

CYO DIOCESAN TRACK LEAGUE 2011 CROSS COUNTRY SEASON FACT SHEET

MEETS:

<i>Developmental Half-Mile Races:</i>	<i>Sunday, October 2, 2011</i>
<i>John Bennett Cross Country Classic:</i>	<i>Sunday, October 16, 2011</i>
<i>Marty Enright Memorial</i>	
<i>Sectional Championship Meet:</i>	<i>Sunday, October 23, 2011</i>
<i>CYO Diocesan Championship Meet:</i>	<i>Sunday, October 30, 2011</i>

If a rain date is needed, the date is Sunday, November 6th.

All the meets this year, and the rain date, will be held at Alley Pond Park located at Springfield Blvd. and 76th Ave. Check in near the finish line located next to the parking lot off 76th Ave.

Check in time for all meets is 11:15 AM immediately followed by the coaches meeting.
First race is scheduled for 12 noon. Please note, in the event of a threat of inclement weather, races may be run by combining boys and girls and may be run ahead of schedule.

There will be no team competition in the first two meets. Individual medals will be awarded to the first 25 finishers in each age group race at the Half-Mile Races and to the first 25 finishers in each age group at the Cross Country Classic. At the sectional meet the teams will be divided into two divisions (roughly based on keeping competition even) and team awards (medals only) will be awarded to the top five teams in each division and age group. Individual medals will be awarded to the top 15 finishers in each division and age group (30 medals per race). At the diocesan meet team awards (trophies and medals) will be awarded to the top five teams in each age group. Individual medals will be awarded to the top 25 finishers in each age group. Finisher ribbons will be awarded to all novice runners who do not receive medals. Teams consist of a minimum of three runners.

AGE DIVISIONS:

Refer to age division sheet. Note the minimum age of 6 years old by September 1st, 2011. Runners are not to be moved up to an older age division in either of the first two meets as there is no team competition. Runners (one or two) may be moved up one age division in the last two meets only if there is at least one runner of the older division in that race. The moving up of such runners will only be permitted with notice given to and permission granted by the meet director before the race.

ORDER OF EVENTS AND DISTANCES:

- 1) Seniors. Approx. 1.1 mile
- 2) Juniors. Approx. 7/8 mile
- 3) Novices. Approx. 1/2 mile
- 4) Bantam. Approx. 2/3 mile

Again note that races may be run ahead of schedule if there is a threat of rain.

ROSTERS, ENTRY FORMS, FEES:

All rosters and team registration forms are to be turned in by **Sunday, September 25.** Rosters can be turned in prior to that date. You will be receiving by e-mail a roster spread sheet that is to be filled in and e-mailed back by the above date (ANDYCYOTRACK@aol.com). This roster will be your only runners eligible for the first meet. Additions will not be accepted the day before or the day of the meets. Any additions to your roster must be turned in by **Thursday, 10/13** to be eligible for the second meet; by **Thursday, 10/20** to be eligible for the third meet; and by **Thursday, 10/27** to be eligible for the last meet (see general information # 5 below). Additions are to be sent in by e-mail on a new roster spread sheet. The use of these e-mailed roster spread sheets will allow us to preprint your runner's name tags with our bar code used to facilitate the recording of race results.

PLEASE NOTE NEW FEE STRUCTURE:

Entry fee will be based on the number of runners on your roster as follows:

- Minimum amount of \$200 for all teams up to 12 runners.
- Entry fee of \$15 per runner for each additional runner from 13 - 25.
- Entry fee of \$12 per runner for each additional runner from 26 - 40.
- Entry fee of \$10 per runner for each additional runner above 40.
- We are requiring the minimum payment be turned in by the first meet (10/2). Immediately after the final meet you will receive a statement for your team based on the number of runners participated and the balance entry fee will be due within 15 days.

GENERAL INFORMATION:

1. No student who has either run or practiced with a high school track team is eligible to run in any CYO track meet.
2. Team scoring is based on the order of finish of the first three runners on your team. A team cannot score if there are less than three runners entered. A tie in team scoring is broken by the finishing position of the third runner on the teams involved.

3. Each team should position **no more than 7 runners** on the starting line unless the entire field can be positioned across the starting line. Teams with more than seven runners can position their additional runners in any order behind the first line of runners.
4. **Pacing of runners during the race is not allowed** by coaches, parents or teammates. Consideration will be given to runners at the back of the field in the younger age groups.
5. **A runner must run in at least one of the first three meets in order to be counted in the team scoring at the Diocesan Meet.**
6. The annual collection of toys to benefit the children in the pediatric ward of the Jamaica Hospital Medical Center will be held on Sunday, October 30th. The enclosed flyer will be handed out to all runners at the October 23 meet. Please bring this to the attention of your team during the season. If it is convenient toys may be turned in at any of the earlier meets.
7. Please refer to your **CYO DIOCESAN TRACK LEAGUE, COACHES' HANDBOOK** especially your responsibilities as coaches as listed in the **GUIDELINES**. Also realize that the expectations of sportsmanship and respect apply as well to the parents of your athletes.