

## 2016 XC League Meet Season Rules and Procedures

As many of you know, we voted to change the structure of our dual meet season. For the 2016 season, these changes will be in effect. While it will be a big adjustment from what we are used to, these changes are intended to increase the level of fun, enjoyment and success for each of our runners/teams. Keep in mind, the Division Championships and State Qualifier are remaining EXACTLY the same. The changes detailed below are with respect to our league meet season only.

### LEAGUE DUALS AND CROSSOVERS

The structure of the season will be a combination of "Double-Duals" or "Triple-Duals" and "Crossovers". The specifics and details of each will be outlined below. Sticking with strictly the structure, the season will consist of 3 weeks of 'LEAGUE DUALS' and 3 weeks of 'CROSSOVERS'.

The League duals will be against only teams from your league that you are scheduled to face on that particular day. Due to the structure of the season, certain teams will face each other more than once during the league season. To prevent cheating or other games being played, the FIRST TIME that two teams face each other during league meet competition is the ONLY score that counts for each team's record. They might race each other (amongst other teams) a second or even third time, but neither of these races between the two need be scored as the first race stands for each team's respective league record. The League meet schedule is set up way in advance and will be very clear in indicating which weeks are the LEAGUE DUALS.

The Crossover meets are the meets coaches have long asked for in that each provides many more options for each team to maximize their season progress. That being said, it will also be the aspect of the changes that will be most confusing and require the most attention during this pivotal transition year. First and most importantly, EVERY team must sign up for the three Crossovers. You will have a choice as to the venue (course) you will be traveling to. This affords teams with home courses to host other schools as well as gives the out east schools the ability to stay closer to home besides traveling to Sunken Meadow on multiple Tuesdays. The score will be kept for these meets however they will have NO EFFECT on your team's LEAGUE RECORD. The intention is to allow coaches the flexibility in deciding what athletes can do in each Crossover that benefits both the individual runner as well as the team. The AD's and Section XI have granted us a ton of slack in order to try this concept out. In order to ensure the continuation of our new schedule into future years (potential with tweaks and more input after the first pilot year) it is important to follow the procedure for running in crossovers.

The procedure to sign up for Crossovers is outlined below:

- 1) Any team interested in hosting a Crossover at a course of their choosing must email Vin Ungaro prior to August 1st stating their intention to host a Crossover, at which particular course, on one, two and/or three of the crossover days (9/6, 9/27, 10/11). They must list the site, distance, any max on number of teams limitations. Keep in mind the host team is responsible for having all necessary paperwork handed in necessary to secure access to all teams interested in attending (i.e. park permits) as well as provide an AED as per the Section XI policy for host schools to be responsible for procurement of on-site AEDs (for all intents and purposes, host schools are to be considered the home schools). The host schools will also be responsible for keeping the attendance of all those teams that are scheduled to run that day and make that information available should they be asked to do so. Lastly the course that is to be used must be a certified course and the map should be emailed to Vin Ungaro prior to August 1st, so he can post it on the SuffolkXCTF website for all interested coaches to view.
- 2) After August 1st, I will email out the site and date of all crossovers that have applied. This will give a coach from that date, until the mandatory August Section XI meeting to decide where to compete.

- 3) At the mandatory Section XI meeting in late August, each school will be expected to sign up for the venue/course they wish to compete at during each of the three crossover weeks on the schedule.
- 4) Day of the crossover, make sure that you race at least one other team as you be expected be able to provide a score if asked.