

NYSPHSAA CROSS COUNTRY CHAMPIONSHIPS
November 16, 2019

Section 7 SUNY Plattsburgh

Information for qualifying teams and individuals

Section 4 Coaches Timeline

Friday: Nov 8, 2019 There are no more codes of conduct, but *you are responsible* for notifying the NYSPHAA Executive Director (in writing) at least 48 hours prior to the meet if a student athlete does not consent to their photograph, video, or image being used in NYSPHSAA promotional materials.

Thurs: Nov 14, 2019 REMIND RUNNERS TO HAVE THEIR SCHOOL UNIFORM

Make sure you have your school's emergency release form for each athlete

Friday: Nov. 15, 2019 Arrive at course DO NOT ARRIVE BEFORE NOON !!!!

Take exit 37 of Northway (I-87). Turn LEFT at light onto rt.3. Stay in LEFT lane to turn LEFT at first light past Days Inn onto Hammond Lane and go to end. At end turn LEFT onto Rugar Street. Entrances to field house will be on RIGHT just past Stewarts and Sams Club.

Coordinators available: **12:30 PM to 2:30 PM**

You need to let us know if you are not arriving until Saturday to pick up number.

Look for us in parking lot by track or in fieldhouse if bad weather.

Cells: Steve: 607-743-1231 Becca; 781-248-7938

Lee: 607-353-9354

Saturday: Nov. 16, 2019 State Meet held

Remind parents all parking will have a fee of \$10 per car. Other information on nysphsaa.org website – time schedule, course map, description, hotels, etc

Section 4 has first starting box farthest from fieldhouse for all races

It is assumed all teams and individuals qualifying for the Federation Meet will attend unless the appropriate coordinator is notified otherwise by the end of racing Sat.