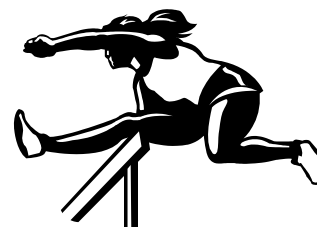


NASSAU COUNTY PUBLIC HIGH SCHOOL
ATHLETIC ASSOCIATION
SECTION VIII of NYSPHSAA, Inc.
BOYS & GIRLS SPRING TRACK & FIELD



**A Guide for Coaches
BOYS & GIRLS**

2013

JOINT SECTION VIII SPRING TRACK & FIELD COMMITTEES (voting members)

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Steve Josepher[East Meadow], Jamie San Filippo [Mac Arthur]

CONFERENCE 2: Mike Graham[Elmont], Bill Buith [New Hyde Park]
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CONFERENCE 3: Steve Honerkamp[Hewlett],
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CONFERENCE 4: Colbert Britt[Malverne], Louisa Garry [Friends Academy]

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EX-OFICIO MEMBERS Bob Beer [retired], Bob Baratta [retired]

RESULTS AND STATS Tony Toro [Just-in-time-racing.com]

Mens and Womens Officials Organization presidents

Modified Sport Coordinator

Executive Director: Nina Van Erk

Boys Coordinator: Bob Busch [Garden City]

Girls Coordinator: Ken Becker [Floral Park]

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SECTION VIII, NYSPHSAA BOYS & GIRLS
 SPRING TRACK 2013
 GENERAL INFORMATION

Again this year we have two classes in the State Meet, Div. 1 and Div. 2 - schools with an enrollment of 601 and up comprising Div.1. We are closer to returning to one class than moving to three classes. We can help financially by providing funds for the state meet in the form of ads. Not just our booster rate ads, but trying to secure corporate ads which are at a higher premium and can make our meet a more profitable event. Each of you can secure booster ads, and some may have contacts for corporate ads. **Ad forms are included in this guide....Each schools should be able to take a booster ad!**

At the section level we have three classes, AAA, AA, and A – which provide a more equitable breakdown of schools for championships. The State Qualifier is run as one meet, but with the two Divisions qualifying out of this meet.

SAFETY NOTES: Athletes, who are sick, injured, or miss practice for 5 consecutive days must be re-certified by the school nurse and might require a doctor's note. Every school has a form for this happening.

SECTION AND STATE LIGHTNING POLICY: At the first sign of lightning, or sound of thunder, the event must come to halt. Everyone should retire to their buses or a nearby building. The event may resume when there is no lightning or thunder for 30 minutes. Meet management will decide if the meet is to be postponed completely.

HEALTH, EMTS, AEDS: Coaches should familiarize themselves with signs of concussion, heat illness, and other symptoms related to the athletes health and welfare. At all quad meets the host school must have an AED at the track. Each school should be traveling with an AED. All Section VIII meets we may have a Trainer or EMT and the site AED. Division meets are the responsibility of the host school. The emergency protocol at each site must be made available-known to the visiting schools so that there is no delay in meeting the needs of an emergency situation.

OUR WEBSITE: www.trackconference.com contains all the information needed by each coach. This information is usually disseminated in a printed form to all schools. The new website is linked to our website and is interactive. It has been very popular in the preceding seasons. Coaches can input team and individual data and pictures. When you visit the site click on the advertisers that support this website. It is free to us!

PARTICIPATION LIMITS: Each athlete is limited to 15 competitions not counting the county, state qualifier, and state meet. **When an individual athlete reaches 15 meets he/she is done. If he/she exceeds 15 before the class counties the individual is ineligible for further competition.** Make sure you do not exceed the limitations before the county meet as there are severe consequences. ***This includes frosh, soph events/athletes.***

COACHING RESPONSIBILITIES: Coaches are in a key position to teach values, sportsmanship, and dealing with life's ups and downs – being a better human being. The coach as a role model should exemplify the desired traits one can gain through athletic competition. These values will stay with your athletes much longer than winning or losing, records – even championships. Be the “best” model you can be.+
 Winning coach should call Newsday with scores, highlights, for tri/quad meets. John Laderbach 631-843-2820
highschoolsports@newsday.com

Section policy requires schools to send an identifiable supervisor to away contests-Quads to St.Qualifier!

Have a good season....anyone on the committee is always willing to help if asked!

SECTION VIII, NYSPHSAA, INC. SPRING TRACK 2013

Ken Becker (Girls)

Bob Busch (Boys)

POINTS OF EMPHASIS IN 2013 SCHEDULE

For the past few years we have tried to avoid the crunch – too many meets in the end of the season - by moving some meets to the early season. This year our schedule takes into account the busy end of the season and without rainouts eliminates weeks with 4 days of meets – Monday-to-Friday.

INVITATIONALS: The handbook describes Invitationals as events that provide additional competition among league members outside of league schedules. These events usually have an entry fee which is designed to cover the costs of hosting the event. **Entry fees should be commensurate with costs so that the overall cost is shared by the participating schools.** In co-sponsored events, the costs are also shared by the co-sponsoring group which must submit a budget before the event to BOCES for approval.

Schools that host invitationals should avoid Saturdays in Heavily scheduled Section VIII weeks to avoid conflicts that arise from rainouts, and creates conflicts where none existed before. Event entries should state that the event is sponsored by your high school and enforces all NF, NYSPHAA, and SECTION VIII rules. **YOUR ENTRY MAY NOT SAY THAT THE MEET IS SANCTIONED BY SECTION VIII.**

If the meet is co-sponsored by any outside group, then a financial report must be supplied to BOCES before and after the event. Meets that require a sanction from NYSPHAA are described in the State Handbook and require advance notice. State rules declare that any event sponsored by a member school can be entered by any school that is a member of any other state league (PSAL, CHSAA, etc.) or any approved friend and neighbor school. Host schools should submit a copy of their entry to the coordinators so that BOCES is aware of the days of their event, and possibly get some feedback from the coordinators.

Violations of state rules can result in penalties for athletes, teams, or host schools.

Section VIII meets take precedence over all outside meets, which includes the officials assigned to these meets. Notifying BOCES of these events helps BOCES plan on assigning a balanced crew of officials for conflicting meets. All officials must be ordered through BOCES – Not through direct dealing with the Officials groups.

The success of these changes is based on the ability to run the early season meets, the weather, and site conflicts. With many more all-weather tracks in our section, the hosting responsibilities are at a minimum for each school.

A school approved coach must be with the team/individuals in order for the team/individuals to compete in all meets. The section coordinators provide the approved coaches for state meets for **the entire section team. The section pays for travel and lodging only!!**

BOYS & GIRLS SPRING TRACK 2013

Pole Vault

- 1- The Class County and State Qualifier will have the vault at the site. For all section 8 meets the vault will **start and score at 6’/8’**. The starting height at the County Meet will be determined as 6 inches below the last accepted seed.
- 2- The vault in quad meets will be held as in the past. The vault must be held before the day of the tri/quad. The when and where of the competition must be known by each team involved – well in advance so that everyone is aware of the event, scoring, etc. An official will sign the event sheet and it will be brought to the tri/quad meet. In no case can a vault count for more than one meet. (Saturday invitation vault can count for upcoming tri/quad meet if it is not part of the invitation PV and is allowed by the meet directors!
- 3- Private invitation meets can have stricter rules, but may not have more lenient rules. All PV competitions must comply with state and section formats, rules, and requirements. All variations must meet NF and Section rules.

High Jump

In tri/quad meets, the starting heights can be 3’9”/4’9” , then to 4’/5’ ...all heights scoring. This must be approved by the contesting schools. In all Section 8 meets the starting heights will be 4’/5’. The starting height at the County Meet will be 2” below the last accepted seed.

We have several schools that are willing to provide pole vault practice, help, etc. several times during the season. Cold Spring Harbor, Hewlett, and Farmingdale and anyone else willing. It is up to each host site to announce the days they will have available. All coaches will cooperate in the supervision of these events. Dates will be posted on the website when they become available.

State Meet Ads

Each school should try to produce an ad for the state meet program. From ¼ page up. Finances are important to ever getting an upgrade on our state meet format. Ad form is in the guide. [Send to Bob Baratta \[see ad.\]](#)

ALL SCHOOLS MUST COMPLETE THEIR LEAGUE MEET RESPONSIBILITIES AND SCHEDULE. IN TRI/QUAD MEETS, THE TEAM SCORE IS VALIDATED BY THE EFFORTS OF EACH OF THE COMPETING SQUADS. EACH SCHOOL SHOULD KEEP THEIR OWN ACCURATE RECORDS WINNING SCHOOL SHOULD CALL NEWSDAY WITH SCORE, HIGHLIGHTS, ETC.

OFFICIALS: All officials must be ordered through Boces, Jay or Grace. Whether you want one additional official for the pole vault, or 20 officials for an invitation, they must be ordered from Boces. Boces will ensure that they assign a starter, clerks, etc. to meet your needs and numbers. They use the ratings provided by the coordinators every season to determine key positions. Ordering by needs/positions enables them to assign from the pool. This has always been the rule but has been blatantly abused for several years now.

2013 - Boys and Girls Spring Track

The Boys and Girls schedules were made together...followed the Monday / Tuesday rotation...and have no site conflicts. Each year Monday / Tuesday is flip flopped to provide a balance for sites, officials, etc. ...and establish a rain procedure.

If it rains on Monday for cancellations the makeup day is Wednesday. Tuesday meets are run as scheduled. If it rains Tuesday the meet moves to Wednesday if Monday was NOT a rain day. If Monday was a rain day then Tuesday meets move to Thursday. This assigns priority to sites and officials. **This year there is no time set aside for make ups. AD's must decide the next available date for the reschedule...not the coaches. Coaches can have input with their Ads.**

Triangular meets usually are assigned 3 officials. Quadrangular meets usually are assigned 4 officials. **ALL COACHES** at a site **MUST** help in meet management.

The night's rest rule is... **one (1) nights rest** between meets with a maximum of **3 meets per week** -Monday – Saturday - this provides some added flexibility. .

