

NOVEMBER 10, 2012

Dear Winter Track Coach,

Attached you will find the Winter Track & Field handbook. Thank you for your patience in waiting for it. Our committee met last night and we are presenting what we feel is the best layout for this upcoming season. ***Please note the schedule and conference alignment are a DRAFT that will be voted on Tuesday, Nov. 27th at the HSAA meeting. You will be notified of the approval the afternoon of Tues, Nov. 27th.***

You will need to download the handbook and bring it to the Section 8 Winter Track & Field coaches meeting on Monday, November 19th. I will not be providing photocopies of the handbook so please print it out and bring it with you.

Winter Track & Field Mandatory Coaches Meeting
Monday, November 19th
NASSAU BOCES
71 Clinton Road
Garden City, NY 11530

5:45pm – 6:45pm: 1st year coaches (Meet Room LLB downstairs)

7pm – 8pm: All coaches (Meet in Room LLB downstairs)

YOU MUST BRING THE ATTACHED COACHES E-MAIL FORM AS THAT WILL BE THE PRIMARY MEANS OF COMMUNICATION BETWEEN TONY TORO AND THE COACHES, AS WELL AS THE COORDINATORS AND COACHES.

We are looking forward to a great season. Please contact us if we can be of any assistance to you throughout the season.

Kristin Frazer
Girls Coordinator
kristinfrazer@gmail.com
516.680.2998

Dennis Kornfield
Boys Coordinator
suziekorn@aol.com
516.375.3896

2012 WINTER TRACK

School _____ B/G

Coach's Name _____

Home Address _____

Home Phone # _____ Work _____

E – Mail Address _____

- Most of my communication with you will be through the Internet. If You are not familiar with the Internet assign one of your athletes the task of communicating with me.
- It's important that I have your home phone number in case a meet/seeding meeting is cancelled or switched.
- List on back, name of all assistant coaches

2012 WINTER TRACK

School _____ B/G

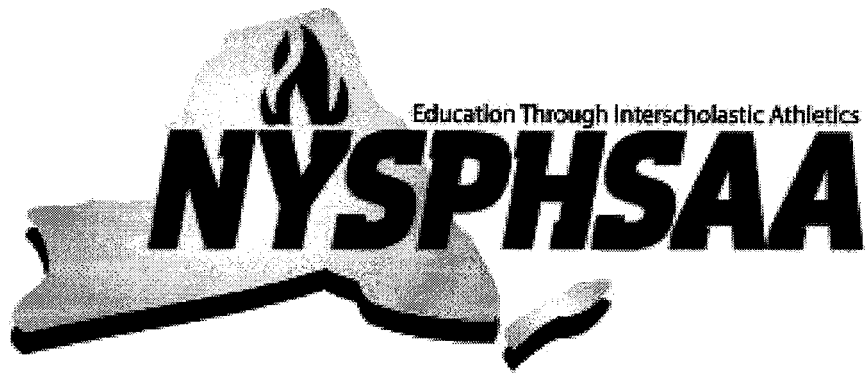
Coach's Name _____

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- List on back, name of all assistant coaches



N.Y.S.P.H.S.A.A.

SECTION VIII

**BOYS & GIRLS WINTER TRACK & FIELD
2012-2013**

KRISTIN FRAZER: GIRLS COORDINATOR

DENNIS KORNFIELD: BOYS COORDINATOR

BOYS & GIRLS WINTER TRACK & FIELD COMMITTEE MEMBERS

Conf. 1

Katie Dunne (Farm), Mike Lisa (Mass), Paul Schaefer (Bald)

Conf. 2

Steve Josepher (EM), Jamie San Filippo (Mac)

David Hendler (Cal) Mike Graham (Elm)

Conf. 3

Don Ross (West), Erica Fregosi (GC)

Conf. 4

Stephen Honerkamp (Hew) Adam McKenzie (GNN)

Conf. 5

Ed Corona (NS)

Fred DeRuvo (IT), Steve Sproul (Manh)

