

## **2015 BOYS & GIRLS NJSIAA/M-F Athletic CROSS-COUNTRY CHAMPIONSHIPS**

**Be sure to read the instructions for discharging and loading athletes at Holmdel Park. Please share the 'parking for spectators' information with your parents.**

The NJSIAA extends a most cordial invitation to you and your school to participate in the 2015 BOYS & GIRLS NJSIAA Cross-Country Championship program. Attached are the instructions and entry forms for your school.

**NOTE:** Eligibility requirements for the NJSIAA/M-F Athletic Cross-Country Championships

1. Your cross-country schedule must show that seventy percent (70%) of your competition from the opening of your season until October 21 (October 28 for Non-Public Schools) was against New Jersey schools.

### **NEW PROCEDURE FOR ENTRY**

To verify the 70% rule, all varsity schedules **MUST** be entered by the start of the season, and scores reported to [www.njschoolsports.com](http://www.njschoolsports.com) as soon as possible after each contest.

2. Any player with two (2) or more disqualifications in the current season, prior to the start of an NJSIAA tournament will be ineligible to compete in said tournament.

**NOTE:** Any athlete transferring into your school on or after **October 16, 2015 (or October 10 or 11 if your schedule started September 4 or 5, 2015)** or will not be eligible to participate in any NJSIAA Championship Tournament in any fall sport.

3. **Any varsity team** accumulating three (3) or more player and/or coach disqualifications for flagrant unsportsmanlike conduct prior to the start of a tournament will not be permitted to participate in same. Seeded teams will forfeit their right to compete if a disqualification limit is reached prior to the start of the tournament for the team.
4. To promote fairness in competition and the health and safety of student athletes, no NJSIAA member school will be eligible to participate in any NJSIAA Championship Tournament if it has violated the Specific Sports Regulations for the sport including, but not limited to, the start of practice, the start and ending of the sport season and the maximum contests permitted during the regular season. The application of this eligibility standard is non-appealable.

Sportsmanship Rule (Article IX of the NJSIAA By-Laws) now states: **Any person (athletic department, staff member, student-athlete, or a fan or spectator associated with a member school) who engages in any verbal, written, or physical conduct related to race, gender, ethnicity, disability, sexual orientation or religion shall not be tolerated, could subject the violator to ejection, and may result in penalties assessed against your team. In addition reports of such violations will be forwarded to the New Jersey Division on Civil Rights.**

**SPECIFIC SPORTS REGULATIONS** (found in the *New Jersey State Interscholastic Athletic Association Handbook 201 2015-2016 - Constitution, Bylaws, and Rules & Regulations* available **on NJSIAA Website.**

### **RULE 19. Cross Country**

Section 1. Rules. 2015 edition of *The National Federation Track and Field and Cross Country Rules*, unless herein modified, shall govern all NJSIAA cross-country meets.

Section 2. Start of Practice.

Article 1....Cross-Country –**August 10, 2015.**

Section 3. Start of Regular Schedule.

Article 1....Cross-Country - **September 4 or 5 or 13, 2015**

Section 4. End of Season (From Rule 2, Section 10)

All teams may participate in interscholastic contests up to the final championship in their respective sports. Exceptions: Winter Track – Feb 28 (Golf will be up to and including the Friday before the NJSIAA championships in softball and baseball.) Individual competition shall terminate with the end of said competition.

Section 5. Transfers on or after **October 16, 2015, 2015 ( or October 10 or 11 if your schedule started September 4 or 5, 2015)** are not eligible for post-season play in cross-country. (See Article V, Section 4.k.d(2).d.

Section 6. Meets Per Day. A competitor shall not compete in more than one meet during the same calendar day.

Section 7. Meets Per Week. A student shall be permitted to participate in a maximum of three (3) meets per week (including scrimmages as provided for in Rule 2, Section 7 [A student shall not be permitted to participate in a scrimmage or a game (interschool) in any strenuous sport until he/she has completed SIX DAYS OF PRACTICE IN THAT SPORT (days of 24 hours, not sessions). Practices during the Summer Recess prior to the official opening of the Sports Season cannot be counted to fulfill this requirement.], and sanctioned and championship invitational meets). During the season, team members who compete in outside meets with the approval of the school remain eligible for NJSIAA competition; such meets to be counted as part of the maximum three (3) per week. Under no circumstances may a student compete on three (3) consecutive days even when a postponed meet is worked into the schedule.

Section 8. Postponed Meets. One (1) postponed meet per week may be worked into the schedule, but under no circumstances may a student compete on three (3) consecutive days.

Section 9. Officials.

Article 2 .... In all dual and triangular Cross-Country Meets there shall be at least one (1) NJSIAA registered track official designated as the Starter-Referee.

Section 10. Jewelry. No watches are permitted to be worn during competition. Religious medals and medical alert medallions must be taped to the body.

Section 11. Standard Distances/Cross-Country. Unless Meet Directors for Open, Conference, and Championship meets have received NJSIAA approval to conduct meets at other distances, the standard distance shall be:

Article 1....Freshman – 3500 meters

Article 2....Junior Varsity or Novice – 5000 meters

Article 3....Varsity – 5000 meters

PLEASE READ THE INSTRUCTIONS CAREFULLY, and keep them on hand for reference throughout the meet period. The success of the cross-country program is dependent upon the complete cooperation of our member schools. IF AFTER READING THIS MATERIAL YOU HAVE ANY QUESTIONS, PLEASE CONTACT YOUR SECTIONAL MEET DIRECTOR OR THE STATE CROSS-COUNTRY CHAMPIONSHIP DIRECTOR AS LISTED IN THESE TOURNAMENT REGULATIONS.

ATTENTION: CONTESTANTS WHO APPEAR AT SECTIONALS, STATE GROUP CHAMPIONSHIPS, OR STATE CHAMPIONSHIPS WITHOUT THEIR COACH (OR CERTIFIED MEMBER OF THE FACULTY) WILL BE DISQUALIFIED.

AS A RESULT OF INCREASED DIFFICULTIES WITH LATE ENTRIES AND **ROSTERS OF Maximum of 8 BOYS and/or 8 GIRLS**, PLEASE BE ADVISED THAT ENTRY FORMS AND **ROSTERS OF Maximum of 8 BOYS and/or 8 GIRLS** NOT RECEIVED ON TIME WILL NOT BE ACCEPTED. SINCE QUALIFICATION [OTHER THAN THE REQUIREMENTS LISTED ON PAGE 1] IS NOT NECESSARY FOR ENTRY, COACHES ARE URGED TO SUBMIT ENTRIES AND **ROSTERS OF Maximum of 8 BOYS and/or 8 GIRLS** WELL IN ADVANCE OF DEADLINE.

IF YOU WISH TO BE NOTIFIED THAT YOUR ENTRY WAS RECEIVED, YOU MUST INCLUDE A SELF-ADDRESSED RETURN ENVELOPE OR POST CARD. To verify that **ROSTERS OF Maximum of 8 BOYS and/or 8 GIRLS** have been received, check the following website twenty-four (24) hours after it has been e-mailed: WWW.LFRACING.COM

Vouchers should also include a self-addressed return envelope.

WE URGE YOU TO MARK YOUR CALENDAR AND WE THANK YOU FOR YOUR COOPERATION.

SECTIONAL STARTING TIMES: NORTH I, NORTH II, CENTRAL and SOUTH - November 7, 2015

**10:00 Group II Girls**

**11:40 Group I Girls**

**10:25 Group III Girls**

**12:05 Group IV Girls**

**10:50 Group II Boys**

**12:30 Group I Boys**

**11:15 Group III Boys**

**12:55 Group IV Boys**

PLEASE NOTE: Sectional starting times are rotated each year.

**CHECK YOUR STARTING TIME!**

COACHES MUST HAVE A COPY OF THESE INSTRUCTIONS AVAILABLE AT EACH MEET.

2015 NJSIAA/M-F Athletic Boys and Girls Cross-Country Championships

**SECTIONAL MEETS -** SATURDAY, November 7, 2015 (PUBLIC Schools) Entries close Wednesday, October 21, 2015  
**DISTANCE: ALL RACES will run on a 5000 meter course.**

**NORTH I** **SITE:** Garret Mountain, West Paterson

**MEET DIRECTOR:** Mr. Louis Fraulo e-mail: FRAULOTIMING@OPTONLINE.NET  
Home Phone: (973) 859-0958 Cell: 201-805-2078

**Mail Entry Form, fees/vouchers to:** NJSIAA X-C North I  
1161 Route 130 North  
P. O. Box 487  
Robbinsville, NJ 08691

\*HY-TEK file MUST be e-mailed to [FRAULOTIMING@OPTONLINE.NET](mailto:FRAULOTIMING@OPTONLINE.NET). **ROSTERS OF Maximum of 8 BOYS and/or 8 GIRLS SHOULD be included in the same exported Hy-Tek file.**

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**NORTH II** **SITE:** Central Park of Morris County, **GPS Address** 91 Central Ave, Morris Plains, NJ 07950

: **GPS Coordinates:** 40°50'5", -74°30'15"

**MEET DIRECTOR:** Mr Robert Byrnes e-mail: bob.byrnes48@hotmail.com  
Home: 973-627-9433, Cell Phone: 973-980-8568

**Mail Entry Form, fees/vouchers to:** NJSIAA X-C North II 1161 Route 130 North  
P. O. Box 487  
Robbinsville, NJ 08691

\*HY-TEK file MUST be e-mailed to FRAULOTIMING@OPTONLINE.NET **ROSTERS OF Maximum of 8 BOYS and/or 8 GIRLS SHOULD be included in the same exported Hy-Tek file.**

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**CENTRAL** **SITE:** Thompson Park, Monroe, New Jersey

