

**2020 WFL XC
preseason
meeting**

General Info

- Please update coach contact [info](#)
- Please update meet site for host [school](#)
- Please send new course maps to Mike Schaertl to be posted on our website

General Info

- 10 practices needed for first meet
- Waiver submitted for 3 meets instead of the normal 6 to represent at sectionals -league champs counts as a meet
- Website-
<http://www.wfltrack.org/cross/index.html>
- Pull tags -
<https://www.vsathletics.com/store/cross-county-triathlon-tags.html>

Schedule

- Worked hard to have a season
- Schedule has been changed and changed again
- Changes
- Sites
- Complete/incomplete teams or mods only?

Newark 489	Williamson 291	Marion 173
Pal Mac 429	Bloomfield/Naples 221/167 -271	HAC 135/120 -172
Midlakes 399	Lyons Cl-Sav 206/192 -264	Dundee/Bradford 156
Waterloo 354	Marcus Whitman 248	Honeoye 134
Penn Yan 342	Sodus 239	Romulus 96
	St. Mary's will follow B/N	

@ _____ =HOST SCHOOL

*Sectionals are being held on Nov 21st

*Only 10 practices needed to represent your school in competition (Mod/JV/V)

Start dates:

-Monday **Sept. 21st**, 2020 –Start ALL V/JV/MOD

SATURDAY OCTOBER 3, 2020 – League Meets – Week 1

Red Creek, Red Jacket, Dundee @ Midlakes
Honeoye, Lyons-Clyde- Savannah, HAC @ Wayne
Newark, Geneva, Sodus, Romulus @ Marion
Mynderse, Penn Yan, Marcus Whitman, @ Williamson
Pal-Mac, NRW, Waterloo @ Bloomfield-N

TUESDAY OCTOBER 6, 2020 – League Meets – Week 2

Red Jacket, Mynderse, Pal-Mac, Romulus @ Honeoye
Marcus Whitman, Red Creek, Newark @ Bloomfield-N
Penn Yan, Marion, Lyons-Clyde Savannah @ Dundee
HAC, Waterloo, Sodus @ Williamson
Wayne, Geneva, Midlakes @ NRW

SATURDAY OCTOBER 10, 2020 – League Meets – Week 3

NRW, Honeoye, Penn Yan @ Newark
HAC, Marion, Red Creek @ Pal Mac
Williamson, Midlakes, Bloomfield-N, Romulus @ Lyons-Clyde Savannah
Dundee, Geneva, Mynderse @ Waterloo
Red Jacket, Wayne, Sodus @ Marcus Whitman

SATURDAY OCTOBER 17, 2020 – League Meets – Week 4

Red Jacket, Waterloo, Newark @ Lyons-Clyde Savannah
Midlakes, Pal Mac, Sodus @ Penn Yan
Red Creek, Williamson, Honeoye @ Geneva
HAC, Marcus Whitman, Dundee @ NRW
Marion, Mynderse, Bloomfield-N, Romulus @ Wayne

SATURDAY OCTOBER 24, 2020 – League Meets – Week 5

Midlakes, Waterloo, Marion, Marcus Whitman @ Honeoye
Wayne, Pal Mac, Williamson, Dundee @ Newark
HAC, Penn Yan, Red Jacket, Geneva, Romulus @ Bloomfield-N *Romulus not scored
Sodus, NRW, Lyons-Clyde Savannah, Mynderse @ Red Creek

SATURDAY OCTOBER 31, 2020 – League Meets – Week 6

Wayne, Penn Yan, Waterloo, Romulus @ Red Creek
Lyons-Clyde-Savannah, Geneva, Pal-Mac @ Marcus Whitman
NRW, Marion, Williamson @ Red Jacket
Bloomfield-Naples, Honeoye, Dundee @ Sodus
Midlakes, HAC, Newark @ Mynderse