Coaches who have athletes in conflicting events must teach them the legal method to compete in each event. No provisions are made in the rules or orders of events to deal with all double or triple conflicts. **Booklet page 8 #26**

The multi-school conference schedule decides a **Conference Champion**. This grouping provides competitive meets (in all events) for the development of younger athletes...and training / competition for the more experienced athletes. **All schools must complete their league requirements to maintain eligibility for the County and beyond meets.**

Divisional meets provide a one-shot opportunity for each school to compete for a **Championship** without the - outside group (like the old conference setup) team being a factor in the outcome. We have placed the Division Meets at one site to provide more officials...coaches / assistance - better spacing between events that are normal double-or-triple sequences - (boy-girl same division) 100-200-relay-etc....A division meet at the end of the Quad season is a fresh start - a new ball game.

Class County Championship provides school team and individual competition in classes A, AA, AAA. The State Qualifier provides overall individual representatives to participate in the state meet, and is the County Individual Championship.

State Meet is run as **Division 1 and Division 2** based on enrollment.

Each of us must do our best to promote Track and Field...Our total program... Sportsmanship... and the value of athletic competition. The best place to start is in our own buildings and programs.

The coaches association provides two awards for each school that the coach can award at their own school awards event. The coaches can dedicate the two awards any way that meets team needs. MVP, Most Improved, Highest Achiever,...etc...

The coaches association is a support organization for our Section VIII program. They provide many benefits and forms of assistance to the total program. Coaches are encouraged to take an active part in this support system. The coaches association has direct input to the Section VIII committee since every sport committee has one representative from the coaches association as a mandated voting member.

Section VIII Boys & Girls Spring Track Rules and Requirements

1. **National Federation rules govern B & G track.** These rules limit any competition to a maximum of three events. Each school may only enter THREE scoring competitors in any one event, and only ONE scoring team in a relay event.
2. Each athlete must have 10 practices, and the team must have had 10 days of practice before the first scrimmage. **It's 10 individual and 10 team practices before the first meet.** Each athlete is limited to 15 meets including frosh/soph meets plus sectional and state competition. **No athlete may compete in more than 3 events in any given meet except for the State Qualifier.** Athletes exceeding the 15 meet limit are ineligible for the rest of the season. **Make sure you keep accurate records... your opponents will know (Big Brother is watching).**
3. Each athlete **must compete in six meets** representing their school in order to be eligible for the Section VIII meet. Individuals from schools that do not have a team may win medals and go to the State Meet, but they may not score points toward Team totals. **These 6 meets must be verifiable and take place before the class county meets.**
4. **A COPY OF TEAM ROSTERS MUST BE SENT TO THE EXECUTIVE DIRECTOR'S OFFICE AT BOCES BEFORE THE FIRST MEET. IN ORDER THAT SECTION 8 NUMBERS CAN BE ASSIGNED FOR THE FIRST MEETS A COPY OF YOUR ROSTER MUST BE ENTERED WITH TONY TORO AT www.just-in-time-racing.com by FRIDAY 3/15. Email Tony Toro for your password (eltorotf@optonline.net). ROSTERS MUST BE UPDATED ESPECIALLY AS IT PERTAINS TO SELECTION AND CLASSIFICATION RUNNERS. REPORT NEW ATHLETES WHEN THEY FIRST COME OUT INSTEAD OF WAITING.**
5. **Mitchel Complex** requires everyone's cooperation. Buses must park as directed by site officials; coaches must direct their athletes to keep the site clean. Each team should bring a large plastic bag to use as a refuse bag to tie and dump off when leaving. Every team must cleanup under the bleachers (teams) and especially in the field event areas. No Boom Box radios, No glass bottles, only 1/4 inch spikes or smaller, **everyone off the track/field area** unless competing. This applies to all sites, including Quad meets, to retain sites that are willing to host meets.
6. Tights, body suits, tee shirts - same rule as relays - see book. Everyone **including shot & disc** must compete in a school-issued jersey and shorts. **SOLID COLOR TIGHTS ONLY! COMPETITOR'S NUMBER IS PART OF THE UNIFORM.**
7. No jewelry permitted **AT ALL!!** Includes watches, earrings, strings, ropes, **RELIGIOUS ITEMS MUST BE TAPED TO THE BODY AND NOT BE VISIBLE (INCLUDING CHAINS).** Check rulebook for specifics!!
8. All Star Awards are earned solely by performance-without exception! The first 3 finishers in each division meet will be designated "**All-Division**". **Class All-County**" selections will be 1st, 2nd, & 3rd in the Class County Meets. Only the 1st place relay in the division and class county meet make All-Division /All-County.
9. There is "**NO**" outside competition rule in Section VIII. Athletes can run road races, etc. without sanction. However, running in "**OPEN**" competition must follow the State Handbook, **Read it.** There is a one year penalty involved.
10. **Athletes who require inhalers during competition MUST have a Doctor's note** with them at **EVERY** meet. Coaches must carry a copy of this note with them to protect the athlete. Each coach must provide the coordinators with a list of any athletes on their team who have special needs, supply a doctors note where applicable, and notify meet management prior to meets.
11. **Every athlete must run, compete, with his/her competitor's number** pinned on the game jersey front for events. Each athlete should keep pins and number for each Section 8 meet. **PLEASE DO NOT USE WEAK SUBSTITUTE NUMBERS.** NUMBERS HELP SPEED UP MEET MANAGEMENT. IT WOULD ALSO HELP IF EACH COMPETITOR KNEW HIS RACE NUMBER. USE OF NUMBERS FACILITATES COMPILING RESULTS AND RANKINGS, AND ASSISTS OFFICIALS .

(11 continued) NUMBERS WILL BE AVAILABLE FOR EACH SCHOOL AT THE FIRST MEET. PLEASE BRING PINS. NUMBERS ARE REQUIRED FOR ALL SECTION VIII MEETS INCLUDING QUADS. SUBSTITUTE NUMBERS MUST MATCH ORIGINALS...AND SECURED WITH 4 PINS. AT THE MEETS RUN BY THE SECTION, **SUBSTITUTE NUMBERS MUST BE PICKED UP BEFORE THE MEET STARTS**. AT ALL TIMES, IF A NUMBER IS NOT READABLE THE OFFICIALS CAN DQ THAT ATHLETE. MAKE SURE OF YOUR NUMBER SITUATION BEFORE YOU BOARD THE BUS. (ENTRY AND 3X5 CARDS ALSO)

RUNNING WITHOUT A NUMBER, WITH THE WRONG NUMBER OR WITH A "WEAK" REPLACEMENT NUMBER VIOLATES THE UNIFORM RULE AND IS THEREFORE GROUNDS FOR DISQUALIFICATION!!

12. Open seeding meetings are held for Class County and State Qualifier meets. The quotas follow Section VIII post season rules. The state qualifier meeting is held immediately after the completion of the class county meet. *****SEEDING MEETING IS ...Thursday MAY 16th... 7PM – at MacArthur H.S. (If seeds are done online the cut off date for entries is Thursday May 16th. Meeting Monday May 20th 7pm)**
13. **Coaches must be knowledgeable about all rules**...N.F.....Sec. 8.....State Meet rules....and NOT confuse them with private invitational rules. Local requirements as in #4 of the section guide become part of rules that can lead to disqualification...even cleanup...athletes/coaches in infield/track/field event areas appropriately...spikes, radios, and especially unsportsmanlike behavior. **Reminder:** a DQ for unsportsmanlike acts require that the athlete/coach also is disqualified for the next league match, and the incident is reported to the A.D. and Section VIII.
14. **Notable Rules:**
- Jewelry - An athlete seen with jewelry will receive a warning; the coach will be notified. If he/she receives a second warning for having jewelry; he/she is disqualified immediately. Each athlete is a separate case.
 - Bobby pins, barrettes and clips less than 2 inches are now legal.
 - Knee braces are allowed.
 - Casts/braces: official will determine if padding is sufficient to compete.
 - Pole vault: If a vaulter passes three (3) consecutive heights and has not taken any attempts, they will be granted a 2 minute warm-up. Please be advised that if more than one vaulter enters after passing EACH is granted the 2 minute warm-up. If an attempt at a height has been taken no 2nd warm up is granted. Rule book page 61 #7.16
 - Meet director is meet management and will take care of non-sport issues
 - Medical bracelet: No need to tape rubber, plastic or cloth bracelets.
 - Medical chains: chain must be taped down with the alert revealed.
 - Vertical Jumps: When only one jumper remains and he/she has already won the competition, he/she may determine the next height.
 - Field Events: Officials can change the order of events for trials if athletes need to leave for another event.
15. **The pole vault has special safety rules and requirements.** They are listed on Quad Guide **page 9 and 10**
16. Every coach must have accurate attendance records, and results of all meets - especially Quads including names (or numbers) and performances. **Several times each year this information has been necessary to verify eligibility - settle protests - even be available for a court case.** You can't rely on other coaches opponents) to provide info to meet your legal and ethical needs.
17. **SPORTSMANSHIP:** "The NYSPHSAA requires Officials to enforce all Rules regarding unsportsmanlike conduct by coaches and players. There will be no tolerance for negative statements or actions between opposing players. Especially trash- talking, taunting, or baiting of opponents. If such comments are heard, a penalty will be assessed immediately. **We have been instructed not to issue warnings during the contest.** It is strongly suggested that you remind your participants of this policy." This also applies to coaches!

