

CYONY CROSS COUNTRY

All Archdiocesan Championships, Sunday, November 10
Croton Point Park, Croton-on-Hudson, NY

Directions to Croton Point Park: <http://goo.gl/maps/fUdbg>

Tentative Timeline:

- Coaches pick up their teams' packets (12 pm on)
- Course walk and warm ups (12-1 pm)
- K-2 Boys 400m Race (1:15 pm)
- K-2 Girls 400m Race (1:25 pm)
- 3-5 Boys 1500m Race(1:35 pm)
- 3-5 Girls 1500m Race (1:50 pm)
- 6-8 Boys 2000m Race (2:05 pm)
- 6-8 Girls 2000m Race (2:25 pm)
- Scoring/Awarding of trophies (Approx 3:15 pm)

[Please note above times subject to change if/as needed]

Medals: will be awarded to the top 15 finishers in each of the 6 races.

Meet Specifics:

- Eligibility: open to any/all upstate/downstate CYO Youth (unattached) and/or Teams only representing school or Parish in grades K-8. NO CLUB TEAMS.
- Event Maximum: Athletes are allowed to participate in one race only. No moving up or down division.
- Registration: All teams and athletes MUST be registered on the Milesplit NY website. NO exception. Labels are generated on this site for competition. There is no cost to set up a team and instructions are attached.
- Packet Pickups:
 - All registered team packets will be picked up by the team coach only! The coach will pick up the packet and pay (cash or check 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.
 - Only coaches and unattached athletes at registration table PLEASE.
- Cost/athlete: \$5 per athlete per meet.
- Course: Course is flat and fast. There is one small hill in the race course of all 3 courses. The course is predominantly grass/paths with less than 20' of pavement on traverses of 1500m and 2000m. Course map attached for each layout. There will be a pace bike.

- Clerking: Please have athletes aware of order of events and have them be competition-ready 10 minutes before planned start.
- Competition/Grouping: Events will be run and scored by gender. Athletes must run in the appropriate age and gender grouping. No exceptions.
- Finishing Chute: Please stay in order of finish in finish chute until label is removed and applicable, you collect your medal. Please do NOT cut the line. If you intentionally cut the line you will be disqualified. Please exit chute area quickly thereafter.
- Scoring/Medals: The K-2 division does not count in overall team scoring. However, we will award medals to top 15 in each division. We will tabulate team scoring in each gender division of the 3-5 and 6-8 division based upon the scoring of the places of a team's and/or counties top 5 finishers. We will keep and tabulated team's places for each division (3-5 boys, 3-5 girls, 6-8 boys, 6-8 girls.) To determine overall championships in the boys and girls divisions we will add the team scoring from 3-5 and 6-8 together. Low net score wins. Results will be tabulated and awards distributed as quickly as possible at the end of the meet.
- Medals: Awarded at chute
- Results: Posted online at <http://ny.milesplit.com>
- Other Notes/Miscellaneous :
 - Unless competing, please stay off the race course except during designated warm up time
 - Please assure that athletes are properly and sufficiently trained to compete in the event you have placed them in and have adequate adult supervision during meet
 - 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.
 - 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 and all should enjoy themselves. Please no un-sportsman like conduct, be they remarks, conduct or salutations.

HAVE FUN!!!

We hope to see you and your team at the meet!

Tim Flynn
 Meet Director
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