

PHILADELPHIA
CYO
CROSS COUNTRY



2015
PACKET

Section 1

The CYO Athletic Ministry Program

Mission Statement

CYO Sports is one component of a parish's comprehensive youth ministry program which enables the partnership of parents, coaches, priests, religious, teachers, and adult leaders to manage and support a sports program that allows youth to grow in their relationship with God and come to better understand themselves and the Catholic Faith.

Such a program:

- *Employs healthy and enjoyable competition to promote the sharing of gospel values among athletes, parents, and coaches.*
- *Assists parish leadership in nourishing the emotional, spiritual, social and physical needs of young people.*
- *Encourages young people to appreciate the gifts that they possess, and challenges them to share these gifts with their community.*
- *Allows youth to witness the life of Christian discipleship in their coaches and adult leaders.*
- *Encourages youth to become responsible members of their faith community.*

Section 2

CYO Cross Country Program Organizational Structure

Unlike the CYO Track & Field Program, the CYO Cross Country program is NOT organized using the “AREA” or “REGION” designations of the Archdiocese of Philadelphia CYO. Every athlete who competes in the Cross Country program does so against all eligible athletes in their respective age groups each Sunday at Belmont Plateau. During the season, certain teams may sponsor additional races at different sites. These races are neither encouraged nor discouraged and have no bearing on an athlete’s eligibility in the CYO Cross Country program.

The CYO Cross Country program is governed by the CYO Cross Country Commissioner and the CYO Cross Country committee, which is selected by the Commissioner.

Archdiocesan Cross Country Commissioner

Mary Ellen Malloy

Cross Country Executive Board Members

Terence O’Connell

Greg Sargent

Paul Stearns

Kristin Malloy

Gary Heuring

Mike Shive

George O’Connell

2015 CYO Cross Country Calendar

August 1, 2015	Start of Season
August 23, 2015	Organizational Meeting
September 6, 2015	Deadline - Team Rosters for First Meet - 10 PM
September 13, 2015	Course Walk; 1 st Meet
September 27, 2015	NO MEET – POPE FRANCIS
October 11, 2015	Deadline – Final Team Rosters
October 25, 2015	2015 Archdiocesan CYO Cross Country Championship Meet

Section 4

CYO Eligibility Guidelines

• General Eligibility

Coaches' Eligibility - In order to coach in the CYO Cross Country Program, an individual must meet the following criteria:

- 1) A Head Coach must be a mature Christian adult of at least twenty-one (21) years of age prior to August 1, 2015. Assistant Coaches have no minimum age requirement, unless specified by their parish.
- 2) All coaches, including assistant coaches MUST have attended the CYO Coaches' Orientation Program prior to the start of their second year of coaching. An assistant coach is defined as anyone who works with and/or instructs members of the cross country team more than one day a week. Orientation dates can be found online at <http://cyophilly.com/for-coaches-staff/>
- 3) All coaches must meet any additional requirements of their parish, local, state and federal government
- 4) All coaches must provide their Parish every third year a Police Background Check Form and PA Child Abuse History Clearance. (visit these sites for forms Police Check - <https://epatch.state.pa.us/Home.jsp> – PA Child Abuse - <https://www.compass.state.pa.us/cwis/public/home> - and FBI Fingerprint - <https://www.pa.cogentid.com/index.htm> or [Disclosure Application](#).)
- 5) All coaches must be listed on the “Coaches Affidavit” which is submitted with the team roster.

The Archdiocese of Philadelphia is committed to the implementation of the Charter for the Protection of Children and Young People. Therefore, all adults involved in ministry and service to children must provide required background checks and proof of attendance at the Safe Environment training for their parish.

Athlete Eligibility - Each athlete in the CYO Cross Country Program must meet all eligibility guidelines outlined in the most current CYO Athletic Ministry Handbook. This includes the following:

1. Athletes must meet the age requirements on page 5.
2. Athletes must be registered members of the parish or attend the parish /regional school or private Catholic school participating in the Philadelphia CYO program.
3. Athletes may not have been born prior to September 1, 2000.
4. All athletes must be listed on the parish's official CYO roster.

*please review the CYO Athletic Ministry Handbook for full eligibility guidelines.

Section 5

2015 CYO Cross Country Regulations

All rules outlined in the most current version of the CYO Athletic Ministry Handbook are in effect for the 2015 Cross Country season. Coaches should take special note of the items listed below, as well as the balance of this packet. Significant changes and updates have been made. There is no excuse for any violations of the rules.