18. **Section VIII meets take preference over outside competitions.** Schools hosting invitational meets should try not to schedule their meets on days prior to or day after Section 8 meets.
19. There is no built in makeup dates set up for rainouts. Use the next available date. **DO NOT** be too anxious about canceling early season meets because the weather may be slightly unfavorable. Only cancel if conditions cause dangerous situations.
20. Coaches should **NOT** advise or coach other school's athletes without permission of that athlete's coach.
21. TIMES OR DISTANCES ACHIEVED IN LEAGUE MEETS MAY BE USED FOR SEED PURPOSES. IT IS THE HOST SCHOOL'S RESPONSIBILITY TO RECORD **IN INK** ANY POTENTIAL SEEDS (MEETING STANDARDS LISTED ON PAGE 10) FROM THE MEET AND **EACH COACH MUST SIGN**. THE HOST SCHOOL IS THEN RESPONSIBLE FOR BRINGING THE SHEET TO THE SEED MEETING SO IT CAN BE USED FOR VERIFICATION IF NEEDED. ** an individual coach may keep his/her own sheet, but must have ALL coaches. In league meets jumps/throws may count if **signatures of two coaches** for verification. **Results MUST be posted on the website prior to the Divisional Meets.**
22. **Electronic devices such as walkie-talkies, ipods, cell phones, cameras, etc. may not be used by coaches, athletes, or spectators during the meet in any competition area including clerking areas or while waiting to be called for a field event..**
23. All photography must be done from spectator areas. Official school photographers must have an ID and a note from the school stating that they are the yearbook photographer or official school photographer. Coaches, athletes, and parents taking pictures are also limited to the spectator areas.
24. Media:
- MSG Varsity TV Contract: The Section 8 contract is for Counties and State Q's only.
 - MSG Varsity: News Clips are OK. Featured stories can only be at playoffs.
 - State Meet Journal: wherenow.nysphsaa@gmail.com
 - Coaches can submit bios and pictures of past State Meet athletes to be included in a new feature spotlighting past champions/participants.
 - Coaches should not be talking on any online blogs or forums.
 - Newsday –report results and highlights to Jordan Lauterbach 631-843-2820
jason.lauterbach@newsday.com
25. Section 8 athletes must comply with all section 8 rules while competing in meets out of state or hosted by other leagues such as the CHSAA, PSAL ...etc.
26. **The time limit for competitors excused to compete in another event is 10 minutes.** The competitor shall inform the official of his/her need to leave and it shall be noted. If the athlete does not return in time for the next attempt it shall be marked as a miss. The athlete may request to take consecutive attempts in the long, triple, shot or discus. In the high jump and pole vault if the bar is raised the competitor must come in at the new height.

2013 Guide for Quad, Tri, and Dual Meets

1. Meets will be Dual - Triangular or Quadrangular. Dual meets will be scored 5-3-1 with relays 5-0. Triangular scored 5-3-2-1 with relays 5-3. Quadrangular meets score 6-4-3-2-1 with relays 6-4-2. **All meets will be Rule Book scoring.** If a team doesn't show for a meet the scoring is based on the number of competing teams at the meet.
 2. Each school may enter 3 scorers in each event - additional entrants shall be non-scorers. Each school will submit 3x5 cards with names of entrants for each event. These cards will be submitted prior to each event, if the majority of coaches agree to this otherwise scorers can be verbally declared.
 3. **The starter will act as referee...One finish judge will act as Games Committee along with the head coach from each school and they will adjust heats and sections where necessary.** The host coach is the site director!
 4. Each meet should have 3 or 4 officials except for Duals which shall have 2. One Starter and the others will be Finish Judges, Inspectors, Marshals and Head Field Judge. See Pole Vault rules.
 5. **Each school will help run at least one field event (coach, supervisor). In any field event, if a verifiable performance is anticipated, try to work out that the official be at the event before the attempt is taken. This may not always be possible unless full complement of officials is assigned.**
 6. **Duties of the meet should be shared by each school.** Home school can pre-organize the meet and assign tasks. I.E. - scoring copies by school #1, timing by school #2, hurdles by school #3, etc. These meets can become routine with some effort on the part of every coach. Students can be helpful in these situations. The school working an event must complete their assignment before leaving if they decide to leave prior to the end of the meet.
 7. **100m/200m – 2 seeded scoring heats to be run before nonscorers. The 100 may require semis and a final. Heats should be set up by seed times. NOT one from each school.. The 3 scorers must be designated prior to race. Coaches will assist officials in timing. Games committee will decide before the meet on meet management and designate timing assignments to the coaches.**
- HURDLES** – Schools will have to bring hurdles in some instances. It is desirable to have at least 1 flight for each school. No less than 3 lanes in high hurdles and in Intermediate Hurdles. 3 designated scorers.
- 400m** – seeded heats by coaches with 3 designated scorers.
- 800m** – One seeded heat, scorers only. 3 designated scorers. Non scorers in second heat if numbers require it.
- 1500m/1600m** – 2 heats if necessary - scoring/ non-scoring or all on time. Designate the 3 scorers.
- 3000m/3200m** – one heat - lapped runners stay at pole.
- LONG JUMP/TRIPLE JUMP/SHOT/DISCUS** – 3 throws (jumps), all scorers first, followed by non-scorers
- HIGH JUMP** – Starting height – For ALL MEETS - coaches may determine the starting heights. (BEGINNING AT 3' 9"- girls and 4' 9" - boys). FOR THE COUNTY MEET – 2" LOWER THAN LAST SEED.
- POLE VAULT** – The starting and scoring heights for the season will be 6' {girls} and 8' {boys}. [see page 4]
- STEEPLECHASE** –to be run at the Frosh/Soph Meets. Possible clinics for additional performances. **These participations count as a meet.**
8. **Field events start simultaneously with running events**
 9. Relays **should** be the final events in ALL meets. Field events should be moved along to finish before relays begin.
 10. **Signing in = participation** - once event starts - **NO more entrants.**
 11. Schools must check with Host School re: pole vault, track rules (spikes, etc.)
 12. If the pole vault is contested at the site as part of the scheduled meet then **one additional official must run the event.** (BOCES will assign 4 officials) All rules regarding vaulters and their poles, maximum hand height on pole, marking of pole, pole weight rating, vaulters weight, and new pole vault waiver card **must be enforced. Opponents must be notified at least two (2) days in advance.**
 13. The waiver card must be presented at each and every meet the vaulter takes part in. **If the vault is to be contested at another site, or another date, BOCES must be notified and another official must be assigned. No official -- means no event. This is a national and N.Y. State Rule.**

DUAL, TRI, AND QUAD ORDER

400 I.H.
 (100M semi if necessary)
 1600/1500M
 100M
 400M
 110/100M HIGHHURDLE
 800M
 200M
 3200/3000M
 TEN MINUTE BREAK
 4 x 400M RELAY
 4 x 100M RELAY
 4 x 800M RELAY

DIVISION MEET ORDER

400 I.H.
 100M
 1600/1500M
 100M
 400M
 110/100M HIGHHURDLE
 800M
 3200/3000M
 200M
 TEN MINUTE BREAK
 4 x 800M RELAY
 4 x 100M RELAY
 4 x 400M RELAY

FINAL
 SEMI
 FINAL
 FINAL
 FINAL
 FINAL
 FINAL
 FINAL
 FINAL
 optional
 FINAL
 FINAL
 FINAL

FROSH/SOPH ORDER

3K/2K Steeplechase(no open) FINAL
 400 I.H. FINAL
 1600/1500M FINAL
 100M SEMI
 100M FINAL
 400M FINAL
 110/100M HIGH HURDLE FINAL
 800M FINAL
 3200/3000M FINAL
 200M FINAL

**NO RELAYS AT THIS MEET –
 ALL INDIVIDUAL EVENTS
 STEEPLE AND 400IH MAY
 RUN SIMULTANEOUSLY**

***F /S MEET IS A TWO EVENT PER ATHLETE
 MEET, RUN IN CLASS A AND CLASS B
 DIVISIONS (Steeple is Frosh/Soph counts as one
 event)***

SHOT/DISCUS {4 throws, jumps, * sites with only one
 LONG./TRIPLE JUMP runway or throwing area will only have 3 throws,
 HIGH JUMP jumps, NON SCORERS last if time permits. 2 or 3
 POLE VAULT trials} if no PV at site it must be done prior to Div.
 Meet

ALL FIELD EVENTS START AT THE
 BEGINNING OF THE MEET. RELAYS
 SHOULD BE LAST.

DUALS, TRIS, QUADS, DIVISION MEET,
 CLASS COUNTY MEET, STATE QUALIFIER,
 FOLLOW RULE BOOK FOR ENTRY AND
 PARTICIPATION LIMITS AND RULES.

**PENTATHLON
 EVENTS**

(B)110HH
 (G)100HH
 HIGH JUMP
 LONG JUMP
 SHOT PUT
 (B)1600M
 (G)800M

Only 3 athletes as scorers per event, only 6 names
 for a relay, a relay listing counts as an event, each
 athlete's name appears only 3 times. This is true of
 most big meets.

NON SCORING PARTICIPATION ALLOWED
 IN DIVISION MEET, BUT NOT AT THE NEXT
 LEVELS.

**Coaches MUST hand in an entry to the Meet
 Director prior to the START of the meet... or
 immediately upon arrival if you arrive late**

RULES FOR QUALIFICATION FOR THE COUNTY AND STATE MEET FOR BOYS AND GIRLS ALIKE

First place in each event for each class (I & II) automatically qualifies for the state meet. **One other qualifier is permitted from both classes if they meet the standard.** {See page 11} Therefore there may be a total of 4 participants per event maximum. **The standard may be met in any meet from the Penn Relays on (must be verifiable) for qualifying and seeds. Competitors for the Steeplechase must have a seed time in order to be entered [NO dry steeplechase times will be accepted].**

REMINDER: USUALLY OUR TRACK ATHLETES HAVE HAD GOOD INTERSQUAD RELATIONSHIPS, SHOW GOOD SPORTSMANSHIP, AND A TRADITIONAL COMRADERIE BETWEEN TEAMS WHICH HAS BEEN UNIVERSAL TO TRACK AND FIELD. IT IS HOPED THAT THIS ASPECT OF COMPETITION AND COOPERATION IS EXEMPLIFIED THIS YEAR WHEN MANY EYES ARE ON THE SPORT ARENA IN REGARD TO THE REAL VALUE OF ATHLETIC COMPETITION.

The *pentathlon* is only contested in the state qualifier meet. **[ENTRY MUST BE TOEALED IN POINTS IF NOT COMPETED IN AN INVITATIONAL OR IT WILL BE REJECTED]**

NYSPHSAA/FEDERATION BOYS & GIRLS SPRING TRACK
APPROVED STANDARDS FOR THE SECOND QUALIFIER FOR
THE 2013 SEASON

EACH SECTION MUST DESIGNATE THEIR STATE QUALIFIER MEET.