**SATURDAY NOVEMBER 14th, 2020
LEAGUE CHAMPIONSHIPS @ Red Jacket**

**SATURDAY NOVEMBER 21st, 2020
SECTION V CHAMPIONSHIPS @ each class site**
Class A @ Center Park, Fairport
Class B @ Wayne
Class C @ Hornell
Class D @ Marion

➤ **Tuesday league meet starts at 5:00PM -Saturday will be 10AM**

Tuesday Order of League Races will be as Follows:

- **Modified 5:00 - 5:10 2 waves if needed, Boys then Girls**
- **Varsity Girls 5:30**
- **Varsity Boys 5:45**

-Saturday Order:

- Mod 10:00, 10:10**
- Boys 10:30**
- Girls 11:00**

Meet results

- Please send meet results to me for review and to be posted to our website
- Send them asap that day or the next
- If you are not using yentiming please use the excel spreadsheet on our website

Yentiming website

- Bob Goodell
- Log in / Create account -add athletes to rosters
- 4 of 5 sites are using online entries this Saturday
- Some league meets, champs, and sectionals will use the online entry

Conduct of meets

- Use common sense
- Read [NYSPHSAA](#) Return to Athletics doc
- Follow school rules, state and DOH rules
- Your AD should be able to assist you with questions
- Athletes should be self contained –bring own water
- 2 officials -1 to clerk and collect tags, 1 to start and call finish, both with PPE -2 vouchers
- Masks and distance is how we can prolong our season
- Team Tents are discouraged – use your bus

Conduct of meets -2

- The day before, share #'s that are running in each race and decide how many races you are having
- 12 runner limit in varsity races, up to 12 can start 2 minutes later
- Masks are on at all times for coaches and athletes, social distancing must be maintained, no handshakes, touching etc. Runners must start and finish with a mask.
- I would suspect most runners would be unable to tolerate the mask after the first 400 meters and would slide it down- this is within state guidelines

Conduct of meets -3

- No run outs, hanging out, chants, huddles etc.
- Quick call to the start line and you are off
- Finish area must be clear, paint your finish line wider than normal -20 ft wide, chute can also be wider and shorter 40-50 ft long, athletes need to move through and out quickly.
- Let official pull tags and help read names and score
- Scoring can also be done after everyone has left

Conduct of meets -4

- We ask that you take 10 minutes to cooldown then leave
- Senior nights- not conducted as usual, have them after a practice, or at meets-just make an announcement to recognize all the seniors at the meet
- There is no rush on a Saturday meet – you have time to get events in

Conduct of meets -5

- 12 runners per race Varsity B is also 12 runners, so if you have more than 24 they are not running. Mod races also 12 and no Mod B race so 12 is the limit -Mods 12 boys/12 girls.
- If you have a large Saturday meet you could stretch it out and have 6 races separately
- Use your judgement and make sure you have enough watches and help from other coaches

Questions

- I am not your AD or Superintendent -they make the call at your school!
- Spectators -2 per athlete max
- Constant change, schools may close, your season and our season could be done tomorrow! End season meets could be cancelled.

Championships

- Only Varsity this year. Mods are done on Oct 31st. 7 runner limit per team
- Some awards may be adjusted, spectators may be a problem. We will have less money coming in. T-shirts preorder
- ADs and Supts are still discussing spectators and how we will handle this.

Championships-2

- This is still a big meet. 140 boys and 100 girls.
- 300+ people on site, usually near 1000
- Awards ceremony will not happen the same way
- Awards will be done in packets like track
- Announcements will be made, but no gathering for pictures etc.

Sectionals Sat NOV 21st

- Sectionals is planned for Saturday AM and PM at 4 different sites
- Class A – Center Park, Fairport
- Class B – Wayne
- Class C – Penfield (HWP)
- Class D – Marion
- Spectator limits may apply!! none??

Hosts for League Champs next year

- Please send interest and talk to your AD about hosting next year.
- I know things are still difficult, XC will go on
- I would like to have a site or possible sites by Thanksgiving.

Questions?
Please email me

Enjoy the season that we have, use
common sense and be safe.