Location	Time (grades)
1	Saturday	9/13	CYO Summer Spiked Shoe Classic	Van Cortlandt Park, BX	12:15(K-2)/12:25(3-5)/ 12:45(6-8)

**Please note, schedule subject to change, and always check with your program administrator leading up to each meet.*

Directions to Van Cortlandt Park:

Address: 6201 Broadway, Bronx, NY 10471 (251st Street and Broadway, BX)

Link to Google Maps: <https://goo.gl/maps/grM4N> (copy and paste the short code in web browser for directions)

Take the Major Deegan Expressway (I-87) (either North or South) to Van Cortlandt Park exit. Bear right off exit and make next right onto Broadway. For Cross Country Meets: Go past two traffic lights. Meet at the finish line (across the field from the large "Tortoise and the Hare statue"). Parking: Street parking is difficult. Free parking is available near the golf course, which is located to the left of the entrance for Deegan North, which is right where you would have exited the Deegan.

Meet Specifics

- **Eligibility:** open to all upstate/downstate CYO Youth and/or Teams only representing school or Parish in grades K-8. Club teams allowed by invitation only and upon submission of team entry packet.
- **Event Maximum:** Athletes are allowed to participate in one race.
- **Registration/Package Pickups:**
 - All registered team packets will be picked up by the Team Coach or designated team representative ONLY. The Coach will pick up packet and pay (cash or check- payable to "CYONY" only). We do not accept debit or credit cards. The coach will distribute labels to athletes on his/her team. These labels shall be worn to clerking and competition.
 - All registered unattached athletes (not team affiliated) or "walk-in" unregistered unattached athletes can go to the registration table upon arrival.
 - Packets should be picked up by the Catholic High School Finish-Line across the field from the "Tortoise and the Hare" Statue on Broadway.

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2014 CYO Cross Country Information

- Only Coaches and unattached athletes at registration table PLEASE.
- **Cost/athlete:** \$5 per athlete per meet (check or Creditcard, payable to CYONY). Each participant, whether team or unattached, needs to pay a one-time Cross Country season fee of \$10 to CYO. CYO teams can run a tab and be invoiced by CYONY. CYO Unattached can pay by credit card or check.
- **Clerking:** Please make yourself and athletes aware of order of races. Athletes are to meet at the starting line 15 minutes before their race. WE WILL NOT HOLD RACES AND MAY RUN AHEAD OF SCHEDULE. PLEASE ARRIVE EARLY AND READY TO RUN.
- **Competition/Grouping:** Races will be run together by gender, but scored separately in the following grade groupings: K-2, 3-5, 6-8. Scoring will be separated in proper age group in final results.
- **Scoring/Medals:** Though a developmental meet, we will tabulate team scoring based on the places of a team's top 5 finishers. Results will be tabulated and awards distributed as quickly as possible at the END of the meet. Medals will be awarded to the top five in each event based on grade and gender grouping. All non-medalists and participants in grades K-2 will receive ribbons. Team medal packets can be picked up by coach only. Unattached athlete can pick up at medal table at END of meet. There will be a line for team coaches and a lane for unattached athletes.
- **Results:** Posted online at on <http://ny.milesplit.com/>
 - Go to calendar on <http://ny.milesplit.com/>, and then find the meet by looking for the date of the meet. Click on the meet to get to the meet page, and then click results to get to the results page.
- **Tentative Order of Events:**
 - CYO Race 2nd Grade and under: 400 Meters (**NEW:** Finish line moved to HS Finish Line).
 - CYO Race Grades 3-5: (1500 Meter Hill loop)
 - CYO race Grades 6-8: (2000 Meter)
- **Other Notes/Miscellaneous:**
 - Please assure that athletes are properly and sufficiently trained and hydrated to compete in the event you have placed them in and have adequate adult supervision during meet.
 - We ask that you be aware of Van Cortlandt Park rules and act in accordance with those rules including, but not limited to:
 - o No barbecuing or grills of any kind
 - o No pin-down tents
 - Each team keeps their area clean of trash and when the meet is over all belongings are taken home and garbage is disposed of. These facilities are lent to us, free of cost and we need to keep clean.
 - Coaches and athletes PLEASE stay away from the timing and medals/results table during meet.



2014 CYO Cross Country Information

- All officials are volunteers from various areas and of various ages. Please remind those associated with your teams that they deserve respect and patience. If a question results from an event please have the head coach address the concern to the meet director or meet referee. AND THEN PLEASE ACCEPT THE FINAL DECISION! REMEMBER MISTAKES HAPPEN.....EVEN IN THE REEBOK MANHATTAN XC INVITATIONAL AND THE OLYMPICS.
- Volunteers who wish to help will be accepted on the day of the meet. We expect one volunteer per team attending.
- Most importantly, remind everyone to please remember why we are here: all should enjoy themselves. Please no un-sportsman like conduct, be they remarks, conduct or salutations.

If you have any questions, feel free to contact Tim Flynn at timpflynn@gmail.com or (914)714-0434.