Conf. 6

Colbert Britt (Mal), Tom Leninger (Min), Nick Aurigemma (CSH)

Tom Graham: HSAA Representative Dave Frazer: NCTCA Representative
Bob Busch: Ex Officio

ANNOUNCEMENT PAGE

(Please share with your athletes and their families before first meet)

- No one will be permitted to enter the building until 6pm. Please do not ask. Security has been instructed by St. Anthony's to open doors at 6pm. Remain on your bus until then. We do not want kids standing in the cold.
- After entering the gym, teams will be asked to rise for The National Anthem. Please instruct your athletes to be respectfully quiet and to remove hats and headphones.
- Pole Vault athletes may report directly to the pole vault area to drop off their poles. Only athletes competing in the pole vault are permitted to remain in the area. If girls are vaulting no boys should be over there and vice versa. Only exception is volunteers who have been cleared by meet management.
- No backpack or large bags are permitted. Track/Spike bags are fine.
- No spikes! All shoes will be checked prior to racing. If there are spikes in the shoes, athletes will not be allowed to race. (Spikes will be permitted at the County and State Q meets ONLY)
- Coaches need to remain in designated coaching areas. No athletes/managers are to cross the track at any time unless they are competing
- No food at all in the gym. Water only! (This applies to athletes, coaches and spectators)
- No parents or spectators allowed in designated coaching areas, infield or across the track.
- Teams are expected to clean up the area in which they were sitting.
- Instruct your athletes to keep the bathrooms and hallways clean
- No electronics in the clerking or competition areas (includes phones, ipods, etc) DQ will result!
- No personal chairs will be permitted in the gym.
- Volunteers (athletes or coaches only) are often needed at field events. Inform meet management if you are interested. Athletes will receive community service hours for their time.
- No jewelry

- a. Conference Championships: Coaches must fill out an entry sheet and present it to the coordinator upon their arrival. They will also submit cards for every athlete for every event.
- b. County Championships: **Entries will be done online this year.** The online system will close on Tuesday, January 29th. Seeds will be posted Wednesday, January 30th. There will be a seeding meeting on Thursday, January 31st.
- c. State Qualifier: **Entries will be done online this year.** The online system will close on Friday, February 8th. All entries will be posted by Saturday, February 9th. Coaches must declare what their athletes are competing in by Sunday, February 10th at 6pm. There will be no scratches the day of the meet.

Seeding

- a. We rely on the coaches to submit actual seeds in order to run an effective meet.
 - b. For Conference, County and State Qualifier meets, all seeds must be verifiable. No estimates will be accepted.
 - c. For the County and State Qualifier meets, each table shall serve as the seeding committee for that meet. There will be no extra athletes above the allotted number accepted into the meet.
 - d. NO CONVERSIONS for boys in any event.
 - e. Girls may use conversions from 1600 to 1500 and from 3200 to 3000. There is a State appointed conversion chart that is posted on our site that all sections will be using.
 - f. No seed times are permitted from relay splits or oversized tracks over 200 meters
 - g. No seed performances are permitted if your athlete or relay team was disqualified.
 - h. Relay seeds must be actual, not composites
 - i. Six names with competitor numbers should be listed for all relays
 - j. Seed performances for all meets including the state meet will be the best actual time/jump/throw/vault from any sanctioned meet during the season (November-February)
- Athletes must have competed in the event during the season (November – February) to receive a seed performance. No athlete will be permitted to compete in a championship meet in an event that they have not established a seed time/jump/throw/vault during that season. Only exception is a Medical Waiver approved by Section VIII

Crossover Meets

- a. Athletes are limited to 2 events (***Take note of the event rules in Formats A & D**)
- b. One team card for all unseeded athletes (see Entries section for more explanation on this)
- c. Only one measurement under 12' (girls) 17' (boys) will be measured in the Long Jump
- d. Only one measurement under 25' (girls) 35' (boys) will be measured in the Triple Jump
- e. The first 3 sections of the 600 will be run in lanes as time permits. All others will be scratch start.
- f. The first four sections of the 300 will be run in lanes as time permits. All others will be scratch start.
- g. Seeded sections will run first
- h. The first 2 sections of the 4 x 400 and the 4 x 200 will be run in lanes as time permits.