Age Divisions:

Sub-Novice	Athletes who are born between January 1, 2007 and December 31, 2010.
Novice	Born in 2005 or 2006
Minor	Born in 2003 or 2004
Cadet	Born in 2001 or 2002, or on or after September 1, 2000 and not yet graduated from 8 th grade

***Unlike in CYO Track & Field, an athlete MAY NOT move up an age group. The only exception will be an eighth grader who is a minor by birth year. That child will be given the option of remaining a minor, or moving up to cadet for the entire season. This will be done in anticipation of their participation on a high school team and as a help to adjust to the increased high school race distance.**

***No athlete may move down an age group.**

Official Distances:

Sub-Novices	– 2,000 meters (2K) ~ approximately 1.25 miles
Novices	– 3,000 meters (3K) ~ approximately 1.86 miles -- outside of the woods
Minors	– 3,000 meters (3K) ~ approximately 1.86 miles -- includes a loop in the woods
Cadets	– 4,000 meters (4K) ~ approximately 2.48 miles

CYO CROSS COUNTRY MEETS WILL BE EVERY SUNDAY FROM SEPTEMBER 13, 2015 THROUGH OCTOBER 25, 2015 AT BELMONT PLATEAU, PHILADELPHIA, PA. (EXCEPT FOR SEPTEMBER 27TH) SEE APPENDIX I FOR APPROXIMATE MAPS OF THE SUBNOVICE, NOVICE, MINOR AND CADET COURSES.

Order of Events: (See Section 8)

Coaches' Meeting: 12:30 PM each week (each team must have a representative)
Sub novice Girls: starts at 1:00 PM with a rolling time schedule

Course Walk:

The sole course walk of the season will be at noon on the day of the first meet.

Equipment Notes:

- 1) Spikes and shoes that take spikes will be permitted.
- 2) An athlete's uniforms should clearly display their parish/school name.
- 3) Athletes **MUST** wear their assigned number and electronic timing chip. Please see further notes on athletes' numbers and electronic timing chip in this packet.

Rostering:

All teams must complete and turn in **TWO** copies of their roster before competing. All signatures must be valid. Boys' teams and girls' teams should be on separate rosters, in ALPHABETICAL order, by competitor's last name, and should not include Sub-Novices. Sub-novice rosters should be combined for boys and girls, also in alphabetical order by last name. Athletes added to a team during the season after the initial roster has been turned in should be on a separate roster, complete with signatures, with only the additional athletes on the new roster. The roster should be printed on 8.5" x 14" paper. No new athletes can be registered after Sunday, October 11, 2015.

Failure to deliver a completed roster with the appropriate signature and fees will jeopardize your team's ability to compete in a meet.

Coaches Eligibility Affidavit must accompany all rosters with the appropriate signatures. Furthermore, all Coaches will be required to sign a disclosure/acknowledgement form that it is the coach's responsibility to ensure the volunteers from their team(s) have the appropriate clearances required by PA law.

Links to an excel roster form can be found online at philacyotrack.blogspot.com

All coaches are also required to turn in the coaches' eligibility affidavit and volunteer disclosure form which can also be found online at philacyotrack.blogspot.com.

Fees:

The fee will be \$17 per runner regardless of age group. Checks should be made payable to "Philadelphia CYO Cross Country" and accompany the signed rosters.

Assigned Numbers and Electronic Timing Tags:

All athletes competing in CYO Cross Country will be assigned a bib number (Bib) and electronic timing chip (Chip). The chip is encoded in the back side of the bib number. Bibs and Chips will be given to coaches at Belmont Plateau before the first meet of the season. Each athlete is responsible for Bib and Chip throughout the season. Replacement Bibs are \$10.

Assigned Numbers and Electronic Timing Tags: (continued)

To obtain your athletes' Bibs and Chips, submit a list of names, birthdays, gender and grades by parish/school team to the CYO Cross Country Commissioner, Mary Ellen Malloy, 844 Strawberry Lane, Langhorne, PA, 19047 or via email at sunrisexc@aol.com. (Please note: this list is separate from the roster). **DO NOT SEND THE COMPLETE ROSTER.** This list must be turned in by 10pm Sunday, prior to the first meet, and additions in subsequent weeks should be turned in by 10pm Thursday before each meet. (i.e. – **Sunday, September 6 at 10 pm for the first meet of the season, Sunday, September 13th**). **COACHES ARE HIGHLY ENCOURAGED TO COLLECT THE BIBS FROM ALL RUNNERS AT THE END OF EACH MEET.** The chips can be damaged if they are soaked or exposed to direct sunlight or high heat.

Assigned Numbers and Electronic Timing Tags:

NO NEW ATHLETE BIBS OR CHIPS WILL BE ASSIGNED ON THE DAY OF A MEET. (This does not include replacement bibs or chips). Once a replacement Bib or Chip has been assigned, the old Bib and Chip are ineligible. Handwritten Bibs are **NOT** acceptable.