FIRST PLACE FINISHER IN EACH INDIVIDUAL EVENT AND RELAY FROM THE FOLLOWING DIVISIONS WILL ADVANCE TO THE STATE MEET: ***DIVISION I AND DIVISION II.***

A SECTION MAY SEND ANOTHER ATHLETE OR RELAY TEAM IN ANY EVENT PROVIDING THEY MEET THE FOLLOWING STANDARDS. A SECTION CAN SEND ONE ADDITIONAL ENTRY FOR EACH EVENT IN EACH DIVISION, PROVIDING THEY BOTH MEET THE STANDARD LISTED BELOW. THE STANDARD MUST BE MET AT ANY INVITATIONAL OR CHAMPIONSHIP MEET STARTING THE LAST WEEKEND IN APRIL. ANY ADDITIONAL QUALIFIER MUST COMPETE IN THE STATE QUALS MEET IN THAT EVENT!! ***SEED TIMES MAY COME FROM ANY OF THESE MEETS STARTING THE LAST WEEKEND IN APRIL.***

| <u>EVENT</u> | <u>BOYS D1</u> | <u>BOYS D2</u> | <u>GIRLS D1</u> | <u>GIRLS D2</u> |
|-----------------------|-----------------------|-----------------------|------------------------|------------------------|
| 100M DASH | 11.0/11.24 | 11.2 / 11.44 | 12.5 / 12.74 | 12.8 / 13.04 |
| 200M DASH | 22.2 / 22.44 | 22.7 / 22.94 | 25.4 / 25.64 | 26.4 / 26.64 |
| 400M DASH | 49.4 / 49.64 | 50.1 / 50.34 | 57.4 / 57.64 | 58.3 / 58.54 |
| 800M RUN | 1:55.0/ 1:55.24 | 1:57.9 / 1:58.14 | 2:14.9 / 2:15.14 | 2:17.8 / 2:18.04 |
| 1600/1500M RUN | 4:16.5/ 4:16.74 | 4:23.1 / 4:23.34 | 4:36.9 / 4:37.14 | 4:46.3 / 4:46.54 |
| 3200/3000M RUN | 9:20.5/ 9:20.74 | 9:31.8 / 9:32.04 | 10:03.0/ 10:03.24 | 10:21.7/ 10:21.94 |
| STEEPLECHASE | 9:42.0/ 9:42.24 | 9:52.3 / 9:52.54 | 7:05.3 / 7:05.54 | 7:20.9/ 7:21.14 |
| HIGH HURDLES | 14.9 / 15.14 | 15.6 / 15.84 | 15.5 / 15.74 | 16.3 / 16.54 |
| 400M HURDLES | 55.5/ 55.74 | 56.8 / 57.04 | 63.4/ 63.64 | 66.5/ 66.74 |
| LONG JUMP | 21' 11" | 21' 04" | 17' 05" | 17' 00" |
| TRIPLE JUMP | 45' 11" | 43' 11" | 37' 03" | 36' 03" |
| SHOT PUT | 51' 02" | 49' 05" | 38' 03" | 35' 07" |
| DISCUS | 150' 02" | 143' 01" | 116' 01" | 106' 05" |
| HIGH JUMP | 6' 03" | 6' 00" | 5' 03" | 5' 00" |
| POLE VAULT | 13' 09" | 12' 09" | 10' 06" | 10' 00" |
| PENTATHLON | 3160 PTS. | 3000 PTS. | 2920 PTS. | 2620 PTS. |
| 400M RELAY | 42.8 / 43.04 | 44.0 / 44.24 | 49.0 / 49.24 | 50.5/ 50.74 |
| 1600M RELAY | 3:21.7/ 3:21.94 | 3:28.5 / 3:28.74 | 3:56.6/ 3:56.84 | 4:05.9/ 4:06.14 |
| 3200M RELAY | 7:52.8/ 7:53.04 | 8:05.7 / 8:05.94 | 9:15.1 / 9:15.34 | 9:39.5 / 9:39.74 |

(FIRST TIME LISTED IN EACH COLUMN IS HAND TIMED, SECOND TIME LISTED IS FULLY AUTOMATIC TIMING. STANDARD HYTEK CONVERSION OF .24 WAS USED FOR ALL RUNNING EVENTS.)

THESE STANDARDS REPRESENT THE AVERAGE OF 6TH PLACE IN THE FINALS FROM 2008 THROUGH 2012
ACCEPTED 9/9/12

SECTION VIII, NYSPHSAA, BOYS & GIRLS SPRING TRACK
DIVISION I and II STATE QUALIFIER MEET May 28/29 at FREEPORT HS
DAY ONE Running 4:30 PM, GIRLS/BOYS

| EVENT | QUOTAS* | FIELD | QUOTAS |
|--------------|----------------|--------------------|---------------|
| Pent HH | G 12 | PV G @ 4pm | 12 |
| Semi HH | G 18 | B to follow | |
| Pent HH | B 12 | TJ B & G | 12 |
| Semi HH | B 18 | | |
| 100 Semi | G/B 18 | Discus B/G | 12 |
| 800 Final | G/B 18 | | |
| 200 Semi | G/B 18 | <u>PENTATHALON</u> | |
| 3000 Final | G 18 | HJ G/B | |
| 3200 Final | B 18 | SP B/G | |

<Optional Break>

| | |
|--------------|--------|
| 4 X 100 Semi | G/B 18 |
| 4 X 400 Semi | G/B 18 |

DAY TWO 4:30 PM, GIRLS/BOYS

| | | |
|--------------------|--------------|---|
| HH Final | G/B | <u>PENTATHALON</u> |
| 100 Final | G/B | LJ G & B |
| 2000 Stpl | G 18 | |
| 3000 Stpl | B 18 | |
| 1500 Final | G 18 | <u>FIELD</u> |
| 1600 Final | B 18 | LJ G & B follows Pent LJ |
| 400 int H | G/B 18 | Shot B/G |
| 400 Final | G/B | HJ B & G, two pits |
| 200 Final | G/B | <u>All field, 3 trials, 4 to finals(3 final attempts)</u> |
| >> Pentathlon 800 | G – if ready | minimum of 3 to final for each division |
| >> Pentathlon 1500 | B – if ready | |

<Optional Break>

| | |
|---------------|--------|
| 4 X 800 Final | G/B 14 |
| 4 X 100 Final | G/B |
| 4 X 400 Final | G/B |

*QUOTAS CAN BE INCREASED BECAUSE OF A SEPARATE “EXTRA” QUALIFIER STANDARD FOR DIVISION 2 ATHLETES.. COACHES MUST EMPHASIZE ATHLETES COMPETING AS ENTERED. SCRATCHES MUST BE MINIMIZED. HSAA CAN RULE ON DIFFERENT SCRATCH RULE. Separate standard will possibly create Div. 2 final on the second day without a semi on day one or a final on day one. This is more likely in sprint type events, less likely in distance type events. The biggest factor will be the number of entrants. This plus the 4 events per athlete will impact our meet.

Quotas will include best of Big School and Small School State Classes. (Div – 1, Div – 2).

Clerking will be selective (provides Div – 2 Final) as in the past. This order is close to the state meet order – Girls/Boys as in the state meet. Reminder. *Conferences 1,2,3 and West Hempstead, Island Trees, Seaford and VS North from Conference 4 are Div – 1 State Classification Conference 4 [Mineola through Friends Academy] are Div – 2 State Classification*

Entries are due by the relays (relays can be updated) of the Class County Meet, 3 X 5 cards AND ENTRY FORM. No estimates or provisional entries. Athletes may be entered in four (4) EVENTS FOR THIS MEET. Athletes should only be entered in events that they intend to compete in, both in this meet and the State Meet – if they qualify. Qualifying standards and procedures are in the coaches guide booklet. The Pentathlon counts as four events and is their only event. Points must be totaled on card SEEDS MUST BE IN THE DATABASE!!! If seeds are challenged and cannot be found they cannot be accepted! If entries are online the cut off date is Thursday May 23rd with a meeting on Monday May 27th.

ALL STATE MEET INFO WILL BE ON THE SECTION VIII WEBSITE.