Clerking Responsibilities (Please share this info with your athletes)

- a. All competitors are to report promptly to the clerking area or send a teammate once the event is called. It is the athlete's responsibility to clerk on time. Once an event is clerked, that event is closed.
- b. Athletes should come to the clerking area ready to compete (running apparel and shoes)
- c. Verbal seeding will be used for the non-seeded sections.
- d. It is the athlete's responsibility to notify the clerk if she/he is leaving the clerking area to compete in a field event.
- e. No electronics in the clerking area. No cell phones, ipods, etc.

Usage of Blocks/Spikes

- a. Spikes may be used at St. Anthony's ONLY in the County and State Qualifier meets.
- b. Starting blocks will be provided by St. Anthony's.

Results

- a. Results will be posted on www.just-in-time-racing.com

Rules Changes

- a. The closest the Pole Vault standards can be is 18"
- b. Uniform: Illegal uniforms will get a warning. The next illegal uniform is a DQ as long as coach has been informed of warning. Warnings will happen in clerking area.
- c. Jumpers will not be allowed to run against traffic to get their marks
- d. For relays, the baton must be passed and received with both runners and the baton in the zone.

State Meet Changes

- a. Athletes will wear their own school uniforms. No section shirts will be provided.
(Intersectional relay the only exception)
- b. During LJ finals: Flight 1 of TJ will start. There will be 3 larger flights in the LJ and TJ.
Arrangements will be made for LJ finalists that are also entered in the TJ (no stress)
- c. The boys are first this year starting at 9am. The girls will start at 2pm.

Meet Cancellation

- a. Meet cancellations will be posted on www.just-in-time-racing.com and trackconference.com
- b. All meets held on non-school days (ex. 12/26 and 12/27) will be cancelled prior to 7:30am
- c. Coordinators will also use an e-mail data base to contact coaches

Media

- a. MSG Varsity TV Contract: The Section 8 contract is for Counties and State Q's ONLY
- b. MSG Varsity: News clips are OK. Featured stories can only be at playoffs.
- c. State Meet Journal: wherenow.nysphsaa@gmail.com
- d. Coaches can submit bios and pictures of past State Meet athletes to be included in a new feature spotlighting past champions/participants.
- e. Coaches should not be talking on any online blogs or forums

Electronics

- a. Athletes may not have or use cell phones in competition areas. This will result in a DQ.
- b. Please make sure parents/athletes know that they cannot view photos or videos of their competition while it is still in progress (ex. - a HJ athlete looking at pictures/video of a previous jump. This will result in a disqualification.

SECTION 8 WINTER TRACK & FIELD

CLASS COUNTY A			CLASS COUNTY B		
CONF. 1	CONF. 2	CONF. 3	CONF. 4	CONF. 5	CONF. 6
Massapequa	East Meadow	*Herricks	South Side	*Lawrence	*V.S. North
Syosset	Plainview JFK	Bellmore JFK	Roslyn	*Malverne/E.Rock	Mineola
Freeport	Port Washington	*Great Neck South	Division	V.S. South	*Clarke
Uniondale	V. S. Central	Carey	Sewanhaka	Lynbrook	Roosevelt
Farmingdale	MacArthur	New Hyde Park	Plainedge	Floral Park	Locust Valley
Oceanside	*Mepham	Jericho	Hewlett	North Shore	Cold Spring Harbor
Hempstead	Calhoun	Westbury	*Great Neck North	West Hempstead	Wheatley
Hicksville	*Elmont	Wantagh	Glen Cove	Island Trees	Oyster Bay
Baldwin	Long Beach	Garden City	Bethpage	*Seaford	Friends Academy
			*Manhasset		