CYO Cross Country Championship Meet:

To be eligible to participate in the CYO Cross Country Championship meet, a runner must complete **a minimum of two** CYO races at Belmont during the course of the season. There will be no exceptions to this rule.

Assignments

Teams will be given an assignment for the season. It is each team's responsibility to have two (2) people available to work each week. Failure to cover your assignment will result in your teams' disqualifications for the day. The smallest teams (2 – 3 athletes or less) **MIGHT** be excused from duties depending on the number of teams that are participating in the program. They should make themselves available to fill in for teams that do not attend a particular meet.

See Section 9 for a description of all duties and assignments.

Inclement Weather and Meet Cancellations:

In the event of inclement weather a decision will be made no later than 10:00 AM on the day of the meet. If the meet is cancelled, remind app message and a mass email will be sent to the coaches, notices will be posted on the website and a message will be left on the XC

Commissioners' home phone (215-757-9625) stating that the meet is cancelled. Please do not call before 10 AM to check to see if the meet is cancelled.

Protests:

Any protest relating to matters which have developed during the course of the competition must be made to the Meet Referee immediately and not later than 30 minutes after a race has been completed (that is, 30 minutes after the last competitor in the race has crossed the line). Protests are to be made in writing and accompanied by a \$75.00 cash protest fee. The fee will be refunded if; either the Meet Referee or the Jury of Appeals upholds the protest.

NOTE: An athlete may always approach an Official about a ruling. If the explanation is unclear, the athlete should ask the Official to speak to his/her coach (off of the course). If the coach is dissatisfied with the ruling, the protest procedure indicated above comes into play.

Meet Results:

Unofficial results will be posted at the Plateau at the conclusion of each race each week. The official results will be emailed to the coaches and posted on line AFTER they have been reviewed. As each race and each week will present their own issues and difficulties, there is no defined time frame for the release of results.

Further information and questions:

All questions about the Cross Country program should be directed, through a coach, to the Commissioner – Mary Ellen Malloy – phone: 215-359-6199 – email: sunrisexc@aol.com

Coaches will receive updates via email from the commissioner. When appropriate, these messages will also be posted online at: philacyotrack.blogspot.com

Section 6

Code of Conduct

This section is to help everyone know where they can become familiar with the rules of conduct expected of everyone, athletes, coaches, parents and spectators at a CYO event.

Compliance with the principles, not specifics, is expected always. Everyone is expected to conduct themselves at all times as Catholic Christians and to encourage others to do the same.

When the spirit of the rules is violated, the program is harmed. In order to protect the athletes, the unacceptable behavior of officials, coaches and spectators will result in sanctions, just as basketball, baseball, football and soccer punish players, coaches and spectators for violations of game rules and for misconduct. These sports have various levels of penalties, so CYO Cross Country will also have various levels of penalties depending on the specific violation.

The following is from page 25 of the Athletic Ministry Handbook.

No CYO athlete, coach or spectator is permitted to a) refuse to abide by an official's decisions; b) display objectionable behavior by throwing equipment or any other forcible object; e) verbally abuse any athlete, coach, spectator or official; d) lay hands upon, push, shove, strike, threaten to strike or physically attack an athlete, coach, spectator or official

CYO Cross Country has established the following levels and penalties for violations of specific rules or CYO guidelines for conduct.

Level 1 - Suspension from participating in any way in CYO Cross Country as follows:

Ia Suspended from CYO Cross Country permanently

Ib Suspended from CYO Cross Country for two years.

Ic Suspended from CYO Cross Country for one year.

Ic.(1) Suspension from any administrative post the individual may hold or shall hold in his/her parish, region, area, archdiocesan athletic program for one year.

Id Suspended from attending any CYO practice or CYO Cross Country meet for the rest of current season.

Level 2 - Suspension for one week from the date of the incident.

Level 3 - Suspension for remainder of the meet and disqualification from the event in which the incident occurred.

Level 4 - Disqualification from the event in which the incident occurred

Section 6 (Continued)

Code of Conduct

The following are examples of violations specifically applicable to cross country. This is not a complete list; however similar violations will be treated accordingly.

Level 1- No Appeal Permitted

The following applies to all Cross Country Meets:

- Coaches, parents, or spectators abusing officials in any way are governed by the rules and their actions can result in disqualification of an athlete and or a team from an event for the remainder of the meet.
- Deliberately entering false individual or team information at the regular meet or the Championship meet.
- Deliberately entering ineligible athletes in the Championship meet or on a regular basis throughout the season.
- Repeated failure to staff team assignments throughout the season.

Level 2

- Coaches, parents, or spectators abusing officials in any way are governed by the rules and their actions can result in disqualification of an athlete and or a team from an event for the remainder of the meet.
- Coaches who observe misconduct by athletes and non-athletes towards any official (except in the case of fear of physical violence) and fail to intervene on behalf of the official.
- A runner intimidating another runner.