**NEW YORK STATE PUBLIC HIGH SCHOOL
STATE TRACK & FIELD CHAMPIONSHIPS
MIDDLETOWN HIGH SCHOOL - MIDDLETOWN, NY**

*TIMES ARE APPROXIMATE - EVENTS MAY MOVE AHEAD UP TO 30 MINUTES

FRIDAY JUNE 07, 2013

ORDER OF EVENTS

| TRACK | | | | FIELD | | | |
|--------------|--|---|-----------------------------|--------------|----------------|---|----------------|
| | Div I - Large | | | 11:30 | POLE VAULT | B | CHAMP F |
| | Div II - Small | | | 12:30 | TRIPLE JUMP | B | I CLASS FINAL |
| | | | | | TRIPLE JUMP | B | II CLASS FINAL |
| 12:30 | Pent. 110 HH-1 | B | CHAMP F <i>lower seeds</i> | 12:30 | DISCUS | G | I CLASS FINAL |
| | Pent. 100 HH-1 | G | CHAMP F <i>lower seeds</i> | 12:30 | SHOT PUT | B | I CLASS FINAL |
| | | | | 2:00 | DISCUS | G | II CLASS FINAL |
| | | | | 2:00 | SHOT PUT | B | II CLASS FINAL |
| | | | | 2:00 | TRIPLE JUMP | G | I CLASS FINAL |
| | | | | | TRIPLE JUMP | G | II CLASS FINAL |
| | <i>OPENING CEREMONIES INCLUDING SPORTSMANSHIP</i> | | | | | | |
| | <i>AWARD WINNERS</i> | | | | | | |
| 1:30 | 110HH | B | II T | | | | |
| | 110HH | B | I T | | | | |
| 1:40 | 100H | G | II T | | | | |
| | 100H | G | I T | 1:15 | PENT.HIGH JP1 | G | CHAMP F |
| 1:50 | 100M | B | II T | | PENT.HIGH JP1 | B | CHAMP F |
| | 100M | B | I T | | | | |
| | 100M | G | II T | | | | |
| | 100M | G | I T | 3:00 | POLE VAULT | G | CHAMP F |
| 2:10 | Pent. 100 HH-2 | G | CHAMP F <i>higher seeds</i> | | | | |
| | Pent. 110 HH-2 | B | CHAMP F <i>higher seeds</i> | | | | |
| 2:30 | 400M | B | II CLASS FINAL | 3:30 | DISCUS | B | I CLASS FINAL |
| | 400M | B | I CLASS FINAL | 5:00 | DISCUS | B | II CLASS FINAL |
| | 400M | G | II CLASS FINAL | | | | |
| | 400M | G | I CLASS FINAL | 4:00 | LONG JUMP | B | I CLASS FINAL |
| 3:00 | 800M | B | CHAMP F | | LONG JUMP | B | II CLASS FINAL |
| | 800M | G | CHAMP F | | | | |
| 3:30 | 200M | B | II T | | | | |
| | 200M | B | I T | | | | |
| | 200M | G | II T | | | | |
| | 200M | G | I T | | | | |
| 3:50 | 400 INTER H | B | II CLASS FINAL | 3:15 | PENT.SHOT-1 | G | CHAMP F |
| | 400 INTER H | B | I CLASS FINAL | 3:45 | PENT.SHOT-1 | B | CHAMP F |
| | 400 INTER H | G | II CLASS FINAL | 3:00 | PENT.HIGH JP-2 | B | CHAMP F |
| | 400 INTER H | G | I CLASS FINAL | 3:15 | PENT.HIGH JP-2 | G | CHAMP F |
| 4:20 | 4X100 RELAY | B | II CLASS FINAL | | | | |
| | 4X100 RELAY | B | I CLASS FINAL | | | | |
| | 4X100 RELAY | G | II CLASS FINAL | | | | |
| | 4X100 RELAY | G | I CLASS FINAL | | | | |
| 4:50 | 4X400 RELAY | B | II CLASS FINAL | 5:30 | LONG JUMP | G | I CLASS FINAL |
| | 4X400 RELAY | B | I CLASS FINAL | | LONG JUMP | G | II CLASS FINAL |
| | 4X400 RELAY | G | II CLASS FINAL | | | | |
| | 4X400 RELAY | G | I CLASS FINAL | | | | |
| 5:40 | 3200 M | B | CHAMP F | 5:00 | PENT.SHOT-2 | B | CHAMP F |
| | 3200 M | B | CHAMP F | 5:30 | PENT.SHOT-2 | G | CHAMP F |
| | 3000M | G | CHAMP F | | | | |
| | 3000M | G | CHAMP F | | | | |

**NEW YORK STATE PUBLIC HIGH SCHOOL
STATE TRACK & FIELD CHAMPIONSHIPS
MIDDLETOWN HIGH SCHOOL - MIDDLETOWN+A12, NEW YORK**

*TIMES ARE APPROXIMATE - EVENTS MAY MOVE AHEAD UP TO 30 MINUTES

**SATURDAY JUNE 08,
2013**

ORDER OF EVENTS

TRACK

| | | | | |
|-------|---------------|---|-------|-------------|
| 10:00 | 3000M STEEPLE | B | CHAMP | F |
| | 200M STEEPLE | G | CHAMP | F |
| 11:00 | 100M | B | II | CLASS FINAL |
| | 100M | B | I | CLASS FINAL |
| | 100M | G | II | CLASS FINAL |
| | 100M | G | I | CLASS FINAL |
| 11:25 | 1600M | B | CHAMP | F |
| | 1500M | G | CHAMP | F |
| 12:00 | 110H | B | II | CLASS FINAL |
| | 110H | B | I | CLASS FINAL |
| | 100H | G | II | CLASS FINAL |
| | 100H | G | I | CLASS FINAL |
| 12:25 | 200M | B | II | CLASS FINAL |
| | 200M | B | I | CLASS FINAL |
| | 200M | G | II | CLASS FINAL |
| | 200M | G | I | CLASS FINAL |

FIELD

| | | | | |
|-------|-----------------|---|-------|-------------|
| 10:00 | SHOT PUT | G | I | CLASS FINAL |
| 11:30 | SHOT PUT | G | II | CLASS FINAL |
| 10:00 | HIGH JUMP | B | CHAMP | F |
| 10:00 | PENT.LONG JP-1 | B | CHAMP | F |
| | PENT.LONG JP-2 | B | CHAMP | F |
| 11:00 | PENT.LONG JP-1 | G | CHAMP | F |
| | PENT. LONG JP-2 | G | CHAMP | F |
| 11:30 | HIGH JUMP | G | CHAMP | F |
| 1:15 | LONG JUMP | B | CHAMP | F |
| | LONG JUMP | G | CHAMP | F |
| | SHOT PUT | G | CHAMP | F |
| | DISCUS | B | CHAMP | F |
| 2:30 | TRIPLE JUMP | B | CHAMP | F |
| | TRIPLE JUMP | G | CHAMP | F |
| | DISCUS | G | CHAMP | F |
| | SHOT PUT | B | CHAMP | F |

BREAK 12:35 - 12:45

| | | | | |
|-------|--------------|---|-------|---|
| 12:45 | PENT. 1500-1 | B | CHAMP | F |
| | PENT. 1500-1 | B | CHAMP | F |
| 1:15 | 110HH | B | CHAMP | F |
| | 100HH | G | CHAMP | F |
| 1:25 | 100M | B | CHAMP | F |
| | 100M | G | CHAMP | F |
| 1:35 | PENT. 800-1 | G | CHAMP | F |
| | PENT. 800-1 | G | CHAMP | F |
| 1:50 | 400M | B | CHAMP | F |
| | 400M | G | CHAMP | F |
| 2:00 | 400 INTER H | B | CHAMP | F |
| | 400 INTER H | G | CHAMP | F |
| 2:10 | 200M | B | CHAMP | F |
| | 200M | G | CHAMP | F |
| 2:20 | 4X800 RELAY | B | CHAMP | F |
| | 4X800 RELAY | G | CHAMP | F |
| 3:20 | 4X100 RELAY | B | CHAMP | F |
| | 4X100 RELAY | G | CHAMP | F |
| 3:30 | 4X400 RELAY | B | CHAMP | F |
| | 4X400 RELAY | G | CHAMP | F |

BOYS AND GIRLS SPRING TRACK AND FIELD 2013(ACCEPTED)
{ UNDERLINED SCHOOLS =POLE VAULT FACILITIES / HIGHLIGHTED = DIVISION MEET }

CONFERENCE 1

| | | | |
|-----------------------------|-----------------------------|---------------------------|---------------------------|
| DIVISION 1-A | | DIVISION 1-B | |
| 1. <u>MASSAPEQUA</u> (AAA) | 2. HICKSVILLE (AAA) | 3. <u>SYOSSET</u> (AAA) | 4. BALDWIN (AAA) |
| 5. <u>FREEPORT</u> (AAA) | 6. <u>EAST MEADOW</u> (AAA) | 7. <u>UNIONDALE</u> (AAA) | 8. <u>PLAIN-JFK</u> (AAA) |
| 9. <u>FARMINGDALE</u> (AAA) | 10. <u>PORT WASH</u> (AAA) | 11. OCEANSIDE (AAA) | 12. VS CENTRAL (AAA) |
| 13. HEMPSTEAD (AAA) | 14. <u>MAC ARTHUR</u> (AAA) | | |

CONFERENCE 2

| | | | |
|--------------------|---------------------|----------------------------|-------------------------|
| DIVISION 2-A | | DIVISION 2-B | |
| 1. MEPHAM (AAA) | 2. H.F.CAREY (AA) | 3. <u>CALHOUN</u> (AAA) | 4. N.H.PARK (AA) |
| 5. ELMONT (AAA) | 6. JERICHO (AA) | 7. <u>LONG BEACH</u> (AAA) | 8. <u>WESTBURY</u> (AA) |
| 9. HERRICKS (AAA) | 10. WANTAGH (AA) | 11. JFK-BELLMORE (AA) | 12. GARDEN CITY (AA) |
| 13. G.N.SOUTH (AA) | 14. SOUTH SIDE (AA) | | |

CONFERENCE 3

| | | | |
|------------------------|----------------------------|----------------------|---------------------|
| DIVISION 3-A | | DIVISION 3-B | |
| 1. ROSLYN (AA) | 2. BETHPAGE (AA) | 3. DIVISION AVE (AA) | 4. MANHASSET (AA) |
| 5. SEWANHAKA (AA) | 6. LAWRENCE (AA) | 7. PLAINEDGE (AA) | 8. V.S.SOUTH (A) |
| 9. <u>HEWLETT</u> (AA) | 10. LYNBROOK (A) | 11. G.N.NORTH (AA) | 12. FLORAL PARK (A) |
| 13. GLEN COVE (AA) | 14. <u>NORTH SHORE</u> (A) | | |

CONFERENCE 4

| | | | |
|---------------------|-----------------------|-------------------------|--------------------------|
| DIVISION 4-A | | DIVISION 4-B (**) | |
| 1. _W.HEMPSTEAD (A) | 2. Locust Valley (A) | 3. ISLAND TREES (A) | 4. <u>C.S.Harbor</u> (A) |
| 5. SEAFORD (A) | 6. Wheatley (A) | 7. <u>V.S.NORTH</u> (A) | 8. Malverne (A) |
| 9. Mineola (A) | 10. Oyster Bay (A) | 11. Clarke (A) | 12. Carle Place (A) |
| 13. Roosevelt (A) | 14. East Rockaway (A) | 15. ---BYE---- | 16. Friends Academy (A) |

CONFERENCES ARE ARRANGED IN ACCORDANCE TO THE BEDS ENROLLMENTS. Div. A Top 7...Div.B Bottom 7 (** 4B)
 THE ALIGNMENTS ARE DIFFERENT FROM 2011 SINCE THE ENROLLMENTS CHANGED THE NATURAL ORDER.