Teams in BOLD have changed conferences

DATES	CONFERENCES	SITE	TIME	MEET FORMAT
Thurs., Nov. 29	ALL GIRLS	St. Anthony's	6:30pm – 8:30pm	Racewalk ONLY
Tues, Dec. 4	1 & 3	St. Anthony's	6:30pm – 10:30pm	A
Mon, Dec. 10	4 & 6	St. Anthony's	6:30pm – 10:30pm	A
Tues, Dec. 11	2 & 5	St. Anthony's	6:30pm – 10:30pm	A
Mon, Dec. 17	3 & 6	St. Anthony's	6:30pm – 10:30pm	B
Tues, Dec. 18	1 & 5	St. Anthony's	6:30pm – 10:30pm	B
Thurs, Dec. 20	2 & 4	St. Anthony's	6:30pm – 10:30pm	B
Wed, Dec. 26	3, 5, 6	St. Anthony's	10:00am – 2:00pm	C
Thurs, Dec. 27	1, 2, 4	St. Anthony's	10:00am – 2:00pm	C
Wed, Jan. 2	2 & 3	St. Anthony's	6:30pm – 10:30pm	D
Fri, Jan. 4	4 & 5	St. Anthony's	6:30pm – 10:30pm	D
Tues, Jan. 8	1 & 6	St. Anthony's	6:30pm – 10:30pm	D
Sun, Jan. 13	Reserved as snow date	St. Anthony's	9:00am – 1:00pm	TBD if necessary

The Racewalk ONLY night will consist of a clinic followed by a developmental competition

CONFERENCE CHAMPIONSHIP MEET SCHEDULE

DATES	BOYS/GIRLS	CONFERENCES	SITE	TIME
Fri, Jan. 11	Boys	2 & 5	St. Anthony's	6:30pm – 10:30pm
Mon, Jan. 14	Boys	1 & 3	St. Anthony's	6:30pm – 10:30pm
Tues, Jan. 15	Girls	4 & 6	St. Anthony's	6:30pm – 10:30pm
Thurs, Jan. 17	Boys	4 & 6	St. Anthony's	6:30pm – 10:30pm
Fri, Jan. 18	Girls	2 & 5	St. Anthony's	6:30pm – 10:30pm
Mon, Jan. 28	Girls	1 & 3	St. Anthony's	6:30pm – 10:30pm

COUNTY CHAMPIONSHIP MEET SCHEDULE

DATES	COUNTY	SITE	TIME
Tues, Feb. 5	A	St. Anthony's	6:30pm – 10:30pm
Thurs, Feb. 7	B	St. Anthony's	6:30pm – 10:30pm

STATE QUALIFIER SCHEDULE

DATES	SITE	TIME
Tues, Feb. 12	St. Anthony's	6:30pm – 10:30pm
Thurs, Feb. 14	(has been reserved as a snow day for Counties/State Qs)	

STATE CHAMPIONSHIP MEET

DATES	BOYS/GIRLS	SITE	TIME
Mar. 2	Boys	Cornell University	9am
Mar. 2	Girls	Cornell University	1:45

CROSSOVER MEET FORMAT SCHEDULE OF EVENTS
ALL FORMATS HAVE A 2 EVENT PER ATHLETE LIMIT

FORMAT A	FORMAT B	FORMAT C	FORMAT D
1500 Racewalk	1500 Racewalk	3200/3000	1500 Racewalk
1600/1500**	4 x 800 (1 team per school)	55 (semi/final)	1600/1500
55 (semi/final)	4 x 200 (2 teams per school)	55 HH	55 (semi/final)
55 HH	4 x 400 (2 teams per school)	600	55 HH
1000**	55 HH	4 x 200 (1 team per school)	600**
300	1000	HJ G/B	300**
Shot B/G	55	LJ B/G	HJ G/B
HJ G/B	HJ G/B	Shot G/B	TJ B/G
LJ B/G	TJ B/G	Pole Vault G/B	Shot G/B
Pole Vault G/B	Shot G/B		Pole Vault G/B
	Pole Vault G/B		