Level 3

- Coaches, parents, or spectators abusing officials in any way are governed by the rules and their actions can result in disqualification of an athlete and or a team from an event for the remainder of the meet.

Level 4

- Violations of competition rules

Alleged violations of the Code of Conduct will be reviewed immediately by the Archdiocesan Cross Country Committee. The Committee will review all information available and may request an interview or written statement from those involved. After review and discussion, the Committee will determine whether or not the Code of Conduct has been violated. The Committee will then determine the Level of the violation (Level 1, Level 2, Level 3, or Level 4) and notify the individual(s) in writing of the findings of the Committee.

Failure to abide by the decision of the Committee will result in permanent suspension from the CYO Cross Country program.

Glossary

Competitors - Those participating in the event

Non-Competitors - Team members not participating in the event

Coaches - Head coaches and all coaches

Other- Anyone other than participants, non-participants and coaches

Referee - The referee shall enforce all the rules and shall decide all questions relating to the actual conduct of the meet, the final settlement of which is not otherwise assigned by said rules. The decision of the referee in all matters shall be final and without appeal, except in those matters or events for which a jury of appeals has been established for that special purpose.

Jury of Appeals - The Jury of Appeals, composed of three persons, will consider appeals from decisions of the referee as to matters which developed during the conduct of the meet.

Team – Any and all members of a specific parish/school.

It is expected that coaches will make their athletes, parents and their guests aware of the rules and applicable penalties PRIOR to the start of the meets. Violations of the rules by spectators, be they non-competing athletes, parents, coaches or other can and will, by default, be assessed against the athlete/team currently racing or for entire meet, depending on the infraction.

Therefore, it is recommended that all coaches disseminate this information to their teams and team parents. As an aid, this packet will be posted online and free to download throughout the season. Ignorance of the rules and regulations of the CYO Cross Country program will not exempt athletes, coaches, parents or teams from the rules.

- 1) All competitors must complete the full distance of the race to receive credit. When they start, they shall not touch either the starting line or the surface in front of it with their hands or feet. They shall be recorded and placed in the official results in the order in which they cross the finish line (having been deemed to cross the finish line when their torso crosses).
- 2) Any athlete who is jostling, running across, or obstructing another athlete, so as to impede his progress, shall be liable to disqualification in that event.
- 3) Assistance to Athletes

Any competitor who shall receive assistance whatsoever from any person during a race may be disqualified by officials. "Assistance" includes giving help or conveying help to an athlete by any means, including a technical device (video) or food and drink. It also includes pacing (running along-side a competitor) by persons not participating in the event and touching an athlete.

(It is important to understand that even should an athlete fall to the ground in apparent pain or injury, by simply touching the athlete, that runner is disqualified from the race. Please make an attempt to inquire of the athlete if they need help and notify an official who can communicate with the finish line officials and request medical assistance if necessary).

Verbal or other communication, without the use of any technical device, from an individual who is not in the competition area shall not be considered unfair aid or assistance.

3) Assistance to Athletes (Continued)

No attendant or competitor who is not actually taking part in the competition shall accompany any competitor to the mark or give assistance without prior permission of the referee or the jury of appeals. Any competitor competing to lose or to coach another competitor shall forfeit his right to be in the competition and shall be disqualified.

4) False Starts

Each competitor will be allowed one false start. A second false start by a competitor will be cause for disqualification.

A false start by a competitor will not be considered a false start for all competitors in the field. A false start will only be charged against the person or persons who actually commit the false start

5) Team Scoring and Medals

At the Archdiocesan Championship Meet, points will be assigned per athlete in order to determine an age group champion. The cumulative score of the age groups shall determine the overall champions. Points are assigned based on an athlete's order of finish. A team must have 3 runners finish the race to be eligible for the age group championship. A team must have a team in each age group to be eligible for the overall championships. The team with the lowest number of points per age group and overall will win. In the event of a tie, the team with the highest placing third finisher will be declared the champion.

UNLESS OTHERWISE NOTIFIED, AT ARCHDIOCESAN CHAMPS:

- Medals will be awarded to the top 15 athletes at the Archdiocesan Championship Meet.
- Score cards will only be necessary if there is a major problem with the chip timing. In that event, score cards will be provided on the day of the Championship Meet.

6) Race Course

A course walk for each course will be held prior to the first meet of the season, Sunday, September 13, 2015. Appendix I has approximate course maps. Non-competing athletes and spectators must stay off the course during races. Prohibited areas include:

- Access road beside the finish line
- The Woods
- The finish line chute.
- Any area marked off with ropes or cones.
- Parking on the grass across from the finish line and along the access route. (Please note: This is a City of Philadelphia and Fairmount Park Commission rule, not a CYO rule. Cars have been ticketed in the past; please know that if you park here, it could happen again!)

