

To Winter Track & Field Coaches:

We hope your summer was great and your year is off to a nice start! Winter Track will be here before we know it.

Attached you will find the approved schedule and conference alignment for the 2013 – 2014 season. We presented this schedule, along with some changes in format (also attached) to the Athletic Directors on October 9th. Everything was approved.

For your information, our coaches meeting will be held on Wednesday, November 13th at BOCES in Garden City. We will meet with all coaches in Room LL-B at 7pm. New coaches will be asked to report at 6pm.

We will post the Winter Track & Field handbook by Monday, November 4th. Please print it out and review it prior to our coaches meeting.

We look forward to seeing all of you on November 13th.

Kristin Frazer & Dennis Kornfield ☺ **(SCROLL DOWN PLEASE)**

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	Elmont**	New Hyde Park*	Bethpage**	Seaford**
Freeport	Port Washington	G.N. South	Plainedge	Glen Cove**	Mineola
Syosset	Plainview JFK	Carey	Division	Floral Park	Locust Valley
Uniondale	V. S. Central	Westbury	Sewanhaka	Lynbrook	Clarke
Hempstead	MacArthur	Jericho	Hewlett	V.S. South	Malverne/EastRock*
Farmingdale	Calhoun	Bellmore JFK	G.N. North	North Shore	Cold Spring Harbor
Oceanside	Mephram	Garden City	Roslyn	V.S. North**	Wheatley
Hicksville	Herricks**	South Side	Manhasset	Island Trees	Oyster Bay
Baldwin	Long Beach	Wantagh	Lawrence**	West Hempstead	Friends Academy
				Roosevelt**	

****Teams in BOLD have changed conferences (Extra team was in 4 last year, rotated to 5)**

DATES	CONFERENCES	SITE	TIME	MEET FORMAT
Mon, Dec. 2 nd	ALL	St. Anthony's	5:30pm – 7:30pm	Racewalk ONLY
Tues, Dec. 3 rd	1 & 3	St. Anthony's	6:30pm – 10:30pm	A
Wed, Dec. 4 th	4 & 6	St. Anthony's	6:30pm – 10:30pm	A
Tues, Dec. 10 th	2 & 5	St. Anthony's	6:30pm – 10:30pm	A
Thurs, Dec. 12 th	3 & 6	St. Anthony's	6:30pm – 10:30pm	B
Tues, Dec. 17 th	1 & 5	St. Anthony's	6:30pm – 10:30pm	B
Thurs, Dec. 19 th	2 & 4	St. Anthony's	6:30pm – 10:30pm	B
Sat, Dec. 21 st	3, 5, 6	St. Anthony's	9am – 1pm	C
Sat, Dec. 21 st	1, 2, 4	St. Anthony's	2pm – 6pm	C
Thurs, Jan. 2 nd	2 & 3	St. Anthony's	6:30pm – 10:30pm	D
Tues, Jan. 7 th	4 & 5	St. Anthony's	6:30pm – 10:30pm	D
Thurs, Jan. 9 th	1 & 6	St. Anthony's	6:30pm – 10:30pm	D
Sun, Jan. 26 th	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
Tues, Jan. 14 th	Girls	1 & 3	St. Anthony's	6:30pm – 10:30pm
Wed, Jan. 15 th	Boys	2 & 5	St. Anthony's	6:30pm – 10:30pm
Thurs, Jan. 16 th	Boys	1 & 3	St. Anthony's	6:30pm – 10:30pm
Tues, Jan. 21 st	Girls	4 & 6	St. Anthony's	6:30pm – 10:30pm
Wed, Jan. 22 nd	Boys	4 & 6	St. Anthony's	6:30pm – 10:30pm
Thurs, Jan. 23 rd	Girls	2 & 5	St. Anthony's	6:30pm – 10:30pm

COUNTY CHAMPIONSHIP MEET SCHEDULE

DATES	COUNTY	SITE	TIME
Tues, Feb. 4 th	B	St. Anthony's	6:30pm – 10:30pm
Sat, Feb. 8	A	St. Anthony's	6pm – 10pm

STATE QUALIFIER SCHEDULE

DATES	SITE	TIME
Tues, Feb. 11 th	St. Anthony's	6:30pm – 10:30pm

STATE CHAMPIONSHIP MEET

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

Championship Snow/Emergency Dates

Thursday, February 13th
 Tuesday, February 18th **Over break**

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

****Changes have been made from previous years based on feedback- review carefully****

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

****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
- 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
- **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!!