****Format A: Coaches may run their athletes in EITHER the 1500/1600 OR 1000, Not both!**

****Format D: Coaches may run their athletes in EITHER the 600 or 300, Not both!**

SITE RULES

St. Anthony's

- **DO NOT arrive before 5:45/ If you arrive and see a ton of busses please do not enter**
- **Doors will not open until 6pm (NO EXCEPTIONS!!!) Do not have kids stand in cold!**
- There will be a mandatory briefing for all coaches/athletes before meet starts. **HOWEVER**, the list of announcements will be included in the handbook this year. Review all rules with your teams prior to arrival so our announcements can begin immediately and athletes can maximize warm-up time
- Pole vault athletes **ONLY** may report directly to the pole vault area
- School supervisors must get briefed by St. Anthony's security
- We will have designated "Coaches Only" areas. However, if abused, they will be removed!
- Food/drinks will be sold in hallway **and MUST REMAIN IN HALLWAY!!!!**
- **Water ONLY in gym (Inform your spectators as well please)**
- All warm-ups will take place outside
- Hurdlers may warm-up on the backstretch if we have coaches helping
- **Facility will provide blocks for Conferences, Counties & State Q's**
- **Spikes may be used in the County and State Qualifier meets ONLY**
- Coaches/school supervisors are responsible for their own teams
- Please clean up your areas

- No radios (personal headphones allowed only in stands)
- All coaches, athletes, parents and spectators must remain in designated areas
- No backpacks or large bags permitted (track bags are fine)
- No chairs
- Please inform your parents/spectators of proper meet etiquette. Failure to follow directions of meet management/officials will result in team disqualification and removal from premises.
- Be aware of your surroundings at all times. Check the track before crossing.
- NO parents/spectators are to cross the track area at any time!!
- NO parents/spectators are permitted on the track or infield at anytime!!

CONFERENCE CHAMPIONSHIPS INFORMATION SHEET

~Coaches must submit an entry blank upon arrival at this meet. Coaches must also place all 3 x 5 cards in the appropriate event boxes upon arrival~

ORDER OF EVENTS	SEEDING/SECTION INFO
3000/3200 FINAL	2 turn stagger; sections TBA
55m Semi	5 seeded sections; winners and fastest 2nd place runner advance to final
1000 FINAL	4 sections; 2 turn stagger
55m FINAL	
600 FINAL	4 sections; 6, 7, 7, 7; 2 turn stagger
55m HH FINAL	5/6 sections (5 or 6 lanes)
1500/1600 FINAL	2 seeded sections; 1 turn stagger 1 unseeded section; 2 turn stagger
300m FINAL	4 sections; 6, 7, 7, 7; lanes/alleys
Boys: Short Break	
Girls: 1500m Racewalk	2 sections (?) ; 1 turn stagger
4 x 800m RELAY	2 sections; 2 turn stagger
4 x 400m RELAY	4 sections; 2 turn stagger
4 x 200m RELAY	5 sections; 2 turn stagger
Long Jump, Triple Jump Shot put	3 trials; no final
High Jump	All conferences combined; scored separately

- Conf. Meets are CHAMPIONSHIP meets with 4 place medals in ALL events
- There is a Champion and a Runner-Up plaque awarded to teams
- Top 3 in Individual races will earn All-Conference Honors
- Top Relay will earn All-Conference Honors

Entry Info

- Upon arrival each coach must hand in a Section 8 Entry blank and 3 x 5 card for each athlete they have entered in the meet
- Each team is permitted 3 scorers in each individual event
- Each team is permitted 1 relay in each relay event
- Seed performances must be verifiable -- not estimates!
- The LJ and TJ count as one of the 3 events permitted per athlete for the selected athletes only. Rejected athletes will be permitted to enter 3 events.
- Coaches should list 2nd best performances for LJ and TJ to be used in the event of a tie when the selected field is being decided.
- Each conf. is allotted 12 LJ and 12 TJ entries. These entries must be e-mailed to Tony Toro and your respective coordinator 4 days before your team's scheduled Conf. Meet date. Selected athletes will be posted on the website the day before the Conf. Meet.
- Tony Toro: eltorotf@Optonline.net
- Kristin Frazer (GIRLS): kristinfrazer@gmail.com
- Dennis Kornfield (BOYS): suziekorn@aol.com