**MEET DIRECTOR:** Jim Casey e-mail: officialgear@hotmail.com  
Cell: 732-673-5395

**Mail Entry Form, fees/vouchers to:** NJSIAA-X-C Central  
1161 Route 130 North  
P. O. Box 487  
Robbinsville, NJ 08691

\*HY-TEK file MUST be e-mailed to FRAULOTIMING@OPTONLINE.NET **ROSTERS OF Maximum of 8 BOYS and/or 8 GIRLS SHOULD be included in the same exported Hy-Tek file.**

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**SOUTH** **SITE:** Delsea High School, Franklinville, New Jersey

**MEET DIRECTOR:** Mr. Ed Colona Cell 609-381-8615  
E-mail: ecolona@comcast.net

**Mail Entry form, fees/vouchers to:** NJSIAA-XC-South  
1161 Route 130 North  
P. O. Box 487  
Robbinsville, NJ 08691

\*HY-TEK file must be e-mailed to [FRAULOTIMING@OPTONLINE.NET](mailto:FRAULOTIMING@OPTONLINE.NET). **ROSTERS OF Maximum of 8 Boys and/or 8 Girls should be included in the same exported Hy-Tek file.**

2015 NJSIAA/M-F Athletic Boys and Girls Cross-Country Championships

**NON-PUBLIC SCHOOLS**

NOTE: Non-Public Schools, A & B will not compete in Sectional competition; however, they will compete in the State Group Championships at Holmdel Park on Saturday, November 14, 2015. **Also note classification procedures for cross-country only. Non-Public Boys and Girls will be classified separately; therefore, it is possible for a dual-gender school to be in one group for boys and a different group for girls. The team entries received by the closing date will then be divided into Non-Public A and B, which will be posted on the NJSIAA website as soon as possible. Late entries that are accepted after the classification is posted will be added to the appropriate division according to their enrollment.**

To be eligible for the cross-country tournaments, your cross-country schedule must show that seventy percent (70%) of your competition from the opening of your season up to October 28 was against New Jersey schools. **SEE PAGE 1 for other eligibility requirements.**

Non-Public Schools must submit their Entry Forms, fees/vouchers, posted **no later than Wednesday, October 28, 2015**, to the State Central Office:  
NJSIAA - Non-Public XC  
1161 Route 130 North  
P. O. Box 487  
Robbinsville, NJ 08691

\*HY-TEK file containing **ROSTERS OF Maximum of 8 BOYS and/or 8 GIRLS** MUST be e-mailed to [FRAULOTIMING@OPTONLINE.NET](mailto:FRAULOTIMING@OPTONLINE.NET)

**ENTRY GUIDELINES** - Public and Non-Public

Team Fee - Eighty dollars (\$80.00) per team (**Must be paid to be eligible for a team award**)

Individual Fee - Fourteen dollars (\$14.00) per individual

The appropriate fee or purchase order must accompany the Entry Form and Roster (Roster MUST be e-mailed). This fee covers all levels of the tournament. Make all checks payable to the NJSIAA and be sure your school's name appears on the check to insure proper credit for your entry fee. PLEASE DO NOT SEND CASH.

**VOUCHERS MUST BE ACCOMPANIED BY A SELF-ADDRESSED RETURN ENVELOPE.**

**PUBLIC SCHOOLS:** Entry Fees & entry forms are to be mailed to the NJSIAA Central Office (see page 2, and **ROSTERS OF Maximum of 8 BOYS and/or 8 GIRLS MUST be e-mailed by October 21, 2015. NO ENTRIES OR ROSTERS WILL BE ACCEPTED AFTER THAT DEADLINE DATE. (Entries must be postmarked by October 21, 2015)**

**NON-PUBLIC SCHOOLS:** Entry fees & entry forms are to be **mailed** to the NJSIAA Central Office. (See above.)  
State Group and State Championship Director  
Bill Bruno Email: [bbruno@njsiaa.org](mailto:bbruno@njsiaa.org)  
Business Phone: 609-259-2776 Cell: 732-278-5385

Entries for the Non-Public Schools **CLOSE ON October 28, 2015**, and must be posted no later than that date. **ROSTERS OF Maximum of 8 BOYS and/or 8 GIRLS MUST be e-mailed by October 28, 2015. NO ENTRIES OR ROSTERS WILL BE ACCEPTED AFTER THAT DEADLINE DATE. (Entries must be postmarked by October 28, 2015)**

**Also note classification procedures for cross-country only.**

**TEAM and INDIVIDUAL ENTRIES**

Each school may list a **MAXIMUM of EIGHT ( 8 )** entrants per team; seven (7) runners shall constitute a team, five (5) to qualify for scoring. Fewer than seven (7) runners may enter from one school; however, no more than seven (7) runners from one school may compete the day of the meet. **ROSTERS OF Maximum of 8 BOYS and/or 8 GIRLS** may be updated, via e-mail [FRAULOTIMING@OPTONLINE.NET](mailto:FRAULOTIMING@OPTONLINE.NET) NO LATER THAN OCTOBER 21, 2015, for public schools or October 28, 2015, for Non-Public schools.

**2015 NJSIAA/M-F Athletic Boys and Girls Cross-Country Championships**

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Teams must have competed on an interscholastic basis and **must have paid a TEAM FEE** to be eligible for the team awards.

Individual entries will be permitted from any member school.

**ATTENTION ATHLETIC DIRECTOR/COACHES:** Schools entering individuals and not presently competing on an interscholastic basis are advised to read carefully the Procedures - "Coaches Appointed to Accompany Teams or Individuals to NJSIAA Championships" in the NJSIAA Handbook. Tournament Directors will disqualify any contestant who is accompanied by someone in a coaching capacity who is not properly certified and appointed by the Board of Education. A properly appointed coach will thereafter be subject to the Rules and Regulations, Rule 2, Section 11 - Out-of-Season Practice. If a substitute coach is used, written authority from the school's Principal must be presented.

**ATTENTION COACHES: SECTIONAL MEET: A PUBLIC SCHOOL MAY ALTER THEIR ROSTER, THAT DAY UP TO THREE (3) RUNNERS, DUE TO UNFORESEEN TEAM SITUATIONS. THE CHANGE MUST BE REQUESTED IMMEDIATELY UPON ARRIVAL AT THE MEET. THE FORM WILL BE IN YOUR PACKET.**

**ATTENTION COACHES: GROUP MEET: A NON PUBLIC SCHOOL MAY ALTER THEIR ROSTER, THAT DAY UP TO THREE (3) RUNNERS DUE TO UNFORESEEN TEAM SITUATIONS. THE CHANGE MUST BE REQUESTED IMMEDIATELY UPON ARRIVAL AT THE MEET. THE FORM WILL BE IN YOUR PACKET.**

**\*\*NO ROSTER ALTERATIONS WILL BE PERMITTED AFTER THESE MEETS!!!!**

### **WEATHER**

Meets will be postponed **ONLY** when threats of severe weather, such as thunderstorms, are forecast. If you have any doubt about whether or not a meet will be postponed, **check the NJSIAA website:** [www.NJSIAA.ORG](http://www.NJSIAA.ORG), or call your meet director.

**EVACUATION PLANS FOR THE SECTIONAL AND GROUPS MEETS WILL BE INCLUDED IN MEET PACKET !**

### **RULES**

The 2015 National Federation Track and Field Rules will be used, except where modified in these regulations. Every Coach should also familiarize himself/herself with the NJSIAA Sports Rules and Regulations in the *NJSIAA Constitution, Bylaws, Rules and Regulations* which is available on line at [www.njsiaa.org](http://www.njsiaa.org).

### **PROTESTS**

All protests the day of the meet will be handled by the Referee; however, there will be a Jury of Appeals. The Jury of Appeals will consist of the Meet Director, the Head Starter, the Head Judge and the Clerk of the Course. The Jury of Appeals WILL MAKE THE FINAL DECISION. All protests must be made within thirty (30) minutes of the conclusion of the last race of the day. After this time period, protests based upon an official's judgment, or misapplication or misinterpretation of the playing rules will not be honored as per NJSIAA Bylaws, Article VII, Section 1.

### **APPEALS - (For Entry into the next round)**

THERE SHALL BE NO APPEAL OR WAIVER FOR ADVANCEMENT FROM ONE LEVEL OF THE CHAMPIONSHIPS TO ANOTHER REGARDLESS OF REASON. E.G., FROM SECTIONALS TO STATE GROUPS, OR FROM STATE GROUPS TO STATE CHAMPIONSHIP MEET: I.E. AN ENTRANT MUST COMPETE TO ADVANCE.

NOTE: FAILURE TO BE PRESENT AT THE TIME THE EVENT IS CALLED DUE TO A TRANSPORTATION PROBLEM, MISUNDERSTANDING OF INSTRUCTIONS, TOURNAMENT REGULATIONS, OTHER SIMILAR EXCUSES, INJURY OR ILLNESS WILL RESULT IN DISQUALIFICATION.

### **DISQUALIFICATION (Ineligible Participant)**

If an ineligible contestant participates in a meet, said contestant will be disqualified from the meet immediately and the next finisher(s) will advance in his/her (their) place; schools/contestants eliminated prior to the last competition will not re-enter meet competition.

**NOTE:** Any athlete transferring into your school on or after October 16, 2015, (or October 10 or 11 if your schedule started September 4 or 5, 2015) will not be eligible to participate in any NJSIAA Championship Tournament in any fall sport.

### **ALCOHOLIC BEVERAGES/ILLEGAL SUBSTANCES**

Players and coaches involved with alcoholic beverages and/or illegal substances before, during or after the meet, at the meet site or on school property, including chartered busses, shall be suspended from NJSIAA tournament play for one year and be denied any championship rights.

This action was taken in support of the fact that such actions concerning alcoholic beverages and illegal substances are in violation of New Jersey State statutes and will be strictly enforced.