7) Race Schedule

Due to the nature of cross country races there is no defined time schedule. We shall endeavor to begin the first race at 1pm each Sunday and follow a pre-set race order each week. Please see the “regular” season and Archdiocesan Championship Meet race orders in Section 8. The Commissioner/Meet Director reserves the right to combine races as the number of participants and weather conditions allow.

The guidelines are to help you to be a better coach.
Remember, these guidelines do not answer all the questions.

Section 8

Race Orders – Regular Season Meets and Archdiocesan Championship

Order of Events - “Regular” Season – September 13 – October 18, 2015.

1. Sub-Novice Girls – 1 PM
2. Sub-Novice Boys
3. Novice Girls
4. Novice Boys
5. Minor Girls
6. Minor Boys
7. Cadet Girls
8. Cadet Boys

Order of Events - Archdiocesan Championship Meet: October 25, 2015

Girls will run first, followed by the boys, except in sub-novices

1. Novice Girls -- 1 PM
2. Novice Boys
3. Minor Girls
4. Minor Boys
5. Cadet Girls
6. Cadet Boys
7. Eight year olds (2007)* (boys and girls together)
8. Seven year olds (2008)* (boys and girls together)
9. Six year olds (2009)* (boys and girls together)
10. Five year olds (2010)* (boys and girls together)
11. Medals and Award Ceremony

*age is determined as of December 31, 2015.

Information about the meets and weekly results will be available online at the
Philadelphia CYO Track & Field/ XC Blog: philacyotrack.blogspot.com
(This site is not part of the AOP Office of Education)

Marshals:

NOTE: It is the coach's responsibility to fill his/her team's assigned marshal position. The coach is responsibility for filling the position with a volunteer who has obtained the necessary clearances mandated by PA law. Every coach must attend the coach's meeting at the beginning of the meet unless extraordinary circumstances prevent it. Failure to check in and/or fill your positions will results in your team's disqualification for that meet. Participation by the athletes will not be counted toward Championship credit and will not count in post-season seeding. Please see and complete Appendix II.

Filling every marshal positions is our most critical safety measure!

GENERAL DESCRIPTION: The marshals are to provide direction on the course for the runners. They are also to monitor for any infraction (pacing, illegal aid, taking a shortcut, etc.). When an infraction occurs, they are to report the infraction to the finish line and the name of the parish or the number of the runner. The marshals are not to touch any runner unless a runner asks for help and understands that if a marshal touches them, they will be out of the race. The marshal will notify the finish line or the biker of any runner who may be in distress. The marshals have the responsibility to make certain that all spectators in their area abide by the rules of cross country. Each marshal position (except for the access road) is to have a walkie-talkie. They will either pick one up from the finish line or receive one from the marshal they are relieving in that spot. All marshals will work for two races. No marshal will leave unless they have been replaced or they are the last person assigned to that post for the day. All marshals are to notify the finish line when the biker passes them.

PARKING LOT A: One person stands on the roadway between the islands monitoring the incoming track to the parking lot and one stands on the roadway between the islands clocking the outgoing traffic from the parking lot. The safety of the runners is the primary concern.

PARKING LOT B: One person stands on the roadway between the islands monitoring the incoming track to the parking lot and one stands on the roadway between the islands clocking the outgoing traffic from the parking lot. The safety of the runners is the primary concern. Since there are two lanes of traffic, two marshals will monitor each opening the runners must cross.

TREES AND STUMP AT MONTGOMERY DRIVE: One stands at the big tree at Montgomery Drive and the other stands at the stump by the parking lot at Montgomery Drive. Their job is to make certain that no pacing is occurring and that the runners are rounding both of these landmarks.

WOODS ENTRANCE: Two people are stationed at the entrance to the woods. For all races, they will question anyone who tries to enter the woods. The only people they will allow to pass are the marshals who are walking back to their posts. **NO ONE** is permitted in the woods. This includes athletes who say they are going into the woods to review the course or going to cheer on their teammates.

TREE GROVE: They are stationed at either side of the grove of trees at the top of the hill. One watches the runners coming up the hill and the other watches the runners going down the hill. They make certain that the runners pass the trees safely and continue in the proper direction.

SMALL TREE GROVE: They are stationed on either side of the small grove of trees halfway up the hill. They marshals need to make certain that the runners keep the trees on their left side as they come down the hill and head across the Plateau. They only need to be there for the last half of the minor races.

