

30TH ANNUAL MARATHON CROSS COUNTRY INVITATIONAL

Online Entries System

Instructions for Attending Coaches

ENTRIES MUST BE SUBMITTED BY MONDAY @ 12:00 PM. PLEASE READ AND BE PROMPT. WE CAN NOT ACCEPT LATE ENTRIES

COACHES: It is extremely important that you read all this information. There are Changes to our procedures and we want to make sure everyone is able to compete on Saturday.

NO EXCUSES...PLEASE READ SO YOUR KIDS ARE NOT DISQUALIFIED ON SATURDAY.

1. Go to the website <https://ny.milesplit.com/calendar> to input your entries. If you have questions on using milesplit please feel free to contact me at 607-279-5931.

The chart that accompanies this document will tell you specifically what races you may enter: For example: Large School or Small School for Modified Races, Seeded or Unseeded for Varsity Races.

If you have concerns with your placement you must discuss this with Todd James. Call him NO LATER THAN MONDAY @ NOON Cell (607) 279-5931

If you take it upon yourself to change races without checking with the meet director your team will be disqualified from that event.

SPECIFIC RACE ENTRY INFORMATION

9:15 Modified Girls Race (Small Schools) (Unlimited # of Entries, Grades 7-9, Non Varsity Runners Only)

9:35 Modified Boys Race (Large Schools) (Unlimited # of Entries, Grades 7-9, Non Varsity Runners Only)

9:55 Modified Girls Race (Large Schools) (Unlimited # of Entries, Grades 7-9, Non Varsity Runners Only)

10:15 Modified Boys Race (Small Schools) (Unlimited # of Entries, Grades 7-9, Non Varsity Runners Only)

10:30 First Awards Ceremony-Outside

10:35 Boys Varsity Unseeded Race (Limit of 9 Runners)

We are providing the option of nine entries because athletes will not be allowed to change to different races on Saturday. If you enter nine, you can delete them on Saturday but you can not move them to another race or replace them with another athlete on Saturday

11:00 Boys Varsity Seeded Race (Limit of 9 Runners)

Enter your Second Varsity Team in the Unseeded Race unless they are clearly JV caliber athletes. Remember, we are providing the option of nine entries because athletes will not be allowed to change to different races on Saturday. If you enter nine, you can delete them on Saturday but you can not move them to another race or replace them with another athlete on Saturday

11:20 Girls Varsity Unseeded (Limit of 9 Runners)

If you have more than 7-9 runners enter the remaining girls in the Girls Junior Varsity Race. Remember, we are providing the option of nine entries in the unseeded race because athletes will not be allowed to change to different races on Saturday.

11:50 Girls Varsity Seeded (Limit of 9 Runners)

If you wish to enter a Second Varsity Team, please enter your next best 7-9 Runners in the Unseeded Race. Remember, we are providing the option of nine entries because athletes will not be allowed to change to different races on Saturday. If you enter nine, you can delete them on Saturday but you can not move them to another race or replace them with another athlete on Saturday.

12:15 Second Awards Ceremony-Outside

12:15 Boys Junior Varsity (Unlimited # of Runners)

In order to enter boys in this race you must have a complete team in the Boys Varsity Unseeded Race or have special permission from the Meet Director. Call Todd James NO LATER THAN MONDAY- NOON at Cell (607) 279-5931.

12:40 Girls Junior Varsity, (Unlimited # of Runners)

In order to enter girls in this race you must have a complete team in the Girls Varsity Unseeded Race or have special permission from the Meet Director. Call Todd James NO LATER THAN MONDAY NOON @ Cell (607) 279-5931.

8. After all the athletes are in events, you may view your work by returning to the previous screen and clicking "View a List of Your Entries". It is recommended that you check this for accuracy as you will not be allowed to switch athletes from one race to another on Saturday. We will only allow scratches on the meet day. Again, athletes will not be allowed to change from one race to another on meet day.

9. To send the email of your entries to the host, click "Email your Entries to Host". You may send this email more than once, if necessary. Note that we will work with the most recent submission.

1:30 Third Awards Ceremony-Outside

30 TH ANNUAL MARATHON CROSS COUNTRY INVITATIONAL

General Information

The Staff of the Marathon Invitational takes great pride in providing the athletes with a quality invitational. The main focus is to offer a unique experience that provides recognition to the athletes of Cross-Country. Recognition that is well deserved.