EVERYONE IS REMINDED THAT NEW JERSEY STATE LAW **PROHIBITS SMOKING** IN ANY FORM AT ANY HIGH SCHOOL EVENT, REGARDLESS OF THAT EVENT'S LOCATION.

**ATHLETIC EMERGENCY PROCEDURE**

Each school participating in the tournament will provide for the care and treatment of their athletes within the school's policy as in effect during the regular season. The athletic emergency procedure of the host school will be in effect during the tournament which should include the establishment of a line of communication for emergent situations.

Some sources of assistance that may be utilized when physicians are not available are certified athletic trainers, emergency medical technicians usually on emergency vehicles, ambulance vehicle with trained personnel, rescue vehicle with trained first-aid personnel and, in some areas, National Guard or Army Reserve Medical personnel assigned to ambulance duty. Schools may also have other school personnel qualified in first-aid, who may be available for duty during activities.

- a. Recommended procedures that may be followed in successful emergency care are:
  1. Immediate, on the spot first-aid by an individual with adequate training.
  2. Communication System: An available, non-pay telephone with an outside line to contact a physician or ambulance service. Arrangements should be made in advance to insure availability.
  3. Emergency care facility. Arrangements should be made, in advance, with staff personnel of local hospital or clinic to notify, in case of emergency, that emergency service is necessary.
  4. Notification. The facility to which the injured player is being transported should be immediately informed of the injured player's status. Necessary personnel and equipment should be available in the facility or physicians, on call, could be notified of the emergency.
  5. Transportation. Ambulance, emergency vehicle, first-aid vehicle or rescue vehicle, with appropriate equipment and personnel may be parked at the field or game site. If this procedure is not feasible, prior arrangements should be made to have equipment on call when an emergency develops. Again, an available, non-pay telephone with an outside line should be immediately available.
  6. Communities without physicians, medical clinics, or hospital service should complete arrangements with medical personnel and hospital facilities in the nearest community where such services are available.
- b. The plan of action specified above should be carefully covered, in advance, with responsibilities of all concerned – trainer, coach, vehicle personnel, school administrators, local police, deputies, or constables – defined. When an emergency does occur, everyone involved can function as an informed, effective team.
- c. Local plans of action to meet emergency situations will vary depending on availability of medical personnel and facilities, the location of the playing field or site and communications. In all cases, the emergency situation plan is best developed through cooperative action of local school personnel, participating professional medical staff and allied groups.

**ATTENTION:** Principals, Athletic Directors, All Coaches and Officials

**RE: Recommended Precautions Against The Transmission of Blood-Borne Pathogens**

All member schools must provide all coaches with the contents of the NJSIAA Infectious Disease Policy.

The Infectious Disease Policy provides that:

If an individual gets someone else's blood on his/her skin, protective gloves should be worn to wipe the blood off with a disposable towel using soap and water.

**Note:** If any blood gets on an opponent's uniform during competition or a teammate's uniform during practice, it is not necessary to clean the uniform at that point unless the opponent or teammate has an open cut or un-skinned area, or the blood is on a part of the uniform which might come in contact with mucous membranes. If the student-athlete does have an open cut or unskinned area or believes the blood might come in contact with mucous membranes, then the uniform should be wiped with soap and water.

**SALES/SOLICITATIONS**

Only NJSIAA promotional items will be sold at NJSIAA sponsored events. For the 2015/2016 seasons, T-Rific's Tees is the designated vendor.

Solicitations, sale of publications/products, or similar activities are NOT permitted without prior authorization from NJSIAA. The New Jersey State Interscholastic Athletic Association is the sponsoring association for all levels of State Tournament/Championships. The NJSIAA reserves all rights in regard to the management of these Tournaments/Championships and the sale or distribution of any items or any audio-visual reproductions. Any sale or distribution of clothing, souvenirs or any other items is strictly prohibited without prior authorization from NJSIAA.



**SCORING**

Scoring will be based on the *2015 National Federation Track and Field Rules* (Cross-Country Running). Individual runners will be scored separately and will not affect the scoring of teams. Teams advancing beyond the Sectional Meet must enter a full team (5 or more), not part of that team as individuals. Ties will be resolved as per the *2015 National Federation Track and Field Rule Book* (Cross-Country Running).

To facilitate the scoring at NJSIAA Championship Meets, the following procedures will be followed:

**FOR COMPUTER SCORING For Sectionals:**

Each runner will be assigned a "tear-off" number to be worn on the FRONT of his/her jersey. The "tear-off" section must be completely filled out as legibly as possible if not already filled out by meet management. ***Please do not fill this section out with a felt-tipped pen.*** USE BALL-POINT PENS or PENCILS. The "tear-off" will be removed in the chute and will be used (IN COMPUTER SCORING) to determine the individual order of finish.

**It is imperative that each runner has a number securely fastened on the FRONT. HOWEVER, the runner should make sure that no pins are on the "tear-off" section of the number. Pins will not be provided at meets. Pins are the coach's responsibility. Any runner crossing the finish line without a number will only delay the finish of the race while determining his/her status.**

**COACHES**

1. DISQUALIFICATION (Meet Infractions)
  - (a) Any runner disqualified will be removed from the team roster and may not be replaced.
  - (b) Any coach/team member guilty of aiding a team member or impeding another runner will disqualify that team from the meet. Any coach or non-competing team member guilty of misconduct will be referred to the NJSIAA Executive Committee.
  - (c) Any spectator impeding the progress of the race or refusing to leave the restricted zones will be removed from the premises by Security personnel.
  - (d) Coaches must check in their team or individual competitors and pick up envelopes from the Meet Director at least thirty (30) minutes prior to the scheduled time of their race and have their runners at the starting line fifteen (15) minutes before the start of the race. Failure to comply with this procedure may result in a team disqualification.
  - (e) Numbers will be provided and must be securely pinned on the FRONT of each runner, secured with four (4) pins. **MAKE SURE NO PINS ARE IN THE TEAR-OFF PORTION OF THE NUMBER.** It is the coach's responsibility to provide pins - no pins will be available at the site. Failure to comply may result in disqualification of the runner. **At the Group Meets and the Meet of Champions, the numbers contain a chip. There will be nothing to tear off. The number must be pinned with 4 pins, one in each corner, on the front and in the center of the runner's jersey.**
  - (f) **40 minutes after the start of any race in the cross-country tournament (Sectionals, Group Meet, and Meet of Champions), the race will be declared over and no additional scoring will take place.**
2. DO NOT LITTER. COACHES ARE RESPONSIBLE FOR THEIR TEAMS. SCHOOLS NOT COMPLYING WILL BE BILLED FOR CLEANUP.
3. Teams will be permitted to walk or run the course up to thirty (30) minutes before the FIRST RACE OF THE DAY.
4. Dressing facilities will not be available at the sites.
5. Contestants not accompanied by a COACH or a CERTIFIED FACULTY MEMBER will not be permitted to compete.
6. **PERMISSION IS NEEDED FOR PRACTICE RUNS AT HOLMDEL PARK.** Note: No practices will be permitted on Tuesdays and Thursdays. These days are reserved for meets. ***Please see park rules attached.***
7. Parking for the Group Meet will again be at the Vonage Parking lots for both spectators and busses. For the Meet of Champions, busses will park at Holmdel High School. WHEN ENTERING HOLMDEL HIGH SCHOOL PARKING LOT, ALL BUS DRIVERS ARE REQUESTED TO FACE THE FRONT OF THE BUS TOWARD THE FOOTBALL FIELD. THIS WILL AVOID CONFUSION AND WILL ALLOW SUFFICIENT SPACES FOR ALL BUSES. Drivers and coaches must provide their own communication system for pickup.
8. TEAMS MAY NOT WARM UP ON PATIO AROUND PICNIC STAND. **WEARING OF SPIKES IN PATIO AREA OR ANY PARK BUILDING IS NOT PERMITTED.**

9. All vehicles, **including bicycles**, will not be permitted in the restricted zones, i. e. the course and adjacent areas. Coaches, runners, non-competing team members and spectators will not be permitted in the restricted zones. **OFFICIALS WILL STRICTLY ENFORCE THIS RULE.**
10. Individual copies of results on the day of the meet will NOT be available. A copy will be posted at a convenient location at each site. Results will also be on the internet within a few hours after the meet (www.mctrack.org, www.monmouth.com/~scullion and [www.lfracing.com](http://www.lfracing.com)).
11. **Bicycles and pets:** Schools must be aware that the NJSIAA assumes no responsibility for bicycle accidents or animal bites. The hazards created by pets and bicycle riding amongst the large crowds of people present at Holmdel Park during the NJSIAA tournaments are the responsibility of the owners and riders **and** the schools to whom they are connected.
12. **Schools who have any athlete(s) caught violating the areas that are off-limits to runners in Holmdel Park and/or who are seen taking down signs will be fined a minimum of \$100.00 (more if any damage is done to the signs or the off-limits area) for the first offense. Any subsequent offense will cause the school to be banned from the park for an entire calendar year, dating from the date of the second offense.**
13. **Drones**—NJSIAA Drone Policy { August 13, 2015 }  
Unmanned aircraft systems (UAS) or drones, offer a new technology that can impact sports by allowing coaches, athletes and spectators to view an event from novel perspectives.  
The NJSIAA will study the costs and benefits of allowing UAS or drone flights at high schools sporting events. The NJSIAA study will consider, among other things, the federal aviation FAA regulations currently being drafted; the safety of athletes, coaches and spectators; the potential for a school access to drones to gain an unfair competitive advantage over a school that does not; and a privacy concerns about photographing students and spectators from drones.  
***UNTIL THE NJSIAA STUDY IS COMPLETED, NO UAS OR DRONE FLIGHTS WILL BE PERMITTED AT HIGH SCHOOL SPORTING EVENTS OR PRACTICES INVOLVING NSIAA MEMBER SCHOOLS.***

#### AWARDS

- A. Sectional Meets  
A trophy and seven (7) medals to the first place team; seven (7) medals to the 2nd through 5th place teams; and medals to the first ten (10) individual finishers in each Group in each Section. **ONLY MEDAL WINNERS (Teams and individuals) AT THE SECTIONAL LEVEL WILL ADVANCE TO THE STATE GROUP CHAMPIONSHIPS.**
- B. State Group Championships  
A Trophy and seven (7) medals to the first place team; seven (7) medals to the 2nd and 3rd place teams; and medals to the first ten (10) individual finishers in each Group.
- C. State Championships  
A trophy and seven (7) medals to the first place team, seven (7) medals to the 2nd thru 6th place teams; and a trophy to the individual first place finisher with medals to the 2nd through 20th place individual finishers.