BOTTOM OF PARACHUTE: One person is stationed at the bottom of the hill going up and the second is stationed about 100 meters past the base of the hills and around the curve where the high school triangle ends. They are to make certain that the runners head up the hill and, on the return, the marshal is to make certain that the runners do not head into the high school course.

TOP OF PARACHUTE: One person is stationed to watch the runners coming up the hill and one is to watch the runners as they head down the next hill. The marshals are separated by about 20 yards. They are to make certain that the runners make the turn and make the downhill safely.

TOP OF SUICIDE HILL: One person is to watch the runners coming up the hill and the other is to stand around the corner and watch the runners as they dart on the downhill. The marshals will be separated by about 25 yards. They are to make certain the runners make the turn down suicide hill and they are safe.

BOTTOM OF SUICIDE HILL: One person is stationed on the side between the paths leading off to the left (part of the college course) and to make certain that no runners head off on this course. The second is stationed about 20 yards down the hill as the trail branches to the right. Our course goes to the right and the high school course goes straight. The marshal makes certain that the runners take a right hand turn.

FAR BASEBALL FIELDS: One is stationed at the far corner of each baseball field by Montgomery Drive. The cadets are to round the fence around the field before they head towards the parking lot. They do not need to go around the poles or the trashcans.

ACCESS ROAD (FROM FINISH LINE BACK): One person is stationed approximately 5 yards past the finish line and the other is approximately 5 yards from the end of the chute. They are to make certain that no one enters the grassy area near the finish chute and that there is no interference with the runners while they are in the chute.

ACCESS ROAD (UP UNTIL THE FINISH LINE): One person is stationed by the access road on the grass about 15 yards before the finish line. The other is stationed about 40 yards before the finish line. They are to make certain that no one positions themselves on the grass by the access road. It is not necessary to patrol all the way down to the red pole at the corner.

TRAILER: One person is positioned as the runners approach the trailer about ten yards from the turn and the second person is positioned about 5 yards past the turn. They are to make certain that no one interferes with the runners as they head to the red pole.

BETWEEN TRAILER AND RED POLE: Two people are to position themselves so that no one pushes the runners off the path and the runners can run a straight line from the trailer to the red pole.

RED POLE: One person is stationed about 5 yards before the pole to make certain the runners have a clear path. The other is stationed around the turn to monitor the flow of spectators across the course and stop any interference with the runners.

BASEBALL FIELD (SUBNOVICE RACE): One person is positioned behind the backstop to make certain the runners have a clear path around the backstop. The second person is positioned at the end of the third base line fence to direct them toward to softball field.

CROWD CONTROL (SUBNOVICE RACE): Two people are positioned between the baseball field and the softball field to prevent people from cutting across the course while the runners are competing.

SOFTBALL FIELD: One person is positioned at the back of the backstop to direct the runners back onto the loop around the fields. The second person is to make certain that the slower runners continue on the inner loop toward the baseball field and that no one interferes with the runners.

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Section 10

General Cross Country Rules and Regulations

It is always the coach's responsibility to be aware of all of the cross country rules, to abide by them and to make all parents and spectators associated with their team aware of the rules and the penalties. Any violation by spectators or parents associated with a particular team will be assessed to the team.

1. All runners and parents must stay behind the ropes at all times. Do not interfere with the races.
2. If a spectator or parent is asked to leave an area and does not comply immediately, the result may be disqualification for the **team** from that particular race.
3. No pacing is permitted. Pacing is when a person runs alongside the runner to offer encouragement. This person can be a coach, a parent, a spectator or a teammate. This will result in immediate disqualification of any runner in question.
4. No runner may receive assistance from any person outside the course. No one may receive water or food during the race.
5. A runner in the race may not be touched by an official or spectator.
6. No one is permitted on the access road side of the finish line. If you must be on the road, you must be on the far side of all the vehicles.
7. No one is permitted in the woods except for the runners in the race and they marshals.
8. Let the starter do his job without suggestions and complaints from the spectators.
9. All spectators, parents and coaches must leave the starting line area when requested by the starter.
10. No child is to be approached while in the chute. All parents, friends, coaches and teammates should greet the runners after they have exited the chute area.
11. Results posted at the meet are unofficial. All official results will be posted on-line.
12. The meet director has the authority to stop the races at any point in time if coaches, spectators or parents are not abiding by the rules. The races can be resumed when the situation is corrected or the remainder of the races can be cancelled.
13. All are to conduct themselves in a Catholic Christian manner.

Section 11

Post Season Competition

The Philadelphia CYO participates in the national post season championships as a team under the name "Philadelphia CYO." Anyone who is listed on a CYO cross country roster is eligible to participate in the post season.