COUNTY AAA[19] = MASSAPEQUA THROUGH HERRICKS

STATE DIVISION 1 = Massapequa Though Valley Stream North

COUNTY AA [19] = JFK-BELLMORE THROUGH LAWRENCE

STATE DIVISION 2 = Mineola through Friends Academy

COUNTY A [19] = VALLEY STREAM SOUTH THROUGH FRIENDS ACADEMY

SCHEDULES:

Quads - Tris - Duals

| MEET #1 | MEET # 2 | MEET #3 | MEET #4 | MEET #5 |
|-----------|-----------|-------------|-------------|-------------|
| 4/3 - 4/4 | 4/8 - 4/9 | 4/15 - 4/16 | 4/22 - 4/23 | 4/29 - 4/30 |
| 1-6-11-16 | 1-5-9-13 | 1-8-10-15 | 1-2-3-4 | 1-7-12-14 |
| 2-5-12-15 | 2-6-10-14 | 2-7-9-16 | 5-6-7-8 | 2-8-11-13 |
| 3-8-9-14 | 3-7-11-15 | 3-6-12-13 | 9-10-11-12 | 3-5-10-16 |
| 4-7-10-13 | 4-8-12-16 | 4-5-11-14 | 13-14-15-16 | 4-6-9-15 |

CONFERENCE MEETS = QUADS, TRIS, DUALS

League Meet Make up dates RESCHEDULE FIRST FREE DAY AVAILABLE

MONDAYS = BOYS CONFERENCE 1 & 3 // GIRLS CONFERENCE 2 & 4

TUESDAYS = BOYS CONFERENCE 2 & 4 // GIRLS CONFERENCE 1 & 3

if it rains Monday...cancelled meets moved to Wednesday. If it **also** rains on Tuesday the Tuesday meet moves to Thursday.
 If it **only** rains on Tuesday the Tuesday meet moves to Wednesday

STATE QUALIFIER (individual championships) = **May 28, 29, (RAIN 30) 4:30pm FREEPORT HS**

STATE MEET @ **MIDDLETOWN HIGH SCHOOL – MIDDLETOWN, NY JUNE 6,7,8**

DIVISION CHAMPIOSHIP MEETS = 1A - 2A - 3A - 4A MONDAY MAY 13TH SITE ON SCHEDULE PAGE 4:30
 1B - 2B - 3B - 4B TUESDAY MAY 14TH SITE ON SCHEDULE PAGE 4:30

CLASS COUNTY MEET= MAY 21st and 22nd rain make up May 23rd 4:30 pm MITCHEL COMPLEX

FROSH-SOPH MEET...**GIRLS = THRS MAY 9 / BOYS = FRI MAY 10** @ Mitchel Complex 4:30pm

CONFERENCE 1 SCHEDULE / HOST SITES (Read Across)

| B/G | Conf | Date | Day | Team 1 | Team 2 | Team 3 | Team 4 | Home Site |
|------------|-------------|-------------|------------|---------------|---------------|---------------|---------------|------------------|
| Boys | 1 | 3-Apr | Wed | Massapequa | E.Meadow | Oceanside | * | Oceanside |
| Boys | 1 | 3-Apr | Wed | Hicksville | Freeport | V.S. Central | * | Freeport |
| Boys | 1 | 3-Apr | Wed | Syosset | JFK-Plainview | Farmingdale | MacArthur | Farmingdale |
| Boys | 1 | 3-Apr | Wed | Baldwin | Uniondale | P.Washington | Hempstead | Uniondale |
| Girls | 1 | 4-Apr | Thrs | Massapequa | E.Meadow | Oceanside | * | Oceanside |
| Girls | 1 | 4-Apr | Thrs | Hicksville | Freeport | V.S. Central | * | Freeport |
| Girls | 1 | 4-Apr | Thrs | Syosset | JFK-Plainview | Farmingdale | MacArthur | Farmingdale |
| Girls | 1 | 4-Apr | Thrs | Baldwin | Uniondale | P.Washington | Hempstead | Uniondale |
| Boys | 1 | 8-Apr | Mon | Massapequa | Freeport | Farmingdale | Hempstead | Farmingdale |
| Boys | 1 | 8-Apr | Mon | Hicksville | E. Meadow | P. Washington | MacArthur | P. Washington |
| Boys | 1 | 8-Apr | Mon | Syosset | Uniondale | Oceanside | * | Syosset |
| Boys | 1 | 8-Apr | Mon | Baldwin | JFK-Plainview | V S Central | * | JFK-Plainview |
| Girls | 1 | 9-Apr | Tues | Massapequa | Freeport | Farmingdale | Hempstead | Farmingdale |
| Girls | 1 | 9-Apr | Tues | Hicksville | E. Meadow | P. Washington | MacArthur | P. Washington |
| Girls | 1 | 9-Apr | Tues | Syosset | Uniondale | Oceanside | * | Syosset |
| Girls | 1 | 9-Apr | Tues | Baldwin | JFK-Plainview | V S Central | * | JFK-Plainview |
| Boys | 1 | 15-Apr | Mon | Massapequa | JFK-Plainview | P. Washington | * | Massapequa |
| Boys | 1 | 15-Apr | Mon | Hicksville | Uniondale | Farmingdale | * | Hicksville |
| Boys | 1 | 15-Apr | Mon | Syosset | E. Meadow | V S Central | Hempstead | E. Meadow |
| Boys | 1 | 15-Apr | Mon | Baldwin | Freeport | Oceanside | MacArthur | Baldwin |
| Girls | 1 | 16-Apr | Tues | Massapequa | JFK-Plainview | P. Washington | * | Massapequa |
| Girls | 1 | 16-Apr | Tues | Hicksville | Uniondale | Farmingdale | * | Hicksville |
| Girls | 1 | 16-Apr | Tues | Syosset | E. Meadow | V S Central | Hempstead | E. Meadow |
| Girls | 1 | 16-Apr | Tues | Baldwin | Freeport | Oceanside | MacArthur | Baldwin |
| Boys | 1 | 22-Apr | Mon | Massapequa | Hicksville | Syosset | Baldwin | Baldwin |
| Boys | 1 | 22-Apr | Mon | Freeport | E. Meadow | Uniondale | JFK-Plainview | Uniondale |
| Boys | 1 | 22-Apr | Mon | Farmingdale | P. Washington | Oceanside | V S Central | Oceanside |
| Boys | 1 | 22-Apr | Mon | Hempstead | MacArthur | * | * | MacArthur |
| Girls | 1 | 23-Apr | Tues | Massapequa | Hicksville | Syosset | Baldwin | Baldwin |
| Girls | 1 | 23-Apr | Tues | Freeport | E. Meadow | Uniondale | JFK-Plainview | Uniondale |
| Girls | 1 | 23-Apr | Tues | Farmingdale | P. Washington | Oceanside | V S Central | Oceanside |
| Girls | 1 | 23-Apr | Tues | Hempstead | MacArthur | * | * | MacArthur |
| Boys | 1 | 29-Apr | Mon | Massapequa | Uniondale | V S Central | MacArthur | Massapequa |
| Boys | 1 | 29-Apr | Mon | Hicksville | JFK-Plainview | Oceanside | Hempstead | Hicksville |
| Boys | 1 | 29-Apr | Mon | Syosset | Freeport | P. Washington | * | Freeport |
| Boys | 1 | 29-Apr | Mon | Baldwin | E. Meadow | Farmingdale | * | E. Meadow |
| Girls | 1 | 30-Apr | Tues | Massapequa | Uniondale | V S Central | MacArthur | Massapequa |
| Girls | 1 | 30-Apr | Tues | Hicksville | JFK-Plainview | Oceanside | Hempstead | Hicksville |
| Girls | 1 | 30-Apr | Tues | Syosset | Freeport | P. Washington | * | Freeport |
| Girls | 1 | 30-Apr | Tues | Baldwin | E. Meadow | Farmingdale | * | E. Meadow |

1A Divisional Meet @ Syosset Monday May 13
1B Divisional Meet @ MacArthur Tuesday May 14

CONFERENCE 2 SCHEDULE / HOST SITES (Read Across)