### **STATE GROUP CHAMPIONSHIP MEET - SATURDAY, November 14, 2015**

To Qualify - Public Schools - The first five (5) teams plus the first ten (10) place runners in each Group in each Section will qualify for the State Group Championships.  
- Non-Public Schools - See Page 5

State Group Championship Director – Ed Colona  
Business Phone: 609-259-2776 Cell: 609-381-8615  
E-mail: ecolona@comcast.net

SITE: HOLMDEL PARK, HOLMDEL, NEW JERSEY (Please see park rules elsewhere in this document)

Starting Times:

10:00	Group II Girls	12:00	Non Public B Girls	2:00	Group I Girls
10:30	Group III Girls	12:30	Non Public A Girls	2:30	Group IV Girls
11:00	Group II Boys	1:00	Non Public B Boys	3:00	Group I Boys
11:30	Group III Boys	1:30	Non Public A Boys	3:30	Group IV Boys

NOTE: The Groups will be rotated each year in order to give each Group a chance to run later in the day.

**NOTE: Runners wearing spikes are advised to be extra cautious because a concrete walk and a macadam “path” have been placed on the course just before the entrance to the woods.**

**Group Meet Awards Ceremony Approximate Schedule:**

10:45	Group II Girls	12:45	Non-Public B Girls	2:45	Group I Girls
11:15	Group III Girls	1:15	Non-Public A Girls	3:15	Group IV Girls
11:45	Group II Boys	1:45	Non-Public B Boys	3:45	Group I Boys
12:15	Group III Boys	2:15	Non-Public A Boys	4:15	Group IV Boys

It would help everyone if coaches would encourage all award winners (anyone receiving a medal as a team member or individual place medal) to report to the staging area near the starting line as soon as possible after their race results have been announced.

**STATE CHAMPIONSHIP MEET - SATURDAY, NOVEMBER 21, 2015**

To Qualify - To qualify for the State Championship Meet which will determine the state team champion and the state individual champion, a runner:

- 1) must be a member of a team that has medaled (i.e. finished first, second, or third in team scoring) in its Group Meet race.

**OR**

- 2) must be a member of one of two (2) at-large teams. These teams will be non-placing teams whose top five (5) runners have the two best total times of all 4<sup>th</sup> and 5<sup>th</sup> place teams from all the Group races. Reminder: Place is never overruled by time.

**OR**

- 3) must have received a medal for placing in the top ten (10) in his/her Group Meet race.

**OR**

- 4) must have one of the top ten (10) fastest times of all the remaining runners from all Group races who have not qualified (i.e. won a medal or is a member of a qualifying at-large team) in any other way.

State Championship Director: Ed Colona                      email: ecolona@comcast.net  
(Business Phone: 609-259-2776; Cell: 609-381-8615)

SITE: HOLMDEL PARK, HOLMDEL, NEW JERSEY

Starting Times: 11:00 A.M. – Girls Championship Race  
11:45 A.M. – Boys Championship Race  
12:30 P.M. - Awards Ceremony (Starting with Girls)

**Foul weather plan for Meet of Champions (3<sup>rd</sup> Saturday of November)**

Because of the nature of the meet (2 races lasting about an hour and a half), and the number of spectators, roughly 3,000, any “alternate” parking plan involving shuttle bussing is not feasible. The nearest “walking” off-site parking is Holmdel High School, which is already being used to park the team busses (approximately 75 in number).

Therefore, the following is has been approved by Holmdel Park:

If current and/or predicted weather conditions indicate that a postponement will be necessary, the Park will notify the NJSIAA by 12:00 noon on the Friday before. The Park will decide which of the following postponement dates will be used, depending on actual and/or predicated weather for the weekend:

1. Postponed to Sunday afternoon: 2:00 pm and 2:45 pm race times
2. Postponed to Monday afternoon: 3:00 pm and 3:30 pm race times
3. Postponed to Tuesday afternoon 3:00 pm and 3:30 pm race times

Since the Thanksgiving Holiday is this week, going beyond Tuesday does not seem to be practical. However, if conditions warrant, it would be considered.

This language will be placed in all future contracts with officials, the ambulance company, Holmdel Police, and trainers. Everyone involved with the event should check the NJSIAA website in case of inclement weather happening or predicted for Thursday through the weekend to be sure the meet is going to take place as scheduled.

**RULES AND REGULATIONS GOVERNING THE USE OF COUNTY PARKS AND RECREATION AREAS FOR CROSS-COUNTRY PURPOSES AS ADOPTED BY THE BOARD OF RECREATION COMMISSIONERS, ON JULY 5, 1977, BY RESOLUTION#R-77-7-195**

Be it resolved by the Monmouth County Board of Recreation Commissioners that the following Rules and Regulations governing the use of County Parks and Recreation Areas for Cross-Country purposes are hereby adopted for the protection, regulation, and control of parks, roads, driveways, sidewalks, paths, lakes, pools, fountains, trees, flowers, shrubs, statuary, buildings and other things contained in and upon property controlled by the Monmouth County Board of Recreation Commissioners.

1. No school or organization shall use a County Park or Recreation Area for Cross-Country Meets or Practices without first having obtained written permission, in advance, from the Board of Recreation Commissioners. Permission shall only be granted on a yearly basis.
2. No school or organization shall hold meets or practices in any area or on any courses that has not been approved for the said purpose. The Board of Recreation Commissioners reserves the right to close any course or area to runners and to designate alternate courses or areas.
3. No school or organization shall be granted permission for use of a park or Recreation Area without first attending a meeting with the Manager in charge of the specific area.
4. No school or organization shall hold a meet which has not been confirmed in writing, including rain dates, and other reschedules.
5. Criteria for the approval of Cross-Country Meets is as follows:
  - County Schools, County Organizations, and State Universities (Dual and Tri Meets)
  - Any special Meet that is beneficial to the County Cross-Country Program and that does not cause any damage to the resources or interfere with the operation of the Park.
6. Violation(s) of any park System Rules and Regulations or any other specific regulations pertaining to Cross-Country by a home or visiting team, organization, or an individual member will result in the following disciplinary action taken against the team or organization which received Cross-Country Meet approval:
  - FIRST OFFENSE – Written Warning.
  - SECOND OFFENSE – Two (2) Weeks Suspension.
  - THIRD OFFENSE – Suspension for the remainder of the season and the following season.

**Monmouth County Park System Administrative Procedures for Cross-Country Meets at Holmdel Park**

Use of lands managed by the Monmouth County Park System for cross-country meets or practices is subject to all the rules and regulations of the Park System including the Administrative Procedures outlined below. It is the responsibility of each team coach to be familiar with all rules, regulations, and procedures and to convey this information to all team members.

1. Requests to schedule cross-country meets at Holmdel Park may be made via fax or e-mail on school letterhead paper or from an official school e-mail address. Include in the request the following information:
  - a. name of the school and home course
  - b. name of the coach
  - c. date of requested meet
  - d. indicate whether dual or tri meet
  - e. indicate whether scheduling for a boys team, a girls team, or both and grade level
  - f. contact phone number and e-mail address

Fax request to 732-946-9567. E-mail request to [mborcher@monmouthcountyparks.com](mailto:mborcher@monmouthcountyparks.com).

Special permission must be obtained in writing for any meet that involves more than four (4) schools or teams or for teams for whom Holmdel is not their home course. Please address correspondence to:

Monmouth County Park System  
Attn: Holmdel Park Manager  
805 Newman Springs Road  
Lincroft, NJ 07738.

2. A **fee** is to be paid by teams and organizations wishing to use Holmdel Park for cross country meets. Fees adopted by the Monmouth County Board of Recreation Commissioners are reviewed annually.  
Please see Schedule No. 2 - Athletic Facilities. High schools using Holmdel Park as their “home course” must pay their season fee before their first meet of the season. Organizations requesting a special permission meet must pay the required fee no later than three (3) weeks prior to their scheduled meet.
3. Scheduled meets have priority over any practice. No practices shall take place on high school meet days. (check meet schedule for practice availability). Mondays and Tuesdays shall be reserved for dual and tri meets. Half the weekly meets are to be scheduled on Monday and half are to be scheduled on Tuesday. Thursday afternoons are reserved for middle school meets. Runners and coaches are to be aware that multiple meets may be going on in the park on the same day. Runners warming up shall “make way” for race participants.
4. The Park Manager must approve all rescheduled meets in writing. Rescheduled meets that have not been approved by the Park Manager will not be held.
5. All buses for dual and tri meets must be parked on the south side of the Forest Edge parking lot.
6. **Teams attending championship meets:** Only team buses will be allowed to drop off in Holmdel Park during championship meets. All vehicles must park off site. Shuttle buses into Holmdel Park will run from designated off site parking areas.
7. Team signs & banners brought to meets are to be free standing. Signs shall not be attached to any facility, equipment or natural feature of the park.
8. Marking the course: mark out paint or flour may only be applied to grass or the soil surface. **NO** facility, equipment, pavement or natural feature shall be marked.
9. For the safety of all runners and visitors, and to protect the natural features and resources of the park, certain areas of the park are **OFF LIMITS** to cross-country runners. Please refer to the attached cross-country map of Holmdel Park.
  - a. The **crosshatched areas** of the cross-country map are **NO RUNNER ZONES**. These are set-aside for the general public to enjoy the park in cross-country free areas.
  - b. The **shaded areas** of the cross-country map are **walk only zones**. For safety reasons no running or jogging shall take place in these areas. All Park roadways, parking lots, buildings and patios are **walk only zones**.
  - c. Park buildings, patios, walkways, parking lots and roadways are not to be used as warm up/exercise or practice areas. Equipment shall not be stored on any patio or in any building.
  - d. Running spikes are not to be worn in park buildings or on patios.
10. The Monmouth County Park System reserves the right to close any area to runners and designate an alternate course.
11. Any injury sustained by a runner at the park must be reported in writing to the Park System.