Thanks for your continued support in helping to make the Marathon Cross-Country Invitational a success.

Let your athletes know that there are several variety of sovenior shirts available. Prices Race from \$10-\$25. Think SUN and have a safe trip.

Schedule of Events

8:45 General Information Posted in Cafeteria

9:15 Modified Girls Race (Small School Race) Unlimited Entries

9:35 Modified Boys Race (Large School Race) Unlimited Entries

9:55 Modified Girls Race (Large School Race) Unlimited Entries

10:15 Modified Boys Race (Small School Race) Unlimited Entries

10:30 First Awards Ceremony-Outside

10:35 Boys Varsity (Unseeded Race) Limit of 9 Runners

11:00 Boys Varsity (Seeded Race) Limit of 9 Runners

11:20 Girls Varsity (Unseeded Race) Limit of 9 Runners

11:50 Girls Varsity (Seeded Race) (Limit of 9 Runners)

12:15 Second Awards Ceremony

12:15 Boys Junior Varsity (Unlimted # of Runners)

12:40 Girls Junior Varsity (Unlimted # of Runners)

1:30 Third Awards Ceremony

Team Awards for all Races

Modified Races: Team Trophies, Places 1-3 for both Large and Small School Divisions

Varsity Races: Team Trophies (Overall and by Division) for Seeded Races and Places 1-3 for Unseeded Races

Junior Varsity Boys Race: Team Trophies, Places 1-3

Junior Varsity Girls Race: Team Trophies, Places 1-3

Other Team Awards

Varsity Coed Team Plaques, Places 1-3

(Combined Total Time of Top 3 Boys & Top 3 Girls)

Spirit & Sportsmanship Plaque, Voted on by Coaches

The Spirit & Sportsmanship Plaque is given in honor of Michael Joseph Jr., a Superintendent at Marathon for over 20 years. It is with his support and dedication that the Cross-Country program at Marathon Central School could be developed. The award shall be presented to the team who in the opinion of the coaches best emphasized the characteristics of spirit and sportsmanship. After the last race of the day please give your recommendations to Todd James.

Individual Awards for all Races

Plaque for Places 1-5

T-shirts for Places 1-10 for All Races Except Seeded Races are (1-20)

Individual Patches for places 1-50 Varsity Races, 1-75 in Modified Races.

Specialty Awards

All Time Top 50 Certificates

Fastest Varsity Male Freshman Award

Fastest Varsity Female Freshman Award

The Fastest Freshmen Awards are given in honor of Larry W. Hayes, a Superintendent at Marathon for over 15 years and a district employee for 35 years. Larry's love for athletics and desire to watch young athletes excel and strive for perfection makes it only appropriate that this award is named in his honor. The award shall be presented to the Fastest Freshman Boy and Girl from the Varsity Race.

Grievance Committee

Elimira, Groton, West Genesee

Rules for the Meet

As we begin to approach Sectionals it is important for athletes to understand that rules will be enforced. For the benefit of the athletes we will abide by the rules of the National Federation. All decisions made by the Referee/Finish Judge will be final.

The Starting Commands will be based upon the NFHS Rule book for Track & Field/Cross Country.

Ties in Team Scoring shall be resolved by comparing the sixth place finisher from the tying teams. The team with the best sixth place finisher shall prevail. If one team does not have a sixth place finisher, the team with the sixth place finisher shall prevail.

The Uniform Rule will be in effect.

The Jewelry Rule is in effect.

Spikes may only be worn in ANY Race.

Any Runner who interferes with another runner shall be disqualified. Interference is any action by a competitor, which unfairly changes the course of natural running rhythm of another runner during a race.

Any participant who uses Unsportsmanlike or Unacceptable Conduct shall be disqualified. Conduct which is unethical or dishonorable which includes action and/or language which brings discredit to the individual or his/her school, disrespectfully addressing an official, using profanity, criticizing an opponent or an official or willful failure to follow the directions of a meet official are examples of unsportsmanlike or unacceptable conduct.

A runner shall be disqualified who is aided by another individual. A person who knowingly runs alongside a runner is considered to be aiding the Competitor.