| B/G | Conf | Date | Day | Team 1 | Team 2 | Team 3 | Team 4 | Home Site |
|------------|-------------|-------------|------------|---------------|---------------|---------------|---------------|------------------|
| Girls | 2 | 3-Apr | Wed | Mephram | Jericho | JFK-B | * | Mephram |
| Girls | 2 | 3-Apr | Wed | Carey | Elmont | G. City | * | Garden City |
| Girls | 2 | 3-Apr | Wed | Calhoun | Westbury | Herricks | So. Side | South Side |
| Girls | 2 | 3-Apr | Wed | N H Park | L. Beach | Wantagh | G N South | G N South |
| Boys | 2 | 4-Apr | Thrs | Mephram | Jericho | JFK-B | * | Mephram |
| Boys | 2 | 4-Apr | Thrs | Carey | Elmont | G. City | * | Garden City |
| Boys | 2 | 4-Apr | Thrs | Calhoun | Westbury | Herricks | So. Side | South Side |
| Boys | 2 | 4-Apr | Thrs | N H Park | L. Beach | Wantagh | G N South | G N South |
| Girls | 2 | 8-Apr | Mon | Mephram | Elmont | Herricks | G N South | Elmont |
| Girls | 2 | 8-Apr | Mon | Carey | Jericho | Wantagh | So. Side | Jericho |
| Girls | 2 | 8-Apr | Mon | Calhoun | L. Beach | JFK-B | * | Calhoun |
| Girls | 2 | 8-Apr | Mon | N H Park | Westbury | G. City | * | Garden City |
| Boys | 2 | 9-Apr | Tues | Mephram | Elmont | Herricks | G N South | Elmont |
| Boys | 2 | 9-Apr | Tues | Carey | Jericho | Wantagh | So. Side | Jericho |
| Boys | 2 | 9-Apr | Tues | Calhoun | L. Beach | JFK-B | * | Calhoun |
| Boys | 2 | 9-Apr | Tues | N H Park | Westbury | G. City | * | Garden City |
| Girls | 2 | 15-Apr | Mon | Mephram | Westbury | Wantagh | * | Wantagh |
| Girls | 2 | 15-Apr | Mon | Carey | L. Beach | Herricks | * | Long Beach |
| Girls | 2 | 15-Apr | Mon | Calhoun | Jericho | G City | G N South | G N South |
| Girls | 2 | 15-Apr | Mon | N H Park | Elmont | JFK-B | So Side | JFK-B |
| Boys | 2 | 16-Apr | Tues | Mephram | Westbury | Wantagh | * | Wantagh |
| Boys | 2 | 16-Apr | Tues | Carey | L. Beach | Herricks | * | Long Beach |
| Boys | 2 | 16-Apr | Tues | Calhoun | Jericho | G City | G N South | G N South |
| Boys | 2 | 16-Apr | Tues | N H Park | Elmont | JFK-B | So Side | JFK-B |
| Girls | 2 | 22-Apr | Mon | Mephram | Carey | Calhoun | N H Park | Carey |
| Girls | 2 | 22-Apr | Mon | Elmont | Jericho | L. Beach | Westbury | Westbury |
| Girls | 2 | 22-Apr | Mon | Herricks | Wantagh | JFK-B | G. City | Herricks |
| Girls | 2 | 22-Apr | Mon | G N South | So. Side | * | * | South Side |
| Boys | 2 | 23-Apr | Tues | Mephram | Carey | Calhoun | N H Park | Carey |
| Boys | 2 | 23-Apr | Tues | Elmont | Jericho | L. Beach | Westbury | Westbury |
| Boys | 2 | 23-Apr | Tues | Herricks | Wantagh | JFK-B | G. City | Herricks |
| Boys | 2 | 23-Apr | Tues | G N South | So. Side | * | * | South Side |
| Girls | 2 | 29-Apr | Mon | Mephram | L Beach | G City | So Side | Mephram |
| Girls | 2 | 29-Apr | Mon | Carey | Westbury | JFK-B | G N South | JFK-B |
| Girls | 2 | 29-Apr | Mon | Calhoun | Elmont | Wantagh | * | Calhoun |
| Girls | 2 | 29-Apr | Mon | N H Park | Jericho | Herricks | * | Herricks |
| Boys | 2 | 30-Apr | Tues | Mephram | L Beach | G City | So Side | Mephram |
| Boys | 2 | 30-Apr | Tues | Carey | Westbury | JFK-B | G N South | JFK-B |
| Boys | 2 | 30-Apr | Tues | Calhoun | Elmont | Wantagh | * | Calhoun |
| Boys | 2 | 30-Apr | Tues | N H Park | Jericho | Herricks | * | Herricks |

2A Divisional Meet @ Long Beach Monday May 13

2B Divisional Meet @ Westbury Tuesday May 14

CONFERENCE 3 SCHEDULE / HOST SITES (Read Across)

| B/G | Conf | Date | Day | Team 1 | Team 2 | Team 3 | Team 4 | Home Site |
|------------|-------------|-------------|------------|---------------|---------------|---------------|---------------|------------------|
| Boys | 3 | 3-Apr | Wed | Roslyn | Lawrence | G N North | * | Roslyn |
| Boys | 3 | 3-Apr | Wed | Bethpage | Sewanhaka | Floral Park | * | Bethpage |
| Boys | 3 | 3-Apr | Wed | Division Ave | V S South | Hewlwt | N. Shore | Hewlett |
| Boys | 3 | 3-Apr | Wed | Manhasset | Plainedge | Lynbrook | GI Cove | Plainedge |
| Girls | 3 | 4-Apr | Thrs | Roslyn | Lawrence | G N North | * | Roslyn |
| Girls | 3 | 4-Apr | Thrs | Bethpage | Sewanhaka | Floral Park | * | Bethpage |
| Girls | 3 | 4-Apr | Thrs | Division Ave | V S South | Hewlwt | N. Shore | Hewlett |
| Girls | 3 | 4-Apr | Thrs | Manhasset | Plainedge | Lynbrook | GI Cove | Plainedge |
| Boys | 3 | 8-Apr | Mon | Roslyn | Sewanhake | Hewlett | GI Cove | Glen Cove |
| Boys | 3 | 8-Apr | Mon | Bethpage | Lawrence | Lynbrook | N. Shore | Lawrence |
| Boys | 3 | 8-Apr | Mon | Division Ave | Plainedge | G N North | * | G N North |
| Boys | 3 | 8-Apr | Mon | Manhasset | V S South | Floral Park | * | V S South |
| Girls | 3 | 9-Apr | Tues | Roslyn | Sewanhake | Hewlett | GI Cove | Glen Cove |
| Girls | 3 | 9-Apr | Tues | Bethpage | Lawrence | Lynbrook | N. Shore | Lawrence |
| Girls | 3 | 9-Apr | Tues | Division Ave | Plainedge | G N North | * | G N North |
| Girls | 3 | 9-Apr | Tues | Manhasset | V S South | Floral Park | * | V S South |
| Boys | 3 | 15-Apr | Mon | Roslyn | V S South | Lynbrook | * | Lynbrook |
| Boys | 3 | 15-Apr | Mon | Bethpage | Plainedge | Hewlett | * | Bethpage |
| Boys | 3 | 15-Apr | Mon | Division Ave | Lawrence | Floral Park | GI Cove | Lawrence |
| Boys | 3 | 15-Apr | Mon | Manhasset | Sewnhaka | G N North | N. Shore | Manhasset |
| Girls | 3 | 16-Apr | Tues | Roslyn | V S South | Lynbrook | * | Lynbrook |
| Girls | 3 | 16-Apr | Tues | Bethpage | Plainedge | Hewlett | * | Bethpage |
| Girls | 3 | 16-Apr | Tues | Division Ave | Lawrence | Floral Park | GI Cove | Lawrence |
| Girls | 3 | 16-Apr | Tues | Manhasset | Sewnhaka | G N North | N. Shore | Manhasset |
| Boys | 3 | 22-Apr | Mon | Roslyn | Bethpage | Division Ave | Manhasset | Roslyn |
| Boys | 3 | 22-Apr | Mon | Sewanhaka | Lawrence | Plainedge | V S South | Plainedge |
| Boys | 3 | 22-Apr | Mon | Hewlett | Lynbrook | G N North | Floral Park | Lynbrook |
| Boys | 3 | 22-Apr | Mon | GI Cove | N. Shore | * | * | Glen Cove |
| Girls | 3 | 23-Apr | Tues | Roslyn | Bethpage | Division Ave | Manhasset | Roslyn |
| Girls | 3 | 23-Apr | Tues | Sewanhaka | Lawrence | Plainedge | V S South | Plainedge |
| Girls | 3 | 23-Apr | Tues | Hewlett | Lynbrook | G N North | Floral Park | Lynbrook |
| Girls | 3 | 23-Apr | Tues | GI Cove | N. Shore | * | * | Glen Cove |
| Boys | 3 | 29-Apr | Mon | Roslyn | Plainedge | Floral Park | N. Shore | North Shore |
| Boys | 3 | 29-Apr | Mon | Bethpage | V S South | G N North | GI Cove | GN North |
| Boys | 3 | 29-Apr | Mon | Division Ave | Sewanhaka | Lynbrook | * | Division Ave |
| Boys | 3 | 29-Apr | Mon | Manhasset | Lawrence | Hewlatt | * | Manhasset |
| Girls | 3 | 30-Apr | Tues | Roslyn | Plainedge | Floral Park | N. Shore | North Shore |
| Girls | 3 | 30-Apr | Tues | Bethpage | V S South | G N North | GI Cove | GN North |
| Girls | 3 | 30-Apr | Tues | Division Ave | Sewanhaka | Lynbrook | * | Division Ave |
| Girls | 3 | 30-Apr | Tues | Manhasset | Lawrence | Hewlatt | * | Manhasset |

3A Divisional Meet @ Hewlett Monday May 13
3B Divisional Meet @ North Shore Tuesday May 14

CONFERENCE 4 SCHEDULE / HOST SITES (Read Across)