12. Cross-country runners and coaches shall abide by the direction of the Park Rangers. They enforce the rules, regulations and procedures for cross country meets within County parks. As employees of the Board of Recreation Commissioners they are vested with police authority and empowered to issue summons and make arrests for violations of County Park Rules and Regulations. Cross-country runners and coaches are to be aware of the cross-country rules, regulations, and procedures and are responsible for their conduct and the conduct of their guest teams.

### **CROSS COUNTRY 2014**

Home Course (per season) \$375.00

Single Meet - Up to 150 Runners \$185.00

Special Meet Base Price (per meet)\*

Option #1 -- 151 - 1,500 Runners \$940.00

Option #2 -- 1,501 - 3,000 Runners \$1,890.00

Option #3 -- 3,001 - 5,000 Runners \$3,155.00

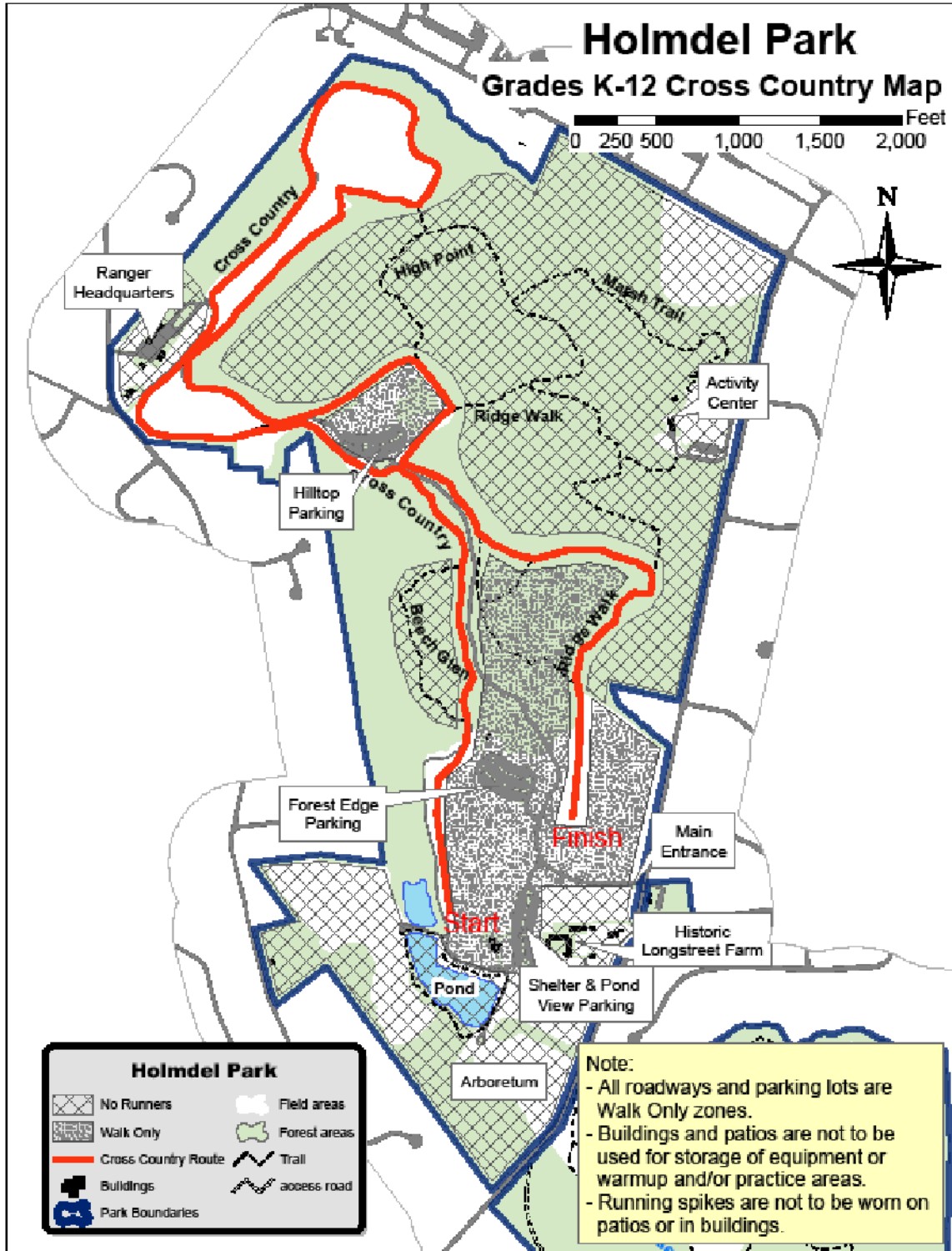
**Park System Ranger - (per hour) \$38.00**

***\*Permittee will be required to provide insurance & additional support services & may be required to pay for supplementals.***

These rules are intended for the safety of all concerned. Please familiarize your runners, coaches, managers and spectators with these rules to help guarantee that the races run smoothly and safely. Thanks for your cooperation.

**Please make sure your bus drivers know where to discharge and pickup your athletes. Read and share with your drivers and parents information concerning parking at the meets. Group Meet on November 14, 2015, we will again use Vonage parking lots A and D with shuttle busses running continuously to and from the lots and the park.**

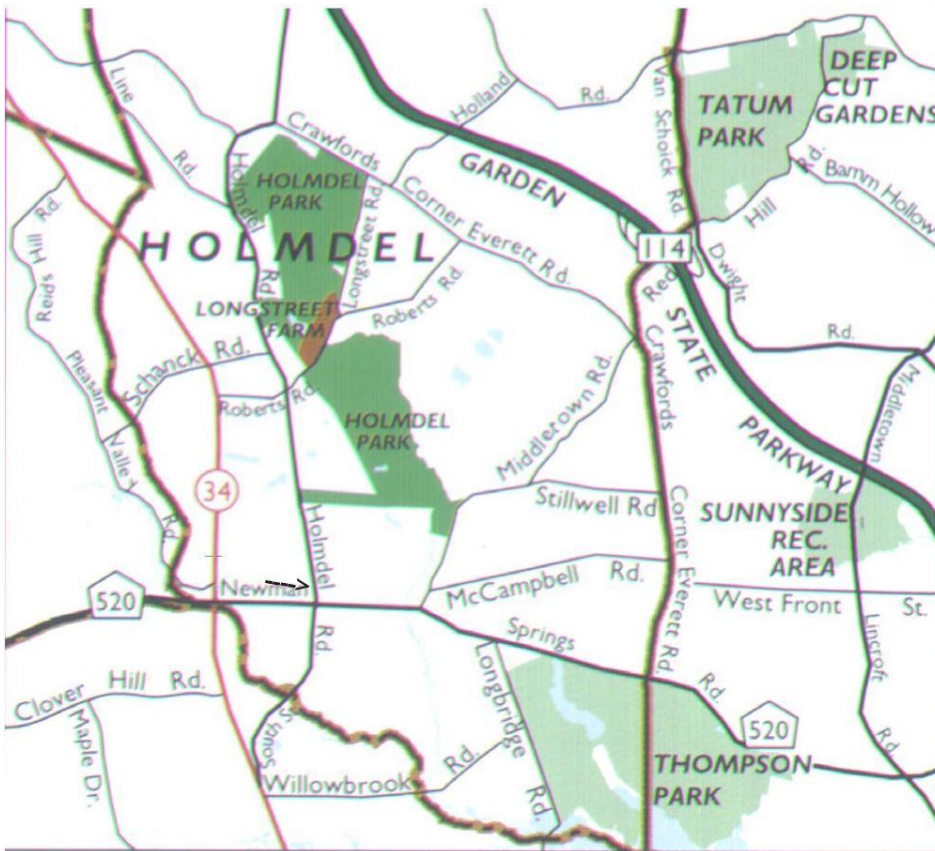
**Meet of Champions: Busses will drop off teams at the park and proceed to Holmdel High School. WHEN ENTERING HOLMDEL HIGH SCHOOL PARKING LOT, ALL BUS DRIVERS ARE REQUESTED TO FACE THE FRONT OF THE BUS TOWARD THE FOOTBALL FIELD. THIS WILL AVOID CONFUSION AND WILL ALLOW SUFFICIENT SPACES FOR ALL BUSES. Drivers and coaches must provide their own communication system for pickup.**



**Parking for the Group Meets for both athletes and spectators on Nov. 14 will be at the Vonage facility, located on the corner of Route 4 (Holmdel Road) and County Road 520 (Newman Springs Road)**

**Use lots A and D. Shuttle busses will pick you up on the inside the lots on the road that circles the lots. This is the same procedure used last year. Note: Spectators will be asked to pay a \$1.00 bus fee to help defray the cost of the shuttle busses. This fee will be collected at the Vonage parking lot only.**

**Note: Please inform your bus drivers that portable toilets will be available in the parking lot at Vonage. No one will be allowed inside the Vonage buildings.**





## **Vonage General Information:**

The procedure for successful entry into the cross-country tournament is the same for all schools. Only the deadlines are the difference:

Public School **Deadline:** October 21, 2015

**Non-Public School Deadline:** October 28, 2015

Four components make up an entry:

1. Entry Form
2. Entry Fee
3. Electronic **ROSTERS OF Maximum of 8 BOYS and/or 8 GIRLS**
4. Sportsmanship Declaration

### **1. Entry Form**

- A. Entry Form is attached to these regulations
- B. Fill in High School's FORMAL name (i.e. Abraham Clark, NOT Roselle)
- C. Fill in the Section (North I, North II, Central, South or Non-Public; NOT 1 or 2 or North Non-Public) and Group (1, 2, 3, 4, A, or B) according to the **CROSS-COUNTRY** NJSIAA Classifications published in summer of 2014 AND ATTACHED TO THESE REGULATIONS.
- D. CHECK the appropriate entry: TEAM **OR** INDIVIDUALS for Boys and/or for girls. *The same form can be used for both teams. Duplicate the form if you want to send the boys and girls separately.* If you check individuals and send 5 or more runners, no matter what, you cannot win any team awards and your team will not be scored. The team fee is \$80 for a boys' team, and \$80 for a girls' team. If you are entering both, the school needs to send \$160 to cover both teams.