The CCCNYC regional qualifying meet will be hosted by the Philadelphia CYO XC this year. The date will be Sunday, November 8, 2015. The location the Plateau at Belmont. Anyone is eligible for this meet. The top three teams and the next 20 individuals will advance to the national championships in Lexington, Kentucky on November 21. The CYO will enter both teams and individuals in the regional meet. Those who qualify for the national meet will travel to the national meet and participate. All those representing Philadelphia CYO MUST stay together in one hotel at the national meet. A block of approximately 120 rooms will be reserved for the group. Travel arrangements will be up to the individuals.

In order to participate, a runner must do certain things:

- Tell your coach that you are interested in running the post season
- Purchase a red "Philadelphia CYO" cross country team t-shirt. These will be available at the champs for a cost of \$8 while supplies last. If more are needed, they will be ordered and will be available at the regional meet
- Complete an entry blank for the regional meet and return to your coach
- Complete an YES card application and return it to your coach
- Return all appropriate fees to your coach
- Give a photocopy of your birth certificate to your coach
- Declare your intentions for nationals.

Any runner who is interested in competing in the regional meet but not the national meet can represent Philadelphia CYO as an individual. They will not be part of a scoring team.

The coaches will select the teams at a meeting in late October or early November. The top four finishers from the champs will have the option of participating on the "A" team. The remainder of the "A" team will be completed from the list of best times. The next eight runners from the best times list who wish to participate will complete the "B" team. This process is continued until all runners who will commit to go to the national meet if they qualify have been placed on a team. We can enter as many teams as we wish. Once a runner is placed on a team, the only time he/she will be moved is if someone withdraws from the competition. No one will be moved down from a team. Anyone who decides they want to participate after the selection meeting will be asked to run as an individual unless there is an open spot on a team. It is imperative that all forms and fees be returned to your coach prior to the meeting in late October or early November.

DECLARE YOUR INTENTION FOR THE NATIONAL MEET!

Approximate costs:

Entry for regional meet – about \$15

YES card – about \$10?

Red CYO shirt (if you do not already have one or can borrow one) - \$8.00

Entry fee for national meet – approximately \$20.00

Transportation to Kentucky – depends on method of travel; approximately a 10 hour drive

Hotel at nationals – unknown at this time

Meals and souvenirs are extra, of course.

Good time to be had --- priceless.

Any questions, contact your coach. If he/she does not have the answers, email Mary Ellen Malloy at sunrisexc@aol.com or call 215-359-6199.

ALL ARE WELCOME!

2015 Philadelphia CYO CROSS COUNTRY PACKET
APPENDIX I – COURSE MAPS & ACKNOWLEDGEMENT OF
VOLUNTEER REQUIREMENTS

On the following pages are an overview and approximate maps of the 4 race courses. There is an error on the sub-novice course map which is noted and corrected in yellow.

- Appendix I - Page 21 – Overview
- Appendix I - Page 22 – Sub-Novice Course
- Appendix I - Page 23 – Novice Course
- Appendix I - Page 24 – Minor Course
- Appendix I - Page 25 – Cadet Course
- Appendix II – Page 26 - Acknowledgement of Volunteer Requirements

Philadelphia CYO
Belmont Plateau Overview



Philadelphia CYO Sub-Novice Course Map
2 km (~1.14 miles)