Meet Management

- Make sure all athletes are aware of rules regarding conflicts with events (ex. 55 and LJ at same time)
- If your athlete NEEDS (not wants) to take consecutive jumps it needs to happen DURING competition and officials will rotate the athletes who NEED to do this. No official jumps occur during warm-ups.
- Numbers determine the running of sections. We could run combined unseeded sections in events.
- 4 x 800 could be one race if the numbers are very low or if time becomes a factor.

COUNTY CHAMPIONSHIPS INFORMATION SHEET

~Coaches must submit an online entry by Tuesday, Jan. 29th~

Order of Events	Accepted Number of Athletes
Boys 3200 FINAL	16
Girls 3000 FINAL	16
Boys 55 SEMI	18
Girls 55 SEMI	18
Boys 1000 FINAL	22
Girls 1000 FINAL	22
Boys 55 FINAL	Bring back 6
Girls 55 FINAL	Bring back 6
Boys 600 FINAL	20
Girls 600 FINAL	20
Boys 55 HH SEMI	18
Girls 55 HH SEMI	18
Break	
Girls 55 HH FINAL	Bring back 6
Boys 55 HH FINAL	Bring back 6
Girls 1500 FINAL	22
Boys 1600 FINAL	22
Girls 300 FINAL	20
Boys 300 FINAL	20
Girls 1500 Racewalk FINAL	16
Boys 4 x 800 FINAL	12
Girls 4 x 800 FINAL	12
Boys 4 x 400 FINAL	12
Girls 4 x 400 FINAL	12
Boys 4 x 200 FINAL	12
Girls 4 x 200 FINAL	12
Shot put : Boys followed by girls	10
High Jump: Girls followed by boys	10
Long Jump: Boys followed by girls	10
Triple Jump: Boys followed by girls	10
Pole Vault	10

General Info

- County Meets are CHAMPIONSHIP meets with 4 place medals in ALL events
- There is a Champion and a Runner-Up plaque awarded to teams
- Top 3 in Individual races will earn All-County Honors
- Top Relay will earn All-County Honors
- Scoring is : 10 - 8 - 6 - 4 - 2 - 1
- Only coaches can scratch an athlete and must do so before the event is clerked
- ALL jumpers will be allotted 4 jumps and all throwers will be allotted 4 throws.

Entry Info

- All entries must be submitted at the Seeding Meeting (Thursday, January 30th @ MacArthur HS at 6:30pm)
- Coaches must submit their entries online by Tuesday, January 29th. Detailed instructions to follow.
- Each team is permitted 3 scorers in each individual event
- Each team is permitted 1 relay in each relay event (List 6 names with numbers on relay cards. Relay counts as one event for each of the 6 athletes listed.