The individual fee is \$14.00 per individual. **IF NOT SENDING A TEAM**, indicate the number of individual boys and/or girls you will be sending and multiply that figure by \$14.00 to get the amount due. For example if Arts High School plans to enter two boys and two girls, their total fee for both boys and girls would be \$56 (2 x \$14.00 = \$28 for boys; 2 x \$14.00 = \$28 for girls). Suppose Arts was sending a boys team, but three girls, then their total fee would be \$122.00 (\$80 for the boys team + 3 x \$14.00 = \$42 for the three girls).

Checks must be made payable to NJSIAA. Note that the Entry Form and Fee (check or voucher) must be sent directly to the NJSIAA (1161 Route 130 North, PO Box 487, Robbinsville, NJ 08691-0487)

The entry form must be signed by the Principal, Athletic Director and the Coach to be valid.

**IF YOU WISH TO RECEIVE CONFIRMATION** THAT YOUR ENTRY FORM HAS BEEN RECEIVED, FILL OUT AND ENCLOSE THE ATTACHED VERIFICATION RETURN FORM WITH A SELF-ADDRESSED ENVELOPE.

### **2. ENTRY FEE**

Once you figured out your entry fee, enclose the check (or voucher) with the Entry Form. If you have a problem getting the check (or voucher) send the Entry Form in with a note stating fee (or voucher) will come later.

**NOTE: A voucher that needs to be returned MUST be accompanied by a self-addressed envelope.**

### **3. Electronic Roster [Maximum of 8 BOYS and/or 8 GIRLS]**

This step **requires you to e-mail** a Hy-Tek-generated data file containing a MAXIMUM OF EIGHT (8) BOYS AND EIGHT(8) GIRLS. If you need instructions for creating this file they are available at [www.mctrack.org](http://www.mctrack.org) and [www.lfracing.com](http://www.lfracing.com).

You must check to make sure that the file you sent was received and is correct. REMEMBER of **[Maximum of 8 BOYS and/or 8 GIRLS]** CAN BE CHANGED THE DAY OF THE MEET BUT no more then 3 when they enter *the tournament.*

1. Give Lou Fraulo 24 hrs to post your roster.
2. After 24 hours, go to the following website: [WWW.LFRACING.COM](http://WWW.LFRACING.COM)
3. Scroll down on the opening screen until you see CLICK HERE FOR RESULTS
4. Click on HERE and on the next screen scroll down and click on "HS Cross-Country 2015
5. On the next screen scroll down to NJSIAA ROSTERS RECEIVED and click on that.

6. It may take a few minutes for all the rosters to appear (they will be in alphabetical order by school). Boys and girls will be in the same place (even if sent in separately). Find your roster and check it carefully
7. What if:
  - a. I can't find my rosters, and I know I sent them in. *If you sent them in you should have received an e-mail back from Lou. If you did receive a reply and they are not there, check at the top of the roster list on the website to see when the last update to the list was made. If the last update was made after you sent your roster, wait another 24hrs and check again. If still not there, e-mail Lou (FRAULOTIMING@OPTONLINE.NET) and tell him about your problem.*
  - b. I noticed a spelling error and/or a grade error and/or a sex error (boy listed as girl or vice versa). **DO NOT SEND ANOTHER FILE.** *DO SEND an e-mail to Lou (FRAULOTIMING@OPTONLINE.NET), explaining the error. Be as specific as possible: **Example.** Lou, Coach Smith of Willingboro. I noticed when checking my roster on your website that I misspelled a name. The name "Twanda Bennet" should be Tawanda Bennett. Thanks.*
  - c. I mistakenly sent 12 names on my boys roster. *Lou will automatically delete the last four names added alphabetically to get down to the EIGHT maximum allowed. If you didn't want those two names eliminated, you will need to e-mail Lou (FRAULOTIMING@OPTONLINE.NET) and tell him which two names to remove and which two names to replace: **EXAMPLE:** Lou, Joe Jones of Cinnaminson. I saw on your website that Mike Wellington and Jim Zorsi are not on my roster. Please replace Harry Beudet and Claude Rains with Mike Wellington and Jim Zorsi. Thanks. **Again DO NOT SEND another complete hy-tek roster, just a plain e-mail with the correction will do!***

*IT is the coach's responsibility to make sure rosters are in and are correct. REMEMBER ROSTERS [Maximum of 8 BOYS and/or 8 GIRLS] CAN be updated the day of the meet BUT only 3 changes when they enter the meet.*

**NOTE 1: IF ANY OF THE THREE PARTS OF THIS PROCESS (roster, entry fee, or entry form) ARE RECEIVED, THE SCHOOL WILL BE BILLED APPROPRIATELY WHETHER OR NOT THE PROCESS WAS COMPLETED AND/OR THE TEAM/INDIVIDUALS ACTUALLY RAN IN A MEET.**

**DO NOT SEND ROSTERS [Maximum of 8 BOYS and/or 8 GIRLS] TO LOU FRAULO UNLESS YOU ARE PLANNING TO ENTER THE TOURNAMENT. IF A ROSTER IS RECEIVED AND THE SCHOOL DOES NOT RUN, THE SCHOOL WILL BE CHARGED A TEAM FEE FOR EACH ROSTER.**

**NOTE 2: FAILURE TO COMPLETE THE ENTIRE PROCESS MAY RESULT IN INDIVIDUALS OR TEAM NOT BEING ALLOWED TO COMPETE.**

#### **4. Sportsmanship Declaration Form**

1. Fill in full school name in the appropriate space.
2. Read and sign the document
3. **Mail the document along with the entry form and fee** to Robbinsville address. Only one form per school is required. Boys and girls coach can sign the same form.

**NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION**  
1161 Route 130, P.O. Box 487      Robbinsville, N.J. 08691

**VERIFICATION RETURN**

**To receive confirmation of mailed entry form and/or fees a SELF-ADDRESSED ENVELOPE AND THIS VERIFICATION FORM must be enclosed with your Entry Form.**

To:            Athletic Director  
From:        NJSIAA Central Office (Public and Non-Public)  
RE:         Verification of Cross-Country Entry

The \_\_\_\_\_ Tournament Director has received  
(Fill in your Section: e.g. North I, Central, etc.)

\_\_\_\_\_ High School's  
(Fill in your school's name)

**CIRCLE ONE:    <BOYS>      <GIRLS>      <BOTH>** entry for the 2015 NJSIAA Cross-Country Championships.

**Check all items sent:**

\_\_\_\_\_ [Circle ONE] <Boys> <Girls> <Both> Hy-Tek produced roster **[Maximum of 8 BOYS and/or 8 GIRLS]** file, attached to an e-mail, has been sent to [Fraulotiming@optonline.net](mailto:Fraulotiming@optonline.net) . I have checked the [www.lfrauloracingsystems.com](http://www.lfrauloracingsystems.com) website to make sure my roster has been received. Date sent: \_\_\_\_\_

Date roster **[Maximum of 8 BOYS and/or 8 GIRLS]** was seen on Lou Fraulo's website: \_\_\_\_\_

\_\_\_\_\_ [Circle ONE] <Boys> <Girls> <Both> Entry Form(s), completed and signed, is/are enclosed.

\_\_\_\_\_ [Circle ONE] <Boys> <Girls> <Both> Entry fee(s) (check #(s) \_\_\_\_\_) is/are enclosed.

\_\_\_\_\_ [Circle ONE] <Boys> <Girls> <Both> **SPORTSMANSHIP Declaration Form**

\_\_\_\_\_ Voucher/Purchase order with a self-addressed return envelope is enclosed.

\_\_\_\_\_ Self-addressed envelope for returning VERIFICATION FORM and/voucher is enclosed.

**NOTE:**      The same self-addressed envelope can be used to return a voucher/purchase order and the VERIFICATION FORM.