| B/G | Conf | Date | Day | Team 1 | Team 2 | Team 3 | Team 4 | Home Site |
|------------|-------------|-------------|------------|---------------|---------------|---------------|---------------|------------------|
| Girls | 4 | 3-Apr | Wed | W Hemp | Wheatley | Clarke | Fr. Acad | Wheatley |
| Girls | 4 | 3-Apr | Wed | Loc Val | Seaford | Carle PI | * | Carle Place |
| Girls | 4 | 3-Apr | Wed | Is Trees | Malverne | Mineola | E. Rock | Island Trees |
| Girls | 4 | 3-Apr | Wed | C S Harbor | V S North | Oys Bay | Roosevelt | Oyster Bay |
| Boys | 4 | 4-Apr | Thrs | W Hemp | Wheatley | Clarke | Fr. Acad | Wheatley |
| Boys | 4 | 4-Apr | Thrs | Loc Val | Seaford | Carle PI | * | Carle Place |
| Boys | 4 | 4-Apr | Thrs | Is Trees | Malverne | Mineola | E. Rock | Island Trees |
| Boys | 4 | 4-Apr | Thrs | C S Harbor | V S North | Oys Bay | Roosevelt | Oyster Bay |
| Girls | 4 | 8-Apr | Mon | W Hemp | Seaford | Mineola | Roosevelt | Seaford |
| Girls | 4 | 8-Apr | Mon | Loc Val | Wheatley | Oys Bay | E Rock | Locust Valley |
| Girls | 4 | 8-Apr | Mon | Is Trees | V S North | Clarke | * | V S North |
| Girls | 4 | 8-Apr | Mon | C S Harbor | Malverne | Carle PI | Fr. Acad | Friends Acad |
| Boys | 4 | 9-Apr | Tues | W Hemp | Seaford | Mineola | Roosevelt | Seaford |
| Boys | 4 | 9-Apr | Tues | Loc Val | Wheatley | Oys Bay | E Rock | Locust Valley |
| Boys | 4 | 9-Apr | Tues | Is Trees | V S North | Clarke | * | V S North |
| Boys | 4 | 9-Apr | Tues | C S Harbor | Malverne | Carle PI | Fr. Acad | Friends Acad |
| Girls | 4 | 15-Apr | Mon | W Hemp | Malverne | Oys Bay | * | Oyster Bay |
| Girls | 4 | 15-Apr | Mon | Loc Val | V S North | Mineola | Fr Acad | V S North |
| Girls | 4 | 15-Apr | Mon | Is Trees | Wheatley | Carle PI | Roosevelt | Island Trees |
| Girls | 4 | 15-Apr | Mon | C S Harbor | Seaford | Clarke | E Rock | C S Harbor |
| Boys | 4 | 16-Apr | Tues | W Hemp | Malverne | Oys Bay | * | Oyster Bay |
| Boys | 4 | 16-Apr | Tues | Loc Val | V S North | Mineola | Fr Acad | V S North |
| Boys | 4 | 16-Apr | Tues | Is Trees | Wheatley | Carle PI | Roosevelt | Island Trees |
| Boys | 4 | 16-Apr | Tues | C S Harbor | Seaford | Clarke | E Rock | C S Harbor |
| Girls | 4 | 22-Apr | Mon | W Hemp | Loc Val | Is Trees | C S Harbor | Locust Val |
| Girls | 4 | 22-Apr | Mon | Seaford | Wheatley | V S North | Malverne | Wheatley |
| Girls | 4 | 22-Apr | Mon | Mineola | Oys Bay | Clarke | Carle PI | Carle Place |
| Girls | 4 | 22-Apr | Mon | Roosevelt | E Rock | * | Fr Acad | Friends Acad |
| Boys | 4 | 23-Apr | Tues | W Hemp | Loc Val | Is Trees | C S Harbor | Locust Val |
| Boys | 4 | 23-Apr | Tues | Seaford | Wheatley | V S North | Malverne | Wheatley |
| Boys | 4 | 23-Apr | Tues | Mineola | Oys Bay | Clarke | Carle PI | Carle Place |
| Boys | 4 | 23-Apr | Tues | Roosevelt | E Rock | * | Fr Acad | Friends Acad |
| Girls | 4 | 29-Apr | Mon | W Hemp | V S North | Carle PI | E Rock | V S North |
| Girls | 4 | 29-Apr | Mon | Loc Val | Malverne | Clarke | Roosevelt | Malverne |
| Girls | 4 | 29-Apr | Mon | Is Trees | Seaford | Oys Bay | Fr Acad | Seaford |
| Girls | 4 | 29-Apr | Mon | C S Harbor | Wheatley | Mineola | * | C S Harbor |
| Boys | 4 | 30-Apr | Tues | W Hemp | V S North | Carle PI | E Rock | V S North |
| Boys | 4 | 30-Apr | Tues | Loc Val | Malverne | Clarke | Roosevelt | Malverne |
| Boys | 4 | 30-Apr | Tues | Is Trees | Seaford | Oys Bay | Fr Acad | Seaford |
| Boys | 4 | 30-Apr | Tues | C S Harbor | Wheatley | Mineola | * | C S Harbor |

4A Divisional Meet @ Valley Stream North Monday May 13

4B Divisional Meet @ Cold Spring Harbor Tuesday May 14 6pm

Section VIII Classes and State Divisions Spring 2013

| Section VIII Class AAA | Section VIII Class AA | Section VIII Class A |
|--|---|---|
| <ol style="list-style-type: none"> 1. MASSAPEQUA (AAA) 2. SYOSSET (AAA) 3. FREEPORT (AAA) 4. UNIONDALE (AAA) 5. FARMINGDALE (AAA) 6. OCEANSIDE (AAA) 7. HEMPSTEAD (AAA) 8. HICKSVILLE (AAA) 9. BALDWIN (AAA) 10. EAST MEADOW (AAA) 11. PLAINVIEW JFK (AAA) 12. PORT WASHINGTON (AAA) 13. VS CENTRAL (AAA) 14. MAC ARTHUR (AAA) 15. MEPHAM (AAA) 16. CALHOUN (AAA) 17. ELMONT (AAA) 18. LONG BEACH(AAA) 19. HERRICKS (AAA) | <ol style="list-style-type: none"> 1. JFK BELLMORE (AA) 2. GREAT NECK SOUTH (AA) 3. HF CAREY (AA). 4. NEW HYDE PARK (AA) 5. JERICO (AA) 6. WESTBURY (AA) 7. WANTAGH (AA) 8. GARDEN CITY (AA) 9. SOUTH SIDE (AA) 10. ROSLYN (AA) 11. DIVISION AVE (AA) 12. SEWANHAKA (AA) 13. PLAINEDGE (AA) 14. HEWLETT (AA) 15. GREAT NECK NORTH (AA) 16. GLEN COVE(AA) 17. BETHPAGE (AA) 18. MANHASSETT (AA) 19. LAWRENCE (AA) | <ol style="list-style-type: none"> 1. VS SOUTH (A) 2. LYNBROOK (A) 3. FLORAL PARK (A) 4. NORTH SHORE (A) 5. WEST HEMPSTEAD (A) 6. ISLAND TREES (A) 7. SEAFORD (A) 8. VS NORTH (A) 9. Mineola(A) 10. Clarke (A) 11. Roosevelt (A) 12. Locust Valley (A) 13. Cold Spring Harbor (A) 14. Wheatley (A) 15. Malverne (A) 16. Oyster Bay (A) 17. Carle Place (A) 18. East Rockaway (A) 19. Friends Academy (A) |

| STATE DIVISION 1 | |
|--|--|
| <ol style="list-style-type: none"> 1. MASSAPEQUA (AAA) 2. SYOSSET (AAA) 3. FREEPORT (AAA) 4. UNIONDALE (AAA) 5. FARMINGDALE (AAA) 6. OCEANSIDE (AAA) 7. HEMPSTEAD (AAA) 8. HICKSVILLE (AAA) 9. BALDWIN (AAA) 10. EAST MEADOW (AAA) 11. PLAINVIEW JFK (AAA) 12. PORT WASHINGTON (AAA) 13. VS CENTRAL (AAA) 14. MAC ARTHUR (AAA) 15. MEPHAM (AAA) 16. CALHOUN (AAA) 17. ELMONT (AAA) 18. LONG BEACH(AAA) 19. HERRICKS (AAA) 20. JFK BELLMORE (AA) 21. GREAT NECK SOUTH (AA) 22. HF CAREY (AA). 23. NEW HYDE PARK (AA) | <ol style="list-style-type: none"> 24. JERICO (AA) 25. WETBURY (AA) 26. WANTAGH (AA) 27. GARDEN CITY (AA) 28. SOUTH SIDE (AA) 29. ROSLYN (AA) 30. DIVISION AVE (AA) 31. SEWANHAKA (AA) 32. PLAINEDGE. (AA) 33. HEWLETT(AA) 34. GREAT NECK NORTH (AA) 35. GLEN COVE (AA) 36. BETHPAGE (AA) 37. MANHASSET (AA) 38. LAWRENCE (AA) 39. VS SOUTH (A) 40. LYNBROOK (A) 41. FLORAL PARK (A) 42. NORTH SHORE (A) 43. WEST HEMPSTEAD (A) 44. ISLAND TREES (A) 45. SEAFORD (A) 46. VS NORTH (A) |

| STATE DIVISION 2 |
|---|
| <ol style="list-style-type: none"> 1. Mineola (A) 2. Clarke (A) 3. Roosevelt (A) 4. Locust Valley (A) 5. Cold Spring Harbor (A) 6. Wheatley (A) 7. Malverne (A) 8. Oyster Bay (A) 9. Carle Place (A) 10. East Rockaway (A) 11. Friends Academy (A) |



2012-13

ADVERTISING AGREEMENT

for NYSPHSAA State Championship Programs

Make checks payable to:
NYSPHSAA
 8 Airport Park Boulevard, Latham, NY 12110
 Attn: Advertising Department

Send ad to Bob Baratta
DUE: SAT - MAY 5TH
Bobrun8@gmail.com

FOR OFFICE USE ONLY

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 Check # _____
 Amount _____
 Size _____
 SP _____

All advertising inquiries can be directed to the Director of Marketing, Joe Altieri at (518) 690-0771 or fax at (518) 690-0775.

ADVERTISING SIZES AND RATES ***See other side for list of Sports & Deadlines**

| # of Sports | List Sport(s) | Full Pg 7.5 x 9.75 | 1/2 Pg-Hor 7.5 x 4.75 | 1/2 Pg-Vertical 3.625 x 9.75 | 1/4 Pg-Hor 7.5 x 2.25 | 1/4 Pg-Vertical 3.625 x 4.75 |
|----------------------|---------------|-----------------------|--------------------------|---------------------------------|--------------------------|---------------------------------|
| 1 | _____ | \$ 315 | \$ 215 | \$ 215 | \$ 150 | \$ 150 |
| 2 | _____ | \$ 505 | \$ 345 | \$ 345 | \$ 210 | \$ 210 |
| 3 | _____ | \$ 635 | \$ 400 | \$ 400 | \$ 275 | \$ 275 |
| 4 | _____ | \$ 800 | \$ 550 | \$ 550 | \$ 375 | \$ 375 |
| 5 | _____ | \$ 1,000 | \$ 650 | \$ 650 | \$ 425 | \$ 425 |
| 6 | _____ | \$ 1,150 | \$ 750 | \$ 750 | \$ 495 | \$ 495 |
| 7 | _____ | \$ 1,300 | \$ 875 | \$ 875 | \$ 550 | \$ 550 |
| All 25 Sports | | \$ 1,700 | \$ 1,000 | \$ 1,000 | \$ 725 | \$ 725 |

Add \$150 per program for back cover, inside back cover and inside front cover in full color.

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Company Print Name:

Street Advertising in # of Sports Program:

City/State/Zip Advertising Rate (above): \$

Telephone: () Options (above): \$

Fax: Total Due: \$

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 * Sign and complete this advertising agreement
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