STATE QUALIFIER INFORMATION SHEET

~Coaches must submit an ONLINE ENTRY by Friday, February 8th~

Order of Events	Number of Accepted Athletes	Standard for 3rd place finisher to qualify for State FAT time (Hand time)
Boys 4 x 400 SEMI	12	
Girls 4 x 400 SEMI	12	
Boys 4 x 200 SEMI	12	
Girls 4 x 200 SEMI	12	
Boys 3200 FINAL	12	9:42.24 (9:42.0)
Girls 3000 FINAL	12	10:21.14 (10:20.9)
Boys 55 SEMI	12	
Girls 55 SEMI	12	
Boys 1000 FINAL	12	2:35.24 (2:35.0)
Girls 1000 FINAL	12	3:02.24 (3:02.0)
Boys 55 FINAL	Bring back 6	6.74 (6.5)
Girls 55 FINAL	Bring back 6	7.44 (7.2)
Boys 600 FINAL	15	1:24.74 (1:24.5)
Girls 600 FINAL	15	1:38.74 (1:38.5)
Boys 300 SEMI	15	
Girls 300 SEMI	15	
Boys 55 HH SEMI	12	
Girls 55 HH SEMI	12	
Break		
Girls 55 HH FINAL	Bring back 6	8.74 (8.5)
Boys 55 HH FINAL	Bring back 6	7.94 (7.7)
Girls 1500 FINAL	12	4:49.54 (4:49.3)
Boys 1600 FINAL	12	4:28.74 (4:28.5)
Boys 300 FINAL	Bring back 5	36.74 (36.5)
Girls 300 FINAL	Bring back 5	41.34 (41.1)
Girls 1500 Racewalk	12	7:28.24 (7:28.0)
Possible Break		
Boys 4 x 800 FINAL	12	
Girls 4 x 800 FINAL	12	
Boys 4 x 400 FINAL	5	
Girls 4 x 400 FINAL	5	
Boys 4 x 200 FINAL	5	
Girls 4 x 200 FINAL	5	
Shot put: Boys/Girls	10: 4 advance to final	Boys: 52' 0 / Girls: 37' 07"
Long Jump: Boys/Girls	8: 4 advance to final	Boys: 21' 06" / Girls: 17' 02"
High Jump: Girls/Boys	8: 4 advance to final	Boys: 6' 04" / Girls: 5' 03"
Triple Jump: Boys/Girls	8: 4 advance to final	Boys: 43' 06" / Girls: 36' 01"
Pole Vault	8: 4 advance to final	Boys: 13' 0 / Girls: 10' 0

General Info

- 1st and 2nd place at this meet qualify for the State Championships (1st place in relay events qualifies for the State Meet).
- The third place finisher in any event may qualify for the State Championships if they have met the listed standard at ANY TIME during the season.
- The first non-qualifier in the 300, 600, 1000 and 1500/1600 will qualify for the State Meet Intersectional Medley relay team. This could be the 3rd or 4th place finisher.
- Jumpers and Throwers will all be allotted 3 jumps/throws. The 4 finalists will be allotted 3 more jumps/throws.
- Schools are permitted to enter 3 athletes in all events except the **300, 600, 1000 and 15/1600. Schools may enter 4 athletes in these events ONLY.**
- **THERE ARE NO SCRATCHES ON THE DAY OF THE MEET!!!!!!**

Performance Verifications/Best of Season Lists

A coach will have 7 days from the day of a performance to send Tony Toro the time/jump/throw/vault of any competitor that has met the following performance standards. Failure to do so will jeopardize your athletes from using these performances for the Conference, County and State Qualifier meets. A list of the top 30 performances in each event will be posted on the web page.

All updates for "Best of Season" must use the following internet site:

www.just-in-time-racing.com

E-mail address: eltorotf@optonline.net (Tony Toro's e-mail address)

Our web page: www.trackconference.com

Armory web page: www.armoryfoundation.com

Girls Best Performances

55 meters: 7.9
55 hurdles: 10.0
300 meters: 45.9
600 meters: 1:49
1000 meters: 3:25
1500 meters: 5:15
3000 meters: 11:50
1500 race walk: 9:00
High Jump: 4'6
Long Jump: 14'6
Triple Jump: 30'
Shot put: 27'
Pole Vault: 7'
4 x 200: 2:02
4 x 400: 4:36
4 x 800: 11:00

Boys Best Performances:

55 meters: 6.9
55 hurdles: 9.0
300 meters: 39.0
600 meters: 1:32
1000 meters: 2:50
1600 meters: 4:52
3200 meters: 10:50
High Jump: 5'6
Long Jump: 18'6
Triple Jump: 38'
Shot put: 38'
Pole Vault: 9'
4 x 200: 1:45
4 x 400: 3:50
4 x 800: 9:00