Do not write below this line  
-----

\_\_\_\_\_  
NJSIAA Central Office (Public and Non-Public)

# 2015 NJSIAA/ M-F CROSS-COUNTRY CHAMPIONSHIPS

## OFFICIAL ENTRY FORM

\_\_\_\_\_ High School, SECTION \_\_\_\_\_, GROUP \_\_\_\_\_,

hereby enters a team **OR** individuals in the NJSIAA [Circle ONE] <Boys> <Girls> <Both> Cross-Country Tournament to be held on Saturday, November 7 (Sectional-Public Schools Only), Saturday, November 14 (State Group Championships - All Schools) and Saturday, November 21 (State Championships). **TEAM ENTRY FEE (\$80) MUST BE PAID IN ORDER FOR A SCHOOL TO BE SCORED AS A TEAM.**

Check team **OR** Individual(s) for Boys and/or Girls

<p>_____ <b>Boys Team</b> Entry Fee = <b>\$80</b></p> <p><b>OR</b></p> <p>_____ <b>Boys Individual</b> Entry Fee</p> <p>\$14 x _____ = \$ _____ (Number of Individuals) (Total Individual Fee)</p>	<p>_____ <b>Girls Team</b> Entry Fee = <b>\$80</b></p> <p><b>OR</b></p> <p>_____ <b>Girls Individual</b> Entry Fee</p> <p>\$14 x _____ = \$ _____ (Number of Individuals) (Total Individual Fee)</p>
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**Boys fee Enclosed:** \_\_\_\_\_ + **Girls Fee Enclosed** \_\_\_\_\_ = \_\_\_\_\_ **Total Fee enclosed**

**Check(s)/Purchase order(s) #** \_\_\_\_\_

Make checks payable to NJSIAA. Be sure your school's name appears on the check. DO NOT SEND CASH. A self-addressed envelope must accompany vouchers that need to be returned.

Public and Non-Public Schools mail fee (or purchase order), and this Entry Form to NJSIAA XC Championships  
1161 Route 130 North  
P.O. Box 487  
Robbinsville, NJ 08691

**\*\*NOTE:** Your Hy-Tek file containing your school's roster [**Maximum of 8 BOYS and/or 8 GIRLS**] for your Girls or Boys or BOTH teams **MUST** be sent as an attachment to an e-mail to FRAULOTIMING@OPTONLINE.NET. Make sure the message window of the e-mail identifies the contents of the attached file (for example: "The attached file contains Roxbury High School's GIRLS and boys rosters for the 2015 NJSIAA Cross-Country Tournament.")

### CERTIFICATE OF INTENT

In the event an individual or team from our school should qualify for the State Championships by winning either a team or an individual medal in the State Group Championships, we, the undersigned, do hereby declare that our school's contestants will compete in the State Championships. Any individual or school withdrawing from the State Championship meet after having qualified will be subject to any penalties as enforced by the Executive Committee and barred from participation in the NJSIAA Cross-Country meets for one (1) year; i.e. Sectionals, State Group and State Championships, unless extraordinary circumstances caused withdrawal. (Rule 2, Section 17, in the 2014/14 NJSIAA Handbook.

**We attest that our school has met or will have met all of the eligibility requirements outlined on page 1 of this document, and that all of the records of any students who will participate in the 2015 NJSIAA/M-F Athletics Cross-Country Tournament have been reviewed and all are in compliance with NJSIAA eligibility regulations.**

STAMPED SIGNATURES NOT ACCEPTABLE.

\_\_\_\_\_  
(Signature) PRINCIPAL

\_\_\_\_\_  
(Signature) COACH/CERTIFIED FACULTY MEMBER CP: # \_\_\_\_\_

\_\_\_\_\_  
(Signature) ATHLETIC DIRECTOR

DEADLINE: ENTRIES CLOSE: PUBLIC – October 21, 2015  
NON-PUBLIC – October 28, 2015

## 2015 NJSIAA SPORTSMANSHIP Declaration Form

School: \_\_\_\_\_ Date: \_\_\_\_\_

The National Federation of High School Associations requires all sports officials to enforce the sportsmanship rules for coaches and contestants. Acts meant to demean opposing players, teams, spectators and officials are not in the highest ideals of interscholastic sport and will not be tolerated. Let this contest reflect mutual respect.

I hereby certify to the Referee and/or Meet Director that my contestants are legally equipped and in compliance with all uniform regulations (including the jewelry regulations) as per National Federation of High School Athletic Associations and the New Jersey State Interscholastic Athletic Association. I have also given all members of my team instructions in the area of sportsmanship and expected behavior at these meets. Also, all members of my team are aware of the sportsmanship policy as stated below:

There will be no tolerance for negative statements or actions between opposing players and coaches. This includes taunting, baiting, berating opponents, “trash-talking” or actions which ridicule or cause embarrassment to them. Any verbal, written or Physical conduct related to race, gender, ethnicity, disability, sexual orientation or religion shall not be tolerated and could subject the violator to ejection, and may result in penalties being assessed against your team.

I am aware that continued problems in these areas may lead to disciplinary action against me under the sportsmanship rules.

(Two signatures are required if the head coach of the Boys Team and the head coach of the Girls Team are different people.

BOYS Head Coach’s signature: \_\_\_\_\_

GIRLS Head Coach’s signature: \_\_\_\_\_

This form is valid for as long as your school is active in the NJSIAA/ M-F Athletic Cross-Country Championship Tournament (Sectionals – Group Meet – State Championships for Public; Group Meet and State Championships for Non-Public).

The form must be returned with your entry form in order to participate in the tournament.

Mail To NJSIAA Cross-Country Tournament  
1161 Route 130 North  
P.O. Box 487  
Robbinsville, NJ 08691-0487

**2015- School Code assignments for Hy-Tek Rosters for Cross-Country and Track (Indoor and Outdoor)**  
**If you cannot find your school in the list below, contact the at NJSIAA 609-259-2776**

<b>No.</b>	<b>School</b>
441	Absegami, Absecon
700	Academy Charter
521	Acad. of St. Eliz., Conv. Sta.**
511	Academy o/t Holy Angels, Dem.**
321	Allentown
211	Arts, Newark
322	Asbury Park
442	Atlantic City
421	Audubon
4231	Barneget
241	Barringer, Newark
141	Bayonne
111	Becton Reg., Henry P.
242	Belleville
212	Belvidere
530	Benedictine Academy
150	Bergen Arts & Science Academy
512	Bergen Catholic, Oradell*
131	Bergen Co V/T, Hackensack
132	Bergenfield
311	Bernards, Bernardsville
611	Bishop Ahr, Edison
612	Bishop Eustace Prep, Pennsauken
243	Bloomfield
112	Bogota
213	Boonton
411	Bordentown Reg.
312	Bound Brook
214	Brearely, David, Kennelworth
431	Brick Memorial
443	Brick Township
422	Bridgeton
341	Bridgewater-Raritan
423	Buena Reg.
413	Burlington City
424	Burlington Co. Inst. Tech, Medford
425	Burlington Co.Inst.Tech,Westampton
414	Burlington Township
215	Butler
221	Caldwell, James,
5262	Calvary Christian
432	Camden
420	Camden Academy Charter
613	Camden Catholic, Cherry Hill
426	Camden Co V/T, Pennsauken
433	Camden Co V/T, Sicklerville
415	Cape May Co. V/T
629	Cardinal McCarrick, South Amboy
323	Carteret
430	Cedar Creek

<b>No.</b>	<b>School</b>
216	Cedar Grove
434	Central Reg., Bayville
222	Central, Newark
223	Chatham
444	Cherokee, Marlton
445	Cherry Hill East
446	Cherry Hill West
614	Christian Bros. Acad., Lincroft*
427	Cinnaminson
224	Clark, Abraham, Roselle
416	Clayton
435	Clearview Reg., Mullica Hill
133	Cliffside Park
142	Clifton
428	Collingswood
331	Colonia
313	Colts Neck
244	Columbia, Maplewood
231	Cranford
3122	CREATE Charter
113	Cresskill
436	Cumberland Reg., Seabrook
217	Dayton Reg., Jonathan
324	Delaware Valley Reg.
513	Delbarton, Morristown*
429	Delran
437	Delsea Reg., Franklinville
514	DePaul Diocesan, Wayne
4210	Deptford Township
143	Dickinson, William L., J.C.
703	Doane Academy
515	Don Bosco Prep, Ramsey*
226	Dover
121	Dumont
314	Dunellen
523	Dwight Englewood
342	East Brunswick
232	East Orange
245	East Side, Newark
524	Eastern Christian
447	Eastern, Voorhees
144	Eastside, Paterson
343	Edison
438	Egg Harbor Twp.
246	Elizabeth
123	Elmwood Park Memorial
114	Emerson Jr.-Sr., Emerson
218	Essex Co V/T, Bloomfield
227	Essex Co V/T, Market St., Newark
228	Essex Co V/T, N.13th St., Newark

<b>No.</b>	<b>School</b>
240	Essex Co V/T, West Caldwell
332	Ewing, Trenton
145	Fair Lawn
146	Ferris, Jersey City
417	Florence Township Memorial
135	Fort Lee
333	Franklin, Somerset
325	Freehold Borough
344	Freehold Township
136	Garfield
4211	Gateway Reg.
5230	Gill St. Bernard
418	Glassboro
219	Glen Ridge
115	Glen Rock Senior
615	Gloucester Catholic
4212	Gloucester City Jr. - Sr.
4150	Gloucester Co. Institute of Tech.
229	Gov. Livingston Reg., Berk. Hgts.
147	Hackensack
2210	Hackettstown
4213	Haddon Heights
419	Haddon Township, Westmont
4110	Haddonfield Memorial
345	Hamilton East (Steinert)
334	Hamilton North (Nottingham)
335	Hamilton West, Trenton
4214	Hammonton
2211	Hanover Park, East Hanover
124	Harrison
116	Hasbrouck Heights
125	Hawthorne
525	Hawthorne Christian Academy
137	High Point Reg., Sussex
315	Highland Park
449	Highland Reg., Blackwood
336	Hightstown
346	Hillsborough, Belle Mead
2212	Hillside
138	Hoboken
326	Holmdel
616	Holy Cross, Delran
518	Holy Family Academy**
617	Holy Spirit, Absecon
126	Hopatcong
327	Hopewell Valley Central,
347	Howell, Farmingdale
519	Hudson Catholic, Jersey City*
118	Hudson Co. High Tech, North Bergen
117	Hudson Co. Prep., Jersey City