Suicide Hill

Parachute Hill

Map has an error on the route and distance see yellow line for correction

Runners keep the groups of trees to their left

Tree - kept on the runners' right

Concrete pole - kept on the runners' left

Marshall Position

Start

Finish

Marshall Position

Marshall Position

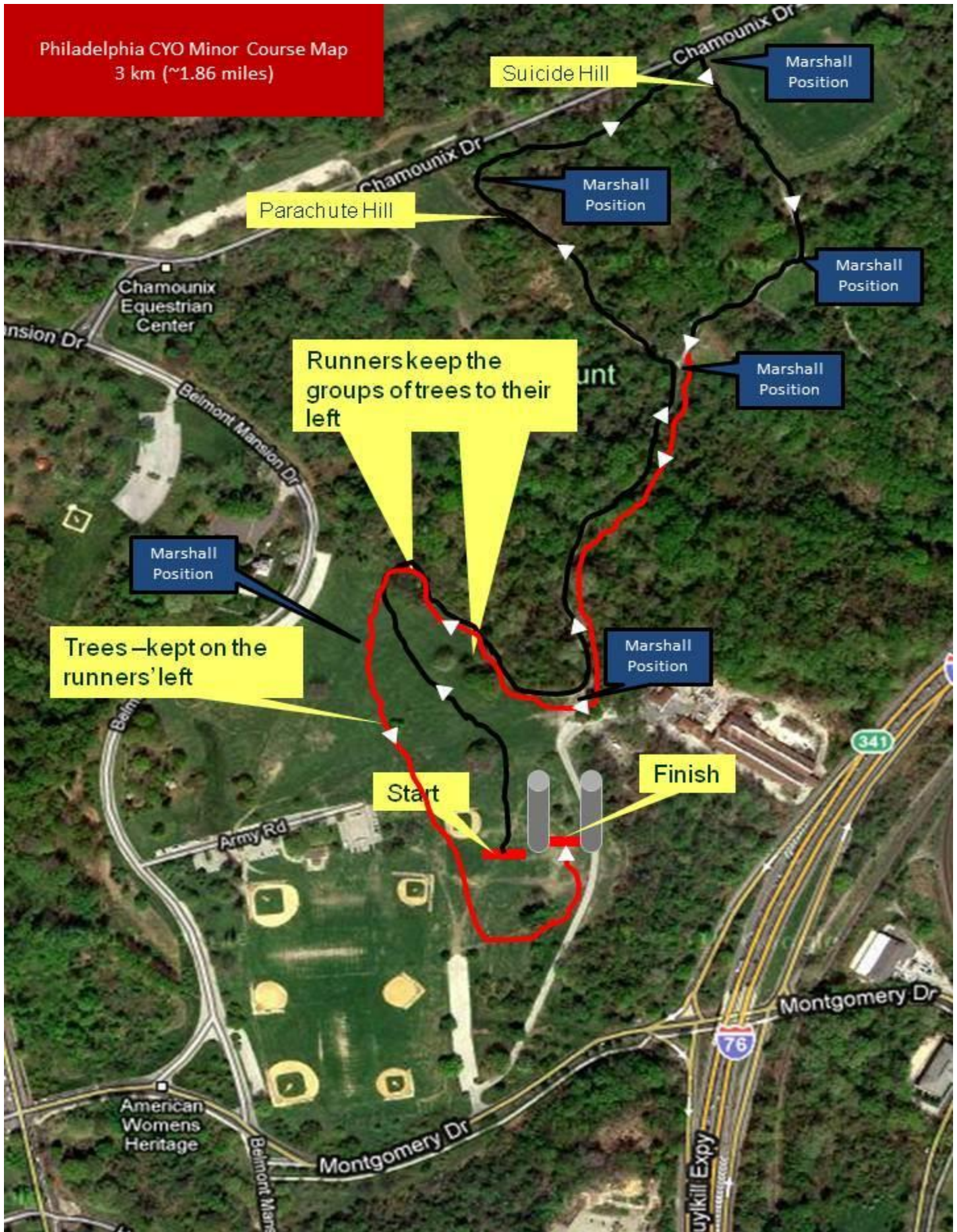
Marshall Position

Go around all trash cans and poles





Philadelphia CYO Minor Course Map
3 km (~1.86 miles)



PHILADELPHIA CYO CROSS COUNTRY 2015
ACKNOWLEDGEMENT OF VOLUNTEER REQUIREMENTS

I, _____, as the Coach of the _____ CYO
[Parish or School]

Cross Country team hereby ACKNOWLEDGE and AGREE that:

1. A CYO Cross Country meet requires the use of volunteers at various posts and/or locations, including but not limited to, course marshals, start and finish line personnel, starters and timers (collectively, “Volunteer Positions”).
2. My Parish or Team has committed, or may be asked upon request of the Meet Director, to supply individuals to serve in Volunteer Positions at various or all 2015 Philadelphia CYO Cross Country Meets.
3. My Parish or Team may supply persons over the age of 18 or high school students for a Volunteer Position. A high school student who has not yet attained the age of 18 may serve as a Volunteer without the need to comply with paragraphs (a)-(d) below. If, however, I supply an high school student or person for Volunteer Position who are 18 years of age or older, I am expressly representing to the Meet Director that such person
 - (a) has completed and received Pennsylvania Child Abuse History Clearance;
 - (b) has sought and received clearance under a Request for Criminal Record Check;
 - (c) has submitted an Arrest/Conviction Report and Certification form; and
 - (d) if such person has lived in the Commonwealth of Pennsylvania for less than 10 years, has submitted themselves to a fingerprint background check.
4. It is a violation of CYO rules and the CYO Code of Conduct for a person who is 18 years of age or older and who has not completed the forms referenced in paragraphs 3 (a) through (d) to serve as a Meet Volunteer. As a result, if my Parish or Team supplies a person for a Volunteer Position who has not received or submitted the appropriate forms and clearances set forth in Paragraph 3, I personally will be subject to the penalties for violation of the CYO Code of Conduct which could include but are not limited to, suspension, disqualification of my Parish or Team at or for a given or even all Cross Country Meets.

5. If my Parish or Team cannot provide a volunteer who is in compliance with Paragraph 3 above, I or other members of my coaching staff personally will fill such Volunteer Positions.

Dated: _____

Signature