<b>No.</b>	<b>School</b>
316	Hudson Reg., Henry, Highlands
348	Hunterdon Central, Flemington
5110	Immaculata, Somerville
526	Immaculate Conception, Lodi**
527	Immaculate Conception, Montclair
5111	Immaculate Heart Acad**
127	Indian Hills, Oakland
247	Irvington
2340	Jackson Liberty
4410	Jackson Memorial
2213	Jefferson Township, Oak Ridge
2214	Johnson Reg., Arthur L., Clark
317	Keansburg
148	Kearny
702	Kearny Christian
328	Kennedy Mem., John F., Iselin
149	Kennedy, John F., Paterson
528	Kent Place**
318	Keyport
4215	Kingsway Reg., Swedesboro
2110	Kinnelon
128	Kittatinny Reg., Newton
550	Koinonia Academy
439	Lacey Twp, Lanoka Harbor
5227	Lacordaire
139	Lakeland Reg., Wanaque
4310	Lakewood
337	Lawrence, Lawrenceville
451	LEAP Academy Charter
1310	Lenape Valley Reg., Stanhope
4411	Lenape, Medford
119	Leonia
1410	Lincoln, Jersey City
248	Linden
4131	Lindenwold
249	Livingston
129	Lodi
338	Long Branch
4311	Lower Cape May Reg.
1210	Lyndhurst
2111	Madison
1211	Mahwah
4312	Mainland Reg., Linwood
349	Manalapan, Englishtown
329	Manasquan
1212	Manchester Reg., Haledon
4216	Manchester Township
319	Manville
4111	Maple Shade
529	Marist, Bayonne
3410	Marlboro
6620	Marylawn of the Oranges

<b>No.</b>	<b>School</b>
5210	Mary Help of Christians Acad.**
339	Matawan Reg., Aberdeen
621	Mater Dei, New Monmouth
1110	McNair Academic, Jersey City
1411	Memorial, WNY
3110	Metuchen
4313	Middle Twp., Cape May Ct. Hse
3111	Middlesex
3150	Middlesex County Academy
3210	Middlesex Co V/T, E.Brunswick
3112	Middlesex Co V/T, Perth Amboy
3113	Middlesex Co V/T, Piscataway
3114	Middlesex Co V/T, Woodbridge
3411	Middletown North
3310	Middletown South
1111	Midland Park
233	Millburn
4412	Millville Senior
3311	Monmouth Reg., Tinton Falls
3312	Monroe Township, Jamesburg
2410	Montclair
5211	Montclair Kimberly Acad., Mont.
3115	Montgomery, Skillman
234	Montville
4217	Moorestown
623	Moorestown Friends
5212	Morris Catholic, Denville
120	Morris Co. Vo-Tech
235	Morris Hills, Rockaway
2411	Morris Knolls, Rockaway
236	Morristown
5229	Morristown-Beard
122	Morrow, Dwight - Englewood
5112	Mother Seton Reg., Clark**
5113	Mount St. Dominic Acad.**
5114	Mount St. Mary Acad.**
2112	Mountain Lakes
618	Msgr. Donovan, Toms River
237	Mt. Olive, Flanders
3313	Neptune
3211	New Brunswick
4130	New Egypt
1112	New Milford
2113	New Providence
5213	Newark Academy
4198	Newark Collegiate Charter
704	Newark Vocational
1213	Newton
1113	North Arlington
1412	North Bergen
3314	North Brunswick Township
3315	North Hunterdon, Annandale

<b>No.</b>	<b>School</b>
3212	North Plainfield
2121	North Star Academy Charter
2114	North Warren Reg., Blairstown
4218	Northern Burlington Reg.
1311	Northern Highlands Reg., Alndl.
1312	Northern Valley Reg. - Demarest
1313	Northern Valley Reg. - Old Tappan.
619	Notre Dame, Lawrenceville
238	Nutley
5214	Oak Knoll, Summit**
4314	Oakcrest, Mays Landing
4315	Ocean City
3316	Ocean Township, Oakhurst
631	Och, Golda Academy
3412	Old Bridge
239	Orange
5215	Oratory Prep, Summit*
624	Our Lady of Mercy Acad**
4413	Overbrook Senior, Pine Hill
1114	Palisades Park Jr. - Sr.
4112	Palmyra
1413	Paramus
5115	Paramus Catholic
1115	Park Ridge
2310	Parsippany
2311	Parsippany Hills, Parsippany
1214	Pascack Hills, Montvale
1314	Pascack Valley, Hillsdale
1414	Passaic
1415	Passaic Co V/T, Wayne
1315	Passaic Valley Reg., L. Falls
4190	Paterson Charter Sci & Tec
6110	Paul VI, Haddonfield
4113	Paulsboro
4316	Pemberton Township
4114	Penns Grove, Carney's Point
4414	Pennsauken
4115	Pennsville
2215	Pequannock Township, Pmptn. Pls.
3413	Perth Amboy
2412	Phillipsburg
4317	Pinelands Reg., Tuckerton
5116	Pingry School, Martinsville
3414	Piscataway
4116	Pitman
2413	Plainfield
4219	Pleasantville
4117	Point Pleasant Beach
4220	Point Pleasant Boro
1215	Pompton Lakes
5117	Pope John XXIII, Sparta
3317	Princeton
5118	Queen of Peace Reg.

<b>No.</b>	<b>School</b>
2216	Rahway
1316	Ramapo, Franklin Lakes
1216	Ramsey
4415	Rancocas Valley Reg.
2414	Randolph
5139	Ranney
3213	Raritan, Hazlet
6111	Red Bank Catholic
3318	Red Bank Reg., Little Silver
3214	Ridge, Basking Ridge
1116	Ridgefield Memorial
1217	Ridgefield Park Jr. - Sr.
1416	Ridgewood
1218	River Dell Regional, Oradell
4118	Riverside
3230	Robbinsville
5119	Roselle Catholic
2115	Roselle Park
2415	Roxbury, Succasunna
3215	Rumson Fair Haven Reg.,
5130	Rutgers Prep
1219	Rutherford
625	Sacred Heart, Vineland
1117	Saddle Brook
6234	Saddle River Day
5219	Saint Anthony, Jersey City
626	Saint Augustine Prep, Richland*
5121	Saint Dominic Acad., Jersey City**
6112	Saint John Vianney, Holmdel
5122	Saint Joseph Reg., Montvale*
628	Saint Joseph, Hammonton
6113	Saint Joseph, Metuchen*
5221	Saint Mary of the Assumption, Eliz.
5222	Saint Mary's, Jersey City
5223	Saint Mary's, Rutherford
5224	Saint Patrick's, Elizabeth
5123	Saint Peter's Prep, Jersey City*
6211	Saint Rose, Belmar
701	Saint Vincent Academy
4119	Salem
4120	Salem Co. V/T
3415	Sayreville War Memorial
4221	Schalick, Arthur P., Elmer
5220	Schechter, Solomon-West Orange

<b>No.</b>	<b>School</b>
2116	Science Park, Newark
2312	Scotch Plains-Fanwood
1118	Secaucus
4240	Seneca
5120	Seton Hall Prep, West Orange*
2314	Shabazz, Malcolm X, Newark
4416	Shawnee, Medford
3116	Shore Reg., West Long Branch
1317	Snyder, Jersey City
3117	Somerset Co. V/T
3216	Somerville
3118	South Amboy
3416	South Brunswick, Mon. Junct.
3119	South Hunterdon Reg., Lmbtvl.
3217	South Plainfield
3120	South River
4417	Southern Reg., Manahawkin
1318	Sparta
3121	Spotswood
4222	Sterling, Somerdale
3417	Stevens, J.P., Edison
2217	Summit
1220	Sussex Co V/T, Sparta
1417	Teaneck
2117	Technology, Newark
1319	Tenafly
4323	Timber Creek
4418	Toms River East
4419	Toms River North
4318	Toms River South
622	Trenton Catholic Academy
3418	Trenton Central
5249	Timothy Christian
5250	Trinity Christian
5260	Trinity Hall
4420	Triton Reg., Runnemede
2416	Union
5124	Union Catholic Reg., Sco. Pls.
1418	Union City
230	University Academy Charter
2118	University, Newark
1419	Vernon Township
2119	Verona
5225	Villa Walsh Acad., Morristown**

<b>No.</b>	<b>School</b>
4421	Vineland
705	Visions Academy
3218	Voorhees, Glen Gardner
1119	Waldwick
3319	Wall
1120	Wallington
1221	Walkill Valley Reg., Hamburg
5131	Wardlaw-Hartridge
2315	Warren Hills Reg.
4422	Washington Township, Sewell
3320	Watchung Hills Reg., Warren
1320	Wayne Hills, Wayne
1420	Wayne Valley, Wayne
1121	Weehawken
2218	Weequahic, Newark
4319	West Deptford Twp., Westville
2219	West Essex, North Caldwell
1421	West Milford Township
2316	West Morris Central, Chester
2220	West Morris Mendham
2417	West Orange
2221	West Side, Newark
3330	West Windsor-Plainsboro NORTH
3420	West Windsor-Plainsboro, South
2317	Westfield
1222	Westwood Reg. Jr. - Sr.
2120	Whippany Park, Whippany
4121	Wildwood
6212	Wildwood Catholic
4320	Williamstown
4321	Willingboro
448	Winslow Township
3419	Woodbridge
4122	Woodbury
1223	Wood-Ridge
4322	Woodrow Wilson, Camden
4223	Woodstown



## **Non-Public Schools CROSS-COUNTRY Classification**

The following procedures for the classification of Non-Public School will be in affect again this year:

1. Sectionals for non-publics are not justified based on the numbers of schools fielding full teams.
2. Boys and girls will continue to be classified separately because of the large number of single-sex schools.
3. The closing date for entries for non-publics will be Oct 28, 2015. The team entries received at that point will be divided into Non-Public A and B.
4. Late Entries will be added to the division their enrollment indicates based on the range that was established after the closing date.
5. Individual entries will run in the appropriate division based on their school